

Significance difference between Psychological Well-Being and Mental Health among Students

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Abstract - The purpose of this study was the significance difference between psychological well being and mental health among students, The sample of 200 students male and female (100 male 100 Female) were taken as a sample. The research tool for well –being was measured by Psychological well – being scale (PWBS). Which was develop by Prof. S.N. Rai, while the tool Mental health was “Mental Health Battery” measured by A.K. Singh and Alpana Sen gupta was used. Psychological well being and Mental Health among students was calculated result revealed, there is significance difference in psychological well – being and mental health of Male and Female students.

Keywords – Psychological well – being, Mental Health.

I. INTRODUCTION

Well-being defined as a sense of health and vitality that arises from our thought, emotions, action and experiences. When we have well-being we feel happy, healthy, socially connected and purposeful most of the time.

Well-being is a dynamic concept that includes subjective, social and psychological dimension as well as health related behavior. The Ryff psychological well-being scale is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well-being. Perez(2012) examined gender difference in psychological wellbeing among a sample of 588 Filipino college students and noted that there was significant gender difference in various aspects of psychological wellbeing.

Among Indian students, Honmore and Jadhav(2015) noted significant gender difference in psychological wellbeing on a sample of 200 college students. They noted that psychological wellbeing in terms of mental health dimension was better among males as compared to females.

Types of well-being:

- (i) Physical well-being
- (ii) Emotional well-being
- (iii) Social well-being
- (iv) Work place well-being
- (v) Societal well-being

Well-being is a dynamic concept that includes subjective, social and psychological dimensions as well as health-related behaviors. The **Ryff Psychological Well-Being Scale** is a theoretically grounded instrument that specifically focuses on measuring multiple facts of psychological well-being. **These facts include the following:**

- ❖ self-acceptance
- ❖ the establishment of quality ties to other
- ❖ a sense of autonomy in thought and action
- ❖ the ability to manage complex environments to suit personal needs and values
- ❖ the pursuit of meaningful goals and a sense of purpose in life
- ❖ Continued growth and development as a person.

This straightforward inventory is easy to access and administer. The following are example statements from each of the areas of well-being measured by the Ryff inventory.

Autonomy: I have confidences in my opinions, even if they are contrary to the general consensus.

Environment Mastery: In general, I feel I am in charge of the situation in which I live .

Positive Relations with Others: People would describe me as a giving person, willing to share my time with others.

Purpose in Life: Some people wander aimlessly through life, but I am not one of them.

Self-Acceptance: I like most aspects of my personality.

The concept of mental health is as old as human beings. In recent years clinical psychologists as well as educationalist have started giving proper attention to the study of mental health.

According to W.H.O. (World Health Organization)"mental health is a state of mental well-being that enables people cope with the stresses of life, realize their abilities, learn well and work well and contribute to their community".

Mental health as defined by **Kornhauser (1965)**commutates those behaviours perception and feeling that determine a person's overall level of personal effectiveness, success happiness and excellence of functioning as a person. It depends on the development and retention of goals that are neither too high nor too low to permit realistic successful maintenance of belief in one's self as a worthy. Halliday et al.(2019) also reported gender difference in adolescence mental health. They observed that females had poorer mental health and less physical activity as compared to males.

Mental health include our emotional, psychological & social well-being, it affect how we think feel and act. It also helps determine how we handle stress, relate to other and make choices. Mental health is important at every stage of life.

- ❖ Mental health allows people to
- ❖ Work productively
- ❖ Make meaningful contributions to their communities
- ❖ Realize their full potential

- ❖ Cope with the stresses of life
- ❖ Helping other
- ❖ Getting physically active

Looking after mental health can preserve a person's ability to enjoy life. Doing this involves balancing life activities, responsibilities and efforts to achieve psychological resilience.

Stress depression and anxiety can all affect mental health and disrupt a person's routine.

After reviewing the literature in this field (Jahoda, 1959; Maslow & Mittleman, 1951; Rogers, 1961; Whittaker, 1970) following six popular indices of mental health were finally selected for inclusion in the present battery.

