

Gender Differences between Psychological Well-Being

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ABSTRACT

The study was undertaken to study the psychological well being of male and female college students of district Jalna (M.S.). The sample of the study Consisted 100 college students (50 male students and 50 female students). Randomly selected from Difference College of Jalna District. Devendra Singh Sisodia and Pooja Choudhary by psychological wellbeing scale was used data collection. The data collected was statistically treated by using mean, SD and one way ANOVA. The findings of the study revealed that there is significant difference between male and female college students on psychological well-being. Furthermore the results highlight that female student has high psychological well-being, efficiency, mental health and interpersonal relations as compared to male students. Male students have high satisfaction and sociability than female college students.

Keywords: Gender, Psychological Well-Being, Efficiency, Mental Health, Satisfaction And Sociability, Interpersonal Relations.

Psychological well being is the subjective feeling of contentment, happiness, satisfaction with experiences and of one role in the word of work, sense of achievement, utility, belongingness, and no distress, dissatisfaction or worry, etc.

The term psychology well being connotes a wide range of meanings, usually associated with wellness. Most studies in the past defined wellness as not sick, as an absence of anxiety, depression or other forms of mental problems.

Components of Psychological Well-Being

- **Life satisfaction:** The act of satisfying or the state of being satisfied; graduation of desire, contentment in possession and enjoyment, repose of mind resulting from compliance with its desires or demands.
- **Efficiency:** The comparison of what is actually produced or performed with what can be achieved with the same consumption of resources. The quality of being efficient or producing an effect or effects; efficient power, effectual agency.

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Gender Differences between Psychological Well-Being

- **Sociability:** The relative tendency or disposition to be so cable or associate with one's fellows. The quality or state of being sociable; the act or an instance of being sociable.
- **Mental health:** Mental health is a term used to describe either a level of cognitive or emotional well being or an absence of a mental disorder. A person's overall psychological and emotional condition.
- **Interpersonal Relations:** An interpersonal relationship is an association between two or more people that may range from fleeting to enduring. This association may be based on limerence, love and liking, regular business interactions, or some other type of social commitment.

REVIEW OF LITERATURE

Rathi (2007) examined that male and female students of adolescence period did not differ significantly in their well being. Gill (2007) found that there was no significant difference between male and female college students on psychological well being. Jasraj kaur (2015) indicated that there was no significant difference between psychological well being of male and female high schools students, Akter (2015) reported females to be higher on psychological well being than male. Kotar (2013) found that there is no significant mean difference between the psychological well being among the male and female college students. Bryant found gender pattern in spirituality among college samples while Ryff and Keyes (1995) and Roothman and colleagues (2003) found no difference between the males and females in this aspect.

Need and significance of the stud

The present study examines the importance of psychological wellbeing among college students. The experience of positive emotions helps the resilient individuals in their ability to recover stress effectively in his/her daily life. This study helps to understand the process of psychological wellbeing in the development of an individual. Psychological well-being is also determined by the complex interactions between individual characteristics, social and economic factors and the physical environment. This study is an attempt to understand the process of resilience and psychological wellbeing in development among college students.

Statement of the problem

To study the psychological well being among college students.

Objectives

- To examine the psychological well being among male and female college students.

Hypothesis

- There is no significant difference between male and female college students dimension on psychological well being (satisfaction, efficiency, sociability, mental health, interpersonal relations).

METHODS

Participants

The present study sample was selected from Art's college students of Jalna district in Maharashtra. To select the sample Gender in which students study of Art's College Students were considered as per independent variable taken in this research stratified random sampling method was employed to select the unit of sample. Total sample of present study 100 college students, in which 50 were male and 50 females' students. The subject selected in this sample was age group of 18-21 year. The sample of present study was shows as below.

Research Design

Simple research design used in the present study.

Variables of the Study

Variable	Type of variable	Sub. variable	Name of variable
Gender	Independent	2	1) Male 2) Female
Psychological well being	Dependent	05	1) Satisfaction 2) Efficiency 3) Sociability 4) Mental health 5) Interpersonal Relation

Instruments

- **Psychological well-being scale:-**

This scale is developed and standardized by Dr. Devendra Singh Sisodia and Pooja Choudhary (2012). The 50 items are rated on a five point scale. The subjects were required to respond to each item in terms of "Strongly disagree, Disagree, Undecided, Agree, strongly agree." This is well known test having high reliability (0.90) and high validity (0.94). The test meant for knowing the difference between individuals. The 05 sub- scales are i.e. 1) Satisfaction, 2) Efficiency, 3) Sociability, 4) Mental health, 5) Interpersonal Relation.

