



General well-being of senior secondary school students with respect to demographic variables

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Abstract

In the present time students encounter many problem related to general well-being. This paper intends to present a general survey of General Wellbeing of Senior Secondary School Students of Haryana State. For the purpose, data of 640 school students, studying in the Senior Secondary Schools of Haryana State, was collected and analysed by using mean, standard deviation and 't' test. Findings of the study are – (a) rural students general well-being is better than urban students. (b) male students general well-being better than female senior secondary school students.

Keywords: general well-being, urban students, Haryana state

Introduction

21st century is the world of competition, progress, new inventions and technology. Education plays vital role to meet the emerging demands of the hour. That's why parents, teachers, societies lay emphasise on educating their wards, students and members in the best way and best institutions. Students must be educated carefully because they are the future nation builders, researcher and leaders. They have to match their steps with dynamic, progressive and competitive world. It is well said that "A sound mind is in the sound body". Physical health was major concern in context of developing cognitive abilities among students. But now, we are not merely concerned with physical health only. We need to nurture our future hopes as physically strong, mentally bold, and emotionally intelligent and creatively creator of new ideas, thoughts and strategies. All round development of the child is necessary. Altogether it can be described as General Wellbeing of Children should be taken all above. A child can only be well educated when he is physically, mentally, emotionally and socially healthy. Students, after completing elementary education, enter at secondary / sr. secondary level. At this age, they experience lots of changes in their body, mind and attitude. This is the period of transit from childhood to adulthood and known as the age of adolescent. This is the age when students need proper guidance and training to cop up with their physical, emotional social confusions. Keeping all this in view, investigators took up the study of General wellbeing of senior secondary school students in context of their gender and residential background. Thus we can say that general well-being is a state of complete physical emotional, psychological and social well-being and not marelly the absence of disease or illness. "General Well-Being is defined as the subjective feeling of contentment, happiness, satisfaction with life experiences and of one's role in the world of work, sense of achievement, utility, belongingness with no distress dissatisfaction, worry etc". (Verma *et al.*,

1989). "General well-being as a construct refers to the harmonious functioning of the physical as well as psychological aspects of the personality, giving satisfaction to the self and benefit to the society" (Siwach, 2000) [14]. "General Well-Being has been defined as encompassing people's cognitive and effective evaluations of their lives" (Karatzias *et al.*, 2006) [19]. World Health Organization (1948) [17] "health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity".

Review of Related Literature

Bhosale, U. V., Patankar, S. D. (2014) [6] conducted a study entitled as "General Well-Being in Adolescent Boys & Girls" the investigator was to determine level of general well-being in adolescent girls and boys. A number of 30 adolescent girls and 30 adolescent boys were collected by using 'General Well-Being Test by Dr. Ashok Kalia and Dr. Anita Deswal. Statical methods such as arithmetic mean, standard deviation and Z Test were used for data analysis. Results revealed that level of general well-being is higher in adolescent girls than boys.

A.S. Arul Lawrence (2017) [3] conducted a study entitled as "General Well-Being of Higher Secondary Students". A sample of 200 higher secondary school students who were studying 11 and 12 standards from four different schools in Cheranmahadevi Educational District, Tirunelveli by convenient sampling method. General Well-Being Scale was used for collecting data. The gathered data were analysed by using SPSS. For analysis, the data mean, standard deviation, t-test and ANOVA were employed as the statistical methods. Findings showed that higher secondary students significantly differ in their general well-being in terms of gender, location of school, type of school and nature of school. They do not differ in their general well-being in terms of type of family.

Tiwari, Manoj Kumar; Ojha, Sandhya (2014) conducted a

study entitled as “Study of general well-being and emotional maturity of adolescents” The study carried out one hundred adolescents (50 boys and 50 girls) with age range of 15-19 years. They were administered by general well-being scale and emotional maturity scale. There are significant difference on physical well-being and emotional well-being dimension of general well-being between boys and girls. Findings also highlights that girls are more emotionally unstable as compare to boys.

Mukesh C. Rathwa (2014) ^[10] conducted a study entitled as “Psychological well-being among B.ED College students”. The purpose of the investigator was to find out the psychological Well-being among B.Ed College students. For this purpose investigator selected two groups one is female and other is male, both groups have 120 students (60 female and 60 male students). Data were collected from different collages. Personal datasheet and psychological Well-being scale was use for data collection. Findings revealed that there was no significant difference between the Psychological Well-being with respect to gender (male/female) and locale (rural/urban) B.Ed college student. Result further revealed that no significant interaction effect on Psychological Well-being among gender/type of area of B.Ed college student.

