



PSYCHOLOGICAL WELL BEING OF ADOLESCENTS

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ABSTRACT

Adolescence is defined as period of transition between childhood to adulthood that involves biological, cognitive and socioemotional changes. Adolescence is a most vulnerable age for development. This stage requires intensive readjustment to education, social and family life. The discrimination and differentiation on the basis of gender is leading crisis in adolescence. Well being is connotative as a harmonious satisfaction of once desire and goals. Psychological well being plays a central role in the emotional and cognitive development of the human beings. Family and social support is a source of support of any individual and one of the motivating factors for human being to grow and achieve. The purpose of present study was to study the effects of type gender on psychological well being of adolescence. The total sample of one hundred and twenty of 60 males and 60 females were administered the measure of Carol Ryff's Psychological well being Scale (1989) medium form. Data were analyzed by One-way ANOVA. It indicates significant differences between gender of psychological well being. It was observed that all the subscales of PWB scales correlated positively and significantly with the other subscales. Results revealed a significant effect of type of gender on psychological well being.

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INTRODUCTION

Adolescence is a transitional stage of physical and psychological human development that generally occurs during the period from puberty to legal adulthood. The period of adolescence is most closely associated with the teenage years, though it's physical, psychological and end cultural expressions may begin earlier and end later, the teenage years are also called adolescence. During this time, parents will see the greatest amount of growth in height and weight in their child. Adolescence is a time for growth spurts and puberty changes. Changes with puberty may occur gradually or several signs may become visible at the same time. There is a great amount of variation in that of changes that may occur, some teenagers may experience these signals of maturity sooner or later others. Adolescence is a critical period of development.

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Adolescents are continuously changing mentally, physically, and psychologically (Santrock, 2004). They are learning more about the 'real world' and trying to strive for both independence from parents and inclusion in social groups (Santrock and Yussen, 1984). Adolescence is the most vulnerable age for development as many adolescents experience anxiety, unpleasant or strange feelings. Gender is an important aspect for investigation, generally males are considered to be superior and females as inferior commonly in Indian culture. Social cognitive theory has been especially important in understanding social influence on gender (Bugental and Grusec, 2006). The females have to bear the discrimination of the majority in every sphere starting from their own family to society who provide impoverished environment as a result affect their well being and overall personality (Bussey and Bandura, 1999). Family is a source of positive relationship and unique bonds among members and also it is the first school of life. It plays a central role in emotional and cognitive development of human beings. The discrimination and differentiation on the basis of gender is leading to inferiority complexes among the females in both

Table 1. Correlation coefficients between subscales of Psychological Well Being

Subscales	Environmental Mastery	Personal relations	Personal Growth	Self Acceptance	Purpose in Life
Autonomy	.512	.334	.435	.388	.385
Environmental Mastery	-	.502	.375	.452	.350
Personal Relations	-	-	.321	.304	.370
Personal Growth	-	-	-	.320	.367
Self Acceptance	-	-	-	-	.338

df=118

joint and nuclear families (Dona *et al*, 2002). Psychological well-being (PWB) has been considered by Ryff (1989) as a set of psychological features involved in positive human functioning (Ryff, Keyes and Schmotkin, 2002) that included several resilience-related aspects such as maturity (Allport, 1961), purpose in life (Crumbaugh and Maholick, 1969), self-efficacy (Schwarzer and Warner, 2013). According to the "eudemonic perspective" (Ryan and Deci, 2001), the most frequent criterion of PWB is linked to the individual's sense of "self-acceptance", defined as a central feature of mental health as well as the characteristics of self-actualization, optimal functioning, and maturity (Ryff and Singer, 1996). Another important criterion of PWB is defined as "positive relations with other individuals", linked to the ability to express strong feelings of empathy and affection for all human beings and to be capable of greater love, deeper friendship, and more complete identification with others (Ryff and Singer, 1996). The criterion of "autonomy" is assumed as self-determination, independence, and regulation of behavior through internal locus of control, all of them useful to guarantee a condition of well-being for all individuals. The criterion of "environmental mastery" is considered as the individual's ability to create environments suitable to his or her psychic conditions (Ryff and Singer, 1996).

