

PSYCHOLOGICAL WELL BEING AMONG UNIVERSITY STUDENTS

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Abstract

This study was conducted to study and compare the level of Psychological Well Being among day scholars and hostellers of Panjab University. A sample of 80 students (40 day scholars and 40 hostellers) was selected by using simple random proportionate sampling method from Panjab University, Chandigarh. Psychological well being Scale by Sisodia and Choudhary (2012) was used to access Psychological well being of students. The analysis and interpretation of the data was done by using t-test. The result of the study show that there is no significant difference in level of Psychological well being among day scholars and hostellers ($t=-.749$, $p=.456$).

Keywords : Psychological well being, Day scholars and hostellers.

Introduction

Psychological Well Being has gained much popularity in the field of Psychology as it is an important component of one's life. According to The fourteenth Dalai Lama, "The purpose of life is to be happy. From the moment of birth, every human being wants happiness and does not want suffering. Neither social conditioning nor education nor ideology affects this. From the very core of our being, we simply desire contentment. I don't know whether the universe, with its countless galaxies, stars and planets, has a deeper meaning or not, but at the very least, it is clear that we humans who live on this earth face the task of making a happy life for ourselves. Therefore, it is important to discover what will bring about the greatest degree of happiness" (Tenzin, 2016).

Well being is one of the most important goals which individuals as well as societies strive for. The term denotes that something is in a good state. It doesn't specify what that 'something' is and what is meant by 'good'. Well being can be specified in two ways: first by specifying the 'what' and secondly by spelling out the criteria of wellness. Psychological well-being is the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the world of work, sense of achievement, utility, belongingness and no distress, dissatisfaction or worry, etc. (Sisodia & Choudhary, 2012). Psychological well-being is conceptualised as some combination of positive affective states such as happiness (the hedonic perspective) and functioning with optimal effectiveness in individual and social life (the eudemonic perspective) (Deci & Ryan, 2008). Whereas, Huppert (2009) summarised that,

"Psychological well-being is about lives going well".

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Psychological well-being has several connotations and scholars interpreted it differently:

Ryff (1989) in her seminal paper attempted to combine different conceptions of well-being from the ancient Greek to the modern psychological such as theories of Individuation from Carl Jung, Self-actualization from Abraham Maslow and others. The Ryff Scales of Psychological Well-Being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well-being. These facets include self-acceptance, the establishment of quality ties to other, a sense of autonomy in thought and action, the ability to manage complex environments to suit personal needs and values, the pursuit of meaningful goals and a sense of purpose in life, continued growth and development as a person (Seifert, 2005). According to Diener et al. (1999) Psychological Well Being includes pleasant or positive well-being, unpleasant affect or psychological distress, Life satisfaction and domain or situation satisfaction. Whereas According to Bhogle and Prakash (1995) PWB includes meaning in life, absence of suicidal ideas, personal control, social support, absence of tension, and general efficiency.

Kraut et al.(1998) conducted a study entitled, 'A social technology that reduces social involvement and psychological well-being?' and found that greater use of the Internet was associated with declines in participants' communication with family members in the household, declines in the size of their social circle, and increases in their depression and loneliness. Mabekoje (2003) concluded in his study that self-esteem, social support and agreeableness were the significant predictors of teachers' psychological well-being among Nigerian Teachers. Baer et al. (2012) in his study found that mindfulness and self-compassion skills may play important roles in the improved wellbeing associated with mindfulness training. Gencoz & Ozlale (2004) conducted a study on the impact of social support on psychological well-being at university level and come out with results that social support associated with appreciation showed direct impact on psychological wellbeing. Akhtar (2015) examined the psychological well-being of gender differences. Findings of the study revealed significant differences in the levels on psychological well- being among students. Hasan(2016) conducted a study named Psychological Well-being and Gender Difference among Science and Social Science students and found that there is no significant difference among the under-graduate students of science and social science with respect to Gender and Choice of streams.

