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To Identify the Level of Psychological Well-Being among Secondary School Students

Nutan Potdar[1], Dr. Chandrasekhar Dnyandeo Aundhakar[2], Vaishali R. Mohite[3]

[1]Krishna Institute of Nursing Sciences Karad. District- Satara

[2]Professor, Krishna Institute of Medical Sciences Deemed to be University

[3]Dean and Principal, Krishna Institute of Medical Sciences deemed to be university' Karad Krishna Institute of Nursing Sciences, Karad

Abstract: ***In today's highly competitive world, students face various problems mainly psychological issues are increased as compared to the older generation. School going age is a time where molding and personality transformation takes place. Objectives- To identify the level of psychological well-being among secondary school students and to find out the association between general health questionnaire with selected demographic variables. Methodology- Quantitative approach and cross sectional descriptive study design was used for this study. The study was conducted in English medium secondary schools on 600 secondary school student from selected schools of Karad city. Non probability convenient sampling technique was used. The general health questionnaire developed by Goldberg & Williams containing 12 items was administered to determine the respondents' level of psychological well-being. Results- Results shows that 58.7% students has psychological well being & 41.3% children are GHQ case or psychological distress. There is significant association between GHQ and education of mother and father at 5% level of significance and type of family at 1% level of significance of the secondary school students. Conclusion-The findings reveals that 58.7% students has psychological well being & 41.3% children are GHQ case or psychological distress.***

Keywords: Psychological well-being, secondary school, students, identify, level

1. Introduction

School going age is considered a hard stage in the development process. It is a period of crisis because so much change occur in this stage of life. Many students go through this very easily without experiencing any stress, reporting a level of relative well-being (Bandura, 1964; Offer & Schonert-Reichl, 1992; Douvan & Adelson, 1996). For the promotion and sustenance psychological well-being of students main factors at an individual and interpersonal level need to be identified [1].

Psychological well being is a subjective term. Different things are included in different people as a psychological well being. Various phrases used are contentment, satisfaction with all elements of life, self actualization, peace and happiness [2].

School going age is the transitional period, characterized by a bio psychosocial changes [3].

A sense of psychological well being is a crucial factor for the positive contribution to the society. [4].

School going age group is early and middle adolescents age group. W.H.O. is saying that adolescents are tumultuous teens. In school going age maximum amount of physical and psychological changes takes place. The child explores new ideas, widens his/her views and an identity [5].

For healthy development of this age group of child various factors are responsible. These factors are socioeconomic, environment where he/she is born and grows up, opportunities of education and employment, interpersonal relationship with the family and peer pressure [6].

The psychological health issues among school going children are rising issue day by day. Some life situations are stressful, but everyone's cause of stress is different one need to determine which create problems for us. We all like to move through life in a happy mood but we are experiencing some stresses, we use successful coping techniques or strategies to manage the stress [7].

2. Literature Survey

Robin Jacob Easow and Pavana Ghorpade found in their study that majority 84(84%) of adolescents had adequate psychological wellbeing and 11(11%) of them had moderate and 5(5%) of them had inadequate psychological wellbeing. There was significant association between the psychological wellbeing of high school adolescents with gender (X2= 6.21, p= 0.05) and family origin of the adolescents (X2=11.89, p= 0.05).Overall, it can be said that majority of the adolescents had adequate psychological well being but those in moderate level associated with some factors such as control of self and events, self esteem, mental balance, social environment and sociability. Researcher has done study on "Level of Psychological Well Being among Adolescents in a Selected High School." He has used descriptive survey research design, 100 adolescent students were selected by using convenient sampling technique from Shridevi High school, Tumkur, Karnataka. The Psychological Well Being Scale developed by Masse et al, was used to collect the data. The data was analyzed by descriptive and inferential statistics. [8]

Pravitha M.R, Dr. R. Sembiyan studied on Psychological Well-Being among Adolescents in the Current Scenario. It was a descriptive research study. 50 engineering students randomly selected from MAM Polytechnic College, Trichy, TamilNadu. The age group was 18 to 21 years. The data was collected by using Ryff's psychological wellbeing scale. The data was analyzed statistically using descriptive and inferential techniques. Results shows that age, gender, monthly income, stay in hostel does not significantly influence psychological well-being. There was negative correlation between age, monthly income, gender and psychological wellbeing. There was positive correlation between stay in hostel and psychological wellbeing.[9]

Study findings of Angel Hernando et al on A comparative study on the health and well-being of adolescent immigrants in spain and portugal. This study analyses psychosocial factors related to well-being and psychological adjustment on a sample of 108 adolescents (55 males and fifty three females), children of immigrants from Huelva (Spain) and Algarve (Portugal), aged between ten and seventeen years. Students were listed in first, second and third grades of secondary school in Spain, and in fifth to ninth school years in Portugal (2nd and third cycles of study in each countries).

