



A Study of Psychological Well- Being on Gender, Area of Residence and Faculty among College Going Students

Aarti Ramkishan Chauhan

Research Scholar

Dr. A.P.J. Abdul Kalam University, Indore (M.P)

Email ID- chauhanaarti428@gmail.com

ABSTRACT

The purpose research attempted to study the Study of Psychological Well Being on Gender, Area of Residence and Faculty among College Going Students .**Objectives-** 1) To Search the Psychological Well Being on Gender, Area of Residence and Faculty among College Going Students.2) To Search the Interaction between Gender, Area of Residence and Faculty on Psychological Well Being among College Going students. **Hypotheses:**1) There will be no significant difference between Gender, Area of Residence and Faculty among Under Graduate students on Psychological Well- Being.2) There will be no significant Interaction between Gender, Area of Residence and Faculty on Psychological Well Being. **Methodology. Sample:** For the present study 120 samples was selected from Aurangabad district (MS). Non-Probability Quota Sampling was used. **Research Design:** In the present study a balanced 2x2x3 factorial design will be used. **Variables-** The independent variables are Gender, Area of Residence and Faculty and Dependent variables are Psychological well-being. **Research Tools-** Psychological Well-Being Scale (PWBS) by Dr. Devendra Singh Sisodia and Pooja Choudhary (2012). **Statistical Treatment:** Mean, SD and 'F' values used. **Conclusions** - there is no significant difference between Genders, Area of Residence under Graduate students on Psychological Well Being. And B.Sc. College going students High Psychological Well- Being than B.A. and B.Com College Going students.

Keywords- Psychological Well- Being, Gender, Area of Residence, Faculty.

INTRODUCTION

The term psychological well-being (PSW) has been seen and characterized by various individuals and it connotes a wide scope of understandings, for the most part connected with wellness. Yet, it ought to be noticed that psychological well-being not just means the nonexistence of sick being or mental ailment, much the same as the nonattendance of psychological stressors don't guarantee that one is sound in their life. So alongside guaranteeing that difficult encounters are avoided, psychological well-being examination and practice is additionally worried about the spread of positive and solid encounters and wellbeing. It is a psychological state aimed by every last one where an individual can effectively add to the general public, discussing reasonably with others, and effectively managing issues with no genuine anguish of body and brain or disruption in conduct.

Psychological well-being remembers reason and fulfillment forever, nonappearance of self-destructive and negative considerations, thoughts and emotions, social help, confidence, positive effect, opportunity from pressures and general proficiency. They joined both positive and negative components while building up a proportion of psychological well-being.

Psychological well-being thrives through a combination of character, character qualities, life happenings and encounters and guideline of feelings, upgrades with amiability and diminishes with neuroticism.

Review of Literature

Gill (2007), Jasraj kaur (2015), Kotar (2013), Waghmare, (2016), found that there was no critical distinction among male and female understudies on psychological well-being. Mukesh C. Rathwa (2014), Waghmare (2016), Geeta Sharma (2014) this investigation found that there is no huge distinction between the Psychological well-being among urban and provincial undergrad. Kaur, Amritpal and Singh, Agyajit (2016) that there were huge contrasts among rustic and urban among psychological well-being. Hetal A. Patel (2015), Fareeda Shaheen (2016), Kawa and Shafi (2015), Aasimeh Rehman, Humera Shafi, Touseef Rizvi, (2016) this examination showed that Urban teenagers have higher psychological wellbeing than provincial youths.

Statement of the Problem:

“A Study of Mental Health on Gender, Area of Residence and Faculty among College Going students.”

Objective of the Study

- To Search the Psychological Well Being on Male and Female College going students.
- To Search the Psychological Well Being on Urban and Rural College going students.
- To Search the faculty in Psychological Well Being on B.A., B. Com and B.Sc. College Going students.

Hypotheses of the study

- There will be no significant difference between male and female College Going Students on Psychological Well Being.
- There will be no significant difference between Urban and Rural College Going Students on Psychological Well Being.
- There will be no significant difference between B.A., B.Com and B.Sc. College Going Students on Psychological Well Being.

METHOD**Sample**

For the present study 120 samples was selected from Gurugram Dist. Haryana State. Non-Probability Quota Sampling was used. The subject selected in this sample was age group of 18-21 year. The sample of present study was shows as below.

Table No. 01

Gender		Male		Female		Total
Area of Residence		Urban	Rural	Urban	Rural	
Faculty	B.A	10	10	10	10	40
	B.Com	10	10	10	10	40
	B.Sc.	10	10	10	10	40
		30	30	30	30	120

Research Design

2 x2x3 Factorial research design used.

