



Level of Psychological Well-Being among College Going Students

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Abstract: Psychological well-being refers to the positive psychological functioning of an individual. So, Students with psychological well-being will possess good mental health and will be able to maintain good relationship with their surroundings. They will be productive in nature and will be able to hold as well as maintain a positive attitude towards life. **Aim:** The present study was undertaken to find out the level of psychological well-being among college going students. **Methodology:** The current study is a cross sectional study conducted to understand Psychological Well-being among college going students. A total of 120 participants, 60 boys and 60 girls were selected from various colleges of west Singhbhum district, for the current study. **Tools:** Socio-demographic details were collected with the help of socio demographic data sheet. Then after, Psychological Well-being Scale (PWBS) was applied to the participants. **Result and Conclusion:** The present study results reveal that, there is no significant difference between boys and girls on their psychological well being.

Keywords: Psychological Well-Being, Mental Health and College going students.

I. INTRODUCTION

Psychological well-being is viewed as the result of a life well-lived and is an important factor in students successfully adapting to college or university life. This construct usually includes dimensions such as self-acceptance, positive relationships, autonomy, environmental mastery, personal growth and purpose-in-life. In this context, many previous studies on college going students have pointed out that, in terms of age range, college students are the adolescent. The definition of adolescent according to The World Health Organization (WHO) defines is, 'any person between ages 10 and 19'.

Adolescence is a key developmental period marked by physical as well psychological changes. Psychological well-being problems have become increasingly common among college going students, which usually conceptualized as some combination of positive affective states such as happiness and functioning with optimal effectiveness in individual and social life. A study by Rask et al. (2003) shows that adolescent perception of mutual respect and equilibrium in the family system is related to adolescent well-being.

Students are the future of nation thus, considering this many researchers and educators focus on the psychological well-being in student life. According to them, students with higher well-being are more likely to thrive in their higher education. Furthermore, understanding the behavioral, biological and social pathways to well-being will benefit

individuals, organizations along with society. Psychological well-being (PWB) is affected by age, physical health, personality, life experiences, socioeconomic status and culture.

Psychological well-being involves subjective, social and psychological dimensions, health-related behaviour and practices that add meaning to an individual life and allow them to attain their maximum potential (Ferrari et al., 2022; Charry et al., 2020; Friedman et al., 2017 Ryff, 2013; and Brim et al., 2004).

II. METHODOLOGY

Aim: The present study was undertaken to find out the level of psychological well-being among college going students.

Hypothesis

The following hypotheses were formulated for the present study:

- There will be no significant difference between boy's and girl's college going students on Psychological Well-being.

Research Design:

It was a cross sectional research design.

Sample:

The total sample consists of 120 college going students and +2 school of West Singhbhum District. Among these 120 participants, 60 were boys and 60 were girls. All the participants taken in the present study were in their intermediate level and from West Singhbhum district.

Tools used

The following tools were used for data collection:

1. Socio Demographic and Clinical Data Sheet.
2. Psychological Well-being Scale (Dr. Devendra Singh Sisodia) .

Description of the tools

1. **Socio-demographic and Clinical Data Sheet:** These data sheets were specifically designed to record relevant details of each case. It has included information such as age, sex, education, marital status, occupation, age of onset, duration of illness, number of admission and treatment history, family history of mental illness etc.
2. **Psychological Well-being Scale:** The Psychological Well-being Scale has been designed by Dr. Devendra Singh Sisodia (1990) Head Department of Psychology Bhupal Nobles (2019) Girls college M.L.S. University Udaypur, Rajasthan and Ms. Pooja Choudhary, Research Scholar, Department of Psychology M.L.S. University Udaipur, Rajasthan for use Hindi and English knowing person for measurement of their psychological well-being (total as well as separately) in respect of five areas namely: Satisfaction, Efficiency, Sociability, Mental Health, Interpersonal Relations.

Procedure

In the present study 120 participants, meeting the inclusion and exclusion criterion were selected through stratified random sampling technique. Out of these 120 participants, 60 participants were boys and 60 were girls. The samples were selected from the West Singhbhum district of Jharkhand. After established a rapport and getting consent with the

subject, the investigator administered two questionnaires using socio-demographic clinical data sheet and psychological well-being (PWBS) for data scale. When all respondents were filled up their questionnaires, they were thanked by the investigator for their kind cooperation. Scoring of the responses was done according to the manual described for each questionnaire, and tabulation of the data was making carefully for its analysis. SPSS 20 was used for analysis of data.

