

THE PSYCHOLOGICAL WELL BEING AMONG HINDU AND MUSLIM EDUCATED UNEMPLOYED PEOPLE: A COMPARATIVE STUDY

Sunil S. Jadav*

Dr. Pankaj S. Suvera**

ABSTRACT

Aim of the research is to find out the Psychological Well being among educated unemployed peoples so investigator selected two groups one is Hindu and other is Muslim educated unemployed people, both groups have 200 peoples. In one group has 135 Hindu and other one groups has 65 Muslim educated unemployed people. The all subjects were randomly selected. Data were collected from Banaskantha district. Scale was use for data collection is personal datasheet and Psychological Well being scale developed by Bhogale and Prakash (1995), and data were analysis by 't' test. Result show, There is no significant mean difference between the Psychological well-being of Hindu and Muslim educated unemployed people. There is no significant mean difference between the Psychological well- being of law and middle income families educated unemployed people. There is no significant mean difference between the Psychological well-being of middle and high income families educated unemployed people. There is no significant mean difference between the Psychological well being of law and high income families educated unemployed people. There is no significant mean difference between the Psychological well-being of joint and nuclear families educated unemployed people.

1. Introduction:

Psychological well-being indicated physical and mental wellness. Sinha (1990) has stated that Psychological well-being is difficult to define. It has been taken to consist of discomfort or desirability and from any disturbance if mental function. It is a somewhat malleable concept which has to do with people's feeling about everyday life activities. Such -

*PhD, Research Scholar, Dept. of Psychology, S P University, V.V.Nagar-388 120, Gujarat, Email: sonujadav7275@gmail.com

** Assistant Professor, Department of Psychology, S P University, V.V.Nagar-388120, Gujarat, Email: pankajsuvera@yahoo.com

feeling may range from negative mental state or Psychological strains such as anxiety, depression, frustration, Emotional, exhaustion, unhappiness, dissatisfaction to a state which has been identified as positive mental healthy [Johada 1958, Wass 1978]

“A state of complete physical mental and social well-being and does not consist only of the absence of disease or infirmity”

-World health organization (WHO) (1948)

“Psychological well-being as the general experience by individual that there will be positive outcome or circumstance”

-Adams, Bezner, & Steinhardt (1997)

What was the phase of illness the good of caregivers is to promote Psychological well-being as “seeking a sense of control in the face of the life threatening illness he characterized by emotional distress altered life priorities and fear of the unknown as well as positive life changes” in order to promote Psychological well-being Scanlon suggest that three questions be asked.

1. What do they worry about?
2. How do they cope?
3. How can nurses help?

“At the most basic level Psychological well-being (PWD) is quite similar to other terms that refer to positive mental status, such as happiness for satisfaction and in many cases it is not necessary for helpful to worry about find distinctions between such terms.”

-Ivan Robertson Cooper

The concept of well-being originated from Positive Psychology. The shift from negative to positive psychology is a welcome change in the discipline. The focus of positive psychology is to study the improvement in the lives of individuals. Positive Psychology has emerged from the problem of the west. Thus it may be inferred that knowledge is culturally conditioned.

Well-being is often defined as a sound economic disposition. A western study of relationship between having money, and life satisfaction revealed that between 1940's and the year 2000, people needed more money to maintain, the same level of satisfaction. In other words one needed more money to stay happy in 2000 than in 1940's, with the requirement of money steadily increasing over the years. Another study proved that while the richest American measured 5.8 on satisfaction while the Slum dwellers of Kolkata measured 2.9 indicating again that satisfaction is not directly related to money per se. However, up to the income level of \$ 10,000 a correlation between money and satisfaction was found, beyond which addition in income did not contribute to well being. Thus an economic criterion was found to have a limitation in predicting well being.

