

## Level of Psychological Well Being among Adolescents in a Selected High School at Tumkur

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**Abstract:** The psychological health issues among adolescents are very high and rising. The present day adolescents are facing with many pressures as compared to the older generation. The adolescent period is a stage, which provides a platform for moulding and transformation of the personality of the individual. Hence this study factors which lead to the psychological well being of adolescents. Descriptive study was employed among 100 adolescent students who were selected by using convenient sampling technique. Data was collected by using the Psychological Well Being Scale (Masse et al, in 1982), analyzed by descriptive and inferential statistics. The result revealed that the majority of 84(84%) adolescents had adequate psychological wellbeing and 11(11%) of them had moderate and only 5(5%) of them had inadequate psychological well being. In relation with the factors affecting psychological well being level, majority 83.33% of adolescents had moderate whereas, 16.67% had adequate level of happiness, similarly in consideration with the factor control of self and events, maximum 80% of them had moderate whereas only 20% were inadequate level. In addition, the self esteem among adolescent were 60% moderate whereas inadequate and adequate level were 20% and 20% respectively. The factors such as mental balance, social environment and sociability affecting the psychological well being of adolescent showed 75% of moderate and 25% of inadequate each respectively. There was significant association between the psychological wellbeing of high school adolescents with gender ( $X^2= 6.21$ ,  $p= 0.05$ ) and family origin of the adolescents ( $X^2=11.89$ ,  $p= 0.05$ ). After analyzing the gathered information, control of self and events, self esteem, mental balance, social environment and sociability influences on moderate level of psychological well being adolescents thus there would be need of an information guide sheet in order to give them tips to maintain their adequate psychological well being.

**Keywords:** adolescents, factors, psychological well being,

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### I. Introduction

From the very origins of psychology, adolescence has been considered a difficult stage in the process of development into adulthood. It has been seen as a period of crisis characterized by profound change. In recent times some empirical studies have shown that in reality, the majority of adolescents go through this stage successfully without experiencing particular traumas, reporting a level of relative well-being (Bandura, 1964; Offer & Schonert-Reichl, 1992; Douvan & Adelson, 1996). The greater part of psychological reflection has been devoted to identification of the main factors which, at an individual and interpersonal level, contribute to the promotion and sustenance of adolescents' psychological well-being and those which tend to impede it [1]. Psychological well being is a subjective term that means different things to different people. From all of the research done for this answer the term used are various phrases such as contentment, satisfaction with all elements of life, self actualization, peace and happiness [2].

Adolescence is the transitional period between childhood and adulthood, characterized by a complex series of bio psychosocial changes [3]. Good overall adjustment and a sense of psychological well being are very crucial factors for the adolescent's positive contribution to the society [4]. Adolescents has been frequently called as tumultuous teens by the W.H.O. The adolescent years, between 12 and 19 years are the formative as well as impressionable years when maximum amount of physical and psychological changes takes place. It is a transition from a child into an adult. The child explores new ideas, widens his/her horizons and an individual identity [5].

Healthy development of the adolescents depends on several interactive and complex factors. They include socioeconomic circumstances, environment in which a person is born, and environment in which he/she grows up, his or her interpersonal relationship with the family, peer pressure and opportunities of education and employment [6].

The psychological health issues among adolescents are very high and rising by the day. Some situations in life are stress provoking, but it's our thoughts about these events that determine whether or not they are problems for us. We have all met people who seem to move through life in a perpetually happy mood. Despite experiencing significant stresses, these people have successful coping strategies or techniques for managing stress [7]. The problems among adolescents have detrimental on their mental health and needs special attention from health professionals. The prevailing conditions in our country offer to avail this problem and it are necessary to plan out alternative strategy for promoting and maintaining their psychological well-being.

## II. Objectives

- 2.1. To assess the level of psychological well being among the adolescents.
- 2.2. To identify the factors contributing to the level of psychological well being among adolescents.
- 2.3. To associate the level of psychological well being with the selected demographic variables.

## III. Methodolgy

### 3.1. Design

A descriptive survey research design was employed.