Adolescents were assessed for demographic characteristics and perceived well-being. The tool used for this study was "KIDSCREEN-5", a self-report form that yields elaborated profile data for children aged eight to eighteen years for the 10 dimensions: Physical well-being, Psychological well-being, Moods and emotions, Self-perception, Autonomy, Parental relationships and residential life, money resources, Social support and peers, school setting, and Social acceptance (Bullying). Overall, important variations were found between the Spanish and Portuguese samples on physical well-being, psychological well-being, mood, money resources and social acceptance (bullying). Boys perceived themselves as having a stronger physical well-being than girls. Mothers' academic level was related to psychological well-being and mood. Also, results instructed that residence location and alternative socio-demographical variables weren't related to the adolescents' well-being and psychological adjustment.[10]

3. Methods / Approach

Research approach
The research approach adopted for this study was quantitative approach.

Research design
Cross sectional descriptive study design was employed.

Variables
Independent variables - Secondary school students.
Dependent variables- Stressors, level of stress & coping strategies.

Research setting
The study was conducted in English medium schools of Karad city, Holly family English medium school, and Krishna English medium school and S.M.S English medium school.

Population
The population of the study was secondary school student of 13-14 age groups studying in 8th and 9th standard.

Sampling technique
Non probability convenient sampling technique was used.

Sample size
600 secondary school students from selected schools of Karad city.

Data collection tool
General Health Questionnaire (G.H.Q.12) BY Goldberg & Williams Likert scale was used for collection of data in relation to identify the psychological well-being.

This scale is four point Likert type of rating scale consisting of 12 items. Alternative responses better than usual, same as usual, less than usual, much less than usual.

Criteria for sample selection

Inclusion criteria
Children who are,
- Studying in S.S.C board
- The age group of 13-14 years
- Willing to participate
- Both male and female
- Able to read and understand English
- Available during data collection.

Exclusion criteria
- Not available at the time of data collection.
- Children who are not, physically & mentally sound.

4. Results / Discussion

Table 1: Description of demographic variables of secondary school students

Demographic Data	Frequency	Percent
Education of Mother		
No formal education	9	1.5
Primary	22	3.7
Secondary	111	18.5
Higher secondary	141	23.5
Graduate	230	38.3
Post graduate	87	14.5
Education of Father		
No formal education	5	0.8
Primary	18	3.0
Secondary	86	14.3
Higher secondary	144	24.0
Graduate	222	37.0
Post graduate	125	20.8

Occupation of Mother		
Housewife	447	74.5
Farmer	1	0.2
Private service	86	14.3
Government service	40	6.7
Business	26	4.3
Occupation of Father		
Laborer	2	0.3
Farmer	70	11.7
Private service	132	22.0
Government service	131	21.8
Business	265	44.2
Monthly Family Income		
Rs 1000 to Rs 5000	34	5.7
Rs 5001 to Rs 10000	72	12.0
Rs 10001 to Rs 15000	79	13.2
Rs 15001 to Rs 20000	113	18.8
Rs 20001 and above	302	50.3
Habits		
No habit	506	84.3
Alcohol consumption	7	1.2
Tobacco	46	7.7
Gutka	1	0.2
Substance abuse	6	1.0
Other	34	5.7
Age in years		
13 years	249	41.5
14 years	351	58.5
Sex of Child		
Male	374	62.3
Female	226	37.7
Birth Order of Child		
First	327	54.5
Second	213	35.5
Third	48	8.0
Forth	12	2.0
Type of Family		
Nuclear	365	60.8
Joint	222	37.0
Extended	13	2.2
Religion		
Hindu	491	81.8
Muslim	54	9.0
Christian	6	1.0
Other	49	8.2
Total	600	100.0

