



ASSESSMENT OF PSYCHOLOGICAL WELL-BEING OF ADOLESCENTS (16-18YEARS) IN RELATION TO SELECTED VARIABLES

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ABSTRACT

The study assesses the psychological well-being of adolescents of three different communities (Kashmiri Pandit, Dogra, and Mirpuri) out of which two communities (Kashmiri Pandits and Mirpuri) were displaced from their native place. The research instruments used for data collection was Carol Ryff Psychological well-being (PWB) Scale and Self-devised Questionnaire. Two hypotheses were formulated and tested using t-test, correlation and ANOVA. The study reveals that the overall mean scores of Dogra community respondents in all the six dimensions of PWB were significantly higher than the two displaced communities. As far as gender differences is concerned, girls in both Dogra and Mirpuri community scored higher on PWB scale as compared to their counterparts. In Kashmiri Pandit community, boys score was higher than girls. Overall, highly significant difference was found in four dimensions of Psychological well-being across communities. The inter correlation analysis of all dimensions of PWB scale showed positive relation with each other except Autonomy in relation with environmental mastery.

KEYWORDS: Psychological well-being, Adolescents, well-being, Migration, Displacement

INTRODUCTION

Adolescence is a time of change from childhood to adulthood. Erikson identifies it as the stage of psychosocial development, where a person is in search of personal identity, coping with moral issues, building, maintaining and entering social network and struggling with society's norms (Erikson, 1968). Adolescence is a transitional period between childhood and adulthood characterized by many rapid physiological, psychological

and emotional changes. The health of adolescents as well as their development is particularly dependent on their behaviour, which is highly influenced by the environment in which they live. The well-being of adolescents is a matter of great concern for any society. In the present competitive world, stress and anxiety have become extremely common even among the younger populations. Well-being is not just the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional, and social health factors. Well-being is strongly linked to happiness and life satisfaction. Satisfaction with the quality of one's life and ability to think positively and constructively are essential determinants of success in life. In short, well-being could be described as how you feel about yourself and your life (Ryff, 1989). Every aspect of life influence individual state of well-being. Psychological well being is a term consisting of two words 'psychological and well being'. Psychological well-being (PWB), according to Robertson and Cooper (2011) is quite similar to other term that refers to positive mental states, such as happiness or satisfaction. The two important ingredients in PWB are subjective happy feeling brought on by something we enjoy and the feeling that what we are doing with our lives has some meaning and purpose.

Migrating to a new country involves a number of transitions and adjustments. When families have emigrated from their home country to a new country their lives, values and culture are put to the test. It brings about massive changes of habitual environment including language, social networks and environment with psychological and emotional difficulties of adjustment to new place. The moving people also carry with them a socio cultural baggage apart from their custom and tradition (Jayaram, 2004). According to UN guiding principle on Internal Displacement 'Internally displaced persons are persons or groups of persons who have been forced or obliged to leave their places of habitual residence, in particular as a result of or in order to avoid the effects of armed conflicts, situations of generalized violence, or natural or manmade disasters, who have not crossed an internationally recognized state border (UNHCR, 2004). It causes severe social, economic and environmental stresses that translate themselves into physiological, psychological and cultural damage. Displacement also consisted of the loss of people's rights to land and resources which is compensated only by resettlement and rehabilitation (Choudhary et al, 2020). The process of migration implies not only significant external changes and negotiation with the past and the present but also significant changes in ones sense of identity. These social and psychological challenges may affect negatively or positively, the developmental transitions in the life cycle of immigrant families (Ruiz, n.d). Mukhopadhyay (2019) in her paper describes refugees or migrants into three different gradations as per Hiraanmao Bandyopadhyay's classification. First, those who were economically better off and so did not require the government support. He designates them as "energetic" souls and resettles themselves. The second group consisted of those who did not have any resources but had strong mental strength to survive in those conditions and settled themselves. The third group comprised of those who took shelter in camps and are not mentally strong to cope with the situations. Psychologists describe migration from one place to another as a "complex psycho-social process with lasting effects on an individual's identity". Children from immigrant backgrounds are at increased risk of psychological and emotional difficulties without a strong personal identity and sense of belonging. Young people are more vulnerable to negative cultural influences as well as to extremist ideologies.