### 3.2. Sample and sampling technique

In the present study 100 adolescent students were selected by using convenient sampling technique.

3.3. **Setting:** Shridevi High school, Tumkur, Karnataka.

### 3.4. Instruments

3.4.1. Socio demographic profile: Information about the independent variables like age, sex, background, religion, education, type of Family, monthly income, were included.

3.4.2. Psychological Well Being Scale: The Psychological Well Being Scale was developed by Masse et al, in 1982. The original scale is a 25 itemed questionnaire. The scale takes up to 15-20 minutes to complete the interview. Each question carries a maximum score of 5 points and the maximum possible score would be 125.

### 3.5. Content validity and reliability of the tool

The content validity of the tool was submitted to 7 experts from the field of Nursing and Medicine. The experts suggested minor alterations in the tool which were incorporated and the final tools were prepared. The reliability of the tool was administered for 10 samples. The reliability of the rater inter rater method was found by using Karl Pearson Co-relation by using Spearman Brown's Prophecy formula. The reliability co efficient for psychological well being scale was 0.965. Hence the tool was considered reliable.

### 3.6. Pilot Study

A pilot study was conducted among 10% adolescents of the total sample size planned for the final study was selected. Interview was conducted and data was collected. The interview took approximately 20 minutes for each student to complete. The data analysis plan was decided upon and was judged to be appropriate for the study.

### 3.7. Data Collection Procedure

A formal administrative permission to conduct the study was obtained from the administrative heads of Shridevi High school, Tumkur in 2010. Consent was taken from every sample before the interview. In this study, structured interview method was used to collect data by using Psychological Well Being Scale and demographic profile well among the high school adolescents. Data was collected between 11am to 12.30pm from approximately 35 students per day. Interview took approximately 30 minutes to complete. The survey extended for 3 days.

### 3.8. Statistical analysis

Data was planned to be coded and edited to reduce into a master sheet. Both descriptive and inferential statistics were used in the study. Frequency and percentages were used to describe the sample characteristics. Level of psychological well being was analyzed using mean, median, standard deviation and range. The association of level of psychological well being with selected demographic variables analyzed using chi-square test.

## IV. Result

### 4.1 Description of demographic variables of high school adolescents.

**Table 1:** Demographic variables of high school adolescents

S.No	Variables	Frequency	Percentage (%)
1	Age		
	12-13	21	21
	14- 15	53	53

	16-17	26	26
2	<b>Sex</b>		
	Male	54	54
	Female	46	46
3	<b>Religions Background</b>		
	Hindu	51	51
	Muslim	13	13
	Christian	36	36
4	<b>Family Origin</b>		
	One-parent origin	13	13
	Two -parent origin	75	75
	Foster/ Two parent step- parent family	12	12
5	<b>Family Income annually</b>		
	Rs. 50,000 below	34	34
	Rs. 50,000 - 2 lakhs	42	42
	Rs 2- 3 lakhs	16	16
	above 3 lakhs	8	8
6	<b>Number of members in the family</b>		
	More than 10	9	9
	7 to 9	13	13
	4 to 6	35	35
	1 to 3	43	43

The above table 1 shows that more than half of the respondents 53(53%) belong to the age group of 14-15 years, most of the respondents 56(56%) were males, with regard to religion, maximum numbers 51(51%) belongs to Hindu, majority of respondents 75(75%) belong to two parent origin family and in relation to the family size, 43(43%) consist of 1-3 members.

