

Research Paper

Psychological Well-being among Youth

Jadav Manmohanbhai Bharatbhai^{1*}

ABSTRACT

This research study aimed to investigate the levels of psychological well-being among youth residing in rural and urban areas and examine potential differences in well-being based on gender. A sample of 120 participants, evenly distributed between rural and urban areas and comprising an equal number of male and female youths, was selected from Patan District. A 2x2 factorial design was employed to analyze the data, considering the factors of area (rural/urban) and gender (male/female). The researchers used the Psychological Well-being Scale (PWBS), which consisted of 50 statements measuring dimensions such as satisfaction, efficiency, sociability, mental health, and interpersonal relationships. The results indicated that there was no significant difference in the mean levels of psychological well-being between youths residing in rural and urban areas, suggesting that the area of residence did not significantly influence the psychological well-being of youth in this study. However, a significant difference was found in psychological well-being based on gender, with female youths exhibiting higher levels of well-being compared to male youths. These findings contribute to the existing literature on psychological well-being among youth in India and emphasize the importance of considering gender differences when designing interventions and support systems. The results highlight the need for tailored strategies addressing the specific challenges faced by male youths to enhance their psychological well-being. This research underscores the significance of fostering a supportive and nurturing environment for youth, regardless of their area of residence, to promote their overall well-being. By incorporating these insights, policymakers, educators, and mental health professionals can develop targeted interventions that cater to the unique needs of youth, thereby promoting their psychological well-being and facilitating a successful transition into adulthood.

Keywords: *Psychological Well-Being, Youth, Rural, Urban, Gender, Satisfaction, Efficiency, Sociability, Mental Health, Interpersonal Relationships, India, Tailored Interventions, Support Systems*

Psychological well-being is an essential aspect of individuals' overall quality of life, encompassing their emotional, cognitive, and social functioning. Understanding the levels of psychological well-being among youth is particularly important as this developmental stage sets the foundation for future well-being and success. Youth face unique challenges and opportunities as they navigate the transition from adolescence to adulthood. This period is characterized by significant physical, psychological, and social changes, making it crucial to investigate the factors that contribute to their psychological

¹Research scholar, Department of Psychology, Hemchandracharya North Gujarat University, Patan, India

*Corresponding Author

Received: June 18, 2023; Revision Received: July 30, 2023; Accepted: August 06, 2023

well-being. Research indicates that psychological well-being among youth is associated with various positive outcomes, including better academic performance, higher self-esteem, and healthier relationships. Conversely, low levels of psychological well-being can lead to mental health problems and hinder their overall development. Research studies conducted in India have shed light on the psychological well-being of youth across various regions and demographic groups. For example, a study by Verma and Jha (2019) examined the psychological well-being of college students in Delhi and found that higher levels of well-being were associated with factors such as social support, self-esteem, and academic satisfaction. The study highlighted the importance of promoting a supportive and nurturing environment for youth to enhance their well-being. A review by Nair and Ganesh (2018) explored the psychological well-being of rural and urban youth in India. The findings suggested that rural youth faced unique challenges, including limited access to mental health services and higher levels of stigma associated with seeking help. The study emphasized the need for tailored interventions that consider the socio-cultural context and address the specific needs of rural youth. Regional disparities in psychological well-being have been observed in India, with variations in socio-economic factors, cultural norms, and access to resources playing a significant role. A study by Singh and Chadda (2018) investigated the psychological well-being of youth across different states in India and found variations in the levels of well-being. Factors such as educational attainment, employment opportunities, and social support systems differed across regions and influenced the well-being of youth. A study by Venkatesan (2020) explored the psychological well-being of youth in Gujarat and Tamil Nadu. The findings revealed that youth in Gujarat reported higher levels of well-being compared to their counterparts in Tamil Nadu. The study attributed these differences to variations in socio-economic factors, cultural values, and educational systems prevalent in the two regions. This highlights the importance of considering regional nuances while studying psychological well-being among youth in India. The existing literature on psychological well-being among Indian youth highlights the influence of various factors such as social support, self-esteem, educational attainment, and regional disparities. The studies emphasize the need for tailored interventions and support systems that consider the socio-cultural context and address the specific challenges faced by youth in different regions of India. By incorporating these findings, the present study aims to contribute to the understanding of psychological well-being among youth in North Gujarat, providing insights that can inform targeted interventions and support their overall well-being.

METHODOLOGY

Objectives

- To compare the levels of psychological well-being between youth residing in rural and urban areas.
- To examine the differences in psychological well-being between male and female youth.

Hypotheses

- There is no significant difference in the mean levels of psychological well-being between youth residing in rural and urban areas.
- There is no significant difference in the mean levels of psychological well-being between male and female youth.

