

A Study of Psychological well being among Late Adolescence

Aarti Ram Kishan Chauhan

Research Scholar

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

E-mail: chauhanaarti428@gmail.com

Dr. Priynaka Dubey,

Assistant Professor, Department of Psychology,

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

E-mail: mrspriyankadubey60@gmail.com

Abstract

The purpose this Study the Psychological well-being on Male and Female Late Adolescence.

Objectives:-To Study the Male and Female Late Adolescence with dimension Psychological well-being on Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation. **Hypotheses:-**There is no significant difference between Male and female with dimension psychological well-being on Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation. **Methodology- Sample:** Total sample of present study 100 Late Adolescence, in which 50 were (Urban and Rural) Late Adolescence and 50 Female (Urban and Rural) Late Adolescence. The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. Non- probability purposive Quota Sampling was used. **Variables-** The independent variables are Gender (Male and Female Late Adolescence) and Dependent variables are Psychological well-being (Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation). **Research Design:** 2x2 Factorial research designs used. **Research Tools-** Psychological wellbeing scale (2012) by Devendra Singh Sisodia and Pooja Choudhory. **Statistical Treatment:** Mean SD and ANOVA. **Conclusions: -1)** Female Late Adolescence high Life satisfaction, Efficiency, Sociability, Interpersonal Relation ad Psychological well-being than Male Late Adolescence. 2) No significant difference between Male and female late Adolescence on Mental health.

Key words: *Late Adolescence, Male, Female, psychological well-being on Life satisfaction, Efficiency, sociability, mental Health, Interpersonal relation*

INTRODUCTION

The term adolescence comes from the Latin word adolescence meaning “to grow” or to grow to maturity. Adolescent is a period of dramatic challenges where adjustment is required with oneself, family and peer group. In contemporary society, adolescents experience institutional changes as well. Among young adolescent, there is a change in school setting, typically involving a transition from elementary school to either junior school or middle school and late adolescents. Adolescence is considered as a period of transition from childhood to adulthood. Adolescent period is considered very important aspect in human life because many developmental changes take place in this period such as physical growth, new peer emotions independent of parent, intellectual skill and so on. Adolescence is the most important as well as challenging period of growing up. It includes both experimentation with outer world and adjustment with biological and psychosocial changes. Most of the people see this change as a biological process but it is much social and psychological as well.

Adolescence is a period of life, which starts from onset of puberty to full adulthood, falling between the age ranges of 12 to 21 years or so. The human young one passing through this age group is called an adolescent. Psychologists regard adolescence as period of social pressure specifically related to the society, not as a unique biological period. It is a period of life during which a boy becomes and a girl, a woman. Roughly speaking, it embraces the teenage years. Is from 16 to 19 years. The body approximates the young adult and development of secondary sex characteristics is completed. In late Adolescence, career decisions are finally traced. The child gradually returns to the family, on a new footing. Physical growth and development during Adolescence have a great impact on the emotional world of a youth. An Adolescent boy or a girl gets a newer body having newer ideas and attitudes. The main aspect of their thought is that they pose themselves to be the fittest in the adult world. However, they can also get a serious inferiority complex.

Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Psychological wellbeing is attained by achieving a state of balance affected by both challenging and rewarding life events.

Psychological well-being is the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the word of work, sense of achievement, utility,

belongingness, and no distress, dissatisfaction or worry, etc. These things are difficult to evaluate objectively, hence the emphasis is on the term “subjective” well-being . It may well be maintained in adverse circumstances and conversely, may be lost in favourable situation. It is related to but not dependent upon the physical/ physiological conditions.

The term psychological well-being (PWB) connotes a wide range of meanings, usually associated with wellness. Most studies in the past defined ‘wellness’ as not sick, as an absence of anxiety, depression or other forms of mental problems. The PWB includes meaning in life, absence of somatic symptoms, self esteem, positive affect, daily activities, satisfaction, absence of suicidal ideas, personal control, social support, absence of tension , and general efficiency.

Psychological well being is the experience of well being and a high quality of life. It is more than simple feeling joy and more than an absence of depression and anxiety. Psychological well being is the experience that our life is excellent- that we are living in a rewarding, and enjoyable way. Psychological well being includes life satisfaction, the feeling that life is full of meaning a sense of engagement in interesting activities, the pursuit of important goals. The experience of positive emotional feeling and, a sense of spirituality that connect people to things longer than themselves. Taken together, these fundamental psychological experiences constitute true wealth. After all, if we have them, we have all one would want from life, where as when we are rich with money, we have only one desirable resources from the list.

