



PSYCHOLOGICAL WELL-BEING AMONG COLLEGE STUDENTS

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Abstract : Psychological well-being of individuals is the need of the hour today. Young adulthood demands good psychological well-being as it's the stage in which an individual marks the beginning of educational attainment, career and personal success. The present study aimed to assess the psychological well-being among college-going students. The study was carried out on 150 college going students (75 male, 75 female) from different colleges. 'Psychological Well-Being Scale' developed by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary was used to elicit the required data. The data was analyzed by using number, mean, standard deviation, and student's 't' test. The findings revealed that the college students had a high level of psychological well-being. There were no significant gender differences observed in the overall psychosocial well-being and also in many of its dimensions. However, significant gender differences were found only in the mental health dimension of psychological well-being.

Index Terms: College students, Mental health, Psychological Well-being, Young adulthood.

INTRODUCTION

Psychological well-being is defined as a positive psychological state which makes an individual to acquire a state of positive functioning, contentment and absence of mental illness (Arvind Sharma, et.al., 2022). It opens up new possibilities for an individual to acquire different experiences and knowledge which increase the level of awareness and stability. Psychological well-being is related to one's age, sex, social-economic status and ethnicity (Ryff and Singer 2008). Much importance needs to be given to an individual's psychological well-being as it is interlinked to living healthier and longer lives. Subjective well-being is comprised of the presence of positive affect, the absence of negative affect, and high levels of life satisfaction (Ed. Diener, 1994).

Students are more vulnerable to psychological problems upon entry into higher education (Bewick et.al., 2010). This period is a crucial developmental period as it involves numerous challenges in student's life which includes; academic, social and personal domains (Jaisooriya, T.S., 2021). The vast challenges a college student face; academic, personal adjustment to a new life, and socially building new friendships are some causes of stress among them (Cress, V. C, et.al., 2019). College students experience high level of stress over the past decade which can lead to development of psychological problems (Chao, 2012). The psychological well-being of college students can influence not only their academic and professional success, but also the development of society as a whole (Xinqiao Liu, 2019). Making one's own mental health a priority while in college is ideal.

In order to improve the overall psychological well-being among college students, special attention with concerted efforts by the government has been made, formulating mental health policies by early detection and identification of psychologically unhealthy students and providing treatment of students' psychiatric disorders (Xinqiao Liu, 2019). Psychologically healthy students have good mental health and maintain positive interpersonal relationships. They have a constructive spirit and keep a positive outlook on life (Ramesh D. and Waghmare, 2016). Thus, it is imperative for college students to possess good psychological well-being.

Aim: To assess the psychological well-being among college students.

Objectives:

1. To assess and compare the overall psychological well-being among college students.
2. To assess and compare the dimension-wise psychological well-being of college students under selected five dimensions viz; Satisfaction, Efficiency, Sociability, Mental Health, and Interpersonal Relation.

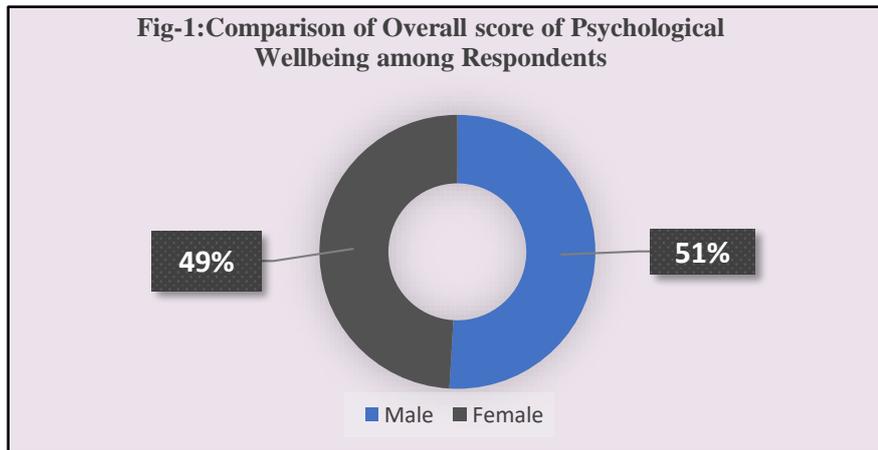
Procedure:

Random sampling technique was adopted to select a total of 150 college students (male=75, female=75) in the age range of 18 to 26 years. The students who were attending three higher educational institutions of Manipur were selected for the survey. The data was obtained through the 'Psychological Well-Being Scale' developed by D. S. Sisodia and Pooja Choudhary. A self-structured basic data sheet was used to collect the basic data of the respondents. The data collected was compiled, tabulated, and analyzed by using the number, mean, standard deviation, and student's 't' test.