The "purpose in life" is another recurrent criterion of PWB considered as a sense of directedness and intentionality in changing purposes or goals in life, such as being productive and creative or achieving emotional integration in later life (Ryff and Singer, 1996). The last aspect of PWB is given by the "personal growth": an optimal psychological functioning requires not only to actualize oneself and realize one's potentialities, but also to continue to develop and expand oneself as a person, underlining the importance of new challenges or tasks at different periods of life. Psychological well being is the subjective feelings of contentment, happiness, satisfaction with life's experiences and one's role in the world of work, sense of achievement, utility belongingness and no distress or worry. Family is a source of support of any individual and one of the motivating factors for human being to grow and achieve. It plays a central role in the emotional and cognitive development of the human beings. (Ryff and Singer, 1996). Some researchers have pointed out the role of personality and social support in psychological well being (Nathawal and Rathore, 1996). A number of demographic variables such as income (Diener and Oishi, 2000), age (Diener and Suh, 1997), marriage (Diener *et al*, 1999) and religion (Myers and Diener, 1995) which influences the subjective well being. The study focuses on well being from the perspectives of eudemonic approach which emphasizes meaning and self actualization and defines well being in terms of the degree to which person is fully functioning.

Ryff (1989) extensively explored the meaning of psychological well being and thought that well being could be made sense by breaking it down into six dimensions each of which contributing to people's experience of well being. They are autonomy, environmental mastery, personal growth, positive relations with others, purpose in the life and self acceptance. Each dimension of psychological well being articulates different challenges as they strive to function positively. This study is an attempt to explore how adolescents try to approach these different challenges. It is hypothesized that male adolescents differ significantly in their psychological well being than female adolescents.

MATERIALS AND METHODS

Sample: The purposively selected total sample consisted of one hundred and twenty adolescents of 60 males and 60 females. The mean age and SD of the subjects was 17.4 years and 8.06

Tool: Carol Ryff's Psychological Well Being Scale (1989). - Medium form: It consists of a series of 54 statements reflecting the six areas of psychological well being: autonomy, environmental mastery, Personal growth, positive relations with others, and purpose in life and self acceptance. Respondents rate the statements on a scale of 1 to 6, with 1 indicating strong disagreement and 6 indicating strong agreement. Internal consistency values (coefficient alpha) for each dimension varied between 0.86 to 0.91 indicating high reliability of the scale. Correlation coefficients with 20-item parent scale for each varies between 0.83 to 0.99 indicate higher level of validity for the scale. The number of responses made by the subject on each question depends whether the question is positive or negative. If it is a positive question responses are rated from 1 to 6. Where a score of 6 indicates strong agreement. If it is a negative question scoring done is in reverse order which is from 6 to 1. Where 6 indicated strong disagreement. For each category, a high score indicates that a respondent has a mastery of that area in their life. Conversely a low score shows that the respondent struggles to feel comfortable with that particular concept.

RESULTS AND DISCUSSION

Table 1 is evident that all the subscales of Psychological Well Being scales correlated positively and significantly with other subscales as all the obtained correlation coefficients were found to be highly significant. The correlation coefficients ranged from .320 to .512. This all found to be significant. One way ANOVA indicates significant differences between male and female adolescents ($F=19.646, P=.000$).

Male adolescents expressed significantly higher scores compared to female adolescents ($M= 85.6$, $SD=22.43$). In autonomy factor, environmental mastery, personal growth, and positive relations with others significant differences were observed between male and female adolescents. There were no significant differences on purpose in life and self acceptance. On the whole it was found that psychological well is key for development of personality and happiness in life of the adolescents. This results showed that male adolescents differ significantly in their psychological well being than female adolescents.

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