

Altruism and Psychological Well-being of College Students of Ahmedabad

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ABSTRACT

Background: Helping others is an important part of the human beings since the ancient times. Earlier people used to go to an extreme level to help others but as time changed the level of helping has been decreasing speedily. In modern times when we observe a rise in mental health issues in almost all the age groups, there arise a need to know whether people are satisfied with their life or not, whether they are aware about the needs and wants or are just trying to help themselves. Many questions arise and thus there was a need for this study. **Objectives:** To assess the altruism level and psychological well-being of the male and female college students of Ahmedabad. **Methods:** The sample size was 100 college students of Ahmedabad of which 50 boys and 50 girls were taken. The Altruism scale and the psychological well-being scale were used. **Results:** It has been observed that social support plays an important role in a student's life and it may affect the stress level of the student. More the support, less are the chances of getting stressed. **Conclusion:** The conclusion is that social support can have a greater impact on the stress level of the secondary students.

Keywords: Altruism, Psychological Well-Being, College Students

The term "altruism" was popularized as the opposite of egoism by the French philosopher Auguste Comte (Etymology Dictionary). Altruisme, as it is called in French, was derived from the Latin *alteri* which means "somebody else" or "other people" (Cicilioni, 1825). This makes sense when we look at the definition of altruism—it is defined generally as the action of acting for the benefit of others—an unselfish concern for other people (Merriam-Webster, n.d.). In short, the meaning of altruism is helping out others with any expectation of getting anything in return. Helping others is an important part of the human beings since the ancient times. Earlier people used to go to an extreme level to help others but as time changed the level of helping has been decreasing speedily. In modern times when we observe a rise in mental health issues in almost all the age groups, there arise a need to know whether people are satisfied with their life or not, whether they are aware about the needs and wants or are just trying to help themselves. Many questions arise and thus there was a need for this study. Psychological well-being is a major aspect of this study. The researcher has tried to know the perspective of the college students towards altruism as to how they look at it. Whether inculcating the concept of helping others at an early age

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gives a spark of empathy towards others or not and how does it feel when a person helps others is the major concern of this study.

When a student at an early age starts doing social work like teaching slum children, providing medical facilities in the village, financially or emotionally helping others etc. does it give a boost to his/her psychological well-being? Does he/she feel contented and satisfied internally and does it provide internal peace to them. These were the questions which arise to many people. In modern times has the concept of being in altruistic activities decreased in the youths? Do they really think only about themselves? Or are they ready to serve others voluntarily with their own will? This study is a start in exploring it in present scenario.

LITERATURE REVIEW

Izzy Gainsburg, Shiva Pauer, Nawal Abboub, Eamon T. Aloyo, Jean-Christophe Mourrat, and Alejandrina Cristia (2022) In this article, it was reviewed that how altruism when used effectively can inform choices of individual psychologists'. The article finally was closed with a discussion of ideas on how psychology field, can have its positive impact. From effective altruism to psychological science, this study aimed to integrate a new theoretical framework into psychological science, stimulating new areas of research, how psychology can maximize its impact, and inspire the psychologists to do the maximum good as possible.

M. L. Bhuvana, M. B. Pavithra, D. S. Suresha (2021) assessed the altruistic attitudes among Medical and Engineering students of a Medical and Engineering College in Bangalore and to know the factors which influenced the altruistic behavior among these students. This study was conducted on 200 medical and 200 engineering students, respectively. The survey was conducted with a structured pre-validated questionnaire which contained general information and the Altruism personality scale items for measuring altruistic tendency in students. Findings showed that among the students from both the backgrounds who did simple altruistic activities, were more frequent compared to those who did risk taking altruistic activities. Altruism decreases with increasing years of studying in medical college.

Jeya Bala P, Maria Sneha S, Prizila S, Priya Dharshini S, A. Antony Rose Rashmi, J. Irin Jeya Sheela (2021)

study aimed in exploring whether there is a correlation among being altruistic and subjective well-being of young adults and also to find whether there is a gender difference research variables. The study consisted of 200 male and female undergraduate College students. Karl Pearson's correlation was used for the analysis. Findings of the study showed that there exists a significant relationship between altruism and Subjective Well-being. The study also revealed that the young adult did not differ on the basis of gender on Subjective Well-being. Also, they differ on the basis of gender on altruism.

