

A Comparative Study on Domains of Wellbeing among young Adults

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Abstract: Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well. The objective of the study is to find out and compare wellbeing of young adults among boys and girls of Government and Private institution. The Wellbeing scale developed scale by Dr. Vijjayalaxmi Chauhan and Dr. Varsha Sharma was administered to the students. A sample of 200 college students of the age group of 20 to 24 years from urban Bangalore was randomly selected for the present study. Wherein 100 students were boys and 100 students were girls from Government and Private College. The tests used to analyze the data were student t-test and chi-square test. The finding showed that the male respondents found to be slightly higher in psychological wellbeing and female respondents showed higher mean score towards spiritual wellbeing domain. Male respondents had a better concern towards the psychological wellbeing and female respondents were found to be spiritually oriented. The result also indicate that male and female respondents were conscious about self awareness and were found to be concern about their emotional wellbeing

Key Words: Well being, Domains, young adults

1. INTRODUCTION:

According to Erik Erikson's stages of human development, a young adult is a person between the ages of 19 and 39, whereas an adolescent is a person between the ages of 13 and 18. The young adult stage in human development precedes middle adulthood. A person in the middle adulthood stage is between the ages of 40 and 60. In late adulthood, a person is 60 years old or older. Young adulthood spanning approximately ages 18 to 26 is a critical period of development, with long-lasting implications for a person's economic security, health, and well-being. Young adults are key contributors to the nation's workforce and military services. And many are parents who will play an important role in the healthy development of the next generation. Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well. Good living conditions (e.g., housing, employment) are fundamental to well-being. Tracking these conditions is important for public policy. However, many indicators that measure living conditions fail to measure what people think and feel about their lives, such as the quality of their relationships, their positive emotions and resilience, the realization of their potential, or their overall satisfaction with life i.e., their "well-being." Well-being generally includes global judgments of life satisfaction and feelings ranging from depression to joy

2. METHODOLOGY:

A study on wellbeing among young adults was conducted during the year 2019-2020 in Bangalore Karnataka state.

2.1. Aim: To study the wellbeing among young adults.

2.2. Objective:

1. To know the dimension of wellbeing among young adults.
2. To study and compare the Emotional, Psychological, Social, Spiritual, Self-awareness and Physical dimension of wellbeing among boys and girls.

2.3. Hypothesis:

1. There is no difference in the level of wellbeing among boys and girls.
2. There is no interrelationship between the dimensions of wellbeing among young adults

2.4. Limitations: The study was restricted to UG and PG students of age group 20-24 studying in Bangalore urban area.

3. PROCEDURE:

A sample of 200 young adults of the age group 20-24 years living in urban Bangalore were randomly selected for the study. The Wellbeing scale developed scale by Dr.Vijjalaxmi Chauhan and Dr. Varsha Sharma was administered to the students. The scale contains 50 items having 5 point scale covering six dimensions Emotional, Psychological, Social, Spiritual, Physical wellbeing and Self-awareness. The sample was collected from private and Government College situated in Bangalore. In 200 total samples, 100 students from Government College and 100 students were from private college constituted the sample. Among these 100 students of government and private college, 50 students were boys and 50 students were girls.

4. RESULT AND DISCUSSION:

TABLE – 1 Classification of Respondents by Age Group

N=200

Age group	Respondents					
	Male		Female		Combined	
	N	%	N	%	N	%
18-20	48	48.0	61	61.0	109	54.5
21-23	52	52.0	39	39.0	91	45.5
Total	100	100.0	100	100.0	200	100.0
χ^2 Test	3.41 ^{NS}					

NS : Non-significant, χ^2 (0.05,1df) = 3.841

Table 1 depicts that the classification of respondents by age group, it reveals that 48% of male respondents and 61% of the female respondents belongs to the age group of 18-20 years(Fig-1) . Whereas 52% higher percentage of the male respondents were more than the 39% female respondent in the age group 22 to 23 years. Over all 54.5% of the young adults were in the age group of 18-20 years and 45.5% of the young adults were 21-23 years. Chi- square was found to be non- significant. It shows that male and respondents were age was almost similar.