Procedure

The following research methodology was used in the present study. The primary information was gathered by giving personal information from to each to each student. The students were called in a small group of 10 to 15 students. To fill the inventories subjects were given general instructions belongs to each scale. The students provided the psychological well being scale.

Data analysis

The data were analyzed as follows.

The Mean and SD with graphical representation for Gender (Male and Female College Students) on psychological well being was analyzed. A simple design was selected to

Gender Differences between Psychological Well-Being

adequate of statistical analysis of ANOVA in order to examine the roll of main as well as subsequently on students psychological well being.

RESULTS AND DISCUSSION

The analysis of data interpretation and discussion of the results are presented below.

Table No.01 Show the mean, SD and F value of Satisfaction

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Students	40.32	3.48	50	98	15.08	198.4	0.01
Female Students	25.24	6.94	50				

Observation of the table No.01 indicated that the mean value of two classified group seems to differ from each other on Satisfaction. The mean and SD value obtained by the male college students 40.32, SD 3.48 and Female College students was 25.24, SD 6.94, but on the basis of mean observation it would that mean difference 15.08. Both group 'F' ratio was 198.4 at a glance those male college student shows high score than Female college students.

In the present study was first hypothesis related Satisfaction and Gender. It was "There is no significant differences between Male and Female college students on demotion Satisfaction. Gender effect represent the Satisfaction was significant (F- 198.4, 1and 98, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that male and female college students differ from Satisfaction. The findings of the not supported the first hypothesis, they are first hypothesis rejected the present study. An Opposite finding was found that Honmore and Jadhav, (2015) indicated that no significant difference between male and female college students with psychological well being dimension on Satisfaction. Male are high Satisfaction than Female.

Table No.02 Show the mean, SD and F value of Efficiency.

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Students	20.78	5.66	50	98	15.44	135.86	0.01
Female Students	36.22	7.46	50				

Observation of the table No.02 indicated that the mean value of two classified group seems to differ from each other on Efficiency. The mean and SD value obtained by the male college students 20.78, SD 5.66 and Female College students was 36.22, SD 7.46, but on the basis of mean observation it would that mean difference 15.44. Both group 'F' ratio was 135.86 at a glance those Female college student shows high score than male college students.

In the present study was second hypothesis related Efficiency and Gender. It was "There is no significant differences between Male and Female college students on demotion Efficiency. Gender effect represent the Efficiency was significant (F- 135.86 1and 98, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table

Gender Differences between Psychological Well-Being

values at 0.01 and 0.05. In the present study was found that male and female college students differ from Efficiency. The findings of the not supported the second hypothesis, they are second hypothesis rejected the present study. An Opposite finding was found that Honmore and Jadhav, (2015) indicated that no significant difference between male and female college students with psychological well being dimension on Efficiency. Female are high Efficiency compare to male.

Table No.03 Show the mean, SD and F value of Sociability.

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Students	37.76	5.95	50	98	13.98	140.02	0.01
Female Students	23.78	5.85	50				

Observation of the table No.03 indicated that the mean value of two classified group seems to differ from each other on Sociability. The mean and SD value obtained by the male college students 37.76, SD 5.95 and Female College students was 23.78, SD 5.85, but on the basis of mean observation it would that mean difference 13.98. Both group 'F' ratio was 140.02 at a glance those male college student shows high score than Female college students.

In the present study was third hypothesis related Sociability and Gender. It was "There is no significant differences between Male and Female college students on demotion Sociability. Gender effect represent the Sociability was significant (F- 140.02, 1and 98, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that male and female college students differ from Sociability. The findings of the not supported the Third hypothesis, they are Third hypothesis rejected the present study. An Opposite finding was found that Honmore and Jadhav, (2015) indicated that no significant difference between male and female college students with psychological well being dimension on Sociability. Male are high Sociability than Female.

Table No.04 Show the mean, SD and F value of Mental Health.

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Students	24.42	5.78	50	98	13.02	127.0	0.01
Female Students	37.44	5.72	50				

Observation of the table No.04 indicated that the mean value of two classified group seems to differ from each other on Mental Health. The mean and SD value obtained by the male college students 24.42, SD 5.78 and Female College students was 37.44, SD 5.72, but on the basis of mean observation it would that mean difference 13.02. Both group 'F' ratio was 127 at a glance those Female college student shows high score than male college students.

