

## **Education and Well-being: A Students' Based Case Study**

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### **Abstract**

Well-being is the stage when people feel healthy, happy, safe, satisfied, and comfortable in their life. Education is the learning process and it's bringing a change in human being life. The research topic is Education and Well-being: A Students'-Based Case Study. Education in human life can bring actual well-being and, this is the question of the present study. Recent researches and studies show that human well-being, declining around the world. The research work is qualitative, and the case study method technique has been used for the collection of information. The ten students have been selected from different classes and different institutions in Lucknow city. The objectives of the study are- 1) To explore the positive relationship between education and well-being. 2). To find out the higher-level competition adversely affected the student well-being. 3) To know the family support towards the student education is improving the well-being. The findings of the research are 1) Education and well-being both are positively related. 2) The study research shows competition and college work pressure students make confident and laborious, so there are fewer adverse effects of education on student well-being. 3) It is also found that family support is necessary and significant in the well-being of students. At last, the research shows that education can improve the well-being of those students who are conscious, aware, and passionate about their studies.

**Keywords:** Education, Students, and Well-being.

### **Introduction**

Education has become the basic need of human beings. The outcomes of education are very wide and it improves the efficiency and quality of every individual. The fourth-one goal of sustainable development is promoting quality education and this shows the importance of education globally. Well-being is the stage when people feel healthy, happy, safe, satisfied, and comfortable in their life. The researches and studies illustrate that well-being seems to be declining. There are many types of well-being such as emotional well-

being, physical well-being, and social well-being. Well-being also known as wellness, prudential value, or quality of life, refers to what is intrinsically valuable relative to someone. Well-being is the stage when people feel healthy, happy, safe, satisfied, and comfortable in their life. The research topic is Education and Well-being: A Students'-Based Case Study. Education in human life can bring actual well-being and, this is the question of the present study. Recent researches and studies show that human well-being, declining around the world.

### **Objectives of the study:-**

- 1) To explore the positive relationship between education and well-being.
- 2) To find out the higher-level competition adversely affected the student well-being.
- 3) To know the family support towards the student education is improving the well-being.

### **Methodology:-**

The research work is qualitative, and the case study method technique has been used for the collection of information. The ten students have been selected from different classes and different institutions in Lucknow city. The study is qualitative as well as quantitative. Secondary data has been collected with help of the Internet, books, and journals.

### **Case Study: 1**

#### **Riyaz Ahmed**



Source: - Photo taken during Fieldwork by the Researcher.

Name: Riyaz Ahmad

Age: 23

Current status: Selected In Masters in International Business (University of Aberdeen).

This is a case study of a 23-year-old student, Riyaz Ahmad who has completed his BBA from the University of Lucknow. He is now undergoing his Masters in International Business (MSc) from the University of Aberdeen, Aberdeen Scotland UK. He has one other younger sibling in his family along with his parents who live in Lucknow. While he was in the first year of his graduation, He became the Technical Lead of the Cultural Team where the other 6 members were all from postgraduate fields, which was a quite good achievement for him to get into the cultural core team this early. His interest in International Business comes from his father who is a successful businessman and tends to inspire him a lot in taking his legacy one generation forward. He has always been into computers and technical geek while getting all his studies alongside. He also managed to gain enough skills and knowledge, that he is a successful freelancer as a UI/UX Designer and a Front-End Developer with hundreds of successful projects taken worldwide with a great impact which is eventually his great source of motivation to learn more and impact other. He has also worked with several big NGOs worldwide such as -IHCRO (International Human Care and Relief Organization) and MAD (Make a Difference). The case study of Riyaz Ahmed shows that education is helpful to make a person self-depend, happy, and confident. This is an important indicator of wellbeing.

### **Case Study: 2**

**Anjali Mishra**



Source: - Photo taken during Fieldwork by the Researcher.

Name: Anjali Mishra

Age: 20

Current Status: Student of B.A V<sup>th</sup> Semester ( Karamat Husain Muslim Girls' P.G College)

This is the case study of a 20-year-old girl born in a middle-class family. She is pursuing her graduation from Karamat Hussain Muslim girls' P.G College. Her parents are not well and are suffering from many diseases. She is also suffering from migraine but she is very studios, creative, and adventurous. She always scored the highest- marks in studies instead of housework load due to illness of parents. She is a gold medalist. She is also a member of the mercy foundation for the welfare of the child. She did many training and courses during her studies. She wants to become an I.P.S officer and is inspired by her father because her father is also in the police department. She wants to become a public government servant and give her best to improve society. The case study of Anjali Mishra shows that education is helpful to increase the well-being of a person even the situation is not supportive.