Results and Discussion:

Table-1: Comparison of overall score of psychological well-being among respondents

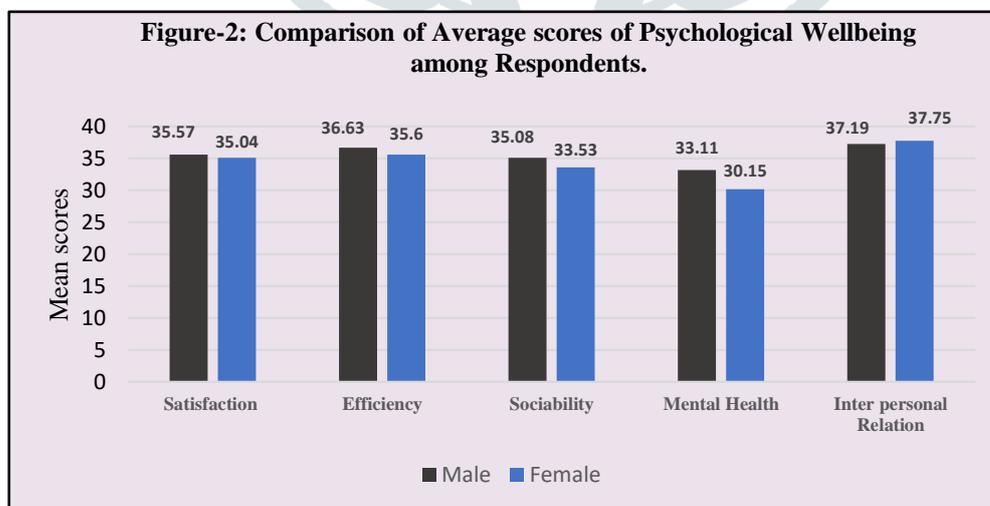
Psychological Wellbeing	Male		Female		Significance of Students t value
	Mean	SD	Mean	SD	
Overall Psychological Wellbeing	317.96	40.58	306.39	42.58	1.7056 ^{NS}
NS Not significant					



The comparison of the overall scores of psychological well-being among male and female respondents is presented in Table-1(Fig-1). From the table, it was observed that both male and female respondents scored high on the overall psychological well-being. The results further revealed that there was no significant difference between male and female respondents in the overall Psychological Well-being. Though there was a slight difference in the mean scores of the male and female respondents, it was found to be non-significant ('t' value= 1.7056^{NS}). The results are in line with Jeannie A. Perez, (2012), where it was reported that there were no gender differences in various aspects of psychological well-being.

Table-2: Dimension-wise comparison of Average scores of Psychological Well-being among Respondents.

Dimensions of Psychological Wellbeing	Male		Female		Significance of Students t value
	Mean	SD	Mean	SD	
Satisfaction	35.57	6.38	35.04	5.42	0.9654 ^{NS}
Efficiency	36.63	6.33	35.60	6.04	1.0208 ^{NS}
Sociability	35.08	5.17	33.53	6.12	1.6776 ^{NS}
Mental Health	33.11	5.98	30.15	6.47	2.9133 ^{**}
Interpersonal relation	37.19	5.84	37.75	8.00	0.4902 ^{NS}
** Significant at 1% level			NS Not significant		



The dimension-wise comparison of psychological well-being among the respondents is depicted in Table-2 (Fig-2). It was noticed that there was a slight difference between male and female respondents in different dimensions of psychological well-being. But, the 't'-test indicated highly significant results in the dimension – Mental health ('to value=2.9133^{**}) where the male respondents scored slightly higher than their counterparts. Further, the 't' test indicated non-significant results in dimensions- Satisfaction ('t' value=0.9654^{NS}), Efficiency ('t' value=1.0208^{NS}), Sociability ('t' value= 1.6776^{NS}) and Interpersonal relation ('t' value=0.4902^{NS}). The results are in line with Zahra Babadi-Akash, et. al., (2014) which identified a significant difference in mental health among the respondents.

Conclusion:

The results indicated that both male and female adults scored higher on their psychological well-being, however, no significant difference was observed between young male and female adults in the overall Psychological Well-being. The dimension-wise comparison of psychological well-being among the respondents indicated highly significant results in the dimension – Mental health with the ‘t’ value being 2.9133**. It was evident that males scored higher in the dimension- mental health than their female counterparts which signifies that males are better on mental health than females.

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Weblinks:

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