



A Study of Psychological Well Being among Urban and Rural College Going Students

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Abstract

Study was undertaken to study the psychological well being of urban and rural college students of district Jalna (M.S.). The sample of the study Consisted 400 college students (200 urban students and 200 rural students). Randomly selected from Colleges of Jalna District (M.S.). Devendra Singh Sisodia and Pooja Choudhory psychological wellbeing scale (2012) was used data collection. The collected data was statistically calculated by using mean, SD and ANOVA. The findings of the study revealed that there is significant difference between urban and rural college students on psychological well-being. Furthermore the results highlight that urban college student has high psychological well-being, Life satisfaction and Efficiency, than rural college students. Rural college students have high mental health, and sociability, interpersonal relations than urban college students.

Keywords: psychological well-being, Mental health, Satisfaction and sociability, Interpersonal relations.

Introduction

Psychological Well-Being

Psychological wellbeing means the positive psychological functioning of the individual. Students with psychological wellbeing possess good mental health, maintain good relationship with other individuals, productive in nature, maintain positive attitude towards their life. Psychological well-being people building of concepts to develop him in order to alleviate himself and to feel happy. In this context, individual should be able to delay his pain, he should be able to do that and struggle even though psychological well-being hurts.

Psychological well being is the subjective feeling of contentment, happiness, satisfaction with experiences and of one role in the word of work, sense of achievement, utility, belongingness, and no distress, dissatisfaction or worry, etc. The term psychology well being connotes a wide range of meanings, usually associated with wellness. Most studies in the past defined wellness as not sick, as an absence of anxiety, depression or other forms of mental problems.

Components of Psychological Well-Being

Life satisfaction:-The act of satisfying or the state of being satisfied; graduation of desire, contentment in possession and enjoyment, repose of mind resulting from compliance with its desires or demands.

Efficiency: - The comparison of what is actually produced or performed with what can be achieved with the same consumption of resources. The quality of being efficient or producing an effect or effects; efficient power, effectual agency.

Sociability: - The relative tendency or disposition to be so cable or associate with one's fellows. The quality or state of being sociable; the act or an instance of being sociable.

Mental health: - Mental health is a term used to describe either a level of cognitive or emotional well being or an absence of a mental disorder.

Interpersonal Relations: - An interpersonal relationship is an association between two or more people that may range from fleeting to enduring. This association may be based on limerence, love and liking, regular business interactions, or some other type of social commitment.

Review of literature

Waghmare (2016), indicated that no significant difference between male and female, Urban and Rural college students on psychological well being.

Mukesh C. Rathwa (2014) this study found that there is no significant difference between the Psychological well-being among urban and rural B. Ed college student.

Amato and Zuo (1992) this study examined the implications of rural and urban poverty for psychological wellbeing, as reflected in self-reported happiness, depression, and health. It was found that the urban poor are higher in perceived health than the rural poor. The psychological well-being of the poor African American was higher in rural than urban areas, where as the well-being of poor whites was Higher in urban than rural areas.

Kaur, Amritpal and Singh, Agyajit (2016) that there were significant differences between rural and urban among psychological well being.

Yeresyan and Lohaus (2014) this study indicated that adolescents in rural regions report lower wellbeing than adolescents in urban regions. However, the latter difference between urban and rural regions is only salient for adolescents who live in Turkey.

Hetal A. Patel (2015) this study indicated that significant difference exists between urban and rural adolescents on psychological wellbeing. Urban adolescents have higher psychological wellbeing than rural adolescents.

Geeta Sharma (2014) this study indicated that there is no significant difference between Urban-rural students for Psychological Well-Being.

Fareeda Shaheen (2016) this study found that t urban adolescents scored significantly higher on psychological well-being as compared to rural adolescents.

Kawa and Shafi (2015) this study found that a significant difference between rural and urban youth of Kashmir. Urban youth were found to be high on the levels psychological well-being as compared to rural youth of Kashmir.

Khan, Gangadhara , Lakshmi & Gangadhara (2010) this study found that in significant difference in psychological well-being as far as residential status of youth is concerned.

Aasimeh Rehman, Humera Shafi, Touseef Rizvi, (2016) this study indicated that urban youth were found to be high on the levels of psychological well being as compared to rural youth.

Asokan and Muthumanickam (2013) who also stated that rural students are more assertive than urban students. However, the result of insignificant difference in the students' well-being residing in urban and rural areas is contrary.

Need and significance of the study

The present study examines the importance of psychological wellbeing among college students. The experience of positive emotions helps the resilient individuals in their ability to recover stress effectively in his/her daily life. This study helps to understand the process of psychological wellbeing in the development of an individual. Psychological well-being is also determined by the complex interactions between individual characteristics, social and economic factors and the physical environment. This study is an attempt to understand the process of resilience and psychological wellbeing in development among college students.

Methodology

Statement of the problem

To study the Psychological well- Being among Urban and Rural College Going Students.

Objectives:-

The following are main objectives of the present study.