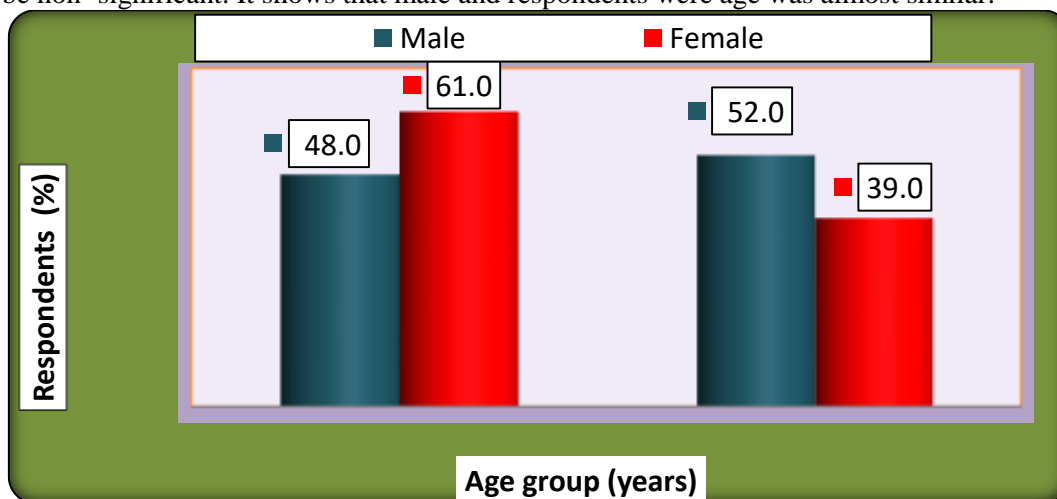


Figure.1: Classification of Respondents by Age group

TABLE -2 Domain wise Response on Wellbeing scores among Male and Female

N=200

No.	Wellbeing Domains	Wellbeing Scores				Student 't' Test
		Boys (n=100)		Girls (n=100)		
		Mean	SD	Mean	SD	
I	Emotional	73.3	12.5	74.6	13.1	0.70 ^{NS}
II	Psychological	77.6	12.8	79.8	11.6	1.24*
III	Social	69.4	9.1	73.7	7.1	3.75*
IV	Spiritual	77.2	14.4	81.4	11.6	2.29*
V	Self-awareness	74.4	10.2	77.5	8.7	2.31*
VI	Physical	73.9	11.4	73.9	9.1	0.02 ^{NS}

*Significant at 5% level, NS : Non-significant, t (0.05,198df) = 1.96

Table 2 outlines mean wellbeing scores of boys and girls which describe the domain wise difference among respondents. The mean score (74.6) of female respondents was found to be slightly higher when compared to the male respondents (73.3) (Fig-2). Emotional wellbeing domain among boys and girls found to be non significant with the t value being ($t = 0.70^{NS}$), it shows that both boys and girls have equal emotional wellbeing and happy with care and support they get to lead a happy life. Thus, accepting the null hypothesis stated that there is no significant relationship between the wellbeing of boys and girls. There was a significant association found between male and female respondents in the domain of Psychological wellbeing. The female respondents showed higher mean average of (79.8) and moderate mean score was obtained by male respondents (77.6). The t- test value found to be ($t= 1.24^*$) significant at 5 percentage level. Which reveals that female were more psychologically wellbeing than male young adults which means female respondent's possess better Psychological wellbeing such as having positive thinking like nothing is impossible in life, having hope in life and believing in simple living and high thinking which made female respondents to score better than male respondents. Thus rejecting the null hypothesis stated that there is no significant relationship between the wellbeing of boys and girls. The high score obtained by the female respondents (73.7) as compared to male respondents (69.4) in the social wellbeing category. It is seen that there is a significant difference at 5% level ($t\text{-test}= 3.75^*$) this indicates an association of social wellbeing with gender of the respondents' (Fig-2). Probable reasons could be girls actively take part in social activities and having satisfactory social relationship etc. thus the stated null hypothesis is rejected which says that wellbeing is not influenced by gender.

Spiritual wellbeing was seen higher in girl respondents' (81.5) when compared to the boys (77.2). The above result shows a significant difference on statistical analysis at 5% level ($t\text{ test}= 2.29^*$). This indicates a significant association of spiritual wellbeing with gender of the respondents'. The probable reasons could be girls believe in God and spirituality makes them peaceful. Thus the stated null hypothesis is rejected which says that wellbeing score is not influenced by gender. Self awareness was seen higher in girl respondents' (77.5) when compared with boys (74.4). It is seen that there is a significant difference at 5% level ($t\text{ test}= 2.31^*$). This indicates an association of empathy with gender of the respondents'. The probable reasons could be girls are leading purpose full life with the feeling of self competent and having the feeling of energetic and good personality. Thus the stated null hypothesis rejected which says that wellbeing score is not influenced by gender Mean wellbeing of respondents for physical wellbeing in girls and boys (73.9) were similar. Thus the t test applied was not significant at 5% level ($t\text{ test} = 2.31^*$). This is understood that gender is not influenced with physical wellbeing of the respondents. Thus the stated null hypothesis is accepted.