REVIEW OF LITERATURE

Rathi (2007), Gill (2007), Jasraj kaur (2015) and Kotar (2013) this study found that there is no significant mean difference between the psychological well being among the male and female college students. Bhilota & R. Meghnathi (2020) this study found that Female Adolescents have more Psychological well - being dimension satisfaction, Efficiency, Sociability, and Mental health than Male Adolescents. Male and Female Adolescents are having same Psychological well-being dimension Interpersonal Relations. Baiju M & Rajalakshmi V R (2021) this study found that there is no significant difference between females and males on psychological well-being.

STATEMENT OF PROBLEM

A Study the Psychological well-being among Male and Female Late Adolescence

OBJECTIVE OF THE STUDY

- To examine the Life satisfaction among Male and Female Late Adolescence.
- To examine the Efficiency among Male and Female Late Adolescence.
- To examine the Sociability among Male and Female Late Adolescence.
- To examine the Mental Health among Male and Female Late Adolescence.
- To examine the Interpersonal relation among Male and Female Late Adolescence.
- To examine the Psychological well-being among Male and Female Late Adolescence.

HYPOTHESIS OF THE STUDY

- There is no significant difference between Male and female late Adolescence with dimension psychological well-being on Life satisfaction.
- There is no significant difference between Male and female Late Adolescence with dimension psychological well-being on Efficiency
- There is no significant difference between Male and female late Adolescence with dimension psychological well-being on sociability.
- There is no significant difference between Male and female late Adolescence with dimension psychological well-being on mental Health.
- There is no significant difference between Male and female late Adolescence with dimension psychological well-being on Interpersonal relation.
- There is no significant difference between Male and female late Adolescence with dimension on psychological well-being.

METHODS

SAMPLE:

Total sample of present study 100 Late Adolescence, in which 50 were (Urban and Rural) Late Adolescence and 50 Female (Urban and Rural) Late Adolescence. The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. Non-probability purposive Quota Sampling was used.

RESEARCH DESIGN:-

In the present study 2x2 factorial designs was used.

VARIABLES OF THE STUDY

Independent variables- **Gender- 1)** Female Late Adolescence.

2) Male Late Adolescence.

Dependent variables- Psychological well being 1) Life satisfaction,

2) Efficiency,

3) Sociability,

4) Mental Health,

5) Interpersonal relation.

RESEARCH TOOLS:-

Psychological wellbeing scale (2012)

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.” The test meant for knowing the difference between individuals. The 05 sub- scales are i.e. 1) Life Satisfaction, 2) Efficiency, 3) Sociability, 4) Mental health, 5) Interpersonal Relation. This is well known test having high reliability (0.90) and high validity (0.94).

PROCEDURES OF DATA COLLECTION:-

The primary information was gathered by giving personal information from to each Late Adolescence. The Late Adolescence was called in a small group of 05 to 10 Late Adolescence. To fill the inventories subjects were given general instructions belongs to each test. The Late Adolescence provided the Psychological wellbeing scale. Data were obtained by using particular scoring particular scoring palter standardized for each scale.

STATISTICAL TREATMENT:

The data were analyzed by using and inferential statistical analysis the Mean, Standard Deviation and ANOVA method of correlation was used.

RESULTS AND DISCUSSION

Gender on life satisfaction

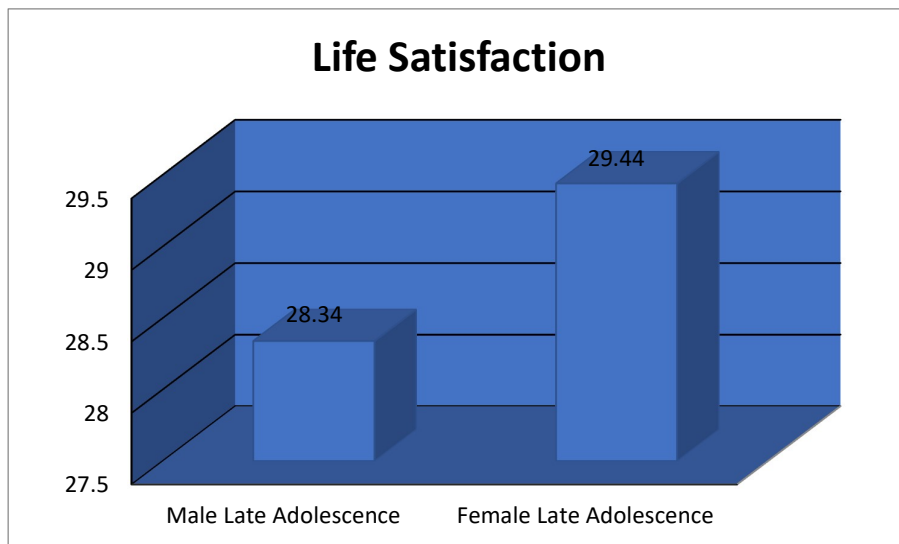
Hypothesis: - 01

- There is no significant difference between Male and female late Adolescence with dimension psychological well-being on Life satisfaction.