- (i) Emotional stability
- (ii) Over-all adjustment
- (iii) Autonomy
- (iv) Security-insecurity
- (v) Self-concept
- (vi) Intelligence

METHODOLOGY

Objective of the study- The main objective of the study was to see the significance difference in well - being and psychological Mental Health of male female students.

Hypothesis of the study

- There will be significance difference between male female students regarding psychological well-being.
- There will be significance difference between male female students regarding mental health

Sample- Assemble is part of the population it is smaller representative of whole group the present study was conducted on a sample of 200 (100 male and 100 female) Students assemble was drawn from various colleges of DrB. R. A. University, Agra.

Instruments:- Psychological well-being scale (PWBS) -The inventory is developed by Professor S.N. Rai. it consist of 54 items psychological well-being scale consists of 6 subscale autonomy environmental mastery with others purpose in whole and self-acceptance test retest reliability of this scale is 0.77 and validity of this scale is 0.75.

Mental Health Battery -This scale is developed by A.K. Singh and alpna Sen Gupta. It consist of 130 items mental health battery consist of 6 ways emotional stability overall adjustment autonomy security in security self-concept and intelligence test retest reliability of the scale range from 0.7672 0.876 and validity of this scale range from 0.601 and 0.823.

Procedure / statistical treatment of data- The data was collected 100 male and 100 female from various rural college of DrBhimrao Ambedkar University, Agra all possible efforts were made to make the student feel at ease and respond to the test with full answer the questionnaires carefully after giving the questionnaire for each

of the 200 students the data was analyzed with the help of computerized package for social science SPSS and calculated mean SD and CR.

CHAPTER IV

RESULTS AND DISCUSSION- shows the mean comparison between males and females, which reported that the mean well-being status of the male is 243 and for females, it is 240. It shows that among the students, males had better well-being status than females. This reflects that compared to the female students, the male students were happier.

Table no. 1: showing comparison between male and female in well-being.

Variable	Gender	N	Mean	S.D.	C.R.	Significant level
Well-being	Male	100	243	10.35	2.104	0.05
	Female	100	240	9.8		

Table no 1 shows the difference in well-being between male students (Mean= 243, SD= 10.35) and female students (Mean= 240, SD= 9.8) was significant (C.R. =2.104, $p<0.05$). It denotes that male students had significantly better decision-making, relationship making, and other psychological constructs related to well-being. A study from Akhter (2015) also signified that male and female students are different in psychological well-being. Gender is important in the psychological well-being of people in emerging adulthood (Matud et al.).

Overall, the results show that in psychological well-being, a significant difference was observed between male and female students. Where male students were relatively higher than female students in all dimensions. There is a lot of research related to gender differences between males and females in well-being which shows a different perspective of well-being. A study done by Chraif and Dumitru (2015), Hence the H1 accepted there would be significant difference in well – being between Male and female students.

Table no. 2: showing comparison between male and female in Mental Health.

Variable	Gender	N	Mean	S.D.	C.R.	Significant level
Mental Health	Male	100	87	4.6	5.88	0.01
	Female	100	82	3.9		

Table 2 shows the difference in Mental Health between male students (Mean= 87, SD= 4.6) and female students (Mean= 82, SD= 3.9) was significant (C.R. =5.88, $p<0.05$). It showed that there were significant differences between male and female students in dealing with life's stressors, realizing their abilities, learning well and other areas related to mental health. Study reveals that Gender is a critical determinant of mental

health and mental illness. The patterns of psychological distress and psychiatric disorder among women are different from those seen among men. (Malhotra & Shah, 2015). Hence H2 is accepted there would be significant difference in Mental Health between male and female students.

CONCLUSION- The present study's major objective was to explore the role of gender on well-being and mental health among the students. The findings of the present study directed to some of the conclusions given below:

- A significant difference in well-being was found between male and female students.
- A significant difference in mental health was found between male and female students.

Limitation -

- This study has been done only in a sample taken from rural areas of Agra district of Uttar Pradesh which is very small, so the above results cannot be generalized.
- Only one independent variable has been taken in this study. Mental Health and Well - Being are both broad concepts, so more demographic variables should be included in their determination.

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