Cernea (1999) points that being forcibly displaced from one's land and habitat carries not only disruptive and painful, but also leads to serious long term effects. The risks related to displacement as framed by Cernea are landlessness, joblessness, homelessness, marginalization, food insecurity, increased morbidity and mortality, loss of access to common property, change in home address and social disarticulation. The sudden change in the geographical contours of the displaced people "imprinted deep psychological scars on the mindscape of the people". The consequences of displacement are wide and varied and cause profound economic hardships (Negi & Ganguly, 2011; Dhingra & Bhat, 2014; Nandrajog, 2018 & Sharma, 2019). Adolescents need to develop a socially approved identity to ensure a healthy transition to adult's life. But for immigrant youth this task is quite challenging as they are growing into a social world where their home and host culture differ considerably (Dhingra & Raina, 2014). Review of available literature revealed paucity of research studies on the probable effects of family displacement on adolescent well being. Keeping in view the above, the present study was design to know the effect of displacement on psychological well being of selected community (i.e. Kashmiri Pandit, Mirpuri, Dogra). Mirpuri and Kashmiri Pandit are two displaced communities in Jammu who had left their native places for different reasons where Dogras are the original inhabitants of Jammu. The aim of study is also to bring in limelight these displaced community so also to help us understand the factors affecting adolescents psychological well being.

OBJECTIVES:

1. To assess the status of psychological well being of adolescents (boys and girls) in the age group of 16-18 years residing in Jammu city.
2. To compare the status of psychological well being among sample adolescents with respect to gender and community.

RESEARCH METHODOLOGY

Context of the study: The present research study was conducted on adolescents of Jammu district of J&K state. Adolescents from three different communities i.e. Dogra, Kashmiri Pandits and Mirpuri were studied. Mirpuri and Kashmiri Pandits were two displaced communities presently settled in Jammu whose families had left their native places for different reasons, few years back.

- a) **Kashmiri Pandit:** The name Kashmir is said to be derived from Kashyapa, one of the seven Rishis in Hindu mythology. Kashmiri Pandit refers to a person who belongs to a sect of Hindu Brahmins originating from Kashmir, a mountainous region in South Asia. The Kashmiri Pandits in Jammu are those people who migrated from Kashmir to Jammu in 1990 due to militancy. Kashmiri pandits cannot be classified as migrants because their final settlement is yet to be decided and also not refugees as they have not crossed international boarder (Koul, 2005). The Kashmiri pandits never consider themselves as migrants as they had not left their homes willingly but forcefully displaced from their places. They wish to be identified as Internally Displaced People (Sawhney & Mehrotra, 2013).
- b) **Mirpuri:** Mirpuri refers to displaced community that migrated from Mirpur district in Azad Kashmir, Pakistan in 1947 which is a larger disputed region of Jammu and Kashmir. The district is named after the main city, Mirpur. Prior to the division of Pakistan and India, Mirpur was part of the Jammu division of the independent state of Jammu & Kashmir its people are of Potwari / Pahari ethnicity.
- c) **Dogra:** The word dogra does not denote a caste but is a term embracing Hindus of all castes as well as Muslims and Sikhs living in the dogra region and speaking dogri. The word Dogra is derived from 'duggar' which is ascribed to 'Dvigarta', implying a land of two lakes, the Mansar and Sarvinsar.

Sample: The sample for the present research comprises of adolescents 16-18 yrs of age. The total sample size was 180 which were further divided across three communities. From each community, 60 respondents were selected (30 males and 30 females) belonging to middle socio economic group. For selection of sample, random sampling technique was used. The research deign adopted for the present exercise was correlation design.

TOOLS USED

- a) **Carol Ryff Scale of psychological well-being (1995).** (cryff@facstaff.wisk.edu): The Ryff Scale is a straight forward and relatively short survey that assesses the psychological component of well being. The scale consists of 84 statements out of which 44 statements were positive and 40 statements were negative. While scoring for every positive statement, the score remained the same but for every negative statement, the scores were reversed. Respondent rate statements on a scale of 1 to 6, with one indicating strong disagreement and six indicative of strong agreements.
- b) **Questionnaire:** The questionnaire with both open ended and close ended question was made to gather the information from the respondent about their community, age, level of satisfaction and area in which they would like to improve themselves. The additional information was needed to understand the results of the study in context of background factors.

DATA ANALYSIS

The data obtained by the use of various tool like psychological well-being scale and questionnaire was tabulated and subjected to quantitative analysis. The obtained data were then tabulated and measures of central tendency like mean, median were applied where applicable. The data was further analyzed using statistical tests like t-test, coefficient of correlation.

