

A STUDY OF PSYCHOLOGICAL WELL - BEING AMONG ADOLESCENCE

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Abstract: - This Study purposes that To Study of Psychological well- Being among Adolescence. **Objectives:-** To Study the Psychological well- Being on Adolescence. **Hypotheses:-** There is no significant difference between Male and Female Adolescence with psychological well-being dimension on Life satisfaction, efficiency, sociability, mental health, interpersonal relations.

Methodology- Sample: For the present study total sample of 100 was comprised into two clusters like, in which 100 were Male 50 Adolescence (25 Urban and 25 Rural Adolescence) and 50 Female Adolescence (25 Urban and 25 Rural Adolescence) from Sample belonging to Mumbai Dist. from Maharashtra state. The subject selected in this sample was used in the age group of 18 years to 21years and Ratio 1:1. **Non- probability purposive sampling was used. Research Design:** the present study 2x2 factorial design was used. **Variables-** The independent variables are Gender (Male and Female Adolescence) and Dependent variables are Psychological Well Being (Life satisfaction, efficiency, sociability, mental health, interpersonal relations). **Research Tools-** Psychological well-being scale by Dr. Devendra Singh Sisodia Pooja Choudhary. **Statistical Treatment:** Mean SD and ANOVA. **Conclusions:** 1) There is no significant difference between Male and Female Adolescence on Life Satisfaction, Efficiency, Sociability, Interpersonal Relation and Psychological Well Being. 2) Female Adolescence high Mental Health than Male Adolescence.

Keywords: - Adolescence, Male, Female, Life satisfaction, efficiency, sociability, mental health, interpersonal relations.

1. 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 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.

Psychological well-being means individual's construction of concepts to develop him in order to be able to feel happy. According to psychological well-being theory, individual's psychological health depends on his positive functioning in certain aspects of his life. Individual should have in positive relationship with others; should be dominant over the environment; should accept himself and his past; should has a goal and meaning in his life; should have personal development and the ability to make his own decisions. Psychological well-being takes an important part in personality and development theories both theoretically and practically.

Psychological wellbeing means the positive psychological functioning of the individual. Students with psychological wellbeing possess good mental health, maintain good relationship with other individuals, productive in nature, maintain positive attitude towards their life. Psychological well-being people building of concepts to develop him in order to alleviate himself and to feel happy. In this context, individual should be able to delay his pain, he should be able to do that and struggle even though psychological well-being hurts. Psychological well-being is the subjective feeling of contentment, happiness, satisfaction with experiences and of one role in the word of work, sense of achievement, utility, belongingness, and no distress, dissatisfaction or worry, etc. The term psychology well-being 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.

2. REVIEW OF THE LITERATURE:

Akter (2015) this study reported that females to be higher on psychological well-being than male. Gill (2007) this study found that there was no significant difference between male and female college students on psychological well-being. Honmore and Jadhav, (2015) this study indicated that 1) Male are high Satisfaction than Female. 2) Female are high Efficiency compare to male. 3) Male are high Sociability than Female. 4) Female high Mental Health than male. 5) Female high Interpersonal Relations than male. 6) No significant difference between male and female college students with psychological well-being. Jasraj kaur (2015) this study indicated that there was no significant difference between psychological well-being of male and female high schools students. Kotar (2013) this study found that there is no significant mean difference between the psychological well-being among the male and female college students.

Rathi (2007) this study examined that male and female students of adolescence period did not differ significantly in their well-being. Roothman and colleagues (2003) this study found that found no difference between the males and females. Ryff and Keyes (1995) this study found no difference between the males and females in this aspect. Sana Akhter, (2015) this study found that there is a statistically significant difference in the psychological well-being among male and female students. Shamsul Siddiqui(2015) this study was show that, a significant difference was found between Psychological well-being of both Male and Female groups. Waghmare (2016), this study indicated that no significant difference between male and female college students on psychological well being.

STATEMENT OF THE PROBLEM:

“A Study of Psychological well- Being among Adolescence”

3. OBJECTIVES OF THE STUDY:

- To Study the Psychological well- Being on Adolescence.

4. HYPOTHESES OF THE STUDY:

- There is no significant difference between Male and Female Adolescence with psychological well being dimension on Life satisfaction, efficiency, sociability, mental health, interpersonal relations.

5. METHODOLOGY

SAMPLE

For the present study total sample of 100 was comprised into two clusters like, in which 100 were Male 50 Adolescence (25 Urban and 25 Rural Adolescence) and 50 Female Adolescence (25 Urban and 25 Rural Adolescence) from Sample belonging to Mumbai Dist. from Maharashtra state. The subject selected in this sample was used in the age group of 18 years to 21years and Ratio 1:1. Non- probability purposive sampling was used.