Table No. 02

A		A1		A2	
B		B1	B2	B1	B2
C	C1	A1,B1,C1	A1,B2,C1	A2,B1,C1	A2,B2,C1
	C2	A1,B1,C2	A1,B2,C2	A2,B1,C2	A2,B2,C2
	C3	A1,B1,C3	A1,B21,C3	A2,B1,C3	A2,B21,C3

A- Gender **A1-** Male **A2-** Female

B- Area of Residence **B1-** Urban **B2-** Rural

C- Faculty **C1-** B.A. **C2-** B. Com **C3-** B. Sc.

Variables of the Study**Table No. 03**

Variable	Type of variable	Sub. Variable	Name of variable
Gender	Independent Variables	02	1) Male Students 2) Female Students
Area of Residence	Independent Variables	02	1) Urban Students 2) Rural Students
Faculty	Independent Variables	03	1) B.A. Students 2) B.Com. Students 3) B.Sc. Students
	Dependent variables		Psychological Well Being

Research tools:-**Psychological Well-Being Scale (PWBS)**

This scale is developed and standardized by Dr. Devendra Singh Sisodia and Pooja Choudhary (2012). The 50 items are rated on a five point scale. The subjects were required to respond to each item in terms of “Strongly disagree, Disagree, Undecided, Agree, strongly agree.” This is well known test having high reliability (0.90) and high validity (0.94). The test meant for knowing the difference between individuals.

RESULTS AND DISCUSSION

The analysis of data interpretation and discussion of the results are reported.

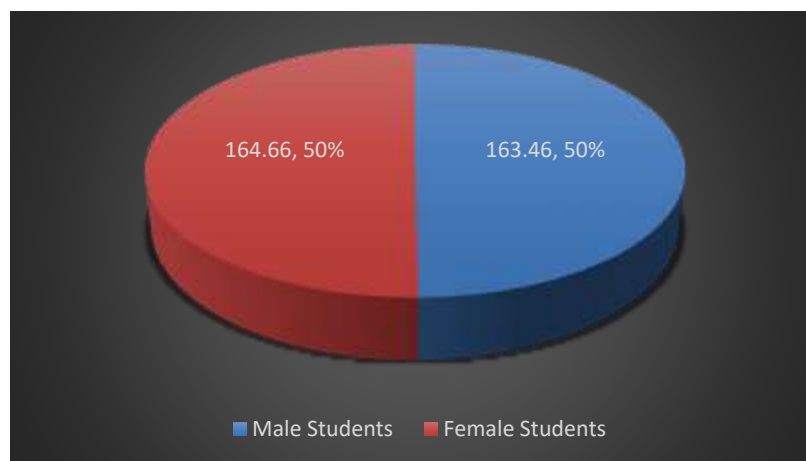
Hypothesis- 01

- There will be no significant difference between male and female College Going Students on Psychological Well Being.

Table 04

Gender	Mean	SD	N	DF	F Value	Sign.
Male Students	163.46	19.81	60	118	0.264	NS
Female Students	164.66	12.07	60			

(Critical value of “F” with df 118 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.01

Observation of the table 04 and Figure No.01 indicated that Psychological Well- Being of The mean and SD value obtained by the Male Students 163.46 ± 19.81 and Female Students was

Psychological Well- Being on Gender, Area of Residence and Faculty among College Going Students

164.66±12.07. It is observed that the calculated 'f' value 0.264 is low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 1st hypothesis is accepted. It means that there is no significant difference between Male and Female College Students on Psychological Well Being. A similar Studies Rathi (2007), Gill (2007), Jasraj kaur (2015) and Kotar (2013) found that no significant difference between the psychological well-being on male and female college students.

