

Research Paper

## A Study of Psychological Well-Being among S.T Male and Female Conductors

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### ABSTRACT

The present study aims at assessing the psychology well-being among S.T male & female conductor. The sample included total of 120 male & female conductors of 21-30 and 31-40 years. The data was collected at Bhavnagar city (Gujarat). Data was collected with help of the inventory of sudhabhogle (1934) (Guajarati translate by suvera 2001) psychological well-being scale and “t” test applied. There is significant difference between male & female conductors. As far as there psychological well-being is concerned (t=7.2) second result also suggest that there is no significant difference between 21-30 and 31-40 years of male conductors as far as there psychological well-being is concerned (t=0.29).there is no significant difference between 21-30 and 31-40 years female conductor as far as there psychological well-being is concerned (t=1.51) there is significant difference between 21-30 years male conductors and 21-30 years female conductors as far as there psychological well-being is concerned (t=6.46) there is significant difference between 31-40 years male conductor and 31-40 years female conductors as far as there psychological well-being is concerned (t=5.12) there is significant difference between 21-30 years male conductors and 31-40 years female conductor as far as there psychological well-being concerned (t=5.38) there is significant difference between 31-40 years male conductors 21-30 years female conductors as far as there psychological well-being is concerned (t=5.69).

**Keywords:** *Psychological Well-Being, S.T Male, Female Conductors*

**P** psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. Sustainable well-being does not require individuals to feel good all the time the experience of painful emotions is a normal part of line, and being able to manage these negative or painful emotions is essential for long-term well-being. Psychological well-being is, however, compromised when negative emotions are extreme or very long lasting and interfere with a person's ability to function in his or her daily life. The concept of feeling not only the positive emotions of happiness and contentment, but also such emotions as interest, engagement, confidence, and affection the concept of functioning effectively

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involver the development of one's potential having some control over one's life, having a sense of purpose and experiencing positive relationship

“Happiness” is often used, unordinary life to refer to a short-lived state of a person, frequently a feeling of contentment. You look happy today “I am very happy for you.” Philosophically, its scope is more often wider encompassing a whole life and in philosophy it is possible to speak of the happiness of a person’s life or of their happy life, even if that person was in fact usually pretty miserable the point is that some good things in their life made it a happy one, even though they lacked contentment but this usage is uncommon and may cause confusion.

### **Factors for psychological well-being**

Accordingly researchers many researchers had research for identified decisive factors for Psychological well-being and getting some information about those factors which are focus on Psychological well-being. These factors are divided in to three parts. Mere and Johodu (1989) mention some factors with consideration Psychological well-being.

#### **1) Personal factors**

Person’s nature is made by many characters. These characters shall be as sign for Psychological well-being but only that time when each and every character are organized and work as one eel. According to airport, from this organization each and every person create one separate type of thinking way will be high them those people will have best Psychological well-being.

##### **1) Self-manifestation.**

Person’s need self-manifestation when they fulfilled their ordinary needs. If person are not behaved for it, then their Psychological well-being is so weak

**A-** Some attitude towards themselves. General person have health attitude towards themselves.

If persons have a character to accept the reality with consideration their strength and limitation their Psychological well-being is best these persons have self-respect and self-esteem. So they keep some expectation. According to their opacity in the end their possibilities of future result are so law and thus they can get psychological satisfaction.

**B-** Personal freedom if personal shall be self-dependence. Take some decision by own way solve that problems which are related with social environmental. Then those persons have high PSW. This type’s person can solve each and every type of problems. If some person’s want to get suggestion, verves from others in very small mater and followed them. Than their Psychological well-being will be become low. Person’s method to identify reality this components is most important for Psychological well-being. Person need bias factor clearness are known as good identification in this persons can understand this deference between expectation and realities.

**C-** Control and mastery on eminent generally this control and mastery power is important character for Psychological well-being. Getting love power, giving love power,

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capacity to solve problems and maintaining inter personal relationship power, all these power are included in it.

### **2) Social factors**

Many researchers tried to explain this factor. This is give bellow.

1- Family life according to cowman family life shall be opened the door for social relationship which is desirable and stable? By this, we can reduce to alones. There are many needs to family members as this area they can satisfy with their needs. If they satisfied their need, then persons can increase their Psychological well-being and can also find out their problems easily.

2- Health social relation persons could developed their health relationship with others Member by interacting process. This is necessary to Psychological well-being. People should have power to identify to good or bad parts of others persons. Evolution power: how to expected to behave from others; how to behave with others how to speak; how to maintain the relationship those person who have Psychological well-being.

3- Rent there is no relationship with rent brother: if your relationship shall be good. Cooperate to one another love and close emotion relation, and then you can develop your Psychological well-being.

