

Research Paper

A Study on Psychological Well-being among University Students

Shubhangi Moghe^{1*}, Dr. Shaili Misra²

ABSTRACT

Positive emotions, life satisfaction, a sense of purpose, and a high degree of self-esteem are traits of psychological well-being. It entails having the capacity to control tension, adjust to change, build and preserve good relationships, and pursue self-acceptance and personal development. A structured questionnaire was used to collect primary data from a sample of 120, which included 60 males and 60 females, 40 hostel dwellers, and 80-day scholars. The data was acquired using the Psychological Well-being Scale created by Carol Ryff. A "t" test was used in the statistical analysis. The results indicate that there are no differences in the psychological health of males and females. Moreover, no statistically significant differences were found in the factors affecting psychological well-being between male and female students. Furthermore, there are no significant differences between day scholars and hostel dwellers in terms of psychological well-being. Finally, there were no significant differences found in the categories related to psychological well-being between day scholars and hostel dwellers.

Keywords: *Psychological Well-Being, Gender Differences, Day Scholars, Hostel Dwellers*

A person's health, happiness, and contentment are just a few of the numerous facets of their existence that are encompassed under the wide and intricate concept of well-being. It also symbolizes the overall standard of living for an individual. It stands for a state of complete mental, emotional, physical, and social well-being. For individuals, communities, and society as a whole, achieving well-being is fundamental to living a fulfilling life.

The WHO (World Health Organization) identifies "wellbeing" as a valued asset for a healthy existence, a "positive condition of health" beyond the absence of sickness. It facilitates optimal performance throughout a person's whole range of mental, physical, emotional, and social activities. For anything to be considered "well-being," it must help people realize their full potential, which includes fostering productive and creative work, developing positive relationships with others, and making significant contributions to their communities.

Mental and emotional health is typical synonyms for psychological health. Nevertheless, psychological well-being includes mental and emotional health. It's a reflection of the

¹PhD Scholar, Karnavati University, Gandhinagar

²Associate Professor

*Corresponding Author

Received: December 14, 2023; Revision Received: March 28, 2024; Accepted: March 31, 2024

A Study on Psychological Well-being among University Students

person's resilience, positivity, ability to form genuine relationships, and skill in carrying out mundane tasks. It considers a wide range of variables that have an impact on an individual's mental well-being. A person's resilience and quality of life have been proven to be strongly connected with their mental health, which is critical to their general health.

Key Dimensions of Psychological Well-being:

- The key to one's mental health is having the capacity to recognize, comprehend, and control one's emotions. Using the right coping mechanisms allows you to better handle stress, anxiety, and other negative feelings.
- Examples of positive emotions that are essential in determining one's psychological well-being include love, gratitude, contentment, and happiness, amongst others. These positive states of mind have a significant bearing on overall life satisfaction as well as happiness.
- Resilience is the ability to bounce back from adversity and conquer life's challenges, and it's directly linked to psychological health. Resilience is characterized by flexibility and an optimistic view of these challenges.

Psychological well-being is a broad concept that encompasses a condition of prosperity and thriving, rather than only the absence of mental health illnesses. Numerous variables, including heredity, environment, experiences in life, and personal decisions, might have an impact on it. Achieving and sustaining psychological well-being frequently calls for self-awareness, personal development, and the creation of appropriate coping mechanisms to deal with stress and obstacles in life.

Carol D. Ryff, an acclaimed researcher and psychologist, is credited with developing a six-dimensional model of psychological well-being. The interaction of all of these factors has a formative effect on the individual's psychological health as a whole. Ryff's hypothesis is well-known under the term "Six-factor Model of Psychological Well-Being."