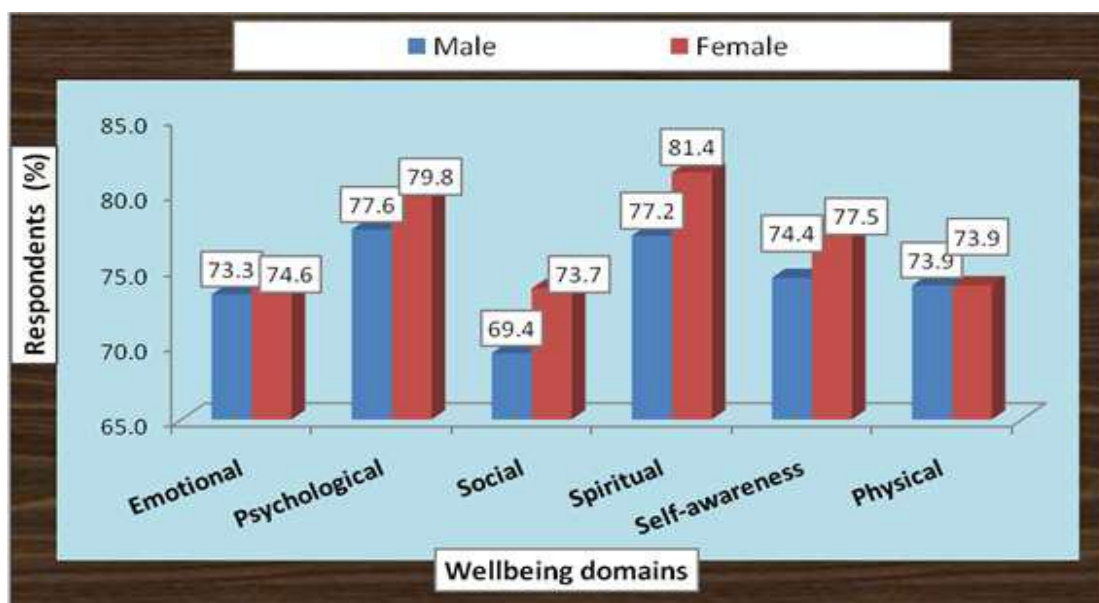


Figure .2: Domain wise Response on Wellbeing scores among Male and Female

TABLE -3
 Overall Response on Wellbeing scores among Male and Female Young Adults

No.	Respondents	Sample (n)	State ments	Max. Score	Wellbeing Scores			
					Mean	SD	Mean(%)	SD(%)
I	Boys	100	50	250	183.94	19.88	73.6	8.0

N=200

II	Girls	100	50	250	190.98	17.49	76.4	7.0
	Combined	200	50	250	187.46	19.01	75.0	7.6
	Student ' t' Test						2.66*	

*Significant at 5% level, $t(0.05,198df) = 1.96$

The above table 3 depicts the overall response on wellbeing score among male and female respondents through which it is known that 76.4 % of the girls have higher overall mean wellbeing level (183.94) when compared to overall mean wellbeing level of boys (73.6%) (Fig-3). Unified scores suggested that the overall mean wellbeing score of respondents mean percentage was 75.0. When compared between boys and girls, girls have better level of wellbeing than the boys the provably reason could be the girls keep make time for themselves in their busy schedule of life, they get support and care from the family to lead purposeful life and always feel themselves as energetic. This reason may contribute more percentage of female respondents to have extremely high wellbeing. The t-test when applied to the data revealed significant difference ($t - test = 2.66^*$) at 5% level. This depicts that gender has a significant association with the wellbeing of respondents.

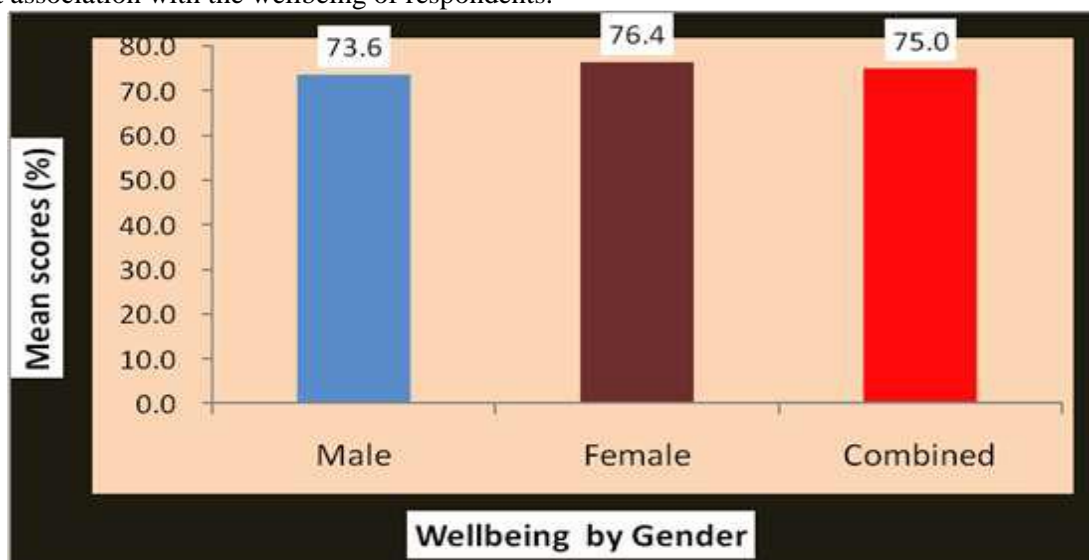


Figure.3: Domain wise Response on Wellbeing scores by Gender

5. CONCLUSION:

The data obtained from the study states that there are significant differences in the wellbeing level among male and female young adults studying in urban area of Bangalore. The environment has an impact on domain-wise wellbeing and reflects person's views, habits and etiquettes and the way of life which has the direct influence on the types of services that person gives or requires.

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