

## A Study of Psychological Well-being of The Arts and BBA College students

Dr. Manisha D. Bhatu<sup>1\*</sup>

### ABSTRACT

The purpose of the present research was to study the Psychological Well-being of students studying in Arts and BBA College students. In this study 60 Boys and Girls studying in Arts and BBA College students from Junagadh City were selected as samples. For its measurement, Psychological Well-being Scale was developed by Sudha Bhogle (1995) research used Gujarati version and revised by Pankaj Suvera (2007). Here 't' test was applied. The result of the study shows that there is a no significant difference in the effect of Psychological Well-being among Arts and BBA College students( $t=0.38$ ). There is no significant difference in the effect of Psychological Well-being in boys and girls( $t=0.68$ ).

**Keywords:** *Psychological Well-being, Arts and BBA College students*

The term psychological well-being (PWB) denotes a wide range of meanings, most commonly associated with well-being. Most studies in the past define "well-being" as not being ill, as the absence of anxiety, depression or other forms of mental problems. PWB includes respect, positive effect, daily activities, satisfaction, absence of suicidal thoughts, personal control, social support, absence of stress and general proficiency. Carroll Ryff (1988) proposed a model well-presented with six components – self-acceptance, purpose in life, personal development, positive relationship with others, environmental mastery, autonomy.

According to the World Health Organization (WHO), psychological defines well-being as "a state of complete physical, mental and social well-being and not simply the absence of illness or debility."

The term psychological well-being is defined as the evaluation of people's own lives. Such evaluations can be both cognitive judgments, such as life satisfaction, and emotional reactions to events, such as feeling positive emotions. It is a broad concept that encompasses various aspects of everyday experience. Psychological well-being was studied in philosophy under the name of 'Eudemonics'. This can be studied in Aristotle's *Be Ethica Nicomachia*. Later, with the widespread development of mankind, socially, compartmentalization or more precise specialization began. This concept of psychological well-being also creeps into the

<sup>1</sup>Assistant Professor, Dept. of Psychology, Mahila Arts, Commerce, BBA, BCA & Science College Junagadh, India

\*Corresponding Author

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discipline of psychology. Since then, it has developed as a subject of psychology, along with psychology as well as philosophy. Theology deals with the study of religion. The concept of goodness, one can conclude that people's grace in the respective religion or religions by the grace of devotion, walking with love on the of righteousness should lead to the goodness or true merit of their life.

### *Meaning of Psychological well-being*

The problem of psychological well-being is one of the most complex and burning problems of modern times. Thus, maintaining wellness becomes very important. A person's physical health is a gift of nature but how to maintain it depends on the individual. Just as it is necessary to maintain the physical health of a person, it is very important to maintain the mental health of a person. Mental health means that if the mental health of a person is good then a person will be able to provide any kind of contribution to the society and solve many problems and if the mental health is not good then all the small and big problems will continue to arise.

“The overall happiness, satisfaction or contentment experienced subjectively is known as psychological well-being.” -**Bhogle(1995)**

“The degree of satisfaction affects emotional states. If we can distinguish between the cognitive and emotional components of satisfaction, the study of psychological well-being or mental health can be enhanced.” -**Campbell (1976)**

### *Factors of Psychological Well-being*

- Positive relationships
- Autonomy
- Environmental mastery
- Purpose in life
- Personal growth
- Self-acceptance

## **REVIEW OF THE LITERATURE**

1. **V. Panula and N. Junttila (2020)** Parents Psychological well-being as a predictor of the social competence of a child. The purpose of the present research was on parents' psychological well-being as a predictor of child's social competence. In which PWI and STEPS Study were used to select 1075 parents as samples. IBM SPSS Statistics 23 and MPLUS Version 7 were used for statistical analysis. The results of the present study show that parents who are positive have better psychological well-being and can support their children. So, children also learn new skills.
2. **J. Dawes and T. May et.al. (2021)** Impact of the COVID-19 Pandemic on the mental health and well-being of parents with young children. The purpose of the present research was to study the impact of the Kovid-19 pandemic on the mental health and well-being of parents. In which 30 parents were selected as samples. Mental Health scale and psychological well-being scale were used to collect data. 'r' and 't' test were used for statistical analysis. Findings from the present study show that mothers had lower levels of mental health in COVID-19 than fathers.

