Social Support and Psychological Well-being among Medical College Students

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Abstract

Social support and Psychological well-being is important in life of the health science students. The aim of the present study was to understand the relationship between social support and psychological well-being of the medical college students, Tamil Nadu. The sample of present study consists of 100 students divided in two equal groups 50 male and 50 female students. Multi Dimensional Social Support Scale (Zimet et al, 1988) and Ryff’s Psychological Well-being Scale (Ryff and Keyes,1995) was used to collect the data, sample selected through random sampling technique. For statistical analysis Mean, t-test, Pearson Product Moment Correlation, were employed by using SPSS 20.0 Version. The result shows that in there is insignificant difference was found between the mean scores of male and female medical college students in respect to their social support and psychological well-being. On the basis of the findings results revealed that Significant difference between the mean score of 18-20 yearsold and 21-23 years old students in social support, whereas insignificant difference was found between the mean scores of 18-20 years old and 21-23 years old students in psychological well-being. Further results also revealed that there is significant positive correlation between social support and psychological well-being.

Keywords: Medical College Students, Social Support, Psychological well-being, Age, Gender.

INTRODUCTION

Throughout the life the people needs to share ideas, thoughts through proper communication and interact with other people to receive their support. The social support has a powerful energy to lead a health life for living in the world. This support is essential to cope with stressful life situations and to make problem solving ability for the period of life. Social support and psychological well-being is the important major aspects of the student in a medical education. The college is not only the step towards the aim, come true in new environment from family, but the college period new friends and interaction with others increased. Social support helps the students to meet the needs and reduces stress and increase the psychological well-being.

Social support is a multi-dimensional concept. It helps the people to overcome the ability to solve the difficult situation. Social support promotes physical well-being and psychological well-being Many researcher identified the social support influence the psychological well-being of the people. Malkoc, A.Yalcin(2015)
explored a study of university students and identified the positive relationship between psychological well-being and social support.

Psychological well-being is essential concern to lead a happy productive life. According to Ryff’s the psychological well-being has six principal elements such as environmental mastery, autonomy, purpose in life, positive relationship with others, personal growth, self-acceptance. GuY.Hu J et al. (2016) conducted study on Social Supports and Mental health and found that social support systems and interpersonal relations are vital to the optimal academic achievement and positive mental health. This study cardinal aimed to investigate medical college student’s social support and psychological well-being levels with demographic variable of age and gender. Its results reveals important source of information for assessing students at difficult situation.

PROBLEM OF THE STUDY

Assess the Level and Relationship between Social Support and Psychological well-being of Medical College Students.

OBJECTIVES OF THE STUDY

1. To find the level of social support and psychological well-being among medical students.
2. To assess the demographic variable on social support and psychological well-being of university students.
3. To determine the relationship between social support and psychological well-being among medical college students.

HYPOTHESES

Hy-1. There is a significant difference in Social Support on the basis of gender among medical college students.

Hy-2. There is a significant difference in Social Support on the basis of age among medical college students.

Hy-3. There is a significant difference in Psychological well-being on the basis of gender among medical college students.

Hy-4. There is a significant difference in Psychological well-being on the basis of age among medical college students.

Hy-5. There is a significant relationship between Social Support and Psychological well-being among medical college students.
Methods

Variables

The psychological variables in this study Social Support and Psychological well-being. While as demographic variables are gender and age.

Sample

The sample of present study consists of 100 students (50 male and 50 female) participated. The researcher adopted Random Sampling technique and collected samples in Annamalai University, Chidambaram, Tamil Nadu.

Instruments

**Perceived Social Support Scale:** Multidimensional Social Support scale constructed and validated by Zimet et al. (1988). The scale consists of 12-item self-reporting questionnaire and 7-point rating scale was employed for rating the response. The reliability of the scale checked by Cronbach’s alpha internal consistency method and was found .90

**Psychological well-being Scale:** Ryff’s Psychological well-being scale was used to measure the Psychological well-being of the participants. The scale consists of 42-item self-reporting questionnaire was divided into six different components (Ryff, 1989) which were analyzed independently. The response required is based on six point Likert scale, from strongly disagree (1) to strongly agree (6). The reliability of the scale checked by Cronbach’s alpha internal consistency method and was found .91.

Procedure

In this study all the subjects were informed about the purpose of this study, that the study was based on the voluntariness and the study results will be used only for scientific research. The, data collection instruments were administered to participating students, hence the data was collected. Data analysis was used SPSS 20.00 Version.

Results

The present empirical study is to investigate the social support and psychological well-being among medical college students. The obtained scores were interpreted for different measures, these scores were arranged in tabulation form. Mean, t-test, Pearson correlation was applied for analysis and results are given in table.
Table -1 showing mean, sd, t-value and level of significance of respondents with respect to Social Support on the basis of gender.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Gender</th>
<th>N</th>
<th>Mean</th>
<th>S. D</th>
<th>t-value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Support</td>
<td>Male</td>
<td>50</td>
<td>60.56</td>
<td>14.37</td>
<td>0.271</td>
<td>Not Significant</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>50</td>
<td>59.72</td>
<td>16.56</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at 0.05 level

Hy-1. There is a significant difference in Social Support on the basis of gender among medical college students.

The above given table-1 shows the mean, S. D, t-value, and the level of significance of Social Support with respect to gender. The mean, SD, of male scored (M= 60.56, SD= 14.37), female (M=59.72, SD= 16.56) and obtained t-value 0.271 and not significant at 0.05 level. Male medical college students mean scores higher than female medical college students in respect to Social Support. Further it indicates that there is no significant difference in Social Support among medical college students based on the gender. Therefore the formulated hypothesis is not accepted.