Sunandita Dhar et. al. (2010) ^[15] conducted a study entitled as “Identity Consistency and General well-being in College Students” In the study the researcher explored the relationship between Identity Consistency and General Well-Being of the college students of Kolkata. A sample of 65 (32 females and 33 males) college students. Identity Consistency was studied by scale developed by Suh’s (2002) and PGI General Well-being was taken to Verma & Verma, (1989). The result revealed that no significant difference have been found between males and females in any of the variables involved (i.e., IC and GWB). Further statistical analyses were done using correlation coefficient and linear regression. And findings showed that, IC has a significant positive correlation with general well-being. Also, it was found that IC acts as a significant contributory variable for general well-being.

Anita Deshwal, Madhu Sahni (2015) studied on “General well-being in adolescents on the basis of gender and locale”. The sample comprised of 340 adolescents randomly drawn from metropolitan area (Delhi) and non-metropolitan area (Bahadurgarh). The general well-being in adolescents was measured by general well-being scale. Data were analyzed by using 2×2 factorial design. Findings showed a significant influence of gender on general well-being, emotional well-being, social well-being and school well-being in adolescents. A significant influence of locale on physical well-being and emotional well-being was also observed. Further, results reflect a significant interactive influence of gender and locale on general well-being, emotional well-being, social well-being and school well-being in adolescents. The findings of the study showed that girls were higher on general well-being, social well-being and school well-being and boys were higher on emotional well-being. Further, non-metropolitan adolescents were higher on physical well-being than metropolitan adolescents and metropolitan adolescents were higher on emotional well-being than non-metropolitan adolescents.

Objectives of the Study

1. To study the general well-being of senior secondary school students.
2. To study the difference in general well-being of the students with respect to gender at the senior secondary school level.
3. To study the difference in general well-being of the students with respect to locale at the senior secondary school level.

Hypotheses

1. There is no significant difference in general well-being of senior secondary school students with respect to gender.
2. There is no significant difference in general well-being of senior secondary school students with respect to locale.

Method Used

Descriptive survey method was used for this study.

Delimitation

Present study was delimited to:

- Sample or the study will be confined to the schools of Haryana state only.
- The sample used was confined to four districts of Haryana state.
- The data collected was self-reported and therefore, subject to the limitations of that process.
- The study will be restricted to only on General well-being, and some demographic variables like locale and Gender.
- Sample was limited of 640 senior secondary school students.

Population

All students studying in senior secondary schools of Haryana state were the targeted population. 640 senior secondary school students of Haryana are the sample of the study. One district were selected from each zone of Haryana i.e. Sonipat from eastern zone, Sirsa from western zone, Kaithal from northern zone and Palwal from southern zone. A list of Sr. Sec. Schools was obtained from the concerned District Education Officer of district. Furthermore, 8 schools from each district were randomly selected, where 4 schools are randomly selected from rural area and 4 were selected from urban area. 20 students per schools were selected. Thus, 640 students of Haryana are the sample of the study.

Variable

Dependent Variable: General Well-being

Independent Variables: a) Gender b) Locale

Tool Used: General Wellbeing Scale by Ashok K.Kalia & Anita Deswal (2005) ^[1]

In the present investigation measure the as per the requirement of the study, the following tools were employed: General Well-being Scale: General Well-being Scale (GWBS) is constructed and Standardized by investigator and supervisor (Kaila and Deswell, 2005). The scale consisted of 55 items represented in four sub-scales: physical well-being, emotional wellbeing, social well-being and school well-being. The obtained reliability scores were measure through split-half and

spearman-brown methods seem to be quite high for the general well-being scale. The scale was calculating by the correlation of different sub-scales of the general well-being scale with total scale score. The correlations ranged in between.639 to.715. These high significant correlations Demonstrate that the subscales have high validity.

Statistical Technique: In order to study the nature of data,

descriptive statistics i.e.– Mean, and Standard Deviation were used. For further investigation, ‘t’ test was employed.