New Model of Well-being

A good life involves engagement, satisfaction and purpose. According to the new model, concept of well-being refers to health, vitality, creativity, fulfilment and resilience. It refers to thriving and flourishing that involves mind, body, society and environment in general. Well-being refers to a harmonious interplay of cognitive and affective process rather than subjugating to them. In term of Indian terminology it refers to harmony of Indriyas, Chitta and Atma.

Pleasure relates to one aspect of well-being. Sukah, as is called in Sanskrit refers to 'Agreeable feelings' based on mind, self, sense organ objects and perception. According to Indian perspective 'Mineness' is the cause of 'Dukha'. The Hedonic perspective of well-being is 'Preyas' while the Eudemonic perspective refers to 'Shreyas'. True happiness lies in expression of virtue.

The question that logically follows from the above two perspective is whether pursuit of a goal per se is related to well-being? It has been found that pursuit of goal and the resultant success per se does not ensure happiness. On the other hand, a general, happy disposition leads to success.

Exploring into the causes of unhappiness it was found that, negative social comparison, inequitable reaction to equal losses and gain are some of the main causes.

When the reasons for unhappiness are identified, how do we mitigate them to reach well-being? What are the identified challenges to well-being?

Among the many, following are the few challenges:

- Imbalance of work and leisure.
- Life style related problem.
- The very approach of measuring development in terms of consumption.
- Competition, promoting individualism and egoism.
- Technology generated problems.
- Modern medicine and health related intervention and
- Lack of health related support system.
- The mainstream psychology identifies four dimensions well-being – viz. –
- Motivation and Developmental

The Indian perspective identifies four aspects, viz. the five elements, the person or Jeeva, the life or Ayu, and the health or Arogya. Well-being as per Indian perspective relates to well-being on physical, psychological and spiritual planes. The Indian approach to well-being refers to Maitri, Karuna, Mudita and Upeksha meaning Relatedness, Compassion, Pleasant disposition and avoidance of conflict. In other words well-being refers to uniting self with self by negating the ego. This in turn indicates that well-being is a combination of survival, well being, freedom and identity.

2. Aims of the study:

1. To study of the Psychological Well being among Hindu and Muslim educated unemployed people.
2. To study the Psychological well-being among low, middle and high income families educated unemployed people.
3. To study of the Psychological Well being among joint and nuclear families educated unemployed people.

3. Hypothesis:

1. There is no difference between the Psychological Well being of Hindu and Muslim educated unemployed people.
2. There is no difference between the Psychological well- being of low and middle income families educated unemployed people.
3. There is no difference between the Psychological well- being of low and high income families educated unemployed people.
4. There is no difference between the Psychological well- being of middle and high income families educated unemployed people.
5. There is no difference between the Psychological Well being of joint and nuclear families educated unemployed people.

4. Methodology:

Sample:

For this research 485 educated unemployed people whose age between 25 to 35 years was taken as sample from employment office of Banaskantha districts. Out of that only 200 samples randomly selected, which are 135 Hindu and 65 Muslim educated unemployed people selected.

Tools used:

The following tools were used in the present study:

1. 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 Religion, Total monthly income of family and Types of family were collected.

In this research following tools are used:

2. Psychological Well being scale:

Psychological well-being questionnaire 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 **0.72** and internal consistency coefficient is **0.84**. The author has reported satisfactory validity of the questionnaire.

Statistical Analysis:

In this study ‘t’ test was used for statistical analysis.

5. Result and Discussion:



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Table-1
(N=200)

Means, SDs and ‘t’ value of psychological well being with reference to religion:

Religion	N	Mean	SD	‘t’ value
Hindu	135	18.60	3.58	0.42(NS)
Muslim	65	18.83	3.62	
NS= Not significant				

It is revealed in Table No.1 that mean score of psychological well being in educated unemployed peoples belonging to Hindu and Muslim religion are 18.60 and 18.83 respectively. These means indicate that educated unemployed peoples of Muslim religion experienced the highest level of psychological well being (18.83) as compared to the educated unemployed peoples of Hindu religion (18.60). The result indicate this as first sight. when ‘t’ value was calculated to know statistical significant of mean difference, insignificant difference was observed between Hindu and Muslim religion. ‘t’ value is 0.42 (Table 1) which is statistically

insignificant. Hence the null hypothesis (No 1) was accepted. Thus the results show that religious has no significant effect on psychological well being.