6. RESEARCH DESIGN:

2x2 Factorial Designs was used.

VARIABLES OF THE STUDY

Independent Variables- Gender- 1) Male Adolescence 2) Female Adolescence

Dependent Variables - Psychological Well Being - 1) Satisfaction 2) Efficiency 3) Sociability 4) Mental health 5) Interpersonal Relation.

7. RESEARCH TOOLS

Table No- 01. Psychological well-being scale

Aspect	Name of the Test	Author	Sub Factor	
Psychological well-being	Psychological well-being scale	Devendra Singh Sisodia Pooja Choudhary	1) Satisfaction,	Item- 50
			2) Efficiency,	Reliability – 0.90.
			3) Sociability,	Validity - 0.94
			4) Mental health,	
			5) Interpersonal Relation	

8. PROCEDURES OF DATA COLLECTION

The following research methodology was used in the present study. The primary information was gathered by giving personal information from to each to each student. The students were called in a small group of 10 to 15 students. To fill the inventories subjects were given general instructions belongs to each scale.

9. RESULTS AND DISCUSSION

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

Table 02 Summary and Results of Analysis of variance showing the Faculty of Psychological Well Being.

Sr.No	Factor	Gender	Mean	SD	N	DF	F Value	Sign
Table No.02 (A)	Life Satisfaction	Male Adolescence	30.12	2.18	50	98	2.35	NS
		Female Adolescence	31.24	1.90	50			
Table No.02 (B)	Efficiency	Male Adolescence	22.31	3.88	50	98	3.10	NS
		Female Adolescence	24.78	1.26	50			
Table No.02 (C)	Sociability	Male Adolescence	32.90	3.47	50	98	1.22	NS
		Female Adolescence	32.12	4.17	50			
Table No.02 (D)	Mental health	Male Adolescence	27.37	1.78	50	98	7.33	0.01
		Female Adolescence	30.83	2.40	50			
Table No.02 (E)	Interpersonal Relation	Male Adolescence	25.67	2.69	50	98	1.67	NS
		Female Adolescence	24.05	1.77	50			
Table No.02 (F)	Psychological Well Being	Male Adolescence	150.23	8.17	50	98	2.79	NS
		Female Adolescence	152.87	5.26	50			

Observation of the table 02 (A) indicated that Life Satisfaction of The mean and SD value obtained by the Male Adolescence 30.12±2.18, and Female Adolescence was 31.24, ± 1.90. It is observed that the calculated ‘f’ value (2.35) is low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that there is no significant difference between Male and Female Adolescence on Life Satisfaction.

Observation of the table 02 (B) indicated that Efficiency of The mean and SD value obtained by the Male Adolescence 22.31±3.88, and Female Adolescence was 24.78, ± 1.26. It is

observed that the calculated 'f' value (3.10) is low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that there is no significant difference between Male and Female Adolescence on Efficiency.

Observation of the table 02 (C) indicated that Sociability of The mean and SD value obtained by the Male Adolescence 32.90 ± 3.47 , and Female Adolescence was 32.12 ± 4.17 . It is observed that the calculated 'f' value (1.22) is low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that there is no significant difference between Male and Female Adolescence on Sociability.

Observation of the table 02 (D) indicated that Mental health of The mean and SD value obtained by the Male Adolescence 27.37 ± 1.78 , and Female Adolescence was 30.83 ± 2.40 . It is observed that the calculated 'f' value (7.33) is High than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that there is significant difference between Male and Female Adolescence on Mental health. Female Adolescence high Mental Health than Male Adolescence.

Observation of the table 02 (E) indicated that Interpersonal Relation of The mean and SD value obtained by the Male Adolescence 25.67 ± 2.69 , and Female Adolescence was $24.05, \pm 1.77$. It is observed that the calculated 'f' value (1.90) is low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that there is no significant difference between Male and Female Adolescence on Interpersonal Relation.

Observation of the table 02 (F) indicated that Psychological Well Being of The mean and SD value obtained by the Male Adolescence 150.23 ± 8.17 , and Female Adolescence was $152.87, \pm 5.26$. It is observed that the calculated 'f' value (2.79) is low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that there is no significant difference between Male and Female Adolescence on Psychological Well Being.

10. CONCLUSIONS

- 1) There is no significant difference between Male and Female Adolescence on Life Satisfaction.
- 2) There is no significant difference between Male and Female Adolescence on Efficiency.
- 3) There is no significant difference between Male and Female Adolescence on Sociability.
- 4) Female Adolescence high Mental Health than Male Adolescence.
- 5) There is no significant difference between Male and Female Adolescence on Interpersonal Relation.
- 6) There is no significant difference between Male and Female Adolescence on Psychological Well Being.

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