Analysis and Interpretation

Obtained data was analysed by using appropriate techniques. Results and findings are presented in following tables and graph –

Table 1: Showing the mean comparison urban and rural senior secondary school students on General well-being

Variable	Location				t-values	Sign. Value
	Urban (N-320)		Rural (N-320)			
	Mean	S.D.	Mean	S.D.		
General well-being	207.02	20.976	216.64	20.976	5.723*	Significant

Source: Survey df=638 * 0.05 percent level of significance

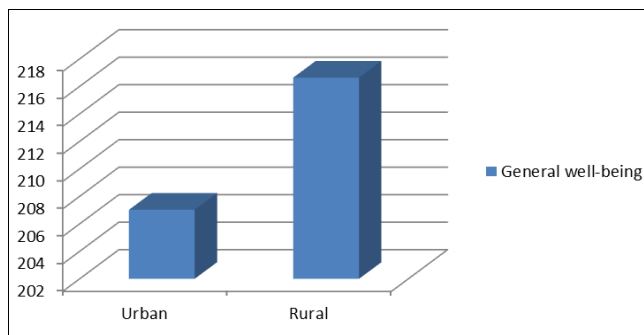


Fig 1: General Well-Being

which is statistically significant at 0.05 level in 638 degree of freedom. So, the hypothesis is accepted. Hence, the result reveal that rural and urban senior secondary school students differ significantly on their general wellbeing score. Rural students is found to higher in general wellbeing score as compared to their urban counterparts. No doubt the general wellbeing of rural school students is better than that of urban school students as they are strong in all the three area namely physical, psychological and social well-being, these are base of general well-being. Rural school students normally have sufficient rest, a balanced diet, and regular exercise, Psychological they get balanced mental health and a person's ability to trust and respect him, or herself and student's social network, the individual's social skills, and the well-being of the student community. Urban school students always lack on these parameters.

Interpretation

The Result in Table 1 and graph 1 indicates that the obtain ‘t’ value is 5.723 which is higher than the tabulated value (1.98)

Table 2: Showing the mean comparison male and female senior secondary school students on various components of General well-being

Variable	Gender				t-values	Sign. Value
	Male (N-321)		Female (N-319)			
	Mean	S.D.	Mean	S.D.		
General well-being	214.74	23.714	208.90	19.240	3.415*	Significant

Source: Survey df=63 0.05 percent level of significance

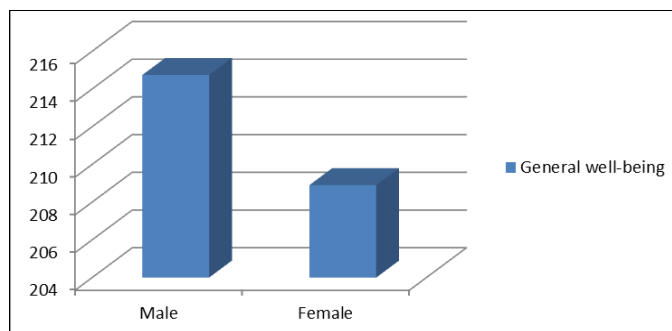


Fig 2: General well-being

differ significantly on their general wellbeing score. Male students is found to higher in general wellbeing score as compared to their female counterparts. General wellbeing of male students is better than that of female students as they are strong in all the three area namely physical, psychological and social well-being, these are base of general well-being. Male students normally have sufficient rest, a balanced diet, and regular exercise, Psychological they get balanced mental health and a person's ability to trust and respect him, or herself and student's social network, the individual's social skills, and the well-being of the student community. Female students are on the back track on these parameters.

Interpretation

The Result in Table 1 and graph 1 indicates that the obtain ‘t’ value is 34.15 which is higher than the tabulated value (1.98) which is statistically significant at 0.05 level in 638 degree of freedom. So, the hypothesis is accepted. Hence, the result reveal that male and female senior secondary school students

Educational Implication

In the current rapidly changing scenario, this study facilitates a ground and overview to parents, teachers, counsellors and researcher to understand the senior secondary school students’ development pattern, their needs and help to identify the main causes which influences the general well-being of students. If

they are lacking behind in any dimension of general well-being, then remedial measures, actions and support system should be provided to students in their overall development. It makes them to live and lead a good life so that they can prove themselves as a valuable asset to their family, society and nation.

Conclusion

In nutshell, it can be concluded Urban subjects were also found to be lower on General Wellbeing than the rural subjects. And female students also found low general well-being as their male counterparts. Many factors may be responsible for the difference viz. life style, food habits, impact of society, school environment and some personal factors also which is subject of further exploration.

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