- **Autonomy:** The degree of freedom and ability to make independent decisions are correlated with an individual's level of autonomy. It evaluates an individual's capacity to remain loyal to themselves under duress and behave in a manner consistent with their basic beliefs and ideals.
- **Environmental Mastery:** Mastery of the environment means competently traversing and adapting. This involves managing everyday tasks, solving difficulties, and taking charge of one's surroundings.
- **Personal Growth:** It is an indication of a person's commitment to continuous improvement and development. Curiosity, receptivity to novel experiences, and drive for advancement and self-realization are the three key elements.
- **Positive Relations with Others:** This dimension's major focus is on how well a person can establish and sustain healthy connections with other individuals. The development and maintenance of fulfilling relationships depend on a variety of factors, including the capacity for empathy and compassion as well as a growing feeling of social connection.
- **Purpose in Life:** The meaning of life may be found in completing particular goals and having a feeling of purpose. It requires having a feeling of purpose and the conviction that one's acts and presence are more significant than just sustaining one's physical existence.
- **Self-acceptance:** Self-acceptance is defined by positive characteristics of an individual's self-image, such as high self-esteem and a strong feeling of self-worth.

A Study on Psychological Well-being among University Students

Essential to self-respect is a person's ability to recognize their strengths and faults, accept responsibility for their previous acts, and still maintain a healthy degree of self-respect.

As a result, rather than being a static state, psychological well-being is a dynamic process that may alter and develop over time. A person's psychological well-being can be impacted by a range of circumstances, happenings, and actions. People must, therefore, make decisions and pursue hobbies that promote mental health and, when required, seek out counseling, therapy, or other mental health services. In the end, one of the most important objectives for living a happy and meaningful life is reaching and sustaining psychological well-being.

REVIEW OF LITERATURE

In **Bhosale SJ's (2014)** investigation, the major focus was on investigating the subjective part of women's well-being in a range of occupational categories. The poll comprised a sample of 100 professional women from a range of occupations, including engineers, physicians, educators, administrators, and CEOs. They were given Sahoo's LOQ ("Life Orientation Questionnaire") to determine how content they were with their lives. The purpose of this research was to examine the differences between the good and negative affect experiences, life satisfaction, and total life functioning satisfaction among working women. According to the results, administrators reported the lowest levels of satisfaction, while physicians and educators reported the greatest. Engineers and executives were at the center. These findings revealed that working women's workplaces seemed to operate as protective factors against these detrimental impacts, despite the inherent difficulties and tensions they face daily.

Bharathi H. et, al. (2015) conducted a study examining the psychological well-being of men with type 2 diabetes, making a comparison between those with and without foot complications. The research includes a survey completed by 60 male participants aged between 40 and 60 years. The 1994 Bradley and Gamsu Well-Being Questionnaire were used in the study to collect demographic and medical data. The results showed a substantial difference in waist-to-hip ratio, age, and postprandial sugar levels between the two groups. Interestingly, diabetes and energy levels showed a negative association with foot issues in males, whereas depression and age were linked to foot difficulties in women. Age was significantly correlated with positive well-being in the group without foot problems, while HbA1C levels had a substantial positive linkage with positive well-being. Anxiety levels and postprandial blood sugar levels were positively connected, whereas age and energy levels were negatively correlated.

Dadhania (2015) researched to examine the emotional and psychological health of teenage boys and girls. The study employed random sampling, and the total sample size was 80 adolescents. Among these, 40 boys and 40 girls in the 10th standard, selected randomly from the city of Junagadh, were evaluated using measures of psychological well-being and mental health tests. To determine whether disparities existed in psychological well-being and mental health, t-tests were employed and potential correlations were explored using the Karl Pearson 'r' approach. The outcomes revealed significant distinctions in the mental health and psychological well-being of both adolescent boys and girls. Furthermore, a positive correlation of 0.82 was established between these two variables.

