

Psychological Wellbeing among Higher Secondary School Students

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ABSTRACT

Aim of the research is to find out the Psychological Well being among boys and girls higher secondary school students. So investigator selected two groups one is boys' and other is girls' higher secondary school students, both groups have 120 students. In each group has 60 boys other one groups has 60 girls higher secondary school students. Data were collected from Anand city. Scale was use for data collection is personal datasheet and Psychological wellbeing scale developed by Bhogale and Prakash (1995), 2x2 factorial design was used and data were analysis by 'F' test. Result show, there was no significant difference of psychological wellbeing between boys and girls school students. There was no significant difference of psychological well being between arts and commerce stream school students. There was not significant interaction effect of types of gender and stream on psychological well being.

Introduction:

Psychological well-being is usually conceptualised as some combination of encouraging affective states such as contentment and performance with optimal effectiveness in individual and social life (Deci & Ryan). As summarised by Huppert (2009): "Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively." By definition therefore, people with high Psychological wellbeing report feeling happy, capable, well-supported, satisfied with life, and so on review also claims the consequences of Psychological Wellbeing to include superior physical health, mediated possibly by brain activation patterns, neurochemical effects and genetic factors.

Measurement of psychological well-being utilises various instruments without any having gained dominance as a "gold standard". Life satisfaction is often a component. Diener et al (2000).

Psychological well-being refers to how people evaluate their lives. According to Diener (1997), these evaluations may be in the form of cognitions or in the form of affect. The cognitive part is an information based appraisal of one's life that is when a person gives conscious evaluative judgments about one's satisfaction with life as a whole. The affective part is a hedonic evaluation guided by emotions and feelings such as frequency with which people experience pleasant/unpleasant moods in reaction to their lives. The statement following generally people assess their life as either excellent or poor, so they are normally able to offer judgments. Further, people invariably experience moods and emotions, which have a positive effect or a negative effect. Thus, people have a level of subjective well-being even if they do not often deliberately think about it, and the psychological system offers virtually a stable evaluation of what is happening to the person.

2. Aims of the study:

1. To study of the psychological well being among boys and girls school students.
2. To study of the psychological well being among arts and commerce stream school students.
3. To study of the effect of interaction on psychological well being among the type of gender and stream.

3. Hypothesis:

1. There is no significant difference between the psychological well being of the boys and girls school students.
2. There is no significant difference between the psychological well being of the arts and commerce stream school students.
3. There is no significant interaction effect of the psychological well being in the types of gender and types of stream.

4. Method:

Research design

This research was adopted 2x2 factorial designs with 2 types of gender (boys and girls) and 2 types of stream (arts and commerce).

Sample:

In this present study there are simple random sampling for this purpose Anand cities higher secondary school was selected. Sample taken from various school of anand city among these study 60 students of arts stream 30 boys and 30 girls randomly selected as well as 60 students of commerce stream 30 boys and 30 girls selected. So in this study there are sample selected by simple random sampling method.

Tools used:

The following tools were used in the present study:

Personal Data sheet:

Certain personal information about respondents included in the sample of research is useful and important for research. Here also, for collecting such important information, personal data sheet was prepared. With the help of this personal data sheet, the information about types of gender and types of stream was collected.

In this research following tools are used:

Psychological well being scale:

Psychological well-being test developed by Bhogale and Prakash (1995) was used to measure Psychological well-being. These are 28 sentences in this scale. All at the sentence had a two option "yes" or "no" belong two option can choose one option and marked by symbol (\surd). In positive sentence 1 point for yes and 0 point for no. and in negative sentence 1 point for no and 0 point for yes. The test - retest reliability coefficient is 0.84 and internal consistency coefficient is 0.72. The author has reported satisfactory validity of the test.

Statistical Analysis:

In this study 'F' test was used for statistical analysis.

5. Result and Discussion:

- Psychological wellbeing with reference to gender and stream:

The main objective was to study whether boys and girls higher secondary school students of differ in Psychological wellbeing. In this context, 3 null hypotheses (no.01to03) were constructed. For this purpose 2x2 factorial design was framed. To examine these null hypothesis statistical techniques of two way ANOVA was used. The results obtained are presented in table 5.1, 5.2 and 5.3.

Table No.5.1
(N=120)

Means and SDs of Psychological Wellbeing with reference to gender and stream

Independent variable		Boys	Girls
Arts	Mean (M)	16.64	17.30
	SD	4.95	3.29
	N	30	30
Commerce	Mean (M)	16.60	17.97
	SD	4.27	3.53
	N	30	30

Table no.5.2
(N=120)

ANOVA summary of Psychological wellbeing with reference to gender and stream

Source of variance	Sum of squares	df	Mean sum of squares	F	Sign. Level
Gender	36.300	1	36.300	2.20	NS
Stream	4.800	1	4.800	0.29	NS
Gender * Stream	2.133	1	2.133	0.13	NS
SSW(error)	1913.933	116	16.499		
SST	1957.167	119			
NS= Not Significant					

Table No.5.3
(N=160)

Difference between mean score of Psychological well being with reference to gender and stream