RESULTS AND DISCUSSION**Table – 1: Age of the Respondents.**

Age	Kashmiri Pandit (60)	Dogra (60)	Mirpuri (60)	Grand Total N=180
	N=60	N=60	N=60	
16 yrs	15 (25)	14 (23.3)	10 (16.6)	39 (21.6)
17 yrs	16 (26.6)	5 (8.33)	16 (26.6)	37 (20.5)
18 yrs	29 (48.3)	41 (68.3)	34 (56.6)	104 (57.7)

Bracket value indicates percentage

Table 1 revealed the age of the respondents (16-18 years) in relation to three different communities. More than half of the respondents (57 percent) belonged to the age group of 18 years and 20 per cent belong to the age group of 17 years.

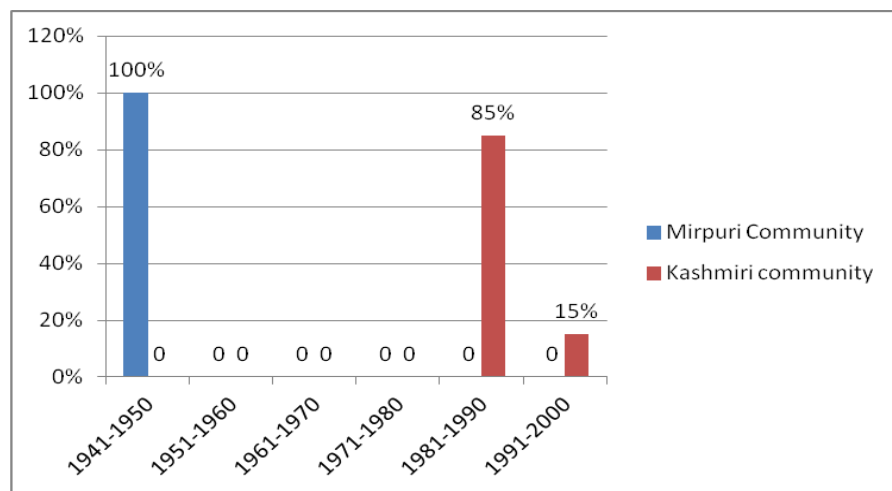
**Fig. 1 Year of migration of displaced communities**

Fig. 1 revealed the year of migration from 1940-2000 of two different communities which were displaced from their native place to Jammu few decades back. Scores reveal that all the Mirpuri respondents migrated to Jammu in the year 1940-1950 and majority of Kashmiri Pandit (85 per cent) migrated to Jammu in the years 1981-1990 and 15 per cent in the year 1991-2000. The Dogra families were natives of Jammu and they were non-migrants (as per the sample requirement).

Table – 2: Level of Satisfaction of Respondents with Life (Questionnaire Data)

Level of Satisfaction	Kashmiri Pandits			Dogra			Mirpuri			Grand Total n=180
	Boys n=30	Girls n=30	Total n=60	Boys n=30	Girls n=30	Total n=60	Boys n=30	Girls n=30	Total n=60	
Extremely satisfied	3 (10)	5 (16.6)	8 (13.3)	3 (10)	6 (20)	9 (15)	-	2 (6.66)	2 (3.33)	19 (10.5)
Very satisfied	4 (13.3)	3 (10)	7 (11.6)	4 (13.3)	8 (26.6)	12 (20)	2 (6.66)	2 (6.66)	4 (6.66)	23 (12.7)
Moderately satisfied	8 (26.6)	5 (16.6)	13 (21.6)	3 (10)	2 (6.66)	5 (8.33)	15 (50)	2 (6.66)	17 (28.3)	35 (19.4)
Satisfied	6 (20)	14 (46.6)	20 (33.3)	13 (43.3)	13 (43.3)	26 (43.3)	7 (23.3)	10 (33.3)	17 (28.3)	63 (35)
Not satisfied	9 (30)	3 (10)	12 (20)	6 (20)	1 (3.3)	7 (11.6)	6 (20)	14 (46.6)	20 (33.3)	39 (21.6)
Very much dissatisfied	-	-	-	1 (3.3)	-	1 (1.66)	-	-	-	1 (0.5)
Total	30	30	60	30	30	60	30	30	60	180

