



A Study of Psychological Well Being among Male and Female College Going Students

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Abstract

The purpose research attempted to Effect of gender difference between Psychological well-being and sub factor Emotional stability, Overall adjustment, Autonomy, Security- Insecurity, Self-concept, and Intelligence. Total sample of present study 100 College Going Students, in which 50 were male and 50 females' College Going Students. The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.16, SD- 2.01.) and Ratio 1:1. The scale was used for data collection Psychological Well-Being Scale (PWBS) by Devendra Singh Sisodia and Pooja Choudhary (2012). Sample design was used and data were analysis by Mean, SD and ANOVA. Results show that 1) Female College Students High Life Satisfaction than Male College Students. 2) No significant difference between Efficiency and Mental Health Male and Female College Students. 3) Male College Students High Sociability, Interpersonal Relation and Psychological Well Being than Female College Students.

Key words –. Psychological Well-being, Life Satisfaction, Efficiency, Sociability, Mental Health, and Interpersonal Relation.

Introduction

The idea of Psychological Well-being was created by Cantrill. It was considered as information based experience People venture their pervasive condition. In contrast with that diverse circumstance expected by them, either fulfills the individual or leads him to add up to dissatisfaction. In the event that he is profoundly fulfilled it guides towards Psychological Well-

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being. Numerous definitions have been exhibited with respect to Psychological Well-being. These definitions have been submitted to WHO. Without rising any inquiry it very well may be said that rouse of Psychological Well-being psychological disease exists. No composed endeavors have been made in India to give meaning of Psychological Well-being, founded on understanding.

Psychological Well-being (SWB) propose the accompanying things-

- Psychological Well-being is experience based. It did not depend on the things identified with circumstances.
- Both positive and negative impact of subject situated health is watched.
- It is a worldwide encounter; it isn't the experience of one division.

Okon and Stok – [1987] of brain research in field need of legitimate estimating of Psychological Well-beingis felt for a significant long time, in light of the fact that customary individual stock measures criticizing more instead of Psychological Well-being.

Assessment of Bhogle and Prakash – [1993] in the ongoing time in the ongoing investigation of Bhogle and Prakash they have watched factors demonstrating satisfaction intently. While psychological sicknesses and triviality both speak to invalidation of wiped out health. Self-report estimating additionally is dependable proportion of Psychological Well-being.

As per Mary Jahoda (1989) "Nonappearance of psychological disease, model conduct, change with condition, interior culmination of an individual all merit referencing as qualities of Psychological Well-being.

Review of literature:-

Jasraj kaur (2015) ,Kotar(2013) , Gill (2007), while Ryff and Keyes (1995) and Roothman and associates (2003) found that there was no critical contrast among male and female on psychological well-being. Akter (2015) revealed females to be higher on psychological well-being than male. Champa Mathpal, (2018) this examination found that there would be no noteworthy contrast among male and female grown-ups on the degree of life satisfaction.

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Hasnain, Wazid and Hasan (2014) and Vijayshri (2015) found that females higher life satisfaction than men.

Statement problem of the Study

- To study Psychological Well Being among Male and Female College Going Students.

Objectives

- To Search the Psychological Well-being on male and female College Going Students.

Hypotheses

“There will be no significant difference between male and female College Going Students with Psychological Well-being dimension on Satisfaction, Efficiency, Sociability, Mental Health, and Interpersonal Relation.”

Methods**Participants**

Total sample of present study 100 College Going Students, in which 50 were male and 50 females' College Going Students. The subject selected in this sample was used in the age group of 18 years to 21 years (Mean – 19.16, SD- 2.01.) and Ratio 1:1.

Variables of the Study

Variable	Type of variable	Sub. variable	Name of variable
Gender	Independent variables	02	1) Male College Going Students 2) Female College Going Students
Psychological Well Being	Dependent variables	05	1) Satisfaction 2) Efficiency 3) Sociability 4) Mental Health 5) Interpersonal Relation

Research Tools

Aspect	Name of the Test	Author	Sub Factor	
Psychological Well Being	Psychological Well-Being Scale (2012)	Devendra Singh Sisodia Pooja Choudhary	Satisfaction	Item- 50
			Efficiency	reliability - 0.87
			Sociability Mental Health Interpersonal Relation	Validity - 0.94.

Psychological Well Being among Male and Female College Going Students**Results and Discussion****Table No.01 Show the Mean, SD and F Value of Gender on Psychological Well Being**

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Life Satisfaction	Male College Students	30.34	5.10	50	98	26.14	0.01
	Female College Students	34.04	3.71	50			
Efficiency	Male College Students	36.22	5.46	50	98	3.48	NS
	Female College Students	34.48	4.74	50			
Sociability	Male College Students	37.72	3.70	50	98	83.97	0.01
	Female College Students	30.96	3.79	50			
Mental Health	Male College Students	33.06	4.92	50	98	1.67	NS
	Female College Students	34.08	5.26	50			
Interpersonal Relation	Male College Students	35.02	4.21	50	98	38.79	0.01
	Female College Students	30.84	5.17	50			
Psychological Well - Being	Male College Students	170.30	10.78	50	98	10.21	0.01
	Female College Students	164.38	15.81	50			

(Critical value of “F” with df 99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Results shown in Table 4 indicated that mean and SD values of Life Satisfaction obtained were 30.34 ± 5.10 by the Male College Students and 34.04 ± 3.71 by Female College Students. It is observed that the calculated ‘f’ value (26.14) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that first hypothesis is rejected. It means that Female College Students High Life Satisfaction than Male College Students.

Observation of the table 4 indicated that Efficiency of The mean and SD value obtained by the Male College Students 36.22 ± 5.46 , and Female College Students was $34.48, \pm 4.74$. It is

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observed that the calculated 'f' value (3.48) is low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 2nd hypothesis is accepted. It means that there is no significant difference between Male and Female College Students on Efficiency.

Observation of the table 4 indicated that Sociability of The mean and SD value obtained by the Male College Students 37.72 ± 3.70 , and Female College Students was 30.96 ± 3.79 . It is observed that the calculated 'f' value (83.97) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 3th hypothesis is rejected. It means that Male College Students High Sociability than Female College Students.

Observation of the table 4 indicated that Mental Health of The mean and SD value obtained by the Male College Students 33.06 ± 4.92 , and Female College Students was 34.08 ± 5.26 . It is observed that the calculated 'f' value (1.67) is low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 4th hypothesis is accepted. It means that there is no significant difference between Male and Female College Students on Mental Health.

Observation of the table 4 indicated that Interpersonal Relation of The mean and SD value obtained by the Male College Students 35.02 ± 4.21 and Female College Students was 30.84 ± 5.17 . It is observed that the calculated 'f' value (38.79) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 5th hypothesis is rejected. It means that Male College Students High Interpersonal Relation than Female College Students.

Observation of table 4 indicated that Psychological Well Being of The mean and SD value obtained by the Male College Students 170.30 ± 10.78 , and Female College Students was 164.38 ± 15.81 . It is observed that the calculated 'f' value (10.21) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 6th hypothesis is rejected. It means that Male College Students High Psychological Well Being than Female College Students.

Conclusions:

- 1) Female College Students High Life Satisfaction than Male College Students.
- 2) There is no significant difference between Male and Female College Students on Efficiency.
- 3) Male College Students High Sociability than Female College Students.

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- 4) There is no significant difference between Male and Female College Students on Mental Health.
- 5) Male College Students High Interpersonal Relation than Female College Students.
- 6) Male College Students High Psychological Well Being than Female College Students.

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