

Psychological Well-Being of the School Students with Respect to Gender

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ABSTRACT

In the present age of multiple stress staying “healthy” is a challenge. Psychological well-being means a good mental and emotional state having a meaningful, balanced and capable of handling challenges of life. It is essential for carrying out the tasks of life properly. The present study tries to analyse the psychological well-being of the school students with respect to gender. Sample comprised of 164 school students from class VIII, of which 83 male and 81 female students from government schools from three different districts of West Bengal (namely Kolkata, South 24 Parganas and North 24 Parganas). The design of the study is descriptive survey research. The sample was taken by using stratified random sampling method. For measuring psychological well-being of the school students, the researchers’ self-constructed and standardised scale was used. After the collection of data, the researchers have done the normality test of the data. The data is found normal, so parametric test like t-test has been applied for the analysis of data. From the findings of the study, a significant difference in psychological-wellbeing is found to exist with respect to gender.

Keywords: *Psychological Well-being, School Students, Gender*

Globalization and the present information technology have brought revolutionary changes in human culture and civilizations. This unique trend has been transforming the life of individuals all over the world especially among young generation. They are the pillars of our future nation, they need to be strong and sound in both physical and psychological state. We find that the school students are under tension and pressure in achieving their goals. They need to face in strong competition in shaping their lives and fulfill their parents’ and teachers’ expectation. There is an incredible competition for them in achieving success in the society. They have to face many situation and failures on the way of achieving their goals, due to failure one may get depressed and frustrated. In modern era, we observe that young generation face emotional problems in their lives like anxiety, tension and frustration in their daily life. Hence, in the present era of modernization and globalisation, the psychological well-being is much essential for them to realize their potentialities and capabilities to face the challenges in life.

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Psychological Well-Being of the School Students with Respect to Gender

Well-being is just feeling well and is the experience of happiness and prosperity. Well-being also represents good mental health, high life satisfaction and ability to manage stress. According to Ryff, well-being and happiness needs to include human strength, growth and striving towards goal. Mental health includes psychological well-being, social well-being and emotional well-being to perform different functioning such as autonomy, resilience, purpose and mental health. Psychological well-being is a broad category of the phenomena. It represents the people's emotional responses, domain satisfaction and global judgements of life condition. It also provides experiences which may be challenging, difficult, complex and even transformative for the students. In order to handle such experiences, it is required to have/attain certain positive psychological attributes such as self-esteem, self-confidence etc. The psychological well-being can potentially affect the academic performance of the students. Anushri et.al. (2014) found females to be more stressed and scored less on psychological well-being. Kantariya and Sunsheela (2017) Kantariya Ashok S(2017),Nausheen.S & Banerjee.D (2021) found no gender disparity with context to psychology well-being whereas, Siddiqui.S (2015) found the significant difference in psychological well-being of male and female students. Ceri.V & Cicek.I(2021) found that there is no significant difference in the psychological well-being of non-healthcare professionals and health care professionals. Satbhai.A(2020) concluded that working mothers has higher psychological well-being in comparison to non-working mothers.Bano.S (2019) observed that a significant differences in well-being was found among Working and Non-Working Women while, Akram.M(2017) found that a significant difference in psychological well-being was found among the working and non-working women. Singh.S, Koradia.K(2017) observed that women who work in banks and schools had better psychological well-being and have better work-life balance in comparison to women working in colleges and IT sectors. Alkhatib.M.A.H.(2020) concluded that the students have a moderate psychological well-being. From the above studies, the following gaps were observed:

- Most of the studies have been done with the undergraduate students, post-graduate students and with working women.
- Few studies have also been found with the healthcare and non-healthcare professionals, school teachers.
- No such study was found on the psychological well-being of the school students.

So, the researchers intend to study on the “Psychological Well-Being of the School Students with respect to Gender”.

OPERATIONAL DEFINITION

- **Psychological Well-being:** Psychological well-being is a combination of being intellectually happy, feels positive about his /her life and functions effectively.
- **Gender:** It includes both the male and female students.

OBJECTIVE OF THE STUDY

- To compare the psychological well-being of the school students across gender.

HYPOTHESIS OF THE STUDY

- There is no significant difference between male and female students in psychological well-being.

METHODOLOGY

Research Design

Descriptive survey research was employed for carrying out the research.

Sample and Sampling Technique

The researchers had collected the data from 164 school students of three different districts of West Bengal by using stratified random sampling method, out of which there were 83 male students and 81 female students.

Variables to be used

The research included one Dependent variable i.e. psychological well-being and the Demographic/independent Variable like Gender has been used in the study.

Instruments

The researchers' self-constructed and standardized psychological well-being scale was used to measure the psychological well-being of the school students. The tool consisted of two parts- the first part included the general demographic profile and the second part included the psychological well-being scale. It consists of 26 items with a 5point Likert scale. It consists of 6 dimensions like Personal Growth, Positive relations with others, Autonomy, Self-acceptance, Purpose in Life and Environmental Mastery. The content validity of the scale was obtained from the opinion received from three resource persons. The reliability of the tool was found to be 0.732 by using Cronbach's Alpha Based on Standardized Items. The tool was constructed both in Bengali and English version in order for smooth understanding of the school students.

Delimitation of the Study

The study is delimited to the following three districts like Kolkata, North 24 parganas and South 24 parganas.

Procedure of the Study

The tool was distributed among the school students of Class VIII for collecting data. They were provided with the proper instructions for responding the items properly. There is no time limit for the completion of the test. They were allowed to respond freely.

RESULT OF THE STUDY

H₁: There is no significant difference between male and female students in psychological well-being.

Table 1: Showing the statistical values of psychological well-being of male and female students.

GENDER	N	MEAN	SD	t	df	Sig(2-tailed)	RESULT
MALE	83	97.89	9.693	2.028	162	.044	REJECTED
FEMALE	81	94.69	10.510	2.026	160.225		

Psychological Well-Being of the School Students with Respect to Gender

On the basis of the above stated objective, the male students have better means score in psychological well-being in comparison to those of means scores of female students. However, the t-test shows that a significant difference was found with value (.044) ($p > 0.05$) indicated that the psychological well-being of male and female school students differ significantly and thus it can be concluded that the null hypothesis is rejected.

DISCUSSION

Psychological well-being is a varied construct. So, it may be controlled by minimising the emotions, anxiety, depression of the individual. On the other hand, it may be increased by taking positive challenges against complex situations in life. From the research findings, it is observed that boys showed better psychological well-being than the girls. So, the boys remained more happy, healthy and do their daily activities accurately. Therefore, efforts should be made to increase the psychological well-being of girls by keeping their stress, anxiety and depression either lowered or to be controlled.

SIGNIFICANCE OF THE STUDY

- Psychological well-being helps every individual to be physically and mentally happy.
- It will help them to be prosperous, satisfied and lead a healthy life.
- It will enable the students to manage their stress, anxiety, and depression, which can lead to better academic performance.

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Psychological Well-Being of the School Students with Respect to Gender

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Conflict of Interest

The author(s) declared no conflict of interest.

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