Table 1 shows that 230(38.3%) mothers were graduate, 141 (23.5%) have taken higher secondary education, 111(18.5%) have taken secondary education, 87(14.5%) were post graduate, 22(3.7%) have taken primary education, 9(1.5%) have not taken any formal education. Education-Wise Distribution of father shows that 222(37.0%) fathers were graduate, 144 (24.0%) have taken higher secondary education, 125(20.8%) have done post graduation, 86(14.3%) have taken secondary education, 18(3.0%) have taken primary education, 5(0.8%) have not taken any formal education. Occupation-Wise Distribution of Mother shows that 447(74.5%) mothers were housewife, 86(14.3%) mothers were doing private service, 26(4.3%)mothers were doing business , 40(6.7%) mothers were doing government service, 1(0.2%) mothers were farmer. Occupation-Wise Distribution of father shows that 265(44.2%) fathers has their own business, 132(22.0%) fathers were doing private service, 131(21.8%) fathers has government service, 70(11.7%) fathers were farmer, 2(0.3%) fathers were laborer. Frequency distribution of Monthly Family Income of Study Population shows that 302(50.3%) students family income was Rs.20001and above, 113 (18.8%) has Rs. 15001-20000 family income, 79(13.2%) has Rs. 10001-15000 family income, 72(12.0%) has Rs. 5001-10000 family income, 34(5.7%) has Rs. 1000-5000 family income. Distribution of habits of Fathers shows that 506(84.3%) fathers were not having any habit, 46(7.7%)were having tobacco chewing habit, 34(5.7%) were having other habit, 7(1.2%) were having alcohol consumption habit, 6(1.0%) were having substance abuse habit, 1(0.2%) were having gutka habit, No body was found having two or more habits. Age-wise Distribution of Participant's shows that 351(58.5%) students were 14 years, 249(41.5%) students were 13 years. Sex-wise Distribution of Participant's shows that 374(62.3%) students were male, 226(37.7%) students were female. Distribution of Birth Order of Participant's shows that 327(54.5%) students birth order was first, 213(35.5%) students birth order was second, 48(8.0%) students birth order was third, 12(2.0%) students birth order was fourth. Distribution of Type of Family shows that 365(60.8%) students were from nuclear family, 222(37.0%) students were from joint family, 13(2.2%) students were from extended family. Religion Wise Distribution of Family in Study Population shows that 491 (81.8%) students religion was Hindu, 49(8.2%) students were from other religion, 54 (9.0%) were Muslim, 6 (1.0%) were Christian.

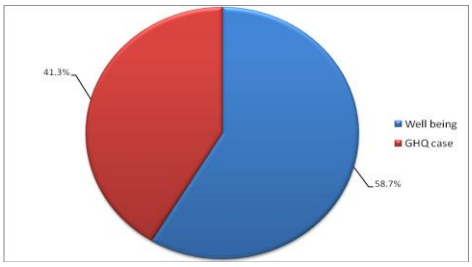

Figure 1: Frequency distribution of children according to well being and GHQ cases N=600

- Frequency distribution of secondary school students according GHQ represent that Well being children are 352(58.7%) & 248(41.3%) children are GHQ case or psychological distress.

Table 2: Cross tabulation and chi-square test of association between GHQ and some selected demographic variables of the secondary school students, N=600

Demographic Variable	General Health Questionnaire		Total (600)	Pearson Chi-Square test value	P-value
	Well Being (352)	GHQ Case (248)			
Education of Mother					
No formal education	7 (2.0)	2 (0.8)	9	14.043	0.015*
Primary	16 (4.5)	6 (2.4)	22		
Secondary	75 (21.3)	36 (14.5)	111		

Higher secondary	76 (21.6)	65 (26.2)	141		
Graduate	138 (39.2)	92 (37.1)	230		
Post graduate	40 (11.4)	47 (19.0)	87		
Education of Father					
No formal education	2 (0.6)	3 (1.2)	5	13.221	0.021*
Primary	14 (4.0)	4 (1.6)	18		
Secondary	59 (16.8)	27 (10.9)	86		
Higher secondary	78 (22.2)	66 (26.6)	144		
Graduate	137 (38.8)	85 (34.3)	222		
Post graduate	62 (17.6)	63 (25.4)	125		
Occupation of Mother					
Housewife	270 (76.7)	177 (71.4)	447	5.167	0.271
Farmer	0 (0.0)	1 (0.4)	1		
Private service	49 (13.9)	37 (14.9)	86		
Government service	18 (5.1)	22 (8.9)	40		
Business	15 (4.3)	11 (4.4)	26		
Occupation of Father					
Laborer	0 (0.0)	2 (0.8)	2	6.168	0.187
Farmer	43 (12.2)	27 (10.9)	70		
Private service	73 (20.7)	59 (23.8)	132		
Government service	71 (20.2)	60 (24.2)	131		
Business	165 (46.9)	100 (40.3)	265		
Monthly Family Income					
Rs 1000 to Rs 5000	19 (5.4)	15 (6.0)	34	1.88	0.758
Rs 5001 to Rs 10000	46 (13.1)	26 (10.5)	72		
Rs 10001 to Rs 15000	45 (12.8)	34 (13.7)	79		
Rs 15001 to Rs 20000	70 (19.9)	43 (17.3)	113		
Rs 20001 and above	172 (48.9)	130 (52.4)	302		
Muslim	33 (9.4)	21 (8.5)	54		
Christian	3 (0.9)	3 (1.2)	6		
Other	30 (8.5)	19 (7.7)	49		

*Significant at 5% level of significance.

