

PSYCHOLOGICAL WELL-BEING AMONG COLLEGE STUDENTS

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Abstract

Psychological well-being is usually conceptualized as some combination of positive affective states such as happiness and functioning with optimal effectiveness in individual and social life. Psychological well-being problems have become increasingly common among college students nowadays, who are prone to psychological problems. Evidence suggests that the college students are vulnerable to mental health problems which have generated increased public concern. This study attempted to determine the level of Psychological well-being among college students. The study also aimed to assess the relationship between Psychological well-being and demographic factors, such as age, family background. Psychological well-being questionnaires were administered to a sample of 118 students. The study was conducted with the undergraduate and post graduate students at a college in Tanjavur District, Tamil Nadu. Findings revealed that the majority of the students were classified as experiencing 'high level' regarding positive wellbeing. Anova and independent t-test was used for analyzing the data. The result showed that there was significant difference in the level of psychological well being among college students. Early detection for indications of mental health problems and understanding factors contributing to stress among students would promote better understanding of mental health in future and findings suggest that there should do more researches about students' mental health and personality traits. The implications of the results of this study for interventions have also been discussed in this article.

Keywords: *Psychological, well-being, college students*

Introduction

According to Ryff et al., psychological well-being refers to the extent to which people feel that they have meaningful control over their life and their activities. Nowadays, psychological wellbeing of course is a common problem among college students. The college students represent a community and also a country, because the future of a nation rests in the youth. For college students psychological well-being is about the good going well of lives, feels good and also the functioning of the body will be effectively perfectly all right. The students who acquire good higher studies can be considered as the most good and efficient leaders and government officers in future. Thus it can be state the academic career of a student has a major goal in life. So that during this time students will face more responsibility and challenges which make them anxious and stressful. In many cases the students feel difficulty to face these problems thus there will be some impact too. Though, we can say that the psychological well-being of the student is having attached with academic success, health, etc.

Daniel et.al,(2020) in his study on university students states that the students has experienced a steady growth on mental health and well-being over the last decades. Some of the negative consequences of psychological well-being are learning disability, substance abuse, poor academic performance. These are at high risk for some disorders too. It shows that negative psychological well-being increases the risk of other mental problems such as anxiety disorders. Psychological well-being among college students is having close association with family history of mental illness, lack of social support, low economic background, conflict with friends and family, substance abuse, learning problems etc.

Review of literature

Walid et.al, (2021), studied on the health status and physical and psychological well-being by examine 3,271 undergraduate and found that higher levels of health awareness/consciousness students are having low probability of seeing a medical practitioner in the 6 months prior to the survey and lower rates of back pain and neck/shoulder pain. In addition, these students were likely to be satisfied/very satisfied with the social support that they have, felt fewer burdens and

psychosomatic problems/strains (psychological health) that were constantly lower than the university's mean. Koo et al, (2020) examined the impact on psychological well-being and students of Color's perceived campus climate compared to that of their White peers. A significant association between psychological well-being and perceived campus climate was found among students of Color. Within a national sample of college students, 66% reported feeling overwhelming anxiety at some point in the past year, and 45% reported feeling so depressed that it was difficult to function (American College Health Association, 2019). Can et. Al (2021) investigates the psychological well-being and distress and related factors among undergraduate students training in eight different health-related tracks in Geneva, Switzerland. The nature of the academic training had a lesser impact on mental health and the academic year had none. Academic satisfaction strongly predicts depression, anxiety, stress, and psychological well-being. Training institutions should address the underlying factors that can improve students' satisfaction with their studies while ensuring that they have access to psychosocial services that help them cope up with mental distress and enhance their psychological well-being. Psychological well-being increased with high leisure time physical activity among college students. Hence the best well-being and lifestyle was to endorse leisure-time physical activity into universities (Castillio, et al., 2011). According to Burris et al., (2009), female students were more likely to report seeking out and receiving care for psychological issues when compared to their male student counterparts. Chen, S. K. (2012) studied correlations between Internet use and psychological well-being and produced mixed results. The study used a latent profile analysis to distinguish among populations in terms of psychological well-being profiles, and then used a multinomial logistic regression to determine how online entertainment, social use, problematic Internet use, and gender predicted each latent psychological well-being profile. The results indicate (a) no relationship between psychological well-being and online entertainment or gender, (b) greater problematic Internet use increased the likelihood of disadvantageous psychological well-being and decreased the probability of good psychological well-being and (c) greater use of online resources for social purposes was related to increased probability of a participant being in the good psychological well-being group, but not associated with fewer psychological well-being problems.