Independent variable	N	Mean (M)	Difference between mean
Boys	60	16.53	1.10
Girls	60	17.63	
Arts	60	16.88	0.40
Commerce	60	17.28	

❖ **Psychological well being with reference to gender:-**

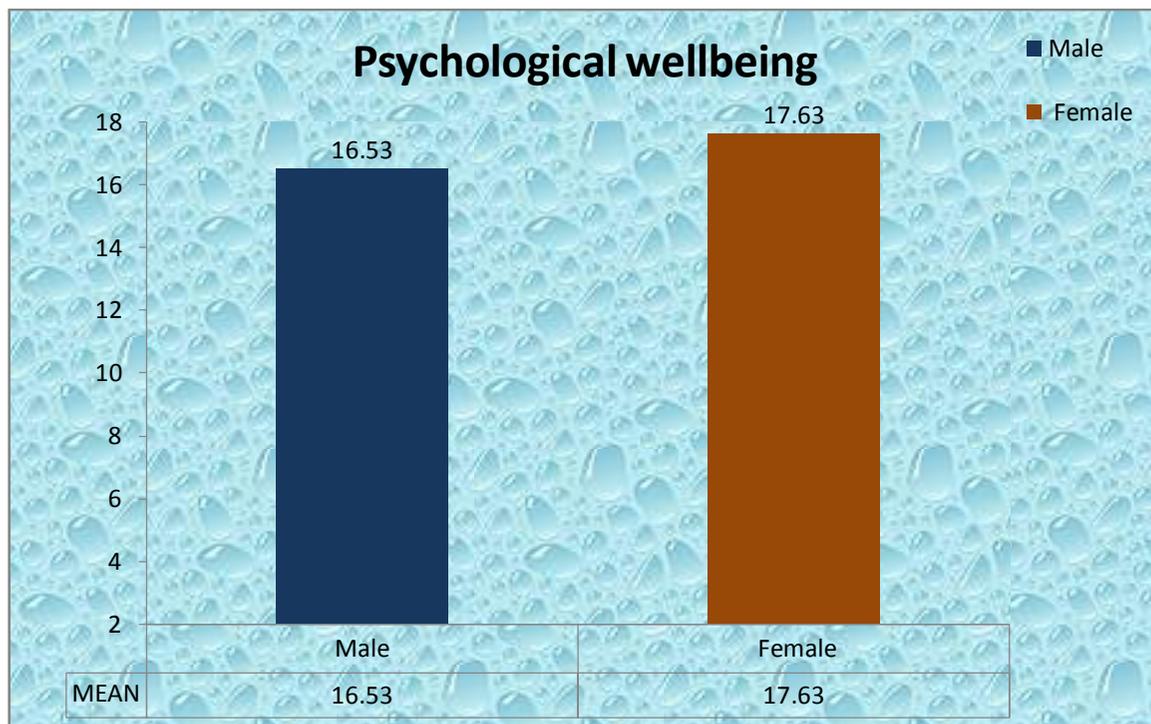
When F test was applied to check the impact of gender on psychological wellbeing among boys and girls higher secondary school students, No significant F value was found. The F value (Table No.5.2) is 2.20 which are statistically not significant. Table 5.3 reveals that the mean scores of psychological wellbeing of boys and girls school students are 16.53 and 17.63 respectively and the difference between two is 1.10 are remarkable at they were not statistically significant. Hence the null hypothesis 1 was maintained and it was concluded that there was not any significant impact of boys and girls higher secondary school students on their psychological wellbeing.

Column No.1

Bar Chart Showing Mean Score of Types of gender with Reference to Psychological wellbeing.

X = Types of Gender (Male A₁, Female A₂)

Y = 1.00cm = 2 average score



❖ **Psychological well being with reference to stream:-**

When F test was applied to check the impact of stream on psychological wellbeing among boys and girls higher secondary school students, No significant F value was found. The F value (Table No.5.2) is 0.29 which are statistically not significant. Table 5.3 reveals that the mean scores of psychological wellbeing of arts and commerce stream school students are 16.88 and 17.28 respectively and the difference between two is 0.40 are remarkable at they were not statistically significant. Hence the null hypothesis 1 was maintained and it was concluded that there was not any significant impact of arts and commerce stream school students on their psychological wellbeing.

hypothesis 2 was maintained and it was concluded that there was not any significant impact of arts and commerce stream higher secondary school students on their psychological wellbeing.

❖ Psychological well being with reference to interaction effect of gender and types of stream:-
When F test was applied to check the effect of sex and stream on psychological wellbeing no significant impact was found. The F value (table no 5.2) is 0.13 which is statistically not significant. Hence the null hypothesis 3 was maintained and it was conclude that there was not significant interaction effect of type of gender and type of stream on psychological wellbeing

6. Conclusion:

1. There is no significant difference between the Psychological wellbeing of boys and girls higher secondary school students.
2. There is no significant difference between the Psychological well being of arts and commerce stream higher secondary school students.
3. There is no significant interaction effect between the gender and stream on psychological wellbeing.

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