

# Psychological Well-Being among College Going Students

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## ABSTRACT

In our traditional education period or nature of formal education, college level education is higher level of education. In this stage every individual tries to fulfill their dreams through higher education. So, the present study tries to find out Psychological Well Being among College Going Students in the respect of gender, caste and family monthly income. In order to perform this study, a descriptive survey method was suggested. The Psychological Well Being Scale (PWS) is a standardized questionnaire that the researcher utilized to gather pertinent data from 200 students as samples. Parametric statistics were used for analyzed the data. The findings indicated that there was no significant mean variation among the students' psychological well-being.

**Key words:** Psychological well being, College students, Social category.

## INTRODUCTION

Psychological well-being has become one of the crucial aspects of the modern psychology. It has attracted not only the psychologists but also medical practitioners in compliance to the mental health, emotions, depression, stress etc. of the individual's academic and social life. Right from the existence of behavioural sciences, efforts have been made by researchers of different disciplines to get deep understanding about the various and different dimensions and correlates of psychological well-being. Freud, Jung, Bandura, Erickson, Piaget and many others have given space in their early works. All have much studied about the various aspects of subjective as well as psychological well-being. Behaviorists have postulated that psychological well-being is a learned process of different forms of individualistic views in accordance to the certain psychological responses such as self-efficacy, self-disclosure, anxiety, personality types, emotional aspects, social support, financial success etc.; when an individual get reinforced from external support/stimuli in the forms of appreciation or reward then he or she responses in the line of wellness. This asserts that psychological well-being is a crux in the understanding and enplaning of behavior. (Ryff, 1989).

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 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 (Waghmare, 2016). Thus, it is imperative for college students to possess good psychological well-being.

College for most students is a place full of doubt, anxiety, and even failure (Kumaraswamy, 2013). Unpleasant experiences felt by students in higher education can be a significant source of stress and can reduce the quality of life for students (Hu Ebner & McCullough, 2000). When students experience boredom, they will feel they do not have a good social relationship and their actualization on campus seems to be ignored. Conditions, where students feel that the learning climate on campus is not pleasantly caused by stress levels can have an impact on the poor interpersonal relationships of students. This can lead to more complex student problems.

## REVIEW OF RELATED LITERATURES

**Honmore & Jadhav (2015)** studied on 200 (100 male and 100 female) first year college students to know their psychological well-being and the result indicated that male students possess higher psychological well-being than female college students.

**Akhter (2015)** studied on "Gender Differences in Psychological Wellbeing". In this study, researcher used random sampling technique to select relevant sample of 100 participants. The data were collected through standardized Psychological Well-being Scale (Carol Ryff). The result found that there is gender gap among their nature of psychological wellbeing.

**Moghe & Misra (2024)** studied on "A study on psychological well-being among university student", According to the findings, male and female do not differ in terms of their psychological well-being. The factors influencing psychological well-being did not differ statistically between male and female pupils.

**Bhagchandani (2017)** studied on "Effect of Loneliness on the Psychological Well Being of College Students". According to the study's findings, loneliness and psychological health are significantly correlated poorly. Additionally, the investigator found that gender difference takes not a significant role for determination of psychological well-being and loneliness among college students.

**Devi & Indira (2022)** studied on "A study on psychological well-being among college students". The result of this investigation indicated that stress, anxiety, and depression were common among college students, consequently. Students and psychological distress are closely related. Psychological distress has negative impacts on one's physical, mental, and academic health.

**Waghmare (2016)** studied on 'A Study of Psychological Well Being among Male and Female College Students' the aims of study of the current study was to find out effect of gender habitation of college students on their psychological well being. The sample for the study comprised of 100 college students from Jalna city. The result found that no significant mean difference among the college students' status of psychological well being according to their gender.

Present investigator studied previous research articles deeply, which related to present study and the problem stated as- "**Psychological Well-Being among College Going Students**".