Table-2

(N=200)

Means, SDs and ‘t’ value of psychological well being with reference to total monthly income of family:

	Total monthly income of family	N	Mean	SD	‘t’ value
PSYCHOLOGICAL WELL BEING	Low	57	19.05	3.55	0.74
	Middle	91	18.60	3.66	NS
	Low	57	19.05	3.55	0.99
	High	52	18.39	3.52	NS
	Middle	91	18.60	3.66	0.35
	High	52	18.39	3.52	NS
NS=Not Significant					

Psychological well being with reference to low and middle total monthly income of family:

It is revealed in Table 2 that the mean score of psychological well being in educated unemployed peoples belonging to low and middle total monthly income of family are 19.05 and 18.60 respectively. The result indicates this as first sight. When ‘t’ value was calculated to know statistical significance of mean difference, insignificant difference was observed between low and middle total monthly income of family. ‘t’ value is 0.74 (Table 2) which is statistically insignificant. Hence the null hypothesis (No. 2) was accepted. Thus the results show that total monthly income of family has no significant effect on psychological well being.

Psychological well being with reference to low and high total monthly income of family:

It is revealed in Table 2 that the mean score of psychological well being in educated unemployed peoples belonging to low and high total monthly income of family are 19.05 and 18.39 respectively. The results indicate this as first sight. When ‘t’ value was calculated to know statistical significance of mean difference, insignificant difference was observed between low and high total monthly income of family. ‘t’ value is 0.99 (Table 2) which is statistically insignificant. Hence the null hypothesis (No. 3) was accepted. Thus the results show that total monthly income of family has no significant effect on psychological well being.

Psychological well being with reference to middle and high total monthly income of family:

It is revealed in Table 2 that mean score of psychological well being in educated unemployed peoples belonging to middle and high total monthly income of family are 18.60 and 18.39 respectively. The results indicate this as first sight. When ‘t’ value was calculated to know statistical significant of mean difference, insignificant difference was observed between middle and high total monthly income of family. ‘t’ value is 0.35 (Table 2) which is statistically insignificant. Hence the null hypothesis (No. 4) was accepted. Thus the results show that total monthly income of family has no significant effect on psychological well being.

Table-3

(N=200)

Means, SDs and ‘t’ value of Psychological well being with reference to Type of family:

Type of family	N	Mean	SD	‘t’ value
Joint	135	18.77	3.58	0.54(NS)
Nuclear	65	18.48	3.61	
NS= Not significant				

It is revealed in Table 3 that mean score of psychological well being in educated unemployed peoples belonging to joint and nuclear families are 18.77 and 18.48 respectively. These means indicate that educated unemployed peoples of joint families experienced the highest level of psychological well being (18.77) as compared to the educated unemployed peoples of nuclear families (18.48). The result indicate this as first sight .when ‘t’ value was calculated to know statistical significant of mean difference, insignificant difference was observed between joint and nuclear families. ‘t’ value is 0.54 (Table 3) which is statistically insignificant. Hence the null hypothesis (No. 5) was accepted. Thus the results show that type of family has no significant effect on psychological well being.

6. Conclusion:

1. There is no significant difference between the Psychological well being of Hindu and Muslim educated unemployed people.
2. There is no significant difference between the Psychological well- being of low and middle income families educated unemployed people.
3. There is no significant difference between the Psychological well- being of low and high income families educated unemployed people.
4. There is no significant difference between the Psychological well- being of middle and high income families educated unemployed people.
5. There is no significant difference between the Psychological well being of joint and nuclear families educated unemployed people.

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