

PSYCHOLOGICAL WELL BEING AMONG B.ED COLLEGE STUDENT

Mukesh C. Rathwa*

ABSTRACT

Aim of the research is to find out the psychological Well being among B.ed college students, so investigator selected two groups one is male and other is female, both groups have 120 students. In each group has 60 male and other one groups has 60 female students. Data were collected from different collages of v.v.nagar city. Scale was use for data collection is personal datasheet and psychological Well being scale developed by Bhogale and Prakash (1995), 2x2 factorial design was used and data were analysis by ANOVA test. Result show, There is no significant difference between the Psychological Well being among male and female B.ed college student. There is no significant difference between the Psychological well-being among urban and rural B.ed college student. There is no significant difference between the effect of interaction on Psychological Well being among type of sex and type of area of B.ed college student.

Introduction

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

*M.Phil Student, Department of Psychology, S.P.University, V.V.Nagar-388 120,, Gujarat.

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. –
- Evolutionary
- Affective
- 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.

Aims of the study:

1. To study of the Psychological Well being among male and female B.ed college student.
2. To study the Psychological well-being among urban and rural B.ed college student.
3. To study of the effect of interaction on Psychological Well being among type of sex and type of area B.ed college student.

Hypotheses:-

1. There is no difference between the Psychological Well being among male and female B.ed college student.
2. There is no difference between the Psychological well-being among urban and rural B.ed college student.
3. There is no interaction effect of the Psychological Well being among type of sex and type of area of B.ed college student.

Methodology

Sample:

Sample in this study consist of 120 subjects the sample were selected in different B.ed colleges in V.V.Nagar. In survey of V.V.Nagar we had got the information about the boys and the girls staying in rural area and urban area. The students which were randomly selected in their 60 were rural area and 60 were urban area. from that 30 boys and 30 girls used to study by staying in rural area and the other 30 boys and 30 girls were used to study by staying urban area.

Tools used:-

The following Tools were used in the present study

1. Personal datasheet:

A personal datasheet developed by the investigator was used to collect information about type of sex and type of area of B.ed college student.

2. Psychological well-being

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 (\checkmark). 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 ‘F’ test was used for statistical analysis.

Result and discussion:-

Summary of 2X2 analysis of variance based of Psychological well-being of B.ed college student with rasped to type of sex and type of area.

TABLE-1

(N=120)

Source of variance	Sum of square	df	Mean sum of square	F
(A) sex	0.41	1	0.41	0.02 NS
(B) area	52.01	1	52.01	2.40NS

(AXB)Sex X area	33.07	1	33.07	1.52 NS
SSW(Error)	2518.50	116	21.71	
SST	2603.99	119		

NS = Not Significant

- Mean score of difference of mean of Psychological well-being of B.ed college student with respect of type of sex and type of area.

TABLE 2

(N=120)

Independent variable	N	Mean	Diff.
Male A1	60	20.92	1.32
Female A2	60	19.6	
Urban B1	60	20.32	0.3
Rural B2	60	20.2	

According to table No. 1 it is observed that “F” value of Psychological well-being of male and female B.ed student is 0.02 which does not show any significant difference even at 0.05 levels. Looking at the table No.2 it can be seen mean score of Psychological well-being of male and female are 20.92 and 19.6. The difference between them is 1.32 from there result. It can be said there is no significant difference in Psychological well-being among male and female of B.ed student and null hypothesis is accepted.

According to table No. 1 it is observed that “F” value of Psychological well-being of urban and rural b.ed student is 2.40 which dose not shows any significant difference even at 0.05 level. Looking at the table No.2 it can be seen mean score of Psychological well-being of urban and rural are 20.32 and 20.2. The difference between them is 0.3 from there result. it can be said there is no significant difference in Psychological well-being among male and female of B.ed student and null hypothesis is accepted.

According to table No. 1 it is observed that “F” value of Psychological well-being of sex and area of b.ed student is 1.52 which does not shows any significant difference even at 0.05 level. The mean value is due to uncertainty situation and its show minimum of size.

There is no interaction effect between adult's social class and sex on each other. So Null Hypothesis is accepted.

Conclusion:

1. There is no significant difference between the Psychological Well being among male and female B.ed college student.
2. There is no significant difference between the Psychological well-being among urban and rural B.ed college student.
3. There is no significant difference between the effect of interaction on Psychological Well being among type of sex and type of area of B.ed college student.

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