### Objectives of the Study:

- To assess the psychological well-being among college going students on the basis of gender
- To study the psychological well-being among college going students in the respect of their caste
- To assess the psychological well-being among college going students on the basis of their family monthly income

### Hypotheses of the Study:

H01: There is no significant mean difference in psychological well-being among college going students on the basis of Gender.

H02: There is no significant mean difference in psychological well-being among college going students on the basis of Caste.

H03: There is no significant mean difference in psychological well-being among college going students on the basis of family Monthly income.

## Population and Sample

Students studying in Bengali medium college (B.A level) of the state of West Bengal were considered as population of the study. The study was conducted on a total participant of 200 students as samples studying B.A class in Bengali medium colleges affiliated to University Grants Commission.

## Tool of data collection

In the present research, **Psychological Well-being Scale (PWBS-2012)** developed by Dr. Devender Singh Sisodia and Pooja Choudhary was used. The scale consisted of 50 items and covered five dimensions, namely – satisfaction, efficiency, sociability, mental health and interpersonal relations. The test-retest reliability was found to be 0.87 and the overall consistency value of the scale was 0.90. PWBS has also a sufficient degree of content validity beside the external criteria and coefficient obtained was 0.94.

## Data collection procedure:

Data for the present research study were collected to study the psychological well-being among college going students. The relevant data collected by the researcher from Bengali medium colleges of West Bengal. The researcher personally contacted the head of the college and individuals, explained the purpose of the study and sought permission to conduct the study, finally agreed to participate in the study. With the consent of the authority a schedule was prepared for data collection.

## Statistical analysis of data:

In this section, several statistical approaches are employed to analyse data. The investigator cleaned and quantified each data sheet after collecting it, then tabulated it on an excel sheet as systematically as possible. The data was examined using the Statistical Package for the Social Sciences (SPSS) tool. The investigator utilized following descriptive and inferential statistical measures based on the study's aims and hypotheses –

## Analysis and Interpretation of Data

**HO1: There is no significant mean difference in psychological well-being among college going students on the basis of Gender.**

Variable	Group	Sum of number	Mean	SD	df	Sig. value	Remark
Gender	Male	98	163.31	22.05	198	0.57	Not Significant
	Female	102	165.19	25.10			

## Graphical presentation of data in the respect of Gender

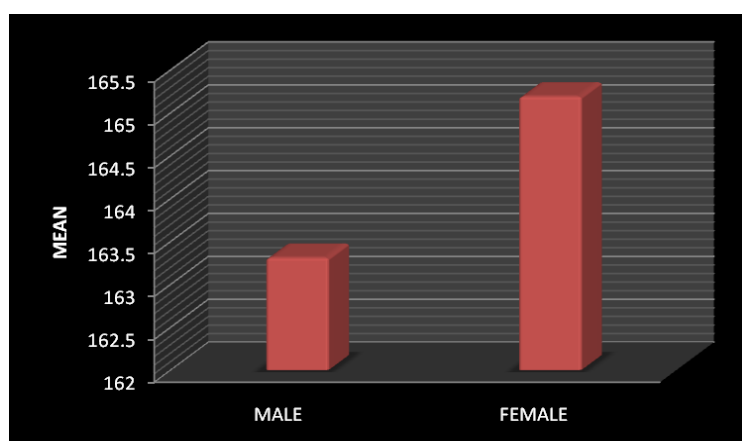


Figure:1

Table and graphical presentation, reveals that the mean scores of male and female on the satisfaction dimension of well-being are 163.31 and 165.19 respectively. The obtained sig. value is 0.57 which is not significant. It reveals that the two groups do not differ significantly on the psychological well-being.

Hence, the hypothesis i.e. “*There is no significant mean difference in psychological well-being among college going students on the basis of Gender*” is accepted. But in the nature of psychological well-being, female students are more favorable than male students.