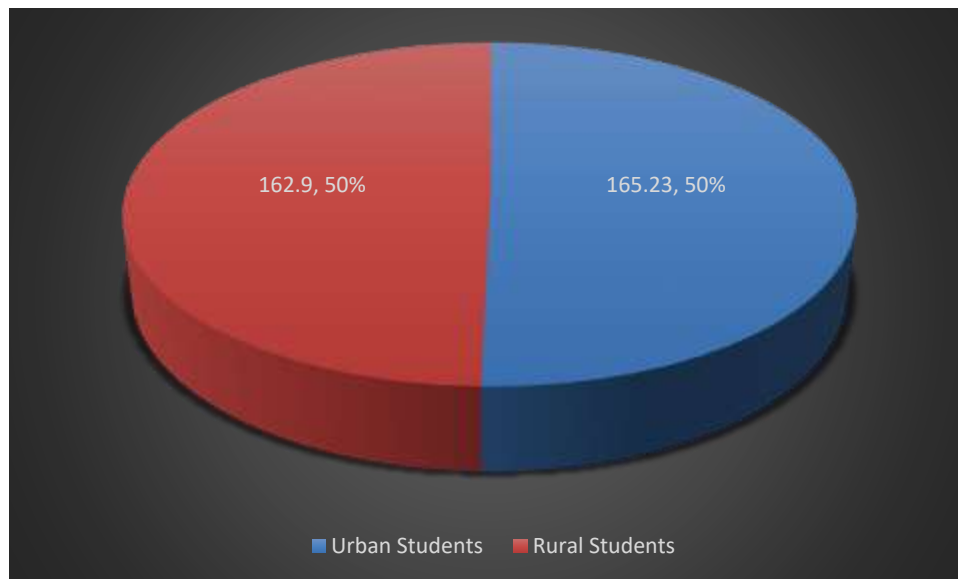
Hypothesis-02

- There will be no significant difference between Urban and Rural College Going Students on Psychological Well Being.

Table 05.

Living of Area	Mean	SD	N	DF	F Value	Sign.
Urban Students	165.23	18.50	60	118	0.997	NS
Rural Students	162.90	13.92	60			

(Critical value of "f" with df 118 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.02

Observation of the table 05 and Figure No.02 indicated that Psychological Well- Being of The mean and SD value obtained by the Urban Students 165.23±18.50 and Rural Students was 162.90±13.92. It is observed that the calculated 'f' value 0.997 is low than the table value (0.01

Psychological Well- Being on Gender, Area of Residence and Faculty among College Going Students

= 3.94 and at 0.05 = 6.90 levels). That is to say that 2st hypothesis is accepted. It means that there is no significant difference between Urban and Rural College Students on Psychological Well Being. An similar Studies Hetal A. Patel, (2015), Fareeda Shaheen,(2016), Kawa and Shafi (2015) , Aasimeh Rehman, Humera Shafi, Touseef Rizvi, (2016) Found that no significant difference between Urban and Rural College Students on Psychological Well Being. An Opposite finding was found that Geeta Sharma, (2014), Kaur, Amritpal and Singh, Agyajit, (2016) This studies found that Urban college students high Psychological well-being than Rural college Students.

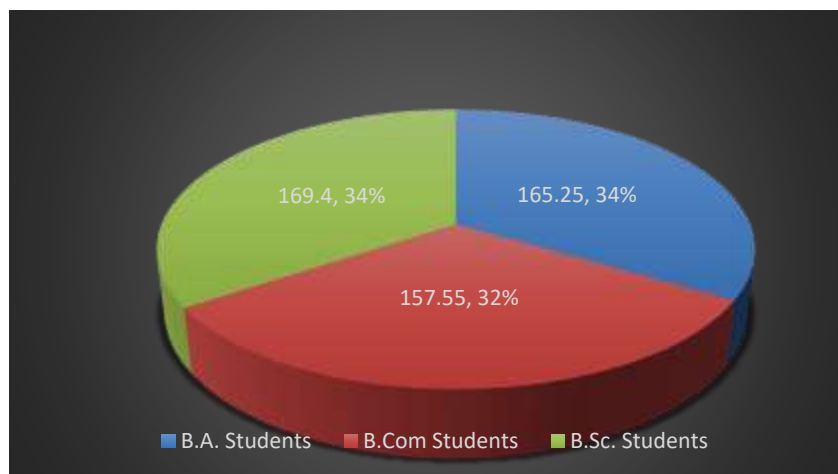
Hypothesis-03

- There will be no significant difference between B.A., B.Com and B.Sc. College Going Students on Psychological Well Being.

Table 06

Faculty	Mean	SD	N	DF	F Value	Sign.
B.A. Students	165.25	13.05	40	117	8.827	0.01
B.Com Students	157.55	16.99	40			
B.Sc. Students	169.40	16.80	40			

(Critical value of “f” with df 117 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.03

Observation of the table 06 and Figure No.03 indicated that Psychological Well- Being of The mean and SD value obtained by the B.A. College Students 165.25, ± 13.05 , and B.Com College Students was 157.55 ± 16.99 and B.Sc. College Students was 169.40 ± 16.80 . It is observed that the calculated ‘f’ value 8.827 is High than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels).

That is to say that 3rd hypothesis is rejected. It means that B.Sc. College going students High Psychological Well- Being than B.A. and B.Com College going students.

CONCLUSIONS

- 1) No significant difference between Psychological Well Being than Male and Female College Students.
- 2) No significant difference between Psychological Well Being than Urban and Rural College Students.
- 3) B.Sc. College going students High Psychological Well- Being than B.A. and B.Com College Going students.