Bracket value indicates percentage

Life satisfaction is the degree to which an individual judges the overall quality of his/her own life as a whole favorably or unfavorably. Life satisfaction is thus a subjective state of mind and indicates, general well being. It has been defined as the function of the physical, psychological and social well being of an individual

(Kumar and Bakshi, 2009). The data of table 2 reveals the level of satisfaction between sample adolescents belonging to three communities with their life. The table depicts that out of 180 respondents 63 i.e. 35 percent are satisfied with their life. 10.5 per cent are found extremely satisfied with their life. Results also reveal that 39 respondents also shows dissatisfaction from their life and among them, the number of Mirpuri respondents was more followed by Kashmiri Pandits. Community wise overall, Dogra respondents were found more satisfied with their life followed by Kashmir Pandits and Mirpuri community. This might indicate the role of family displacement in affecting life satisfaction of numbers.

Table – 3: Comparison of Level of Satisfaction Between Sample Boys and Girls (Questionnaire Data)

Level of Satisfaction	Boys (n=90)	Girls (n=90)	Total	χ^2
Extremely satisfied	6	13	19	18.5*
Very satisfied	10	13	23	
Moderately satisfied	26	9	35	
Satisfied	26	37	63	
Not satisfied	21	18	39	
Very much dissatisfied	1	0	1	

$\chi^2 = 18.5$, df = 5, table value = 11.1

*significant at 0.05

Table 3 values showed level of satisfaction of respondent's boys and girls. It was found that girls were more satisfied with their life as compared with their counterpart. It may be due to the flexible attitude of the girls towards different situations they face day to day basis. Statistically significant difference was found between the level of satisfaction of boys and girls from their life.

Table – 4: Psychological well-being of Adolescent among selected communities

Dimensions	Kashmiri Pandits			Dogra			Mirpuri		
	Boys N=30	Girls N=30	Total N=60	Boys N=30	Girls N=30	Total N=60	Boys N=30	Girls N=30	Total N=60
Autonomy	50.23 ±6.46	49.36 ±5.46	49.80 ±5.96	50.06 ±5.98	50.40 ±7.13	50.23 ±6.53	49.22 ±4.72	49.20 ±6.17	49.26 ±5.45
Environment Mastery	49.13 ±5.14	49.46 ±5.05	49.30 ±5.05	52.16 ±7.14	57.50 ±8.36	54.83 ±8.17	49.80 ±0.52	49.56 ±8.00	49.68 ±0.24
Personal Growth	50.76 ±6.60	51.06 ±8.76	50.63 ±6.70	54.43 ±8.31	56.13 ±6.41	55.28 ±7.41	50.86 ±5.60	50.40 ±7.73	50.63 ±6.70
Positive relation with other	49.10 ±7.96	46.13 ±6.30	47.61 ±7.27	53.33 ±8.02	53.33 ±8.26	53.33 ±8.07	48.83 ±5.93	48.60 ±8.27	48.71 ±7.14
Purpose in life	53.66 ±6.39	50.03 ±6.15	51.85 ±6.48	53.66 ±6.39	54.40 ±10.79	54.03 ±8.80	50.70 ±5.47	51.03 ±6.89	50.86 ±6.17
Self- Acceptance	49.86 ±5.41	49.26 ±6.60	49.56 ±5.90	52.40 ±7.46	53.76 ±6.53	53.08 ±6.98	49.60 ±4.93	50.70 ±8.37	50.15 ±6.84
Total	299.1	297.7	298.4	316.0	325.5	320.8	298.7	299.3	306.0

Table 4 depicts the Psychological well-being of adolescent in all the dimensions of PWB scale among three communities. It was noted that community wise, overall mean score of Dogra respondent were higher than the respondents of other selected communities. While comparing boys and girls, girls of dogra community had higher mean scores than all other respondents. Kashmiri Pandit boys had higher mean scores than female sample. The girls and boys of Mirpuri community had almost equal mean scores on all dimensions. The table 4 also reveals that the mean score of Kashmiri Pandit community were lowest in three dimension of PWB (Environmental mastery, Positive relation with other and Self-Acceptance) and Mirpuri community in two dimensions (Autonomy and Purpose in life), whereas in one dimension (Personal growth) the mean score of both Mirpuri and Dogra community was equal.