#### 4.2 Level of psychological well being among adolescents.

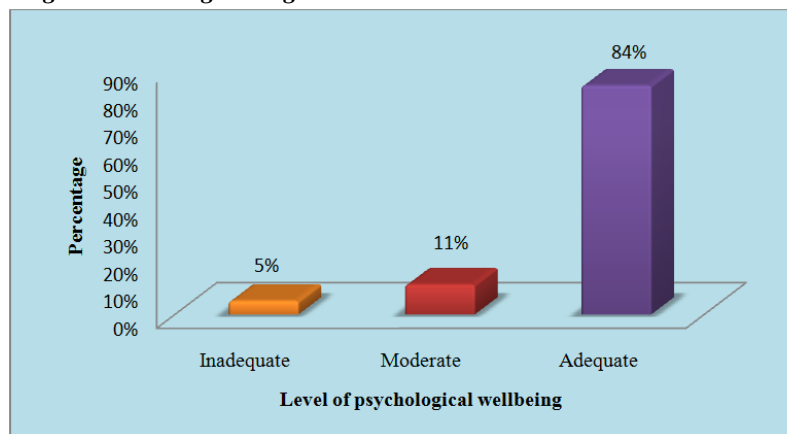
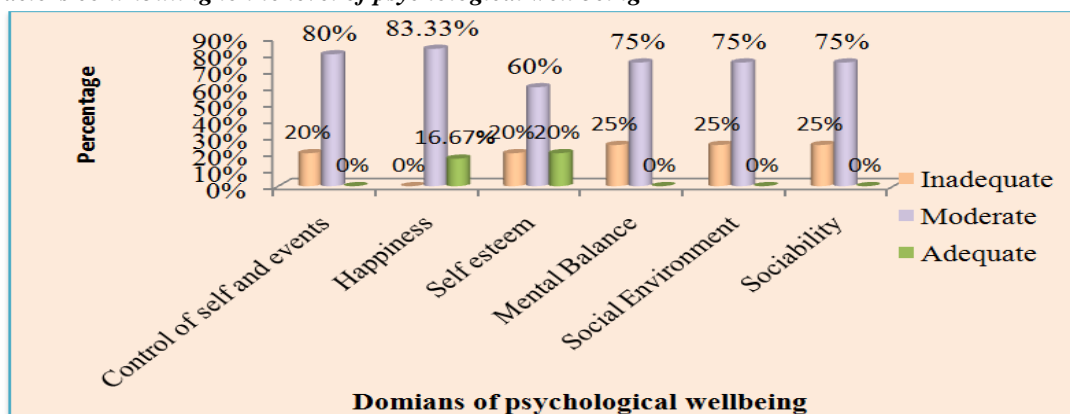


Figure 1: Bar chart of percentage distribution of level of psychological well-being

The above Fig. 1, depicts that majority 84(84%) of adolescents had adequate psychological well-being and 11(11%) of them had moderate and 5(5%) of them had inadequate psychological well-being.

#### 4.3 Factors contributing to the level of psychological well being



**Figure 2:** Bar chart of percentage distribution depicting the level of psychological well being affected by each factor

The above Fig. 2, illustrates that majority 83.33% of the adolescents had moderate psychological wellbeing in happiness, whereas 16.67% had adequate psychological well being were happy, similarly in consideration with the factor control of self and events, maximum 80% of them had moderate level of psychological wellbeing, whereas only 20% of them were inadequate level. In addition, the self esteem among adolescent were 60% moderate psychological well being, whereas inadequate and adequate well being were 20% and 20% respectively. At last, the factors such as mental balance, social environment and sociability affecting the psychological well being of adolescent showed 75% of moderate and 25% of inadequate each respectively.