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3. **S.L. Juyal and R. Bhatnagar (2021)** Psychological well-being of parents in relation to early intervention of their intellectually disabled children. The purpose of the present research was to study the psychological well-being of intellectually disabled children and their parents. In which 120 parents were selected as samples. Early Intervention Technique, Vineland social maturity scale and National Institute for the Mentally Handicapped – Disability Impact Scale were used to collect data. IBM SPSS Statistics Version 20 was used for data analysis. The results of the present study show that there is a positive effect on early intervention of intellectually disabled children. If we look at the well-being of parents, the level of well-being of mothers is very less than that of fathers.

### **METHODOLOGY**

#### ***Research problem:***

The problem with the research presented is as follows.

**“A Study of Psychological Well-being of The Arts and BBA College students”**

#### ***Objectives***

The following objectives have been determined in relation to the problem of the present research.

1. To study the effect of Psychological Well-being among Arts and BBA college students.
2. To study the effect of Psychological Well-being in boys and girls.

#### ***Hypotheses***

The following zero hypotheses have been formulated for the purpose of the research presented.

1. There is no significant difference in the effect of Psychological Well-being among Arts and BBA college students.
2. There is no significant difference in the effect of Psychological Well-being in boys and girls.

#### ***Variables***

##### **Independent variables**

- Type of College: Arts and BBA
- Gender: Boys and Girls

##### **Dependent variables**

- Psychological Well-being

#### ***Sample***

By visiting College in Arts and BBA colleges, were made to fill Psychological Well-being scale for present research. First 130 students were made fill this questioner. From which 60 samples were used for this research.

In this Present study, sample was selected randomly. Students were selected from Junagadh City.

### Tools

The chief objective of present research is to measure. A Study of Psychological Well-being of the College students. Followings tools will be used to get information from on answered.

- **Personal Data Sheet:** Personal data sheet was made to get necessary information about Students. In this data, Students Arts information like; Type of College (Arts and BBA), Gender (Boys and Girls) are included.
- **Psychological Well-being:** For this purpose of research, “Psychological Well-being Scale” was development by Sudha Bhogle (1995) research used Gujarati version and revised by Pankaj Suvera (2007). 28 sentences are in this scale. This scale has test-retest reliability coefficient of 0.72 and internal consistency reliability coefficient are 0.70. This scale two-point scale. In Gujarati translation test-retest reliability coefficient was 0.91 validity of this scale is 0.85. The minimum and maximum score obtained in the scale are 0 and 28 respectively.

### Statistical Methodology

To analyze the data keeping in view the objective of the present study ‘t’ test was used.

## RESULT AND DISCUSSION

The of the present research was to study the Psychological Well-being of students studying in Arts and BBA College students. The result of which is discussed below.

*Table No. 1 Showing the effect of Psychological Well-being of students studying in Arts and BBA College students ‘t’ table*

Variables	N	Mean	S.D.	t	Sig.
Arts	30	89.12	20.20	0.38	NS
BBA	30	93.26	21.28		

NS = Not Significant

*Table No. 2 Showing the effect of Psychological Well-being in boys and girls ‘t’ table*

Variables	N	Mean	S.D.	t	Sig.
Boys	30	93.92	24.22	0.68	NS
Girls	30	92.28	21.45		

NS = Not Significant

By using information given in table-1, The mean difference between two groups in terms of psychological well-being. The mean score of Arts College students is 89.12 and SD 20.20, as well as the mean score of BBA College students is 93.26 and SD 21.28. The obtained ‘t’ is 0.38, that is not significant difference level. Hence it is concluding that there is no significance difference between Arts and BBA College students in terms of their psychological well-being. This result accepted the hypothesis that “There is no significant difference in the effect of Psychological Well-being among Arts and BBA college students.”

By using information given in table-2, The mean difference between two groups in terms of psychological well-being. The mean score of boys is 93.92 and SD 24.22, as well as the mean score of Girls is 92.28 and SD 21.45. The obtained ‘t’ is 0.68, that is not significant difference level. Hence it is concluding that there is no significance difference between Boys and Girls in terms of their psychological well-being. This result accepted the hypothesis that “There is no significant difference in the effect of Psychological Well-being in boys and girls.”

## CONCLUSION

The following conclusion is obtained from the results obtained in the present research.

1. There is no significant difference in the effect of Psychological Well-being among Arts and BBA college students.
2. There is no significant difference in the effect of Psychological Well-being in boys and girls.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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