**HO2: There is no significant mean difference in psychological well-being among college going students on the basis of Caste.**

	N	Mean	Std. Deviation	95% Confidence Interval for Mean		Minimum	Maximum
				Lower Bound	Upper Bound		
SC	89	163.84	25.109	158.55	169.13	100	215
OBC	63	164.24	21.605	158.80	169.68	123	210
GEN	48	165.08	23.754	158.19	171.98	102	205
Total	200	164.27	23.616	160.97	167.56	100	215

#### Anova

	Sum of squares	df	Mean square	F	Sig	Remark
Between groups	48.06	2	24.03	.043	.958	Not sig
Within groups	110940.89	197	563.15			
Total	110988.95	199				

#### Graphical presentation of data in the respect of Caste

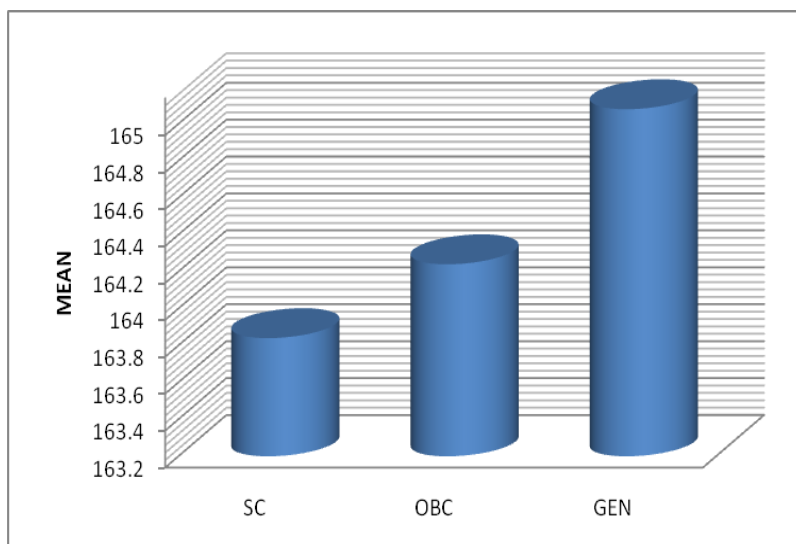


Figure: 2

Above table and graphical presentation reveals that the mean scores of Scheduled Caste (SC), Other Backward Class (OBC) and General Caste of well-being are 163.84, 164.24 and 165.08 respectively. The obtained significant value is 0.95 which is not significant at 0.05 level. It reveals that the three groups do not differ significantly on the measure of psychological well-being. But general category students are more favorable than scheduled caste students and other backward class students, among their nature of psychological well-being.

Hence, the hypothesis i.e. “*There is no significant mean difference in psychological well-being among college going students on the basis of caste*” is accepted.

**HO3: There is no significant mean difference in psychological well-being among college going students on the basis of family Monthly income.**

Variable	Group	Total	Mean	SD	df	Sig. value	Remark
Monthly income	Below Rs.10000	121	163.71	22.05	198	0.68	Not Significant
	Above Rs.10000	79	165.11	24.93			