4- Appropriate professional atmosphere only those person's get psychological satisfaction, which have business which is based on their knowledge level.

### **3) Continuously**

If people have physical sickness for long time, then they cannot maintain PSW. It is fact mentally retired persons have low level of Psychological well-being.

#### ***The problem of the study:***

The main purpose of the presents research work is to study of psychological well-being among male and female conductors. The problem may be spelled out as follows. '

***"A study of psychological well-being among s.t male and female conductors"***

#### **Objective of the study:**

The main objectives of the present study are as under.

1. To study of psychological well-being among male and female conductors.
2. To study of psychological well-being among 21-30 and 31-40 years male conductors.
3. To study of psychological well-being among 21-30 and 31-40 years female conductors
4. To study of psychological well-being among 21-30years male and21-30years female conductors.
5. To study of psychological well-being among 31-40 years male and31-40 years female conductors
6. To study of psychological well-being among 21-30years maleand 31-40 years female conductors.
7. To study of psychological well-being among 31-40years male and21-30years female conductors.

## METHODOLOGY

*Variable.*

**Table-1.**

NO	Name of Variable	Nature of Variable	Level	Name of Level
1	Gender	Independent Variable	2	Male & Female conductors.
2	Age	Independent Variable	2	21-30 and 31-40 years.
3	Psychological well-being	Dependent Variable	1	Score of psychological well-being.

### *Hypotheses*

1. There is no significant difference of psychological well-being among male and female conductors.
2. There is no significant difference of psychological well-being among 21-30 and 31-40 years male conductors.
3. There is no significant difference of psychological well-being among 21-30 and 31-40 years female conductors
4. There is no significant difference of psychological well-being among 21-30years male and21-30years female conductors.
5. There is no significant difference of psychological well-being among 31-40 years male and31-40 years female conductors
6. There is no significant difference of psychological well-being among 21-30years male and 31-40 years female conductors.
7. There is no significant difference of psychological well-being among 31-40years male and21-30years female conductors.

### *Sample design*

The sample was drawn randomly from the Bhavnagar city. The sample were categorized as under.

**Table-2.**

Age	Male conductors(A1)		Female conductors(A2)		Total
B1	21-30	30	21-30	30	60
B2	31-40	30	31-40	30	60
Total	-	60	-	60	120

### *Research Procedure*

The following research methodology will be used in present study. The primary information will be gathered by giving personal information from to each male and female conductors. The male-female conductors were provided the psychological will-being inventory. To fill the inventories subjects will give general instructions belong test. Data were obtained by using particular scoring pattern standardized for each test.

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### 1. Psychological well-being scale:-

For the present research work the scale of psychological well-being for male and female conductors, for that Sudha Bhogle (1995) scale has been used. And its translation and publication done in Gujarati by Suvera in (2001). In this scale, there are 28 statements and every statement have to alternative answer (yes or no.) for this scale positive and negative both types statements given. In this scale 1, 2,3,7,8,9,11,13,17,18,19,20,22,23,25,26,27 and 28 are positive statement. And 4,5,6,10,12,14,15,16,21, and 24 are negative statement's. In positive statements, if on yes (V) than 1 score given same way negative statement's on NO.(√), than 1 score given, and in positive and negative statements opposite sign get 0 score in this scale higher score is 28 and lower score 0 by using test re-test method, this scale get 0.72 Reliability score and 0.84 internal reliability scale. This scales validity score satisfied scale's Gujarati translation by Drsuvera (2001) of main English scale test, Re-test method by so sample on main English scale has been done and the reliability score or it 0.91 this scale analyses that high score have high psychology well-being.

### *Statistical Analysis*

The data obtained from 120 samples are arranged in a 2 x 2 design were subjected to adequate technique of statistical analyses techniques of 't' test.

## RESULT

*Table-1, Shows SD, Mean and 't' Value of psychological well-being of male and female conductors*

GENDER	N	M	SD	't' value	Significant level
MALE	60	22.9	1.87	7.2	0.01
FEMALE	60	20.02	2.14		

*Table-2 Shows SD, Mean and 't' Value of psychological well-being of 21-30years and 31-40 years male conductors*

Group	N	M	SD	't' value	Significant level
21-30years M.C	30	22.97	1.85	0.29	N.S
31-40 Year M.C		22.83	1.88		

M.C= Male conductors

N.S=Not significant

*Table-3 Shows SD, Mean and 't' Value of psychological well-being of 21-30and31-40 years female conductors*

Group	N	M	SD	' t' value	Significant level
21-30years F.C	30	19.58	2.16	1.51	N.S
31-40years F.C	30	20.17	2.12		