III. RESULT AND DISCUSSION

Table- 1: Mean Difference between Boys and Girls of collage going students on Psychological Well-Being.

Subject Variable	Boys	Girls	df	t-test
	Mean \pm SD	Mean \pm SD		
Life Satisfaction	37.83 \pm 5.48	36.91 \pm 6.70	118	0.82 NS
Efficiency	37.18 \pm 6.58	35.61 \pm 5.88	118	1.37 NS
Sociability	36.11 \pm 6.32	35.35 \pm 5.37	118	0.71 NS
Mental Health	36.03 \pm 5.44	34.53 \pm 5.35	118	1.52 NS
Interpersonal Relations	38.55 \pm 6.89	39.30 \pm 6.37	118	0-.61 NS
Total	185.70\pm22.88	182.05\pm22.33	118	0.88 NS

NS- No significant

Figure 1: Graphical Representation of Boys and Girls of collage going students on Psychological Well-Being.

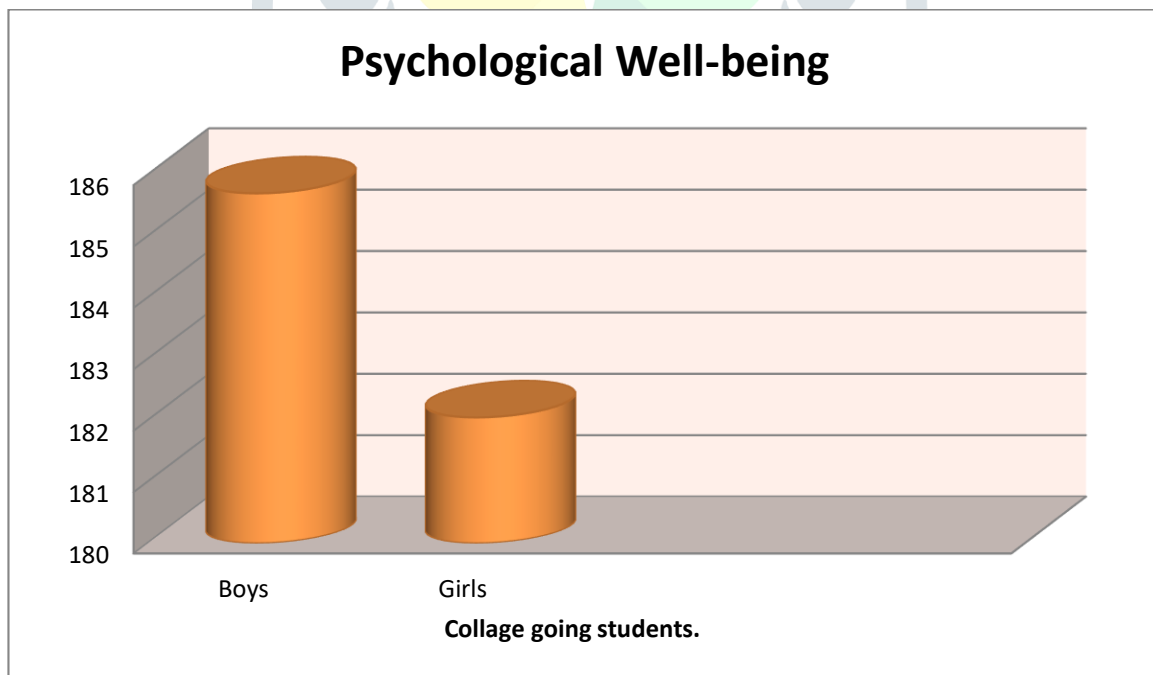


Table -1 and Figure- 1 show the comparison of Well-Being scale between boys and girls of collage going students on Psychological Well-Being scale. The present findings indicate that total mean score of boys was 185.70 and for girls was 182.05. Result shows that there was no significant difference between boys and girls on

Psychological Well-Being scale. The findings of the study are in agreement with the results Bano et al. (2019), Rashid U. K. et al.(2018), Ramesh Waghmare (2016), Salleh and Mustaffa (2016), and Sana Akhter (2015), they also found that collage going students have no difference on psychological well-being.

IV. CONCLUSION

The present study results reveal that, there is no significant difference between boys and girls on their psychological well-being. The current finding also suggests that both the group have similar psychological well-being.

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