A Study on Psychological Well-being among University Students

In their study on psychological well-being, gender, and optimistic attitudes among college students, **Honmore and Jadhav (2015)** aimed to explore these aspects concerning the psychological well-being of college students. The study encompassed 200 first-year students from various colleges in Islampur and Sangli, located in Maharashtra, with an equal distribution of 100 male and 100 female participants. Participants completed the Optimistic-Pessimistic Attitude Scale (Parashar, 1998) and the Psychological Well-Being Scale (PWB), which includes five subscales. The results of the ANOVA revealed a significant gender difference overall, albeit with a small effect size (Cohen's $d = 0.38$). These findings indicated that male students exhibited a higher level of psychological well-being in the Mental Health dimension compared to their female counterparts. Notably, most participants in the study hailed from rural or semi-urban backgrounds characterized by entrenched traditional norms and constraints on women within a predominantly male-dominated culture. Sana Akhter (2015) conducted a study titled "Gender Differences in Psychological Well-being." The study utilized a random sampling method to select a sample of 100 participants, including an equal number of male and female, 10th-grade students from Jamshedpur city. In this study, participants' levels of psychological well-being were measured using the Psychological Well-being Scale, which was developed in 1980 by Carol Ryff. The validity of the hypotheses was examined using a "t" test. The findings revealed a sizable gender gap in students' reports of their emotional health.

Prabha and Magdalin (2016) studied 285 female college students (aged 17 to 26) from different institutions in the Chennai area to see how much time they spent online affected their levels of comfort, social anxiety, psychological health, and feelings of isolation. The outcomes of the study suggested that there was no association between Internet addiction and social anxiety, loneliness, or psychological well-being among the female college students who took part in it. The study found no statistically significant differences between female students who used the Internet late at night and those who did not, in terms of mental health, social anxiety, or feelings of isolation. Despite the prevalence of social anxiety among male college students, there was no statistically significant correlation between Internet addiction and social anxiety among female college students. Furthermore, no connection could be shown between internet addiction and the mental health of college-aged women.

Rehman et al. (2016) studied 100 Kashmiri residents from Ganderbal and Srinagar. Fifty men and fifty women participated in the research. In particular, gender and residential status were used to assess if excessive Internet usage affects the mental health of young people in Kashmir. According to the findings, an unhealthy association exists between compulsive Internet use and one's overall psychological health. Furthermore addition, the study discovered a significant gender gap in the tendency for Internet addiction among young individuals, with boys displaying a greater propensity than girls. The degree to which individuals were dependent on the Internet did not change considerably based on their place of residence. The findings also revealed substantial differences in terms of the individual's psychological well-being. These differences were discernible in terms of gender and residential status. In particular, it was shown that there are disparities between male and female adolescents' psychological well-being, with female youth reporting greater levels of psychological well-being. Similarly, urban teens outperformed their rural counterparts in terms of psychological well-being among the participants.

Shaheen and Shazeen (2016) researched to examine the connection between the emotional intelligence and psychological health of a sample of students. A sample of one hundred

A Study on Psychological Well-being among University Students

students—50 boys and 50 girls—was used in their study. These students were chosen randomly from Senior Secondary Schools at AMU (“Aligarh Muslim University”), and their average age was 15 years. The Well-Being Manifestation Measure Scale and the Emotional Intelligence Scale were employed by the researchers to measure emotional intelligence and psychological well-being. This study's correlation analysis showed a strong and favorable relationship between psychological well-being and emotional intelligence. The study's findings also revealed that girls outperformed boys in emotional intelligence scores. On the whole psychological well-being scale, however, there was no discernible difference between the scores of boys and girls.

Rezvan and Souza (2017) carried out a study to investigate how parenting practices affect early and late adolescent mental health. Two participant groups—early adolescents, aged 10 to 14 and late adolescents, aged 15 to 19—were included in the 200-person sample used in the study. Each gender was equally represented among the participants, who were students from Mysore, Karnataka, India. According to the research, teenage mental health was not significantly impacted by parental practices. As opposed to their early teenage counterparts, late adolescents were found to report a greater prevalence of mental health issues. The conclusion emphasizes how developmental phases have a significant impact on early and late adolescents' general mental health.

Rasal (2019) performed a study to examine how parenting styles may influence the mental health of adolescents, especially exploring the interplay between various parenting styles and the two developmental periods of middle adolescence (15 to 17 years) and late adolescence (18 to 21 years). A total of 240 participants were chosen at random from Nashik, Maharashtra, with 120 people in each developmental period. Remarkably, the findings showed that parenting practices have a substantial effect on teenagers' mental health, especially when it comes to aspects like self-assessment, environmental competency, personality development, group-oriented attitudes, and autonomy. Remarkably, it was also noted that teenagers in the medium period of development showed a higher ability to articulate self-evaluation than those in the late phase.

