

# A Study on Well Being among Adolescents

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**Abstracts:** Interest in the area of psychological well-being and positive mental health seems to have peaked between the late 1950's and 1970's. Psychological well-being is a multidimensional concept. After factor analysis it was revealed that cheerfulness, optimism, playfulness, self-control, a sense of detachment and freedom from frustration, anxiety and loneliness are indicators of psychological well-being. (Tellegen, 1979; Sinha and Verma, 1992) to manage tensions and negative A person who has a high degree of psychological well-being, excels in all fields, carries higher levels of satisfaction and self-esteem and is able thoughts about oneself or others. It emphasizes positive characteristics of growth and development. In recent times psychologists and social scientists have conducted surveys to measure psychological well-being and subjective wellbeing among people. Psychological well-being generally means how people evaluate their own life. It means a person's own perspective regarding their social life, relationships, job satisfaction etc.

**Keywords:** psychological well being, freedom, frustration, anxiety, optimism

## 1. Introduction

Psychological well-being among adolescents in relation to loneliness has been the less focused area in psychological research. According to Bhimwal (2007) well-being is a multidimensional construct comprising of physical, mental and social components. Well-being is more than the absence of mental illness and can be measured by several psychological and social indicators like life satisfaction, depression, anxiety, self-esteem, etc. (Klanscek, Zibera, &

Korosec, Zurc, & Albrecht, 2014; Kovess-Masfety, Murray, & Gureje, 2004; all cited in Varga, Piko, & Fitzpatrick, 2014). As described by Bar-On (1998), self-regard, interpersonal relationships, independence, problem solving, assertiveness, reality testing, stress tolerance, self-actualization and happiness are the most important components of psychological well-being in adolescents. The well-being of adolescents has been shown to be related both to individual and contextual factors. Mental and physical well-being during adolescence has been shown to be integrally shaped by the daily contexts in which children grow and develop, including differences that exist between developing and developed nations. The self-concept is regarded as both a risk factor influencing social functioning and behavior problems during adolescence contributing to different kinds of mental health problems and a protective factor that impedes psychological problems and promotes general well-being. Body dissatisfaction is highly prevalent among adolescents and is considered as a risk factor for subsequent lower self-esteem, decreased psychological well-being, and increased eating disorder symptomatology, dieting behaviors, obesity, and depression. Research generally supports the view that secure attachments with parents in infancy, childhood, and adolescence are linked with positive representations of the self, including high levels of self-esteem and self-efficacy.

**Objective-** To determine the well-being of adolescents.

## 2. Methods and Materials

**Sample:** The study was conducted within 1 year from July 2017 to May 2018 by questioning and interviewing among 120 adolescents in Lucknow city.

**Data collection-** The data for the present research was collected personally through interview method. A pilot study was conducted on 10% of the sample to validate the data collection instrument and requisite changes in the schedule were made. Visits were made to the selected areas in order to establish a rapport and to ensure full co-operation from the identified sample.

**Data processing and analysis-** the data was first coded, tabulated, decoded and analyzed by applying descriptive as well as relational statistical tools in order to get the inference.

## 3. Result

### 1) Relationship between well being and gender

Variable	Mean	S.D.	r	Significant value	conclusion
Gender	1.50	.502	.220	.000	
Well being	1.41	.492		.000	

R= .220\*\*, N= 120

These result indicate that there is positive correlation well being and gender.

As their value is positive and p0.05 thus null hypothesis is rejected.

### 2) Relationship between well being and class

Variable	Mean	S.D.	R	Significant value	conclusion
Class	2.42	.494	.260	.000	
Well being	1.41	1.104		.000	

R= .260\*\*, N= 120

These result indicate that there is positive correlation well being and class.

As their value is positive and p0.05 thus null hypothesis is rejected.

## 4. Conclusion

The well being of adolescents has been shown to be related both to individual and contextual factors. Mental and physical well being during adolescence has been shown to be integrally shaped by the daily contexts in which children grow and develop, including difference that exist between developing and developed nations. Objective. There is

positive correlation well being and gender there is positive correlation well being and class.

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