Table No.01 Show the Mean, SD and F Value of Gender on Life Satisfaction

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|-------------------|-------------------------|-------|------|----|----|---------|-------|
| Life Satisfaction | Male Late Adolescence | 28.34 | 1.00 | 50 | 98 | 13.48 | 0.01 |
| | Female Late Adolescence | 29.44 | 1.97 | 50 | | | |

Graph No. 01 Mean of Gender on Life Satisfaction



Observation of the Table 01 and Graph No. 01 indicated that Mean and SD of Male Late Adolescence was 28.34 ± 1.00 and Female Late Adolescence was 29.44 ± 1.97 on Life satisfaction and F value is 13.48 which found significant at 0.01 level and 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that Female Late Adolescence high Life satisfaction than Male Late Adolescence.

Gender on efficiency

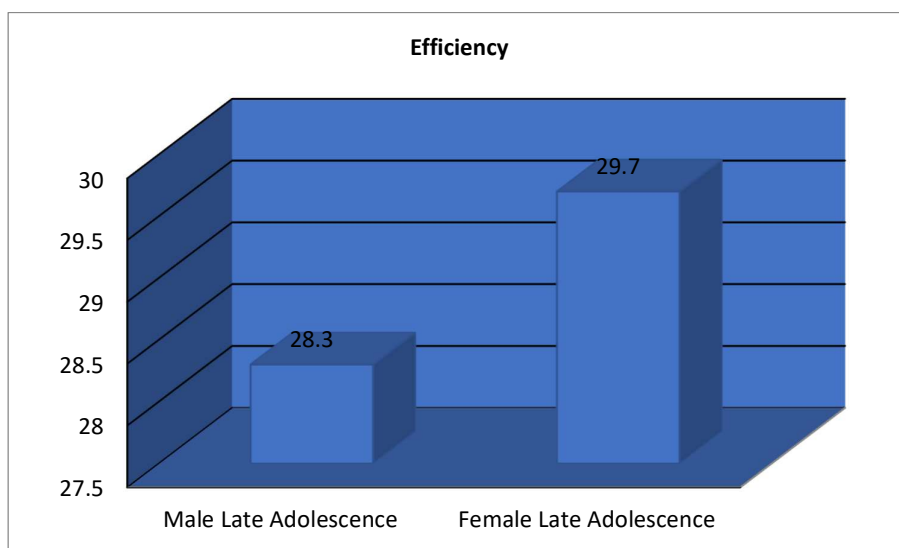
Hypothesis: - 02

- There is no significant difference between Male and female late Adolescence with dimension psychological well-being on Efficiency.

Table No.02 Show the Mean, SD and F Value of Gender on Efficiency

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|------------|-------------------------|-------|------|----|----|---------|-------|
| Efficiency | Male Late Adolescence | 28.30 | 1.01 | 50 | 98 | 35.10 | 0.01 |
| | Female Late Adolescence | 29.70 | 1.31 | 50 | | | |

Graph No. 02 Mean of Gender on Efficiency



Observation of the Table 02 and Graph No. 02 indicated that Mean and SD of Male Late Adolescence was 28.30 ± 1.01 and Female Late Adolescence was 29.70 ± 1.31 on Efficiency and F value is 35.10 which found significant at 0.01 level and 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that Female Late Adolescence high Efficiency than Male Late Adolescence.