Objectives

- To assess the psychological well-being among male and female students.
- To identify the dimensions influencing the psychological well-being among male and female students.
- To assess the psychological well-being between day scholars and hostel dwellers.
- To identify the dimensions influencing the psychological well-being between day scholars and hostel dwellers.

Hypothesis

- There will be a significant difference in psychological well-being among male and female students.
- There will be a significant difference in dimensions of psychological well-being among male and female students.
- There will be a significant difference in psychological well-being between day scholars and hostel dwellers.
- There will be a significant difference in dimensions of psychological well-being between day scholars and hostel dwellers.

A Study on Psychological Well-being among University Students

RESEARCH METHODOLOGY

Sampling Stratification: The sample of 120 University students (60 females and 60 males) has been selected from North Gujarat and South Gujarat, respectively. The participants in the study fall within the age range of 18 to 25 years.

N = 120			
$N = n_1 + n_2$	60+60=120	$N = n_1 + n_2$	40+80=120
$n_1 = 60$ female students	$n_2 = 60$ male students	$n_1 = 40$ hostel dwellers	$n_2 = 80$ day scholars

Tool:

Psychological Well-being Scale- It was developed by famous psychologist Carol D. Ryff. The 18-item Psychological Wellbeing (PWB) Scale is highly reliable one. The scale encompasses six dimensions- autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, self-acceptance. The scale has 7 alternatives and out of them one alternative has to be selected. Scoring is done by assigning 1 to the most positive response and 7 to the extremely negative response. For negative items, scoring is reversed by assigning 7 to the most positive response and 1 to the extremely negative response.

S. No.	Score assigned	Response
1	7	Strongly disagree
2	6	Somewhat disagree
3	5	A little disagree
4	4	Neither agree or disagree
5	3	A little agree
6	2	Somewhat Agree
7	1	Strongly agree

Procedure

The standardized scale developed by Carol Ryff was used in the present study for the convenience and outreach of the participants of the study. It was uploaded as WhatsApp status and on other social networking sites, the help as rendered by friends, family and faculty members. Finally, the scoring was done in Google docs. The study considered includes the dimension-wise comparison of various comparative groups were carried on through the manual scoring in the end. The results entered to be analyzed and displayed.

Statistical Analysis: The statistical analyses applied for data analysis are mean, standard deviation, and t-tests.

RESULT TABLES

Table 1: Showing the comparison of psychological well-being among male and female students-

Psychological Well-being	Male		Females		t-value
	Mean	SD	Mean	SD	
	85.03	10.74	85.38	14.10	N.S.

Overall Psychological well-being for males with mean 85.03 and standard deviation 10.74 and for females with mean 85.38 and standard deviation 14.10. The t-value came out to be non-significant. Hence, from table 1, there is no significant difference in psychological well-being among male and female students.

A Study on Psychological Well-being among University Students

Table 2: Showing the dimension wise comparisons influencing the psychological well-being among male and female students-

Dimensions	Males		Females		t-value
	Mean	SD	Mean	SD	
Autonomy	14.13	3.05	14.48	3.74	N.S.
EnvironmentalMastery	13.83	3.45	13.51	3.43	N.S.
PersonalGrowth	15.9	3.04	16.06	3.54	N.S.
Positive Relations with others	12.63	3.53	12.08	3.74	N.S.
Purpose inLife	12.91	3.85	14.35	4.05	N.S.
Self- Acceptance	15.61	2.86	14.88	3.93	N.S.