Psychological Well-being among Youth

Sample

A sample was selected from Patan District for this study, comprising a total of 120 participants. The sample included 60 youths from rural areas and 60 youths from urban areas. Among these, 30 male youths and 30 female youths were included.

Research Design

The research adopted a 2x2 factorial design, considering the factors of gender (male/female) and area (urban/rural).

Tools

Personal Data Sheet:

A personal data sheet was developed to collect information about the participants, including education level, area, name, gender and age, types of family, parents' education, and family income.

Psychological Well-being Scale (PWBS):

The researchers used the Psychological Well-being Scale (PWBS) developed by Dr. Devendrasingh Sisodiya and Ms. Pooja Chaudhary. The scale consists of 50 statements that measure several aspects of well-being, such as satisfaction, efficiency, sociability, mental health, and interpersonal relationships. Likert techniques were employed for scale development, and expert input from various fields such as psychology, sociology, human development, family relations, and psychiatry was sought. The final version of the scale comprised 50 statements and is considered useful in research and applied settings to measure well-being, mental health, and social indicators. By conducting this study and analyzing the data using the chosen research design and instruments, the researchers aimed to investigate the levels of psychological well-being among youth in rural and urban areas, as well as explore potential gender differences. The results can contribute to the existing literature and inform the development of tailored interventions and support systems for youth in India.

Table (A) Areas and its item wise statements nos. psychological well-being.

Sr. No.	Area	Item	Item wise St. No.
I	Satisfaction	10	1 to 10
II	Efficiency	10	11 to 20
III	Sociability,	10	21 to 30
IV	Mental health and	10	31 to 40
V	Interpersonal relationship	10	41 to 50
Total Items		50	

I) Life Satisfaction: Life satisfaction refers to the feeling of contentment or fulfillment in various aspects of one's life. It reflects the degree to which individuals are satisfied with their desires, achievements, and overall well-being. It encompasses a sense of serenity and harmony in one's ownership and enjoyment of life.

II) Efficiency: Efficiency is the assessment of how effectively resources, such as money, time, and labor, are utilized to achieve desired outcomes. It compares the actual production or results obtained with what could be achieved using the same amount of resources. Efficiency relates to the ability to achieve maximum productivity and optimal use of available resources.

Psychological Well-being among Youth

III) Sociability: Sociability refers to the tendency or inclination of individuals to engage in social interactions and associate with others. It represents the willingness to participate in social activities, form connections, and maintain relationships with others. Sociability reflects one's comfort and enjoyment in social settings and the ability to establish and maintain interpersonal connections.

IV) Mental Health: Mental health encompasses an individual's cognitive and emotional well-being. It refers to a state of overall psychological well-being and the absence of mental disorders. Good mental health enables individuals to cope effectively with everyday challenges, think clearly, exhibit responsible behavior, and maintain positive relationships with others.

V) Interpersonal Relationships: Interpersonal relationships refer to the connections and interactions between two or more individuals. These relationships can range from casual and fleeting encounters to long-lasting and significant bonds. Interpersonal relationships may be based on factors such as love, friendship, mutual interests, or regular social interactions. They play a crucial role in individuals' social and emotional well-being.

• Reliability:

The reliability of the scale was assessed using two methods: the test-retest method and the internal consistency method. The test-retest reliability, which measures the consistency of scores over time, yielded a coefficient of 0.87. The internal consistency, which assesses how well items within the scale measure the same construct, resulted in a coefficient of 0.90, indicating high reliability.

• Validity:

The validity of the scale was established through face validity, as all items were relevant to the variable being measured. The scale also demonstrated high content validity, as it effectively covered all relevant aspects of psychological well-being. Additionally, the scale was validated against internal criteria, yielding a coefficient of 0.94, indicating high validity. By ensuring the reliability and validity of the scale, the researchers can have confidence in its ability to accurately measure psychological well-being across dimensions such as life satisfaction, efficiency, sociability, mental health, and interpersonal relationships.

RESULT AND DISCUSSION

The study aimed to understand the level of Psychological well-being among youths based on different factors such as area, and gender. 'T' test was conducted to analyze the data. The results of the analysis are presented in a table, which will be discussed in detail.