Gender on Sociability

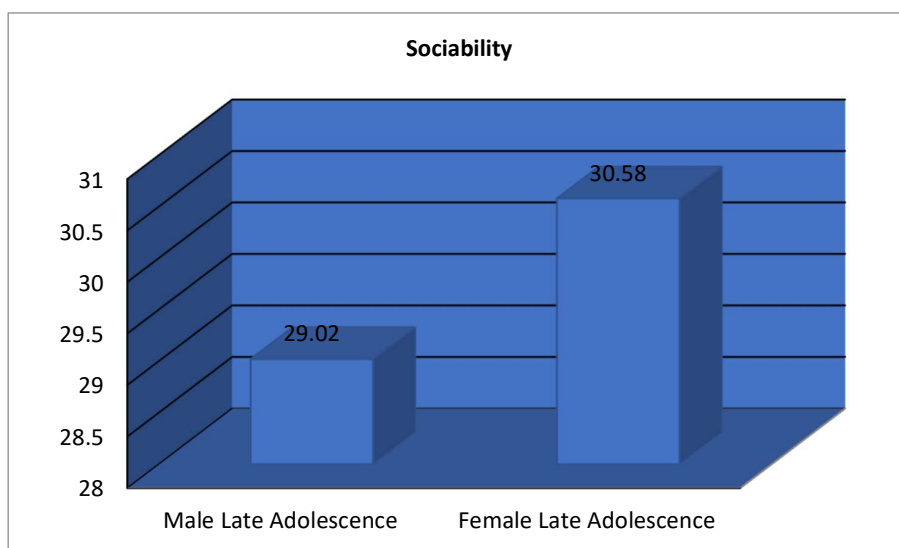
Hypothesis: - 03

- There is no significant difference between Male and female late Adolescence with dimension psychological well-being on Sociability.

Table No.03 Show the Mean, SD and F Value of Gender on Sociability

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|-------------|-------------------------|-------|------|----|----|---------|-------|
| Sociability | Male Late Adolescence | 29.02 | 1.44 | 50 | 98 | 50.81 | 0.01 |
| | Female Late Adolescence | 30.58 | 1.05 | 50 | | | |

Graph No. 03 Mean of Gender on Sociability



Observation of the Table 03 and Graph No. 03 indicated that Mean and SD of Male Late Adolescence was 29.02 ± 1.44 and Female Late Adolescence was 30.58 ± 1.05 on Sociability and F value is 50.81 which found significant at 0.01 level and 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that Female Late Adolescence high Sociability than Male Late Adolescence.

Gender on Mental health

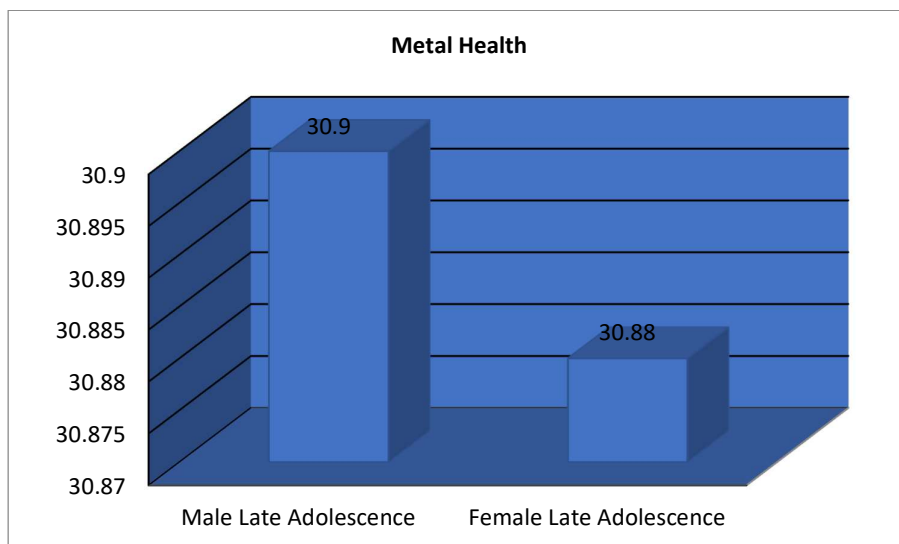
Hypothesis: - 04

- There is no significant difference between Male and female late Adolescence with dimension psychological well-being on Mental health.

Table No.04 Show the Mean, SD and F Value of Gender on Mental health

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|---------------|-------------------------|-------|------|----|----|---------|-------|
| Mental health | Male Late Adolescence | 30.90 | 0.90 | 50 | 98 | 0.19 | NS |
| | Female Late Adolescence | 30.88 | 0.52 | 50 | | | |

Graph No. 04 Mean of Gender on Mental health



Observation of the Table 04 and Graph No. 04 indicated that Mean and SD of Male Late Adolescence was 30.90 ± 0.90 and Female Late Adolescence was 30.88 ± 0.52 on Mental health and F value is 0.19 which found no significant at 0.01 level and 0.05 level at were null hypothesis was Accepted and Alternative hypothesis is Rejected it mean that no significant difference between Male and female late Adolescence with dimension on Mental health.