Dimension wise comparison of psychological well-being in autonomy for males with mean 14.13 and standard deviation 3.05 and for females with mean 14.48 and standard deviation 3.74. The t-value came out to be non-significant. In environmental mastery for males with mean 13.83 and standard deviation 3.45 and for females with mean 13.51 and standard deviation 3.43. The t-value came out to be non-significant. In personal growth for males with mean 15.9 and standard deviation 3.04 and for females with mean 16.06 and standard deviation 3.54. The t-value came out to be non-significant. In positive relations with others for males with mean 12.63 and standard deviation 3.53 and for females with mean 12.08 and standard deviation 3.74. The t-value came out to be non-significant. In purpose in life for males with mean 12.91 and standard deviation 3.85 and for females with mean 14.35 and standard deviation 4.05. The t-value came out to be non-significant. In self-acceptance for males with mean 15.61 and standard deviation 2.86 and for females with mean 14.88 and standard deviation 3.93. The t-value came out to be non-significant. Hence, from table 2, no significant differences were observed in all the dimensions of psychological well-being among male and female students.

Table 3: Showing the comparison of psychological well-being between Day Scholars and Hostel Dwellers-

Psychological Well-being	Day Scholars		Hostel Dwellers		t-value
	Mean	SD	Mean	SD	
	84.97	12.64	86.77	13.11	N.S.

Overall Psychological well-being for day scholars with mean 84.97 and standard deviation 12.64 and for hostel dwellers with mean 86.77 and standard deviation 13.11. The t-value came out to be non-significant. Hence, from table 3, there is no significant difference in psychological well-being between day scholars and hostel dwellers.

Table 4: Showing the dimension wise comparisons influencing the psychological well-being between Day Scholars and Hostel Dwellers-

Dimensions	Day Scholars		Hostel Dwellers		t-value
	Mean	SD	Mean	SD	
Autonomy	14.03	3.35	14.65	3.37	N.S.
EnvironmentalMastery	13.78	3.61	13.45	3.11	N.S.
PersonalGrowth	15.93	3.23	16.3	3.56	N.S.
Positive Relations withothers	12.36	3.61	12.8	4.09	N.S.
Purpose inLife	13.48	3.87	14.57	4.04	N.S.
Self- Acceptance	15.36	3.48	15	3.57	N.S.

A Study on Psychological Well-being among University Students

Dimension wise comparison of psychological well-being in autonomy for males with mean 14.03 and standard deviation 3.35 and for females with mean 14.65 and standard deviation 3.37. The t-value came out to be non-significant. In environmental mastery for males with mean 13.78 and standard deviation 3.61 and for females with mean 13.45 and standard deviation 3.11. The t-value came out to be non-significant. In personal growth for males with mean 15.93 and standard deviation 3.23 and for females with mean 16.3 and standard deviation 3.56. The t-value came out to be non-significant. In positive relations with others for males with mean 12.36 and standard deviation 3.61 and for females with mean 12.8 and standard deviation 4.09. The t-value came out to be non-significant. In purpose in life for males with mean 13.48 and standard deviation 3.87 and for females with mean 14.57 and standard deviation 4.04. The t-value came out to be non-significant. In self-acceptance for males with mean 15.36 and standard deviation 3.48 and for females with mean 15 and standard deviation 3.57. The t-value came out to be non-significant. Hence, from table 4, no significant differences were identified in all the dimensions of psychological well-being between day scholars and hostel dwellers.

Findings of the Study:

- There is no significant difference found in Psychological well-being among males and females.
- There is no significant difference across genders with respect to all the dimensions of psychological well-being.
- There has been no significant difference with respect to residential status, namely, day scholars and hostel dwellers for the variable of psychological well-being.
- There has been no significant difference with respect to residential status, namely, day scholars and hostel dwellers for all the dimensions of psychological well-being.

INTERPRETATION DISCUSSION AND CONCLUSION:

Psychological well-being is a broad concept that encompasses a condition of prosperity and thriving, rather than only the absence of mental health illnesses. Numerous variables, including heredity, environment, experiences in life, and personal decisions, might have an impact on it. Achieving and sustaining psychological well-being frequently calls for self-awareness, personal development, and the creation of appropriate coping mechanisms to deal with stress and obstacles in life.

The goal of the research is to examine the psychological well-being among University students. In this study, the assessment of psychological well-being is conducted using the Psychological Well-being Scale developed by Carol Ryff. The statistical analysis involves the use of mean, standard deviation, and t-tests as the applied methods for data analysis.