Gender Differences between Psychological Well-Being

In the present study was fourth hypothesis related Mental Health and Gender. It was “There is no significant differences between Male and Female college students on demotion Mental Health. Gender effect represent the Mental Health was significant (F- 127, 1and 98, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained ‘F’ value are high than table values at 0.01 and 0.05. In the present study was found that male and female college students differ from Mental Health. The findings of the not supported the fourth hypothesis, they are fourth hypothesis rejected the present study. A similar finding was found that Honmore and Jadhav, (2015) indicated that significant difference between male and female college students with psychological well being dimension on mental health. Female high Mental Health than male.

Table No.05 Show the mean, SD and F value of Interpersonal Relations

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Students	23.64	5.69	50	98	16.28	244.56	0.01
Female Students	39.92	4.66	50				

Observation of the table No.05 indicated that the mean value of two classified group seems to differ from each other Interpersonal Relations. The mean and SD value obtained by the male college students 23.64, SD 5.69 and Female College students was 39.92, SD 4.66, but on the basis of mean observation it would that mean difference 16.28. Both group ‘F’ ratio was 244.56 at a glance those Female college student shows high score than male college students.

In the present study was fifth hypothesis related Interpersonal Relations and Gender. It was “There is no significant differences between Male and Female college students on demotion Interpersonal Relations. Gender effect represent the Interpersonal Relations was significant (F- 244.56, 1and 98, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained ‘F’ value are high than table values at 0.01 and 0.05. In the present study was found that male and female college students differ from Interpersonal Relations. The findings of the not supported the fifth hypothesis, they are fifth hypothesis rejected the present study. An Opposite finding was found that Honmore and Jadhav, (2015) indicated that no significant difference between male and female college students with psychological well being dimension on Interpersonal relations. Female high Interpersonal Relations than male.

Table No.06 Show the mean, SD and F value of Psychological well being.

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Students	147.22	11.63	50	98	15.38	36.8	0.01
Female Students	162.6	13.67	50				

Observation of the table No.06 indicated that the mean value of two classified group seems to differ from each other Psychological well being. The mean and SD value obtained by the male college students 147.22, SD 11.63 and Female College students was 162.6, SD 13.67, but on the basis of mean observation it would that mean difference 15.38. Both group ‘F’

Gender Differences between Psychological Well-Being

ratio was 36.8 at a glance those Female college student shows high score than male college students.

In the present study was fourth hypothesis related Psychological well being and Gender. It was “There is no significant differences between Male and Female college students on demotion Psychological well being. Gender effect represent the Psychological well being was significant (F- 36.8, 1 and 98, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained ‘F’ value are high than table values at 0.01 and 0.05. In the present study was found that male and female college students differ from Psychological well being. The findings of the not supported the fourth hypothesis, they are fourth hypothesis rejected the present study. A similar finding was found that Akter (2015) reported females to be higher on psychological well being than male. An Opposite finding was found that Rathi (2007), Gill (2007), Jasraj kaur (2015) and Kotar (2013) found that there is no significant mean difference between the psychological well being among the male and female college students. Female high Interpersonal Relations than male.

CONCLUSION

There is significance difference between Satisfaction than male and female college students. Male college student’s Satisfaction high Female College. Male students is daily spiritual experience mirrors more of the individual’s relationship with a Higher Being that makes him experience a sense of gratitude, serenity, connection and love, generally expressed satisfaction with living conditions, social relations and functional health.

- There is significance difference between Efficiency than male and female college students. Female high Efficiency than male.
- There is significance difference between Sociability than male and female college students. Male high Sociability than Female.
- There is significance difference between Mental Health than male and female college students. Female high Mental Health than male. The psychological well being in terms of mental health dimension is better in female than male.
- There is significance difference between Interpersonal Relations than male and female college students. Female high Interpersonal Relations than male. Female students reported significantly higher scores in the aspects of daily experience, relationship with family, relationship with peer, positive relationship with others and purpose in life.
- There is significance difference between Psychological well being than male and female college students. Female high Psychological well being than male.

Delimitations of the study

- 1) The finding of the study is based on very sample.
- 2) The sample was restricted to Jalna city in Maharashtra.
- 3) The study was restricted to only B.A. arts college students (arts facility) only.
- 4) The study was restricted students are only 16-18 years only.

Gender Differences between Psychological Well-Being

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