**Graphical presentation of data in the respect of family monthly income**

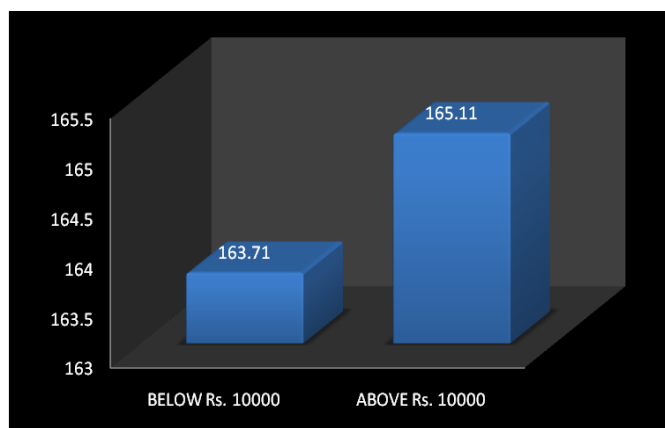


Figure: 3

**Interpretation:** Above table and graphical presentation reveal that the psychological well-being mean scores of two groups according to family monthly income of college students are 163.71 and 165.11 respectively. The obtained significant value is 0.68 which is not significant at 0.05 level. It reveals that the two groups do not differ significantly on the measure of psychological well-being. But the students from above Rs. 10000 monthly income families, their psychological wellbeing possesses more favorable, than the students from low (Rs.10000) income family among their nature of psychological well being

Hence, the hypothesis i.e. “*There is no significant mean difference in psychological well-being among college going students on the basis of family Monthly income*” is accepted.

## FINDINGS AND DISCUSSION OF THE STUDY

To evaluate the hypotheses, descriptive statistics such as mean and standard deviation, as well as inferential statistics were used. The main findings are as follows.

- 1. According to Gender,** in this study the investigator found that in the nature of psychological well-being, female students are more favorable than male students, but the mean difference is not significant. The finding was supported by Akter (2015) reported females to be higher on psychological well-being than male. A similar finding was found that Rathi (2007), Gill (2007), ‘A Study of Psychological Well Being Among Male and Female College Students’ (Kotar, 2013) found that there is no significant mean

difference between the psychological well-being among the male and female college students. There is no significance difference between psychological well-being than male and female college students (Waghmare, 2016). Kumar & kar (2024) found that there is no significant difference between boys and girls, both groups have similar psychological well-being.

2. **Respect of Caste**, General category students are more favorable than Scheduled Caste students and Other Backward Class students, among their nature of psychological well-being. Same result found by Pai (2017) and Mehrotra (2018), Tomer and Singh (2019). According to Nanda (2001), students from the scheduled caste have poorer mental health than students from the general category. According to Niak and Parasar (2017), in Indian society, caste and religion have a significant impact on a person's life due to biasness such as certain people being classified as higher or lower caste. In respect to caste system western society differ from Indian society.
3. **On the basis of family Monthly income**, the college students from high income family (above Rs.10000) possess more favorable than the students from low-income family (below Rs. 10000) according to their psychological well-being. The results of this study indicate that family socioeconomic status significantly and positively predicts psychological well-being, consistent with findings (Abo-Rass et al., 2024; Jiang et al., 2021). Furthermore, family income is also associated with mental health, regarding help-seeking behaviors, which are closely related to mental health literacy and adolescents from higher socioeconomic backgrounds are more inclined to seek help (Mahmoodi et al., 2022). Other studies have shown that adolescents from lower-income families tend to have lower levels of mental health literacy (Lima et al., 2024). Additionally, adolescents from wealthier families are more likely to pursue mental health services, whereas lower-income peers may encounter parental reluctance in prioritizing such services (Goosby, 2007).

### Limitations of the study:

The present study was limited to the following:

Current investigation was abridgment within this-

1. Only 200 samples were included in this study. Due proper communication it was not possible for him to include more.
2. The investigator studied only one dependent variable (Psychological Well-Being).
3. The investigator reviewed in depth only 25 related research papers. There was ample scope of reviewing more research work.
4. Due to proper opportunity, the present investigator collected data only from few college of North 24 PGS District.

### CONCLUSION

The current study aimed at obtaining further evidence with respect to the relationship between psychological well-being among college going students and to see if any gender differences in these characteristics existed. Several limitations are realized and taken into consideration in the present study. Further research using other variables may provide more significant insight into this area. Other variables include: cultural influences, familial dynamics, coping mechanisms. It is the incorporation of these variables that gives a far more informed look into the puzzling adolescent psychological health. In addition, this kind of research should be replicated on a larger sample that can represent more diverse populations with different socio-economic backgrounds, different educational systems, and also different cultural contexts to better understand how perceived stress interplays with psychological well-being among adolescents.



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