Gender on interpersonal relation

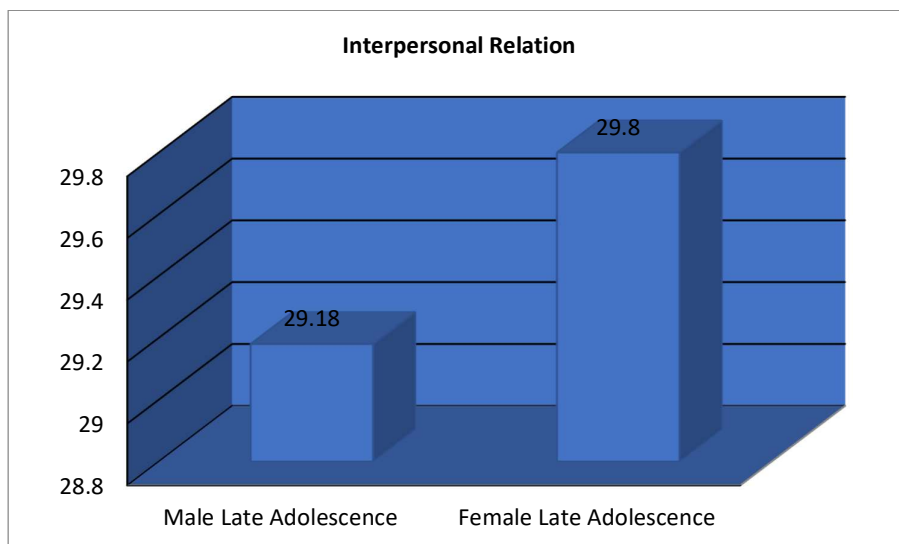
Hypothesis: - 05

- There is no significant difference between Male and female late Adolescence with dimension psychological well-being on Interpersonal Relation.

Table No.05 Show the Mean, SD and F Value of Gender on Interpersonal Relation

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|------------------------|-------------------------|-------|------|----|----|---------|-------|
| Interpersonal Relation | Male Late Adolescence | 29.18 | 1.10 | 50 | 98 | 8.600 | 0.01 |
| | Female Late Adolescence | 29.80 | 1.19 | 50 | | | |

Graph No. 05 Mean of Gender on Interpersonal Relation



Observation of the Table 05 and Graph No. 05 indicated that Mean and SD of Male Late Adolescence was 29.18 ± 1.10 and Female Late Adolescence was 29.80 ± 1.19 on Interpersonal Relation and F value is 8.60 which found significant at 0.01 level and 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that Female Late Adolescence high Interpersonal Relation than Male Late Adolescence.

Gender on Psychological well-being

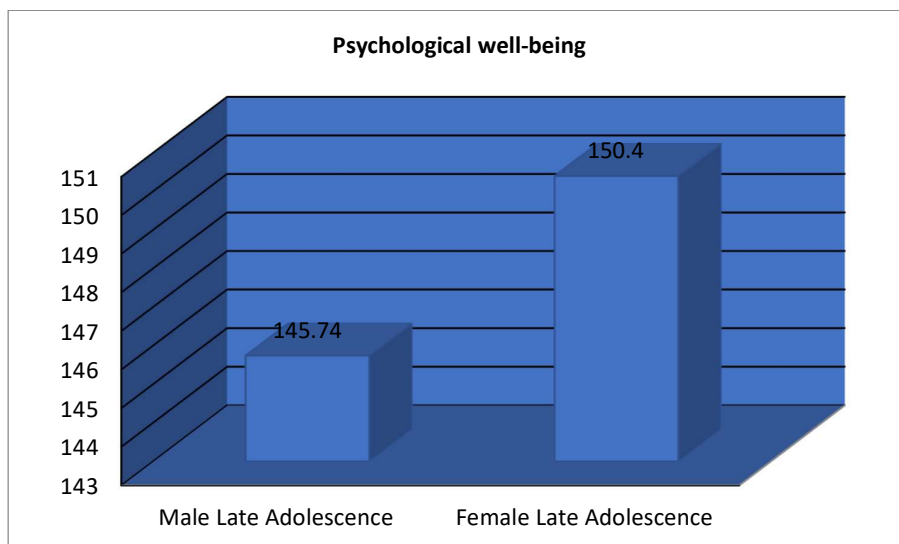
Hypothesis: - 06

- There is no significant difference between Male and female late Adolescence with dimension psychological well-being on Life satisfaction.