Graphical presentation

Table -2 showing mean, sd, t-value and level of significance of respondents with respect to Social Support on the basis of age.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Age</th>
<th>N</th>
<th>Mean</th>
<th>S. D</th>
<th>t-value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Support</td>
<td>18-20</td>
<td>50</td>
<td>63.53</td>
<td>13.82</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>21-23</td>
<td>50</td>
<td>57.13</td>
<td>16.27</td>
<td>2.10</td>
<td>Significant</td>
</tr>
</tbody>
</table>

Significant at 0.05 level
Hy-2. There is a significant difference in Social Support on the basis of age among medical college students.

The above given table-2 shows the mean, S. D, t-value, and the level of significance of Social Support with respect to age. The mean, SD, of 18-20 years old students scored (M=63.53, SD=13.82), 21-23 years old students scores (M=57.13, SD= 16.27) and obtained t-value 2.15 and statistically significant at 0.05 level. 18-20 years old medical college students mean scores higher than 21-23 years old medical college students in respect to Social Support. Further it indicates that there is significant difference in Social Support among medical college students based on the gender. Therefore the formulated hypothesis is accepted.

Table -3 showing mean, Sd, t-value and level of significance of respondents with respect to Psychological well-being on the basis of gender.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Gender</th>
<th>N</th>
<th>Mean</th>
<th>S. D</th>
<th>t-value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological</td>
<td>Male</td>
<td>50</td>
<td>164.0</td>
<td>23.04</td>
<td>1.23</td>
<td>Not Significant</td>
</tr>
<tr>
<td>well-being</td>
<td>Female</td>
<td>50</td>
<td>158.2</td>
<td>24.19</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at 0.05 level
Hy-3. There is a significant difference in Psychological well-being on the basis of gender among medical college students.

The above given table-3 shows the mean, S. D, t-value, and the level of significance of Psychological well-being with respect to. The mean, SD, of male scored (M=164.0, SD=23.04), female (M=158.2, SD=24.19) and obtained t-value 1.230 and not significant at 0.05 level. Male medical college students mean scores higher than female medical college students with respect to Psychological well-being. Further it indicates that there is no significant difference in Psychological well-being among medical college students based on the gender. Therefore the formulated hypothesis is not accepted.

Table -4 showing mean, sd, t-value and level of significance of respondents with respect to Psychological well-being on the basis of age.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Age</th>
<th>N</th>
<th>Mean</th>
<th>S. D</th>
<th>t-value</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological</td>
<td>18-20</td>
<td>50</td>
<td>162.3</td>
<td>25.01</td>
<td></td>
<td>Not Significant</td>
</tr>
<tr>
<td>well-being</td>
<td>21-23</td>
<td>50</td>
<td>159.5</td>
<td>22.51</td>
<td>0.58</td>
<td>Significant at 0.05 level.</td>
</tr>
</tbody>
</table>

Mean score value of Psychological well-being on the basis of gender
Figure-4

Hy-4. There is a significant difference in Psychological well-being on the basis of age among medical college students.

The above given table-4 shows the mean, S. D, t-value, and the level of significance of Psychological well-being with respect to age. The mean, SD, of 18-20 years old students scored (M=162.3, SD=25.01), 21-23 years old students scores (M=159.5, SD=22.51) and obtained t-value 0.58 and statistically not significant at 0.05 level. 18-20 years old medical college students mean scores higher than 21-23 years old medical college students in respect to Psychological well-being. Further it indicates that there is no significant difference in Psychological well-being score among medical college students based on the age. Therefore the formulated hypothesis is not accepted.

Table-5 Showing the correlation between Social Support and Psychological well-being.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Psychological well-being</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social support</td>
<td>0.546</td>
</tr>
</tbody>
</table>

Correlation significant at 0.01 level.

Hy-5. There is a significant relationship between Social Support and Psychological well-being among medical college students.

The above given table shows the correlation between Social Support and Psychological well-being. The correlation table shows the correlation was 0.546 and the level of significance at 0.01 level. The findings
indicated significant positive relationship between Social Support and Psychological well-being. Therefore the formulated hypothesis is accepted.

**Scatter plot showing the correlation between Social Support and Psychological well-being.**

Hy-5. There is a significant relationship between Social Support and Psychological well-being.

The above given table-5 shows the correlation between Social Support and Psychological well-being. The correlation was 0.546 and significant at 0.01 level. The result revealed that there is significant relationship between Social Support and Psychological well-being is positively correlated. Therefore the formulated hypothesis is accepted.

**CONCLUSION**

The present study conclude that male medical college students are getting better social support and high psychological well-being than female medical college students, simultaneously there is no significant gender difference on social support and psychological well-being. The result shows that 18-20 years are getting better social support and high psychological well-being than 21-23 years old medical college students, and significant difference in the social support among two age groups but insignificant difference in the psychological well-being among two age groups. Further the result indicates that there is significant positive relationship with social
support and psychological well-being. In the current scenario medical college students need social support and better psychological well-being in order to meet the stressful life situation, develop coping ability and maintain their well-being.

SUGGESTION

The result of the present study affirmed that the relationship with social support and psychological well-being, gender and age difference among medical college students. However additional researches are needed to study the moderating factors of social support among different professions, culture and different age groups.

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CONFLICT OF INTEREST

The author declared no conflict of interest.

REFERENCES