Table – 5: Comparison of selected communities in various domains of PWB

Dimensions	Kashmiri Pandit (60)	Dogra (60)	Mirpuri (60)	F-Value	p-Value
Autonomy	49.80 ±5.96	50.23 ±6.53	49.26 ±5.45	0.391	0.67
Environment Mastery	49.30 ±5.05	54.83 ±8.17	49.68 ±7.24	12.20**	0.00
Personal Growth	50.91 ±7.71	55.28 ±7.41	50.63 ±6.70	7.67**	0.00
Positive relation with other	47.61 ±7.27	53.33 ±8.07	48.71 ±7.14	9.78**	0.00
Purpose in life	51.85 ±6.48	54.03 ±8.80	50.86 ±6.17	2.99*	0.05
Self-Acceptance	49.56 ±5.90	53.08 ±6.98	50.15 ±6.84	4.85**	0.00

* indicates level of significance at 0.05

** indicates level of significance at 0.01

Table 5 represents the comparison between communities and the dimensions of Psychological well-being scores. Overall, highly significant difference was found in four dimensions of Psychological well-being within community. In the dimension of Environmental Mastery, Personal Growth, Positive relation with other and Self-Acceptance highly significant difference was found in mean scores across communities and significant difference was found in the mean score of one dimension .i.e. Purpose in life. There is no significant difference in the dimension of Autonomy within community was found. The highest mean score on all dimensions of PWB were obtained by Dogra community adolescents. Thus, it can be said that PWB of adolescents is affected by the community (and perhaps displaced status) in the present context.

Table – 6: Relationship between six dimensions of Psychological well-being

Dimensions	Autonomy	Environmental mastery	Personal growth	Positive relation with other	Purpose in life	Self-Acceptance
Autonomy	1					
Environment Mastery	-0.01 (0.79)	1				
Personal Growth	0.22* (0.03)	0.37** (0.00)	1			
Positive relation with other	0.28** (0.00)	0.40** (0.00)	0.45** (0.00)	1		
Purpose in life	0.11 (0.13)	0.42** (0.00)	0.40** (0.00)	0.34** (0.00)	1	
Self-Acceptance	0.09 (0.19)	0.37** (0.00)	0.30** (0.00)	0.39** (0.00)	0.40** (0.00)	1

* indicates level of significance at 0.05

** indicates level of significance at 0.01

Table 6 brings out the result of inter correlation among the dimension of ‘Psychological Well-Being’ (PWB). Results reported Negative correlation of Autonomy with Environmental mastery where as highly significant positive correlation was found among all the other dimensions of Psychological well-being except purpose in life and self acceptance. Table 6 also depicted that Autonomy and Personal Growth dimensions had a significant positive relationship with each other.

Conclusion:

Adolescence a distinct period of adjustment or a journey to adulthood where teenagers has to face rapid physical, cognitive and social changes. Adolescence points to multiple and interwoven, normative changes, experienced by the adolescent with the period being a stressful period for some having implications for the Well Being. The condition of being migrated is often burdensome, especially in the case of forced migration and the combined effect of these experiences can result in problematic consequences which bring extra complexity to their psychological condition (Pinto Wiese, 2010). Questionnaire responses revealed that 35 per cent sample adolescents are satisfied with their life among which Dogra community number is high. The overall PWB scores of Dogra community in all the six dimensions of Psychological well-being were higher than other two displaced communities which shows that probably migration could be one factor affecting adolescent psychological well-

being. In fact, the World Health Organization (2001) and Bhugra and Jones (2001) in their studies also found that the process of moving from one cultural setting to another can be a very stressful process exposing migrants to social stress and increased risk of mental health problems. ANOVA conducted on the mean score of three communities dimension wise revealed significant difference in all dimensions except Autonomy. Gender difference was also found among Dimensions of Psychological well-being where Girls scored higher than Boys in Dogra and Mirpuri community where as boys PWB Score was higher than Girls in Kashmiri Pandit community. Inter correlation among the dimensions of 'Psychological Well Being' (PWB) report negative correlation of Autonomy with Environmental mastery where as highly significant positive correlation among all the other dimensions of Psychological well-being was found. The results of present research depict the status of PWB of adolescents residing in Jammu. This also point to the possible linkage of community displacement status with PWB. Gender differences in PWB have also been noticed. Keeping these results in mind, further research investigations need to be carried out to ascertain the definite role of related factors in determining PWB of individuals. The study has implications for development of theoretical database as well as has practical utility for understanding the adolescents psychologically.

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