Table No.06 Show the Mean, SD and F Value of Gender on Psychological well-being

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|--------------------------|-------------------------|--------|------|----|----|---------|-------|
| Psychological well-being | Male Late Adolescence | 145.74 | 2.89 | 50 | 98 | 65.01 | 0.01 |
| | Female Late Adolescence | 150.40 | 3.45 | 50 | | | |

Graph No. 06 Mean of Gender on psychological well-being



Observation of the Table 06 and Graph No. 06 indicated that Mean and SD of Male Late Adolescence was 145.74 ± 2.89 and Female Late Adolescence was 150.40 ± 3.45 on psychological well-being and F value is 65.01 which found significant at 0.01 level and 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that Female Late Adolescence high psychological well-being than Male Late Adolescence.

CONCLUSION

- 1) Female Late Adolescence high Life satisfaction than Male Late Adolescence.
- 2) Female Late Adolescence high Efficiency than Male Late Adolescence.
- 3) Female Late Adolescence high Sociability than Male Late Adolescence.
- 4) No significant difference between Male and female late Adolescence on Mental health.
- 5) Female Late Adolescence high Interpersonal Relation than Male Late Adolescence.
- 6) Female Late Adolescence high psychological well-being than Male Late Adolescence.

REFERENCES

Akhter, S. (2015). Psychological well being in students of Gender difference. The International Journal of Indian psychology. 2 (4).

- Anyanwu, J.I. (2010). Parental relationship as a correlate of psychological Wellbeing of South Eastern Nigerian Adolescents. *African Journal of Teachers Education* 1(1):195-208.
- Ashok, K. (2017). Impact of Gender on Psychological Well-Being among Post Graduate Students. *Psychology and Behavioral Sciences: International Journal*, 2 (1), 1-3. 555-578.
- Baiju M & Rajalakshmi V R (2021). Academic Stress and Psychological Well-Being Among College Students. *International Journal of Indian Psychology* , 9(3), 194-202.
- Bhilota, J. M. & R. Meghnathi (2020). Impact of psychological well-being among adolescents. *International Journal of Indian Psychology*, 8(2), 957-961.
- Cripps, K., & Zyromski, B. (2009). Adolescents' Psychological Well-Being and Perceived Parental Involvement: Implications for Parental Involvement in Middle Schools. *Research in Middle Level Education*, 33(4), 1-13.
- 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.
- Indumathy, J and Ashwini, K. (2017). Parental Bonding and Psychological Well-Being among Young Adults. *The International Journal of Indian Psychology*, 4 (2), 77-85.
- Kaur Jasraj, (2015). well being improves mental health of school students. *International Journal in Multidisciplinary and Academic Research (SSIJMAR)*, 2,3, 1-5.
- 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.

- Lavasani, M.G., Borhanzadeh, S., Afzali, L., & Hejazi, E. (2011). The relationship between perceived parenting styles, social support with psychological well being. *Procedia Social and Behavioral Sciences*, 15, 1852–1856.
- 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. D., & Singer, B. H. (2008). Know thyself and become what you are: A eudaimonic approach to psychological well-being. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, 9(1), 13-39.
- Salleh, A.B and Mustaffa, C.SB. (2016). Examining the Differences of Gender on Psychological Well-being. *International Review of Management and Marketing*, 6 (S8), 82-87.
- Shah, I & Siddiqui, F.A. (2015). Gender Difference of Psychological Well Being among University Students. *Journal of Asian Developmental Studies*, 4 (3), 110-116.
- Shahimi, F., Heaven, P. & Ciarrochi, J. (2013). The interrelations among the perception of parental styles and psychological well-being in adolescence: A longitudinal study. *Iranian Journal of Public Health*, 42 (6), 570-580.
- Sharma, G. (2014). Effect of Demographic Variables on Psychological Well-Being and Quality of Life. *International Journal of Social Science and Humanities Research*, 2 (3), 290-298.
- Shrestha I. (2021). Effect of Physical Exercise on Stress and Psychological Wellbeing of Nepalese Population. *International Journal of Indian Psychology*, 9(3), 1762-1770.
- Sisodia D., S.& Choudhary, P (2012). *Manual for Psychological Well - Being Scale* , India, Agra: National Psychological Corporation.
- Talukdar P & Baruah A (2021). Psychological Well-being and Perceived Stress among Antenatal Mothers. *International Journal of Indian Psychology*, 9(3), 1739-1748.