Table 5: Showing the hypothesis status formulated for empirical verification-

S. No.	Hypothesis	Status
1	There will be a significant difference in psychological well-being among males and females.	Rejected
2	There will be a significant difference in dimensions of psychological well-being among males and females.	Rejected
3	There will be a significant difference in psychological well-being between day scholars and hostel dwellers.	Rejected
4	There will be a significant difference in dimensions of psychological well-being between day scholars and hostel dwellers.	Rejected

A Study on Psychological Well-being among University Students

As the result table 5 exhibits, all the hypothesis are straightway rejected. It implies that, there are no significant differences across genders and also with respect to dwelling.

These results are in accordance with the previous findings (Shaheen and Shazeen, 2016; Ramesh D. Waghmare, 2016). It implies that, Gender roles and societal expectations have been developing, and our society is gradually accepting gender inclusiveness, which is treating everyone with equal respect regardless of their stature and absorbing the concept of social equality by projecting it into society through instilling the thought in others about the same. This gives each individual a leeway to voice their opinions regardless of their gender and seek options or make personal choices. Hence, it ushers the decreased gender differences in psychological well-being.

Secondly, the non-significant difference, in residential status. It is also synchronous to other studies (Vanika and Sankhian, 2015). Both day scholars and hostellers can have access to strong support systems, whether it's from family, friends, or social networks. Like, if the living conditions for hostellers are comfortable and beneficial to well-being, and if day scholars have easy access to campus resources and extracurricular activities, these minimize differences. All students have internet access and smart devices. This helps them, on a daily basis, to have a virtual connect with the family and friends.

REFERENCES

- Akter, S. (2015). Psychological Well-being in Student of Gender Difference. *The International Journal of Indian Psychology (IJIP)*, Vol.2, (4).
- Bharathi H., Subhashini R. and Lavanya T. (2015) Psychological Well-Being of type 2 Diabetes men with and without foot Complications. *Indian Journal of Applied Research* Volume: 5 | Issue: 5 ISSN - 2249-555X
- Bhosale S.J. (2014). Well-being of working women. *AP J Psychology Med*, Vol. 15(1), pp. 108- 110.
- Dadhania, D.A. (2015). Mental Health and Psychological Well-Being in Adolescence Boys and Girls. *International Journal of Public Mental Health and Neurosciences*, Vol. 2 (3), pp. 10-12.
- Honmore, V.M., and Jadhav, M.G. (2015). Psychological Well-Being, Gender and Optimistic Attitude among College Students. *The International Journal of Indian Psychology*, Vol. 3(1), pp.174-181.
- Prabha. D. and Magdalin S. (2016). Loneliness, Social Anxiety and Psychological Well-Being in Relation to Internet Addiction among Women College Students. *International Journal of Indian Psychology*, Vol. 3, (4) 63, ISSN 2348-5396 (e), ISSN: 2349-3429 (p), DIP: 18.01.099/20160304, ISBN: 978-1-365-32518-2.
- Rasal, P. V. (2019). Impact of parenting style on mental health of adolescents. *Journal of the Gujarat Research Society*, Vol. 21(14), pp. 1582-1589.
- Rehman A., Shafi H. and Rizviet T. (2016). Internet Addiction and Psychological Well-being among Youth of Kashmir. *The International Journal of Indian Psychology*, Vol. 3(2), pp. 23-53.
- Rezvan, A., and D'Souza, L. (2017). Influence of parenting styles on mental health of adolescents. *European Online Journal of Natural and Social Sciences*, Vol. 6(4), pp. 667-673.
- Shaheen, S., and Shahzeen, H. (2016). Emotional intelligence in relation to psychological well-being among students. *International Journal of Indian Psychology*, Vol. 3(4), No. 63.

A Study on Psychological Well-being among University Students

Acknowledgment

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: Moghe, S. & Misra, S. (2024). A Study on Psychological Well-being among University Students. *International Journal of Indian Psychology*, 12(1), 2634-2643. DIP:18.01.241.20241201, DOI:10.25215/1201.241