Significant of 't' value:

*0.05=1.98

**0.01=2.58

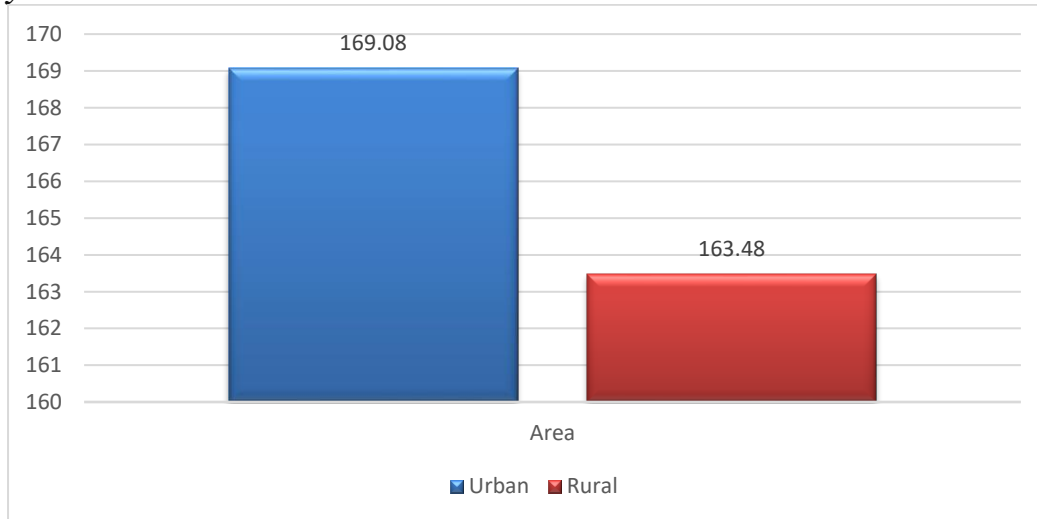
Result on Psychological well-being with reference to Area

Table 1: The table shows that result of Psychological well-being among youth who live in urban and rural areas.

Area	N	Mean	Std. Deviation	't' value	Degree of freedom	Significant level
Urban	60	169.08	25.86	1.13	118	N.S.
Rural	60	163.48	28.34			

Psychological Well-being among Youth

Figure 1: Bar Chart shows that mean score of Psychological well-being with regard to youth who live in urban and rural areas.



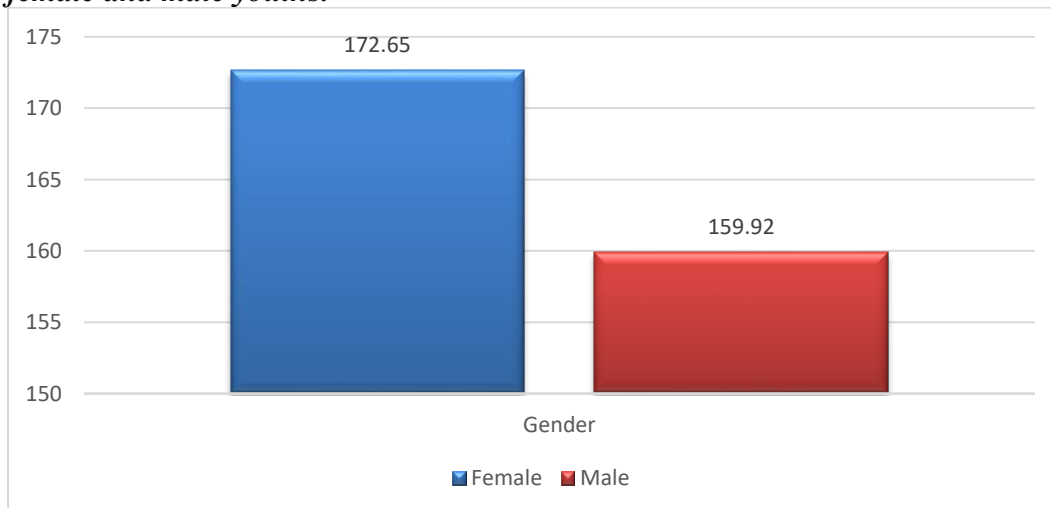
The mean score on the Psychological well-being of youth who live in rural areas is 163.48 (SD=28.34) and the mean score on the Psychological well-being of youth who live in urban areas is 169.08 (SD=25.86). The t- ratio of youth who live in urban and rural areas on Psychological well-being is 1.13, which is less than t-value. So the first hypothesis is accepted and we can say that there is no significant difference between youth who live in urban and rural areas on Psychological well-being. It can be seen in table No.1 and figure No. 1.

Result on Psychological well-being with reference to Gender

Table 2: The table shows that result of Psychological well-being among female and male youths.

Gender	N	Mean	Std. Deviation	't' value	Degree of freedom	Significant level
Female	60	172.65	27.74	2.63**	118	0.01
Male	60	159.92	25.21			

Figure 1: Bar Chart shows that mean score of Psychological well-being with regard to female and male youths.



Psychological Well-being among Youth

The mean score on the Psychological well-being of female youth is 172.65 (SD=27.74) and the mean score on the Psychological well-being of male youth is 159.92 (SD=25.21). The t-ratio of female and male youth on Psychological well-being is 2.63, which is higher than t-value at 0.01 level of significance. So, the second hypothesis is rejected and we can say that there is a significant difference between female and male youth on Psychological well-being. It can be seen in table No. 2 and figure No. 2.

