

Psychological Well -Being of Secondary School Students in Relation to Gender

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Abstract

The Purpose of the present study is to examine difference of secondary school students in relation to gender to serve. for this purpose 80 boys and girls students of standard 8th and 9th in which 40 boys and 40 girls of Adarsh Vidhalay, Patan were randomly selected. The necessary instructions of Psychological Well being test made by Dr. D.S.Sisodia and Ms. Pooja Chaudhary (2012) test is administered. Data were collected and analyzed by using 't' test. Result shows that there is no significant difference between boys and girls students.

Key word: Psychological Well being, Standard, Gender

Introductions:

The concept of Well-being is very important in psychology. Well-Being is a concept that encompasses a Well - rounded, balanced, and comprehensive experience of life, It includes health in social, physical, mental, emotional, career and spiritual domains. Well-being is when we are at a place in life where everything was come together and were round and comfortable with what has, and it will take place. Understanding and incorporating the above ideas can be greater wisdom, self awareness

and psychological well being. Positive psychological definition of well being generally includes some of six general characteristics. The six characteristics of well being most prevalent in definitions of well being are:

- The active pursuit of well - being
- A balance of attributes
- Positive affect of life satisfaction
- Provincial behavior
- Multiple dimensions ; and
- Personal optimization.

The main question arise here is that

weather boys and girls differ regarding well being or not? Previous study of Thailand M.A. Razina Padam (2006) shows that psychological well being of Thailand students were better than psychological well being of Kerala students. The difference between them was significant another study by J.B. Morry (2006) of psychological well being shows that there was a significant difference between higher secondary students in relation to residences. the students living in hostel and the students living outside the hostel where significantly differed regarding psychological well-being. the study of Dr. Ramesh. d. Vaghmare stated in unpublished thesis of Pooja Prajapati (july-2017) showed that there is no significant different between male and female college students.

Objective

To study the psychological well-being of secondary school in boys and girls students.

Hypothesis

There is no significant difference in psychological well-being between secondary School boys and girls students.

Sample

The sample consisted of 40 boys students and 40 girls students from 8th standard and 9th standard of Adarsh vidhyalaya, patan wererandomly selected.

Tools

Test of psychological well-being developed by doctor D.S.Sisodia and Miss Pooja Chaudhary was administered in

secondary standard 8th and 9th boys and girls students.

• Reliability

The reliability of the scale was determined by (a) test -retest method and (b) internal consistency method the test retest. Reliability was 0.87 and the consistency value for the scale is 0.90.

• Validity :

Besides face Validity as all the items of the scale are concerned with the variable under focus, the scale has high content validity. The scale was validated against the external criteria and coefficient obtained was 0.94.

Procedure:

The sample consisted 80 in which 40 boys and 40 girls of standard 8th and 9th from Adarsh vidhayala were randomly selected. After giving them necessary instructions the test developed by Dr. D.S. Sisodia and Pooja Chaudhary was administer. Data were collected by looking weather they have completed all the questions of test or not. The completed test were collected carefully and data were analyzed by 't' test.

Result and Discussion :

Group	N	Mean	S.D	t' Value	Level of Significant	
					0.05	0.01
Boys	40	179.98	21.06	0.51	1.99	2.64
Girls	40	180.70	26.68		NS	NS

Above mentioned table shows that the mean values of 40 boys and 40 girls students are 179.98 and 182.70 respectively.

SD of boys is 21.06 and girls is 26.38. The 't' value for boys and girls students is 0.51 which is less than table value 2.64 on 0.01 level. So it is not significant it means that there is no significant mean difference between boys and girls students as far as psychological well-being is concerned on both the levels 0.01 and 0.05. The mean differences are not found significant. So we accept the null-hypothesis that there is no significant mean difference. There is no significant difference of psychological well-being between secondary boys and girls students. The result is supported by Dr. Ramesh .D Vaghmare for male and female college students the reason behind conclusion may be that the girls and boys are treated in a same way in recent time. So it is possible that difference regarding well-being is not found.

Conclusion :

There is no significant difference obtained of psychological well-being between secondary boys and girls students.

Limitation :

- Limitation of study that the study is only limited for secondary school students. So it is not applicable for primary school and college students.
- This study is limited for patan city only. So it can be not applicable for rural area.
- The sample size of this study is only

80 students which is very small. The others variables affecting psychological well- being like age, residence are not considered.

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