**4.4 Association of the level of psychological well being with selected demographic variables.**

**Table 2:** Association of the level of psychological well being with selected demographic variables

S.No	Variables	No	%	Level of psychological well being						Chi-square (X <sup>2</sup> )
				Inadequate		Moderate		Adequate		
				No	%	No	%	No	%	
<b>1</b>	<b>Age (in years)</b>									
	12-13	21	21	1	1	16	16	4	4	3.505318 df =4 N.S
	14- 15	53	53	3	3	47	47	3	3	
	16-17	26	26	1	1	21	21	4	4	
<b>2</b>	<b>Gender</b>									
	Male	54	54	2	2	46	46	6	6	6.21 df =2 S*
	Female	46	46	3	3	38	38	5	5	
<b>3</b>	<b>Religions Background</b>									
	Hindu	51	51	2	2	44	44	5	5	3.85761 df =4 N.S
	Muslim	13	13	2	2	10	10	1	1	
	Christian	36	36	1	1	30	30	5	5	
	Others	0	0	0	0	0	0	0	0	
<b>4</b>	<b>Family Origin</b>									
	One-parent origin	13	13	0	0	12	12	1	1	11.89 df= 4 S*
	Two -parent origin	75	75	2	2	64	64	9	9	
	Foster/ Two parent step- parent family	12	12	3	3	8	8	1	1	
	Others	0	0	0	0	0	0			
<b>5</b>	<b>Family Income</b>									
	Rs. 50,000 below	34	34	2	2	30	30	2	2	5.101848 df =6 N.S
	Rs. 50,000 - 2 lakhs	42	42	1	1	36	36	5	5	
	Rs 2- 3 lakhs	16	16	2	2	11	11	3	3	
	Above 3 lakhs	8	8	0	0	7	7	1	1	
<b>6</b>	<b>Number of members in the family</b>									
	More than 10	9	9	1	1	6	6	2	2	4.232072 df= 6 N.S
	7 to 9	13	13	0	0	11	11	2	2	
	4 to 6	35	35	1	1	30	30	4	4	
	1 to 3	43	43	3	3	37	37	3	3	

N.S= Not Significant S\* - Significant \*p<0.05 Level

The above table 2 represents that the obtained Chi-square value indicates that there is a significant association between the psychological wellbeing of high school adolescents with gender (6.21 at 0.05 levels) and family origin of the adolescent (11.89 at 0.05 levels).

**V. Discussion**

The current study was conducted to assess the levels of psychological well being among adolescents which revealed that majority of 84(84%) had adequate psychological well being level, 11(11%) had moderate and only few of 5(5%) had inadequate psychological well being but when compared with other study by R Jeny and P K Varghesese (2014) [8] to assess psychological well being and anxiety among adolescents, very high of 88% adolescents were moderate in their psychological well-being.

Overall six factors were identified and selected to find their influence on the level of psychological well being among adolescents. Among all the factors selected Control of self and events 1(20%) are inadequate, 4(89%) are moderately adequate and none of them had adequate Control of self and events. In the second domain i.e. happiness none of them had inadequate happiness 5(83.33%) and 1(16.67%) had adequate happiness. In the domain of self esteem 1(20%) had inadequate self esteem 3(60%) had moderate self esteem and 1(20%) had adequate self esteem. In the factor of mental balance 1(25%) had inadequate mental balance, 3(75%) had moderate mental balance and none of them had 100% adequate mental balance. In the factor of

social environment 1(25%) had inadequate social environment, 3(75%) had moderate social environment and none of them had an 100 % adequate social environment. When coming to the factor of sociability 1(25%) had inadequate sociability, 3(75%) had moderate sociability and none of them had an 100 % adequate sociability. event, of them had adequate psychological wellbeing and 11(11%) of them had moderate psychological wellbeing, and 5(5%) of them had inadequate psychological wellbeing..

The results obtained by Chi-square value indicates that there was significant association of psychological wellbeing of high school adolescents with gender (6.21,  $p= 0.05$ ) and family origin of the adolescent (11.89,  $p=0.05$ ). The present study is consistent that the similar survey research was conducted by Riittakerttu, et al;., (2007) [9] to assess the scholastic achievement and psychological well being of the adolescents studying in Canada which revealed that many factors such as sex, educational aspiration, and hours spent on studying, parents' health, financial stress etc. were found to be significantly related to the psychological well being of the students which showed in the academic performance. More specifically income, stress, sex, physical health, relationship with friends and family, self image and academic stress were found to be significantly related to the psychological well being of the adolescents, although in my study there was significant association of psychological well being with gender and family origin.

## **VI. Conclusion**

The findings of the present study indicated 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. After analyzing the gathered information, the researcher got to know the facts about the level of psychological well being among adolescents as well as factors which influence the level of psychological well being and the need of an information guide sheet in order to give them tips as to how to maintain their adequate psychological well being. Based on the outcome of the study, following suggestions are made to the various fields of nursing such as nursing practice, nursing education, nursing administration, nursing research etc.

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