CONCLUSION

This research study aimed to explore the levels of psychological well-being among youth in rural and urban areas and examine potential differences based on gender. The findings indicate that the area of residence does not significantly affect the psychological well-being of youth. However, a significant difference was observed in psychological well-being between male and female youths, with females exhibiting higher levels of well-being. These findings highlight the importance of considering gender differences when designing interventions and support systems for youth. Tailored strategies should be developed to address the specific challenges faced by male youths in enhancing their psychological well-being. Additionally, fostering a supportive and nurturing environment for all youth, regardless of their area of residence, is crucial for promoting overall well-being. The research underscores the need for policymakers, educators, and mental health professionals to incorporate these findings into their practices. By providing targeted interventions that cater to the unique needs of youth, the goal of enhancing their psychological well-being can be achieved. This, in turn, will facilitate their successful transition into adulthood and contribute to their long-term well-being and success. It is important for future research to further explore the factors influencing psychological well-being among youth and to develop comprehensive interventions that address the specific challenges faced by different demographic groups. By expanding our understanding of psychological well-being in youth, we can develop more effective strategies to support their mental health and overall development. In conclusion, this study provides valuable insights into the psychological well-being of youth, emphasizing the significance of gender considerations and the need for tailored interventions and support systems. By implementing these findings, we can foster a healthier and more supportive environment for youth, promoting their well-being and laying the foundation for their future success.

REFERENCES

- Chauhan, A. R., & Dr Priyanka Dubey, A. (2021). *Study of Psychological Well Being among Urban and Rural Late Adolescence international journal of education, modern management, applied science and social science (IJEMMASSS)* 39 ISSN: 2581–9925, impact factor: 6.340, 03(04 (I), October–December) (pp. 39–44).
- Kumar, D., Lakshmi, R., & Kumari, N. (2023). A study of psychological well-being in relation to big five personality of working and nonworking women. *International Journal of Indian Psychology*, 11(1), 126–132. DIP: 18.01.014.20231101. <https://doi.org/10.25215/1101.014>
- McNulty, J. K., & Fincham, F. D. (2012). Beyond positive psychology? Toward a contextual view of psychological processes and well-being. *American Psychologist*, 67(2), 101–110. <https://doi.org/10.1037/a0024572>
- Nair, R., & Ganesh, N. (2018). Psychological well-being of rural and urban youth in India: A systematic review. *Journal of Rural and Community Psychology*, 38(1), 82–98.
- Philip, S., Molodynski, A., Barklie, L., Bhugra, D., & Chaturvedi, S. K. (2021). Psychological well-being and burnout amongst medical students in India: A report

- from a nationally accessible survey. *Middle East Current Psychiatry*, 28(1), 54. <https://doi.org/10.1186/s43045-021-00129-1>
- Satpathy, B., & Ali, E. (2020). A study on psychological well-being of final year management students during COVID-19 pandemic lockdown in India. *International Journal of Indian Psychology*, 8(2), 1–25. DIP:18.01.121/20200802. <https://doi.org/10.25215/0802.121>
- Sharma, A. J., & Subramanyam, M. A. (2020, September 3). A cross-sectional study of psychological wellbeing of Indian adults during the Covid-19 lockdown: Different strokes for different folks. *PLOS ONE*, 15(9), e0238761. <https://doi.org/10.1371/journal.pone.0238761>, PubMed: 32881946, PubMed Central: PMC7470332
- Sharma, A., Singh, T. P., Sharma, R., Dhakar, J. S., & Bharti, A. (2022) Psychological well-being among college students: A study from Central India. *Asian Journal of Medical Sciences*, 13(1), 46–51. <https://doi.org/10.3126/ajms.v13i1.39350>
- Singh, A. R., & Chadda, R. K. (2018). Psychological well-being of Indian youth: A state-wise analysis. *Indian Journal of Social Psychiatry*, 34(3), 247–253.
- Sisodiya, D., & Chaudhary, P. *Psychological Well-Being Scale (PWBS) [Measurement instrument]*.
- Venkatesan, S. (2020). Psychological well-being among youth in Gujarat and Tamil Nadu. *Indian Journal of Positive Psychology*, 11(1), 59–66.
- Verma, S., & Jha, A. (2019). Psychological well-being among college students in Delhi: The role of social support, self-esteem, and academic satisfaction. *Indian Journal of Positive Psychology*, 10(4), 628–635.

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Jadav, M. B. (2023). Psychological Well-being among Youth. *International Journal of Indian Psychology*, 11(3), 1610-1616. DIP:18.01.155.20231103, DOI:10.25215/1103.155