Yi Feng¹, Min Zong, Zhizun Yang, Wen Gu¹, Dan Dong and Zhihong Qiao (2020) in their study tried to examine the effect of altruism on the negative affect and symptoms of anxiety and depression during the COVID-19 pandemic when the people had isolated themselves at home in China. Findings showed that the persons who had high altruism showed more negative affect compared to those who had low altruism, which indirectly escalated their symptoms of anxiety and depression. These findings enrich theories of altruism and provide valuable insight into the effect of altruism on a person's mental health during the COVID-19 outbreak.

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Kara Baka (2019). In this study the aim was to explain the effect of altruistic behavior on the overall happiness of a person and compassion. Altruism is practicing of impersonal and selfless concern for others well-being. Past researches have found that altruistic behavior improves prosocial behavior, however, very little research has been conducted by applying these concepts from a communication perspective. Findings of this study concluded that indulging in altruism activities did not have a positive correlation or a significant impact on overall happiness and compassion.

Significance of study

This study will help in getting students indulged into more altruistic activities which may help them maintain their physical, emotional and psychological well-being and people around them.

Objectives

To assess the altruism level and psychological well-being of the male and female college students of Ahmedabad.

Hypothesis

- H0 - There is no significant difference between the altruism level and psychological well-being of the college students of Ahmedabad.
- H1 - There is no significant difference between the altruism level and psychological well-being of the male college students of Ahmedabad.
- H2 - There is no significant difference between the altruism level and psychological well-being of the female college students of Ahmedabad.

METHODOLOGY

Sample and Source of Sample

The sample are the college students of Ahmedabad.

Sample Size

The sample size is 100

Variables

- **Independent Variable**
Altruism
- **Dependent Variable**
Psychological well-being

Questionnaire / Tools used

1. Altruism scale, Dr. S. N. Rai, Retd, Professor, Department of Psychology, Institute of Advanced Studies, C.C.S. University, Meerut (U.P.)
2. Psychological well-being scale, Dr. Sanwant Singh, Principal, Govt. Girls Degree College, Awalkhera (U.P.)

Research Design: 2x2 design was used

Statistical Analysis

Mean, standard deviation, standard error mean, difference, t-value and level of significance are used as a statistical technique to find out the aim.

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Table 1

Students	N	Mean	S.D	SED	't' value	Level of Significance
Altruism	100	31	5.53	0.55	-243.48	Not Significant
Psychological well-being	100	167	0.77	0.07		

In the "t" distribution table at df =100 the "t" value at.01 level is 2.62. The obtained "t" value (-243.48) is much less than this value, hence it is not significant and null hypothesis is rejected.

Table 2

Students	N	Mean	S.D	SED	't' value	Level of Significance
Altruism	50	30	5.50	0.77	-171.21	Not Significant
Psychological well-being	50	164	0.55	0.07		

In the "t" distribution table at df =50 the "t" value at.01 level is 2.67. The obtained "t" value (-171.21) is much less than this value, hence it is not significant and null hypothesis is rejected.

Table 3

Students	N	Mean	S.D	SED	't' value	Level of Significance
Altruism	50	31	5.55	0.78	-177.30	Not Significant
Psychological well-being	50	171	0.54	0.07		

In the "t" distribution table at df =50 the "t" value at.01 level is 2.67. The obtained "t" value (-177.30) is much less than this value, hence it is not significant and null hypothesis is rejected.

RESULT AND DISCUSSION

It has been seen that altruism plays an important role in a student's life and it may help him/her in maintaining their psychological well-being and can give a feeling of happiness and contentment to them.

CONCLUSION

The conclusion is that altruism can have a greater impact on the psychological well being of the students.

Limitations and suggestions

The limitation of this study is that its sample size is small, educational stream and area are not taken into consideration and also the socio-economic status can be explored. The results may vary with increase in sample size, adding other educational streams, socio-economic status and area. The study needs to be continued further and explored more.

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Conflict of Interest

The author(s) declared no conflict of interest.

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