



PSYCHOLOGICAL WELL-BEING AMONG ADOLESCENTS

Psychology

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ABSTRACT

An attempt was made in the present investigation to study the impact of gender and locality on psychological well-being among adolescents. Sample of the present study consists of 120 adolescent subjects in Nellore district of Andhra Pradesh State. The psychological wellbeing scale developed by Carol Ryff (2005) was administered. Results reveal significant impact of gender and locality on psychological wellbeing among adolescents.

KEYWORDS

INTRODUCTION

Adolescence is the period following the onset of puberty during which a young person develops from a child into an adult. Adolescence describes the teenage years between 13 and 19 and can be considered the transitional stage from childhood to adulthood. However, the physical and psychological changes that occur in adolescence can start earlier, during the preteen or "teen" years (9-12). Adolescence can be a time of both disorientation and discovery. The transitional period can bring up issues of independence and self-identity; many adolescents and their peers face tough choices regarding schoolwork, sexuality, drugs, alcohol, and social life. Peer groups, romantic interests, and external appearance tend to naturally increase in importance for some time during a teen's journey toward adulthood.

Adolescence is usually associated with the teenage years but its physical, psychological or cultural expressions may begin earlier and end later. For example, puberty now typically begins during preadolescence, particularly in females. Physical growth (particularly in males), and cognitive development can extend into the early twenties. Thus, age provides only a rough marker of adolescence, and scholars have found it difficult to agree upon a precise definition of adolescence.

Girls have usually reached full physical development by ages 15-17, while boys usually complete puberty by ages 16-17. Any increase in height beyond the post-pubertal age is uncommon. Girls attain reproductive maturity about four years after the first physical changes of puberty appear. In contrast, boys accelerate more slowly but continue to grow for about six years after the first visible pubertal changes.

"Well-being is dynamic concept that includes subjective, social, and psychological dimensions as well as health related behaviors" (Tricia, 2005). According to many researchers, psychological well-being has six elements.

(1). Self-acceptance, (2) Personal growth, (3). Purpose in life, (4). Environmental mastery, (5). Autonomy and (6). Positive relations with others.

Psychological well-being is usually conceptualized as some combination of positive affective states such as happiness (the hedonic perspective) and functioning with optimal effectiveness in individual and social life (the eudemonic perspective).

Psychological well-being takes an important part in personality and development theories both theoretically and practically. Psychological well-being, which guides clinical studies that will help advisors to make their advisees reach their goals, informs about the goals and purposes regarding psychology consulting (Christopher, 1999).

Jeannie Perez (2012) conducted a study on gender difference in psychological well-being among college students. Results revealed

that male and female adolescents are different in a number of dimensions of psychological well-being.

Bakare (2013) investigated that the psychological well-being of adolescents with hearing impairment are generally scanty and have not sufficiently addressed socio-demographic variables of interest on the psychological well-being of such adolescents. Age and gender made significant contributions that are, even though, low but socio-economic status accounted for the least contribution towards psychological well-being.

Sana Akhter (2015) examined that the psychological well-being of gender difference. Results showed significant gender differences in the levels on psychological well-being. It means male and female students are difference in psychological well-being.

Pravitha and Sembayan (2019) evaluated that the psychological well-being among adolescents in the current scenario. Results indicated that socio-demographic variables do not influence adolescent psychological well-being. Gender and age are negatively related with psychological well-being and stay in hostel is positively related with psychological well-being.

OBJECTIVES

1. To assess the influence of gender and locality on psychological well-being among adolescents.

Hypotheses

1. There would be significant impact of gender on psychological well-being among adolescents.
2. There would be significant impact of locality on psychological well-being among adolescents.

Sample

Sample for the present study consists of 120 adolescent subjects in Nellore district of Andhra Pradesh State. The subjects were in the age group of 18-21 years selected and using stratified random sampling method.

Variables Studied

Independent Variables

1. Gender (Boys & Girls)
2. Locality (Rural & Urban)

Dependent Variable

1. Psychological well-being

Tool

Psychological wellbeing: Psychological well-being scale was developed by Carol Ryff (2005).

Statistical Analysis

The obtained data were subjected to statistical analysis such as Means,

SDs, and Analysis of Variance (ANOVA).

RESULTS AND DISCUSSION

Table-I: Means and SDs of scores on Psychological well-being.

Gender		Locality	
		Rural	Urban
Boys	Mean	136.91	139.11
	SD	32.91	35.01
Girls	Mean	148.71	152.05
	SD	37.45	38.05

Grand Means

Boys = 138.01 Rural = 142.81

Girls = 150.38 Urban = 145.58

A close observation of table-I shows that adolescent girls in urban areas have obtained a highest mean score of 152.05 indicating they have good psychological well-being compared with other groups. Whereas, adolescent boys in rural areas have obtained lowest mean score of 136.91 indicating they have poor psychological well-being compared with other groups.

In terms of gender, adolescent girls (M=150.38) have good psychological well-being than boys (M=138.01). In terms of locality, subjects in urban areas (M=145.58) have good psychological well-being than subjects in rural areas (M=142.81).

As there are differences in the mean scores with regard to Psychological well-being among adolescents, the data were further subjected to analysis of variance to find out the impact of gender and locality on Psychological well-being and the results are presented in table-II.

Table-II: Summary of ANOVA for scores on Psychological well-being.

Source of Variance	Sum of Squares	df	Mean Sum of Squares	F-values
Gender (A)	4508.150	1	4508.150	6.15**
Locality(B)	918.262	1	918.262	1.25@
AXB	1262.350	1	1262.350	1.73@
Within	15582.967	116	732.155	-
Corrected total	22271.730	119	-	-

** - Significant at 0.01 level @ - Not Significant

Hypothesis-1. There would be significant impact of gender on psychological well-being among adolescents.

As shown in table-II that the obtained 'F' value of 6.15 is significant at 0.01 level indicates that gender has significant impact on psychological well-being among adolescents. As the 'F' value is significant, the hypothesis-1, which stated that gender has significant impact on psychological well-being among adolescents, is accepted as warranted by the results. Girls (M=150.38) have good psychological well-being than boys (M=138.01).

Specifically, they differ in terms of spiritual component (purpose in life, daily spiritual experience), social (relationships with peers and father) and one aspect of cognitive component (autonomy). Similarity between the boys and girls were demonstrated in terms of affective, (experience), social (relationship with mother and teachers) and cognitive components of psychological well-being (personal growth, environmental mastery, and self-acceptance).

The results of the present study corroborate with the earlier findings of Jeannie Perez (2012), Bakare (2013), Sana Akhter (2015) and Pravitha and Sembayan (2019) who stated that gender has positively and significantly related to psychological well-being.

Hypothesis-2. There would be significant impact of locality on psychological well-being among adolescents.

It is evident from table-II that the obtained 'F' value of 1.25 is not significant suggests that locality has no significant impact on psychological well-being among adolescents. As the 'F' value is significant, the hypothesis-2, which stated that locality has significant impact on psychological well-being among adolescents, is not accepted as unwarranted by the results.

Table-II clearly indicates that the 'F' value of 1.73 gender and locality (AXB) is not significant implies that there is no significant interaction between gender and locality is causing the effect on psychological well-being among adolescents.

CONCLUSIONS

1. Gender has significant impact on psychological well-being among adolescents. Girls have good psychological well-being than boys.
2. Locality has no significant impact on psychological well-being among adolescents.

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