METHODS AND MATERIALS

A. Statement for the Study

Psychological well-being is beneficial for adults to live a healthy life, making it an important aspect of one's life in the college year. Research has found that there are increased levels of psychological disturbance among college. Students with little support and less than favorable psychological well-being were found to be more likely to engage in negative activities such as alcohol use, sedentary behavior, and too little or too much sleep. Life dissatisfaction or even suicidal behavior has also been documented in students who have a lack of support and poor well-being of one's self. The study will contribute to a better understanding of college students' psychological well-being and the variables that may impact it.

B. Objectives of the study

- To identify the level of psychological well-being among college student
- To suggest suitable means to have good psychological well-being

C. Operational clarification of the key concepts

Psychological Well-being refers to the simple notion of a person's welfare, happiness, advantages, interests, utility, and quality of life. In this study, psychological well-being meant how one scored in the Ruff scale of psychological well-being.

College Students: In this study, it refers to the students in the age group of 17-22 years who are studying in selected reputed college.

D. Methodology

Research design: Descriptive research design was adopted to assess the level of Psychological well-being among college students

Setting of the study: The study was conducted in a selected reputed college in Tamil Nadu

Population: The population chosen for this study was college students who were studying in a department.

Sample size: Sample size consisted of 118 college students

Sampling technique: Censes method was adopted

E. Tools for data collection

The aim of the study is to know the level of Psychological well-being among college students. The first part of the interview schedule covered the question pertaining to the socio demographic data and opinion of the respondents about compulsive internet use. The interview schedule consists of socio demographic data. The Ryff scales of psychological well-being (Ryff, University of Wisconsin, 2005) was used to measure multiple facets of psychological well-being. The Ryff Scales of Psychological Well-Being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well-being. The five subscales on the Ryff scale are autonomy, emotional mastery, personal growth, positive relations, purpose in life, and self-acceptance. An example of a question from the scale is the following: Most people see me as loving and affectionate. Responses revealed levels of agreement from 1, strongly disagree, to 6, strongly agree, similar to a Likert scale. Also, a short basic list of demographic questions was asked. Questions like age, gender, marital status, and class level are examples of those.

4.2. Psychological well-being and Socio Demographic background

Table 1: Mean score of Psychological well-being of the college students

		Wellbeing			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Low	35	29.7	29.7	70.3
	High	83	70.3	70.3	100.0
	Total	118	100.0	100.0	

Table 2: Mean scores of Psychological well-being across the background characteristics of the college students

S.No	Variable	N	Mean	S. D	Value
I	Age Group	40	30.7750	10.63494	F - 8.853 Df - 3,114 Sig. - 0.000 P < 0.001
	Up to 19 years	38	28.4211	7.76559	
	20-21 years	25	37.4000	12.10372	
	22-23 years	15	42.6667	12.54516	
	24 and above years				
II	Gender	37	28.7838	5.80773	T - -2.742 Df - 116 Sig. - 0.007 P < 0.01
	Male	81	34.8272	12.79628	
	Female				
III	Educational Qualification	30	25.3000	2.70568	T - -4.591 Df - 116 Sig. - 0.000 P < 0.001
	UG	88	35.5341	12.07538	
	PG				
VI	Father Education				F - 4.819 Df - 3,114 Sig. - 0.003 P < 0.01
	Illiterate	16	26.5625	3.44420	
	Up to middle school	24	29.4167	8.24050	
	High school	34	33.0000	12.36809	
	Higher secondary and above	44	37.1136	12.51830	
VII	Mother Education				F - 4.476 Df - 3,114 Sig. - 0.005 P < 0.01
	Illiterate	17	28.9412	8.53281	
	Up to middle school	23	27.7391	7.21247	
	High school	30	33.0000	10.99843	
	Higher secondary and above	48	36.7917	12.89723	
VIII	Father Occupation				