### **Case Study: 3**

#### **Mansa Manoj**



Source:- Photo taken during Fieldwork by the Researcher.

Name: Mansa Manoj

Age: 19

Current Status: Student of B.A III<sup>rd</sup> Semester ( Karamat College)

This is the case study of 19-year-old girl Mansa Manoj of BA 2nd year, born in a middle-class family. Her parents own a business. Her parents always

fulfilled her needs and had brought up her with good moral values. She was a meritorious student in school. When she was 13 years old, one day she was passing from a slum area and saw the pathetic condition of people because of no hygiene, no electricity, no water, no food, and no employment. Since then she had made up her mind to become a civil servant. Currently, she is preparing for civil services along with her graduation. This case study shows that education will not only be helpful in an educated person's well-being but also helpful in others' well-being.

#### **Case Study: 4**

#### **Kamakshi**



Source: - Photo taken during Fieldwork by the Researcher.

Name: Kamakshi Pandey

Age: 20

Current Status: Student of B. Com( Karamat College)

This is a case study of a 20-year-old girl born in a Brahmin family, named Kamakshi Pandey. She was born in a family which still follows cultures and traditions but also accepts new things only under certain conditions. Since her childhood, she was an all-rounder and her parents especially her mother was her inspiration. She was so creative and energetic and participated in different kinds of activities at her school. On the other hand, she is a girl who loves to eat, travel and explore different places and tastes, and due to her interest in this field. Today she has her own YouTube Channel named Kamakshi Pandey and Namaste Bharat. This Case Study Shows education is not the only source to earn but also gave her the power

to think about how to achieve her dreams even without any support. Good quality of education is the foundation of well-being.

### **Case Study: 5**

#### **Mahvish Fatima**



Source: - Photo taken during Fieldwork by the Researcher.

Name: Mahvish Fatima

Age: 23

Current Status: Student of B.Ed III Semester (Eram Girls College).

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This is the case study of a 23-year-old girl born in a middle-class family, names Mahvish Fatima. She was the only girl in her family who went to 'English medium' school her parents always thought for her wellbeing. Since childhood, she was very studios and always made her parents proud by scoring the highest marks in academics. A tragedy happened to her in the pandemic she lost her father in April 2021, who was the pillar of the family. Though it was a hard time for her, she managed to continue her studies and scored 90.28% in her B.Ed. Today, she is taking tuition and earns money because of the education.

She is healthy and happy just because of her education. This case study proved that good quality education is the foundation of health and well-being.

### **Case Study: 6**

#### **Insha Mirza**



Source: - Photo taken during Fieldwork by the Researcher.

Name: Insha

Age: 21

Current Status: Students of M.A English (University of Lucknow)

The case study of a 21-year-old girl belongs to an upper-middle-class family. She is the only girl in her entire family who is pursuing post-graduation instead of getting married. She is getting an education even after so many hindrances and difficulties; one of the hindrances is how her father manages to send her daughter for studies while everyone in the family was against a girl's higher education. She came from a rural area where no facilities of transportation were available, so she came to college once a week by her private transport. Her motive was to get an education not for her well-being only, but she wanted to open the door of fresh air for other girls as well. She wants to become a role model for other girls in

these circumstances. She joined a school as a primary teacher so that other parents could also take the initiative to send their daughters out and through which these girls can also provide ways to well-being. Then she started writing poetry, in which she wrote the circumstances faced by her, and through her poetry, she wanted to convey a message that how a girl is a well-being through education. This case study gives the view that education is very helpful in the well-being of rural and traditional families.

### **Case Study: 7**

#### **Afroz**



Source: - Photo taken during Fieldwork by the Researcher.

Name: Afroz

Age: 20

Current Status: Student of B.A V<sup>th</sup> Semester ( Karamat College).