Young adulthood is a very crucial part of life. It encompasses the stage between ages 18-25 years, where the young are in a transformative stage. Generally if a person continues with his/her studies in general stream; he /she would be the student of postgraduate stream like M.A./ M.Sc./ M.Com and by the time they will reach their 22 years of age (following our 10+2+3+2 educational system). Many researchers have found

maladaptive behaviour among post graduate students and indicated that emotions played a very crucial role in

that. University is a period of responsibility for choices and lifestyle practices, where students are exposed to the challenges of young adulthood and also tackle the mental and social issues of students' life. It is the time when young adults want to be independent. They often come out with an important decision which undergoes a significant stage by choosing where to stay or live during their entire university life. They can either choose to stay in hostel or live at home. Many students confront changes in living conditions and (health promoting/damaging) adjustments to lifestyle and environment. They also face the stresses of achieving success in their academic goals, and are expected to be competitive, adding to the demands and burdens and possibly leading to more stress. Students may also deal with issues around financial constraints, financial support, social interaction and loneliness (Bhattacharjee, 2016). So, all these factors affect their psychological well-being. There is plethora of researches on psychological well-being but not directly with the hostellers and day scholars. Home environment and life of a hostel are very different. The present study was conducted with an objective to know about the difference between postgraduate students of the Panjab University, Chandigarh residing in the hostels and day scholars with respect to their Psychological Well-Being.

Statement of the problem

"Psychological Well- Being among University students"

Objectives of the study

- To study the psychological well being of students of Panjab university.
- To compare the Psychological Well-being of Day scholars and Hostellers.

Hypothesis of the study

There will be no significant difference in Psychological Well-being of day scholars and hostellers.

Delimitations of the study

The study was delimited to a sample of 80 postgraduate students of Panjab University campus, Chandigarh.

Methodology & Design:

Present study is a descriptive research study and survey design was employed to carry out the present research study.

Sample

The present study was conducted by using simple random proportionate sampling method and selecting a sample of 80 postgraduate students (40 day scholars and 40

hostellers) of Panjab University, Chandigarh.

Tool used

Scale for Psychological well-being developed by Sisodia & Choudhary (2012) was used for the present study. The scale comprised of 50 statements with a view to measure several aspects of well-being like Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relations was administered on the Post-graduate students of Panjab University, Chandigarh. The test-retest reliability of the scale is 0.87 & validity is 0.94.

Data analysis

For data analysis, descriptive statistics i.e., mean and SD were used and for testing the hypothesis inferential statistics i.e., t -test was employed.

Analysis and Interpretation of the data

The analysis of the data show that the majority of students of Panjab university campus, Chandigarh had moderate level of Psychological well being (90 %), while only 10

% of students had high level of Psychological well being. No student was found having very low, low and very high psychological well being.

Table 1: Mean Differentials and t-ratio for Psychological Well Being among Day Scholars and Hostellers

Post graduate students	N	Mean	S.D.	t-value	P value
Day Scholars	40	186.88	16.59	-.749	0.456
Hostellers	40	190.25	23.16		

Table 1 show that the mean score of Psychological Well Being among Day Scholars and Hostellers. In the case of Day scholars the mean score of Psychological Well Being is

186.88 and in the case of the Hostellers the mean score of Psychological Well Being is 190.25. The calculated t-value between Psychological Well Being among Day Scholars and Hostellers is -0.749, which is found to be non significant. Hence the null hypothesis, "There is no significant difference between Psychological Well Being among Day Scholars and Hostellers" is accepted.

Findings

- Majority of students had moderate level of Psychological well being (90 %), while only 10 per cent of students had high level of Psychological well being. No student was found having very low, low and very high psychological well being.

- There is no significant difference between hostellers and day scholar students with respect to their psychological well-being.

Conclusions

On the basis of the present study it can be concluded that the mean scores of the Post graduate students of Panjab university campus, Chandigarh residing in the hostels are better than the day scholars in the case of Psychological well-being. As we have discussed earlier also that post graduate students have many responsibilities and they have to think about their career also. So, emotional upheavals are inevitable at this age. Hosteller's students live their life independently as compared to day scholars. But the day scholars have to live under some kind of constraints. The results of the present study were favoured by the research study conducted by the Mishra (1987) which found that hostellers were emotionally more mature as compared to non-hostellers. Bhattacharjee (2016) also found that the hosteller students were more emotionally matured in comparison to day scholar students. The results contradicts to the study conducted by the Shakeel(2015) which concluded that the day scholar student are more satisfied with life (Psychological well-being) and had improved quality of life in contrast to hostellers.

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