	Unemployed	5	25.4000	4.44972	F - 2.564
	Coolie	5	31.4000	10.71448	Df - 5,112
	Business	7	34.1429	14.22941	Sig. - 0.031
	Private employee	25	27.7200	6.18816	P < 0.05
	Farmers	47	36.4468	13.36902	
	Govt. employee	29	33.0000	9.96781	
IX	Mother Occupation	81			
	House Wife	12	31.1111	11.13104	F - 5.187
	Coolie	10	29.8333	7.40802	Df - 3,114
	Farmer	15	38.1000	11.40614	Sig. - 0.002
	Private employee		41.8000	11.09826	P < 0.01
X	Type of Family		31.7451	10.64056	t - -2.945
	Nuclear Family	102	40.5000	13.53021	df - 108
	Joint family	16			Sig. - 0.186
					P > 0.05
XI	Size of the Family		31.2941	9.06756	F - 4.340
	Small	17	31.9886	10.84424	Df - 2,115
	Medium	88	41.4615	14.79085	Sig. - 0.015
	Large	13			P < 0.05
XII	Family Income				
	Rs.10000 and below	22	37.1364	15.52355	F - 3.849
	Rs.10001-20000	35	29.7429	7.87529	Df - 4,113
	Rs.20001-35000	20	28.4000	5.07211	Sig. - 0.006
	Rs.35001-50000	28	37.6786	13.57572	P < 0.01
	Rs.50001 and above	13	31.1538	8.06067	
XIII	Order of birth				F - 40.608
	1 st	42	25.8333	4.38354	Df - 2,115
	2 nd	44	31.4773	9.35722	Sig. - 0.000
	3 rd and above	32	44.2500	11.88656	P < 0.001

From the table 1, it is clear that respondents scored high mean score of psychological well being

The findings of the study indicated that the respondents who are in the age group of 19 years or less have scored higher mean score of psychological well being than their counterpart. Moreover the ANOVA test ($F=8.853$, $p < 0.001$) results show that there is a significant difference between the respondents age group in the mean scores of psychological well being.

Regarding the gender, the table clearly shows that female respondents scored higher mean score of psychological well being than the male respondents. Likewise, the independent sample t test ($t=2.742$, $p < 0.01$) results show that there is a significant difference between the male and female respondents in the mean scores of Psychological well being.

The findings of the study indicated that the respondents from Post Graduate course have scored higher mean score of psychological well being than the respondents from Under Graduate course. Similarly, the independent sample t test ($t=4.591$, $p < 0.001$) results show that there is a significant difference between the respondents doing UG and PG course in the mean scores of Psychological well being.

The findings of the study clearly shows that the respondents father are Higher secondary and above have scored higher mean score of psychological well being than their counterparts. Likewise, the ANOVA result ($F=4.819$, $p < 0.01$) illustrates that there is a significant difference between the father educations of the respondents in the mean scores of Psychological well being.

The findings of the study clearly shows that the respondents mothers have studied Higher secondary and above have scored higher mean value of psychological well being than their counterparts. Likewise, the ANOVA result ($F=4.476$, $p < 0.01$) demonstrates that there is a significant difference between the mothers education of the respondents in the mean scores of Psychological well being.

The findings of the study depicts that the respondents' fathers with occupation farmer scored higher mean value of psychological well being than their counterparts. Likewise, the ANOVA result ($F= 2.564, p < 0.05$) indicated that there is a significant difference between the fathers occupation of the respondents in the mean scores of Psychological well being.

The findings of the study clearly show that the respondent's mothers who are in House Wife have higher mean score of psychological well being than their counterparts. Likewise, the ANOVA result ($F= 5.187, p < 0.01$) demonstrates that there is a significant difference between the mothers education of the respondents in the mean scores of Psychological well being.