**Significant at 1% level of significance.

Demographic Variable	General Health Questionnaire		Total (600)	Pearson Chi-Square test value	P-value
	Well being (352)	GHQ case (248)			
Habits of Father					
No habit	298 (84.7)	208 (83.9)	506	**3.308**	**0.653**
Alcohol consumption	5 (1.4)	2 (0.8)	7		
Tobacco	23 (6.5)	23 (9.3)	46		
Gutka	1 (0.3)	0 (0.0)	1		
Substance abuse	3 (0.9)	3 (1.2)	6		
Other	22 (6.3)	12 (4.8)	34		
Age of Child					
13 Years	144 (40.9)	105 (42.3)	249	**0.122**	**0.726**
14 Years	208 (59.1)	143 (57.7)	351		
Sex of Child					
Male	224 (63.6)	150 (60.5)	374	**0.616**	**0.433**
Female	128 (36.4)	98 (39.5)	226		
Birth Order of Child					
First	193 (54.8)	134 (54.0)	327	**0.038**	**0.998**
Second	124 (35.2)	89 (35.9)	213		
Third	28 (8.0)	20 (8.1)	48		
Forth	7 (2.0)	5 (2.0)	12		
Type of Family					
Nuclear	196 (55.7)	169 (68.1)	365	**9.619**	**0.008****
Joint	148 (42.0)	74 (29.8)	222		
Extended	8 (2.3)	5 (2.0)	13		
Religion					
Hindu	286 (81.3)	205 (82.7)	491	**0.487**	**0.922**

There is significant association between GHQ and education of mother, education of father at 5% level of significance and type of family Significant at 1% level of significance of the secondary school students. This could be because most of the parents were educated. Expectation of the parents may be more which is causing stress among children. Also 60.8% students were from nuclear family so there is lacking of guidance because of unavailability of time.

There is no significant association between GHQ and some selected demographic variables of the secondary school students except for education of mother, education of father and type of family.

5. Discussion

Psychological wellbeing among secondary school students
In this study GHQ represent that well being children are 352(58.7%) & 248(41.3%) children are GHQ case.

Robin Jacob Easow, Pavana Ghorpade[8] studied on Level of Psychological Well Being among Adolescents. Result shows that majority 84(84%) of adolescents had adequate psychological wellbeing and 11(11%) of them had moderate and 5(5%) of them had inadequate psychological wellbeing.

Association between GHQ and some selected demographic variables of the secondary school students
In this study there is significant association between GHQ and education of mother, education of father at 5% level of significance and type of family Significant at 1% level of significance of the secondary school students.

Robin Jacob Easow, Pavana Ghorpade.[8] studied on Level of Psychological Well Being among Adolescents. Result shows that there was significant association between the psychological wellbeing of high school adolescents with gender (X2= 6.21, p= 0.05) and family origin of the adolescents (X2=11.89, p= 0.05).

Ángel Hernando et al[10] done comparative study on the health and well-being of adolescent immigrants in Spain and Portugal. Result shows that boys perceived themselves as having a better physical well-being than girls. Mothers' educational level was associated with psychological well-being and mood. Also, results suggested that residence location and other socio-demographical variables were not associated with the adolescents' well-being and psychological adjustment.

In this study there is no significant association between GHQ and some selected demographic variables occupation of mother, Occupation of father, Monthly Family Income, Habits

of Father, Age of Child, Sex of Child, Birth Order of Child, Type of Family and Religion of the secondary school students.

Pravitha M.R, Dr. R. Sembiyan[9] studied on Psychological Well-Being among Adolescents in the Current Scenario. Result shows that there was negative correlation between age, monthly income, gender and psychological wellbeing. There was positive correlation between stay in hostel and psychological wellbeing.

Ángel Hernando et al[10] done comparative study on the health and well-being of adolescent immigrants in Spain and Portugal results suggested that residence location and other socio-demographical variables were not associated with the adolescents' well-being and psychological adjustment.

6. Conclusion

The conclusion drawn from the findings of the study were as follows:

More than half of the students were having well being remaining are GHQ case or psychological distress. There was significant association between GHQ and education of mother, education of father at 5% level of significance and type of family Significant at 1% level of significance.

7. Future Scope

Limitations

1) The study was limited to those were willing to participate in the study.
2) There was time limitation to complete the study.

Recommendations

1) Larger sample size can be taken for similar study.
2) An information booklet can be prepared for secondary school students on stress, stressors and various coping strategies.
3) The child needs to encourage by parents to participate in exercise and physical activities, sports in their free time to get pleasure also extracurricular activities to be inspired to cope stress and depression.

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Author Profile

Mrs. Nutan Potdar, Associate professor, Krishna Institute of Medical Sciences Deemed to be Universities, Faculty of Nursing Sciences Karad (India).

Dr. Chandrasekhar Dnyandeo Aundhakar, Professor, Krishna Institute of Medical Sciences Deemed to be University.