F.C=Female conductors

N.S=Not significant

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*Table-4, Shows SD, Mean and 't' Value of psychological well-being of 21-30years male and 21-30 years female conductors.*

Group	N	M	SD	't' value	Significant level
21-30years M.C	30	22.97	1.85	6.46	0.01
21-30years F.C	30	19.87	2.16		

**M.C=Male conductors**

**F.C=Female conductors**

*Table-5, Shows SD, Mean and't' Value of psychological well-being of 31-40 years male and 31-40years female conductors*

Group	N	M	SD	't'Value	Significant level
31-40years M.C	30	22.83	1.88	5.12	0.01
31-40years F.C	30	20.17	2.12		

**M.C=Male conductors**

**F.C=Female conductors**

*Table-6, Shows SD, Mean and't' Value of psychological well-being of 21-30years male and31-40years female conductors*

Group	N	M	SD	't'Value	Significant level
21-30years M.C	30	22.97	1.85	5.38	0.01
41-60years F.C	30	20.17	2.12		

**M.C=Male conductors**

**F.C=Female conductors**

*Table-7, Shows SD, Mean and't' Value of psychological well-being of 31-40 years male and 21-30 years female conductors*

Group	N	M	SD	't'Value	Significant level
31-40years M.C	30	22.83	1.88	5.69	0.01
21-30years F.C	30	19.87	2.16		

**M.C=Male conductors**

**F.C=Female conductors**

## **DISCUSSION**

Result indicates that there is significant difference of psychological well-being among type of gender. That's way null hypothesis is unaccepted. So here we can analyze that there is difference in psychological well-being between male and female conductors. So it may be possible female conductors play double role along with their job to take care of their children, family and social life. When male conductors have only their job responsibility. In this way we can say that might be possible female psychological well-being poor than male conductors.

There is no significant difference of psychological well-being among 21-30and31-40years male conductors that's way null hypothesis is accepted. So here we can analysis that there is no difference of psychological well-being among 21-30and31-40 year's male conductors. There is one of the reason whatever the age of person which is not effect on their work.so we can say that there is no significant difference in psychological well-being of them.

There is no significant difference of psychological well-being among 21-30and31-40years female conductors. That's way null hypothesis is accepted. So here we can analysis that there is no difference of psychological well-being among 21-30and31-40 year's female conductors. As above discussion, here also that reason might be on whatever age, she plays both roll of family responsibility and job responsibility. In any kind of age she play strong roll in both places. So here age factor not affected of psychological well-being. So we can say that there is no significant difference in psychological well-being of them.

There is significant difference of psychological well-being among 21-30 years male and 21-30 years female conductors. So, here null hypothesis is not accepted. We can analyze that there is difference of psychological well-being among 21-30 years male and 21-30 year female conductor's there is significant difference of psychological well-being among 31-40years male and 31-40 years female conductors. So, here null hypothesis is not accepted. We can analyze that there is difference of psychological well-being among 31-40years male and 31-40 years female conductors. Here conductor either male or female, and age group even same. There is difference in psychological well-being Of theme. Nature of male and female might be one of reason. Male are strong and brave while females are more emotional. If she could not present her strong nature house or job, in that case there might be difference in psychological well-being.

There is significant difference of psychological well-being among 21-30years male and 31-40 years female conductors. So, here null hypothesis is not accepted. We can analyze that there is difference of psychological well-being among 21-30years male and 31-40 years female conductors might be nature, sexual different, individual social factor of male and female. In age group of 21 to 30 years male's conductor's desire ness if job is more and it is an initial period of them job, for that psychological well-being might be good. While age group of 31 to 40 years females conductors are mostly married and more aged, for that psychological well-being might be poor.

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There is significant difference of psychological well-being among 31-40years male and 21-30 years female conductors. So, here null hypothesis is not accepted. We can analyze that there is difference of psychological well-being among 31-40years male and 21-30 years female conductors. We discuss above in whatever age if responsibility of job and home in increase psychological well-being will be poor, and male psychological well-being is good because he play role only one job performance. so that he have good psychological well-being.

### CONCLUSION

- 1) There is significant deference of psychological well-being among male and female conductors.
- 2) There is no significant deference of psychological well-being among 21-30and31-40 year's male conductors.
- 3) There is no significant deference of psychological well-being among 21-30and31-40years female conductors.
- 4) There is significant deference of psychological well-being among 21-30years male and 21-30 years female conductors.
- 5) There is significant deference of psychological well-being among31-40years male and 31-40 years female conductors.
- 6) There is significant deference of psychological well-being among21-30years male and 31-40years female conductors
- 7) There is significant deference of psychological well-being among 31-40 years male and 21-30 years female conductors.

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