The findings of the study clearly explains that the respondents from nuclear family gets higher mean score of psychological well being than their counterparts. However, the t test result ($F= -2.945, p > 0.05$) did not support the research hypothesis that there is no significant difference between the respondents from nuclear family and joint family in the mean scores of Psychological well being.

The findings of the study clearly mentioned that the respondents from medium size family gets higher mean score of psychological well being than their counterparts. The ANOVA test result too ($F= 4.340, p < 0.05$) sustain the research hypothesis that there is a significant difference between the respondents size of family in the mean scores of Psychological well being .

The findings of the study highlighted that the respondents from the family income (Rs. 10001 – 20000) have higher mean score of psychological well being than their counterparts. The ANOVA test result also ($F= 3.849, p < 0.01$) sustain the research hypothesis that there is a significant difference between the respondents size of family in the mean scores of Psychological well being .

The findings of the study depicts that the respondents who are IInd born child have higher mean score of psychological well being than their counterparts. The ANOVA test result also ($F= 40.608, p < 0.001$) sustain the research hypothesis that there is a significant difference between the respondents order of birth in the mean scores of Psychological well being .

Discussion

The findings of this study suggest that college students' psychological well-being is affected by their age, gender, education of father and mother, family type, size of family, and the order of birth. Males scored higher than females in four of the subscales from the Ryff scale of Psychological Well-being; personal growth, positive relations with others, purpose in life, and self-acceptance. Emotional mastery and autonomy showed no significant difference with this particular variable.

Within the context of this current study, the research suggested that those with plentiful support have a better overall psychological well-being as indicated in the positive relations with others subscale from the Ryff Scale. Notably, Christie, et.al. (2008), proposed that support from family and friends is not always the only support that allows for increased well-being, but academic support from their university is crucial as well. Also, it was suggested by Chao, (2012) that positive support is crucial to manage stress. Another similar study from Demir and Orthel, (2011) shared that women and men crave friendships to permit more closeness and less conflicting experiences to create a better overall well-being. Having someone to depend on during difficult times in one's life can create a sense of relief and lower amounts of stress

Social Work intervention

It is a belief that psychological well-being among college students is a largely treatable condition. When one person is affected psychologically, a therapist, a counselor or other mental health professional can help an individual to take the necessary steps to address the behavior and regain their ability to use their health in a good and healthy way. Some of the effective therapies which can be provided are cognitive behavioral therapy, self-help treatment groups, group therapy, and family therapy and Social skills training too can be used.

Suggestions

- To give awareness programme on the need of psychological well-being among college students

- To motivate the students to avoid isolation activity and to encourage, participate in social., activity, family functions, etc.,
- To explain about life and time value.
- To give some ideas to reduce their depression and to make their mind free.

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Limitations & Further Research

Due to the time and practical constraints, the researcher was unable to collect a bigger sample. Therefore, the sample may not be adequate to represent the universe. Thus, the findings of the present study may not be generalized to a large extent. Further study with a larger sample is suggested. Possible future research could employ in-depth interviews to better understand differences in psychological wellbeing of college students.

Conclusion

This study was conducted to identify the level of psychological well-being in college students. Psychological well-being was observed in more than half of the respondent. The youth often experience poor mental health as a result of the poor interpersonal relationship, different addictions and lack of extracurricular activities which reflects the growth of the generation gaps between elders and themselves. The educational pressure and depression has grown widely and the youth divert their attention in studies due to lack of self-control. When looking at the overall results of this study, it is evident that age, gender, support from family and friends, financial well-being, and support from friends and family contributed to students' psychological well-being. This study makes an important contribution in understanding psychological well-being of undergraduate students. To conclude, the current research revealed the psychological well-being among the college students' as it has direct impact on their mental health and academic

performance. A cost-efficient intervention that included cognitive reconstruction, reminder cards and a week-long diary keeping effectively good psychological well-being and further improved mental health and academic efficiency.

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