REFERENCES

- Akhter, S. (2015). Psychological well-being in students of Gender difference. The International Journal of Indian psychology. 2 (4).
- Asokam, M., & Muthumanickam, R. (2013). A study on students' self-control in relation to assertiveness behavior. International Journal of Teacher Educational Research, 2 (1), 36-42.
- Bhogle, S. and Jay Prakash, I., (1995), Development of the psychological well-being questionnaire, Journal of Personality and Clinical studies, Vol.11 (1&2), PP.5-9.
- Dalila Visani, Elisa Albieri, Emanuela Offidani and Chiare Ruini, (January 2011) Gender differences in psychological well-being and Distress during Adolescence. The Human pursuit of well-being, 65-70.
- Devendra, S.S., and Choudhary Pooja, (2012) Psychological well-being scale and Manual, National Psychological Corporation, Agra. (India).
- Diener, E. and Smith, H. (1999). Subjective well-being: Three decades of progress. Psychological bulletin, 125, 276-302.

- Fan, D. & Ellison, C. (2008). Daily spiritual experiences and psychological well-being among US adults. *Social Indicators Research*, 88 (2), 247-271.
- Fareeda Shaheen,(May,2016) A Study of Spirituality and Quality of Life in Relation to Psychological Well-Being among Adolescents Belonging to Urban and Rural Area; The
- Firdous A. Var, Mohd. Altaf Pau,Pradeep Kumar, Showkat A. Shah,(OCTOBER 2011) Selfesteem and Psychosocial problems among Kashmiri Youth; *Delhi Psychiatry Journal*; 14;(2) ,307-313.
- Fujita, F., Diener, E., & Sandvik, E. (1991). Gender differences in negative affect and wellbeing: The case for emotional intensity. *Journal of Personality and Social Psychology*, 61, 427-434.
- Fujita, F., Diener, E., & Sandvik, E. (1991). Gender differences in negative affect and wellbeing: The case for emotional intensity. *Journal of Personality and Social Psychology*, 61, 427-434.
- Gill, N. (2007). A study of psychological well-being among college students of Haryana in Relation to coping Behaviour. M. Phil. Dissertation in Education, Chowdhary Devi Lal University, Sirsa.
- Honmore, V., M., and Jadhav, M.G., (2015) Psychological well-being, Gender and Optimistic Attitude among college students. *The International Journal of Indian psychology*. 3, 1, 174-184.
- Huppert, FA (2009). Psychological well-being: Evidence regarding its causes and consequences. *Applied Psychology: Health and Well-Being*, Vol 1, 137–164.
- Kaur Jasraj, (2015). Well-being improves mental health of school students. *International Journal in Multidisciplinary and Academic Research*), 2, 3, 1-5.

- Khan, M. A., Gangadhara, G., Lakshmi, S., & Gangadhara, S. (2010). Determinants Affecting Psychological Well-being of Urban and Rural Adolescents– A Comparative Study. Asian student medical journal, 1(1).
- Kotar, A. B., (2013) a comparative study of psychological well-being among Art's and science college students. Acme International Journal of multidisciplinary Research, I, 9-12.
- Rathi, Neerpal (2007) Meaning in life and psychological well-being in pre adolescents and Adolescents. Journal of the Indian Academy of Applied Psychology. 33 (3), 31-38.
- Roothman, B., Kirsten, D., Wissing, M. (2003). Gender differences in aspects of psychological well-being. South African Journal of Psychology, 33(4), 212-218.
- Ryff, C. & Keyes, C. (1995). The structure of psychological well-being revisited. Journal of Personality and Social Psychology, 69 (4), 719-727.
- Sana Akhter, (July - September, 2015) Psychological Well-Being in Student of Gender Difference; The International Journal of Indian Psychology, Volume 2, Issue 4,153-161.
- Sanjay Kumar, (March 2015) A Study of Mental Health of Adolescents, International Journal of Education and Psychological Research (IJEPR); 4, (1), 28-30.
- Tony Jose and Akhila Thomas (2005) “Resilience and Psychological Wellbeing among Psychology Students and Engineering Students- A Comparative Study”, International Journal Scientific Research (IJSR), 4, (6), 498-499.
- Veera Balajikumar (2013) Effect of personal values on perceived stress and psychological well-being among youth; Ph. D. thesis, Bharathiar University Colmbatore, Tamilnadu, (india). 16-19.
- Waghmare, R.D., (2016), A Study of Psychological Well Being Among Male and Female College Students, International Journal of Indian Psychology, Volume 3, Issue 3, No. 7,26-31.