The case study of a 21-year-old girl Afroz Bano belongs to a middle-class family. She is the elder child of her parents, so to give her an appropriate atmosphere to grow; they admitted her to Hindi medium school at the age of 3, as her village atmosphere was not good enough. During her school life, she faced religious-based discrimination, as she was the only Muslim girl in her class, many students did not touch her during Ramadan, and these behaviors dishearten her so much and resultant she lost interest in her studies. But suddenly their parents decided to change the school at 5th standard from Hindi to English medium school. At her new school, the environment is very positive and, her classmates and teachers were very friendly and supportive. Now, she is pursuing graduation and traveling 44-45 km

from her village to college. She wants to become self-dependent. This case study shows family, college environment, and mentor support positively impacted students' well-being.

### **Case Study: 8**

#### **Shailendra Kumar**



Source: - Photo taken during Fieldwork by the Researcher.

Name: Shailendra Kumar

Age: 26

Current Status: Pursuing Ph.D. (Babasaheb Bhimrao Ambedkar University, Lucknow)

The case study of a 26-year-old girl belongs to a lower-middle-class family Shailendra Kumar. Presently he is pursuing a Ph.D. in Biotechnology from Babasaheb Bhimrao Ambedkar University, Lucknow. He belongs to a small village of district Siddhartha Nagar. He has born in Lucknow, and his elementary education was completed in Lucknow. He has completed his graduation from KKC College Lucknow and Post graduation from Babasaheb Bhimrao Ambedkar University. Currently, he is in the third year of his Ph.D. At present, he lives in village Naubasta near TATA motors in Lucknow. In his, the big problem is no arrangement of electricity. He is facing a lot of problems due to electricity even after living in the capital city of our state. He has to study in the torchlight. He is so keen on learning things. After these struggling situations, he has not lost his confidence and continuing his study. This case study proved that education positively changes self-life and makes them happy, healthy ever after.

## Case Study: 9

### Gausiya Bano



Source: - Photo taken during Fieldwork by the Researcher.

Name: Gausiya Bano

Age: 18

Current Status: Student of B.A III<sup>rd</sup> Semester ( Karamat College)

This case study is of 18-year-old Gausiya Bano belongs to a middle-class family. She was born in a middle-class family in a small village in Sultanpur. She did her studies till the fifth standard in a small private school of UP Board in her village. Then she came to Lucknow for further studies. She studied in a CBSE board school till class 12. She had to face a lot of problems due to the English language. But she did a lot of effort and now she is perfect in English and got the award. In this journey, her teachers and parents actively supported her. To make her dream come true, she is also preparing for civil service exams. Good quality education provides all learners with the capabilities they require to become economically productive, develop sustainable livelihoods, contribute to peaceful and democratic societies and enhance individual well-being. This case study again proves that education plays important role in well-being.

## Case Study: 10

**Dheeraj Kumar**



Source: - Photo taken during Fieldwork by the Researcher.

Name: Dheeraj

Age: 23

Current Status: Preparing for Ph.D (University in Lucknow)

This case study is a 23-year-old student Dheeraj Kumar born in a rural family. Dheeraj persuaded his Master's degree from the Department of Political Science, University of Lucknow. Dheeraj comes from a rural farmer family of Unnao district located in the Awadh province of Uttar Pradesh. His early education was completed in the rural environment through Hindi medium. Dheeraj has completed his graduation from D.A.V. which is associated with Lucknow University. During the Covid-19 pandemic, Dheeraj got positive with Covid two times but he never gives up and qualified the Net (National Eligibility Test) on the first attempt. Dheeraj is interested in Hindi literature and that is why he is always writing poetry and his poetry is published in national level journals and magazines. Dheeraj has won hundreds of awards (Inter-Collegiate Cultural Festival) during his undergraduate and postgraduate studies. Dheeraj's case study shows that education plays a vital role in human mental well-being.

**The findings of the research are:-**

- 1) Education and well-being both are positively related.
- 2) The study research shows competition and college work pressure students make confident and laborious, so there are fewer adverse effects of education on student well-being.
- 3) It is also found that family support is necessary and significant in the well-being of students.

**Conclusion:-**

The present study qualitative studies and based on students case studies. All the case studies strongly proved that education is always good and improves the well-being of the students. The important thing is that students' consciousness, awareness, and passion are also important about their studies.

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