To examine the Psychological well-being among Urban and Rural College Going Students.

Hypotheses:-

There is no significant difference between Urban and Rural College Going Students dimension on psychological well-being. (Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation).

Population and sample

The present study sample was selected from Art's college students of Jalna district in Maharashtra. To select the sample Gender in which students study of Art's College Students were considered as per independent variable taken in this research stratified random sampling method was employed to select the unit of sample. Total sample of present study 400 college students, in which 200 were male and 200 females' students. The subject selected in this sample was age group of 18-21 year (Mean = 20.26, SD =3.25) Non-Probability purposive sampling was used.

Research Design

Simple research design used in the present study

Table: 1 Variables of the Study

Variable	Type of variable	Sub. Variable	Name of variable
Area of Residence	Independent	2	1) Urban 2) Rural
Psychological well being	Dependent	05	1) Life Satisfaction 2) Efficiency 3) Sociability 4) Mental health 5) Interpersonal Relation

Tools:

This scale is developed and standardized by Dr. Devendra Singh Sisodia and Pooja Choudhary (2012). The 50 items are rated on a five point scale. The subjects were required to respond to each item in terms of “Strongly disagree, Disagree, Undecided, Agree, strongly agree.” This is well known test having high reliability (0.90) and high validity (0.94). The test

meant for knowing the difference between individuals. The 05 sub- scales are i.e. 1) Satisfaction, 2) Efficiency, 3) Sociability, 4) Mental health, 5) Interpersonal Relation.

Procedure

The primary information was gathered by giving personal information from to each to each student. The students were called in a small group of 10 to 15 students. To fill the inventories subjects were given general instructions belongs to each scale. The students provided the psychological well being scale.

Data analysis

The Mean and SD with graphical representation for area of residence (Urban and Rural College Students) on psychological well being was analyzed. A simple design was selected to adequate of statistical analysis of ANOVA in order to examine the roll of main as well as subsequently on students psychological well being.

Results and Discussion

The analysis of data interpretation and discussion of the results are presented below.

Table: 02 Show the mean, SD and F value of Life Satisfaction

Area of Residence	Mean	SD	N	DF	Mean Difference	F	Sign
Urban Students	36.11	6.64	200	398	08.84	175.17	0.01
Rural Students	27.27	7.40	200				

(Critical value of “F” with df 398 at 0.01 = 3.86 and at 0.05 = 6.70)

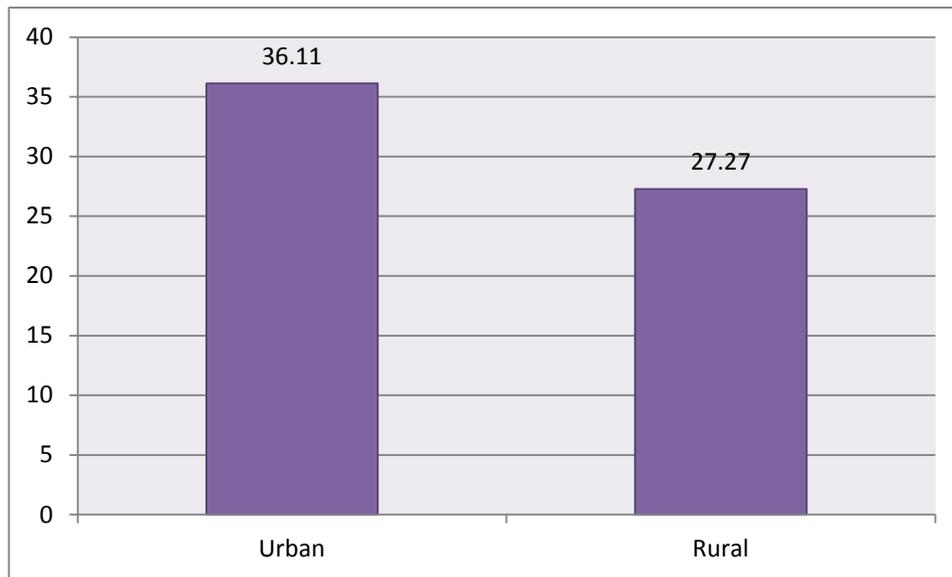
Figure No.01

Illustration of the table No.01 and Figure No.01 indicated that the mean value of two classified group seems to differ from each other on Life Satisfaction. The mean and SD value obtained by the Urban college students 36.11, SD 6.64 and Rural College students was 27.27, SD 7.40, but on the basis of mean observation it would that mean difference 8.84. Both group 'F' ratio was 175.17, at a glance those urban college student shows high score than rural college students.

In the present study was first hypothesis related Life Satisfaction and area of residence. It was "There is no significant difference between Urban and Rural college students on demotion Life Satisfaction. Area of Residence effect represent the Life Satisfaction was significant (F- 175.17, 1 and 399, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that urban and rural college students differ from Life Satisfaction. The findings of the not supported the first hypothesis, they are first hypothesis rejected the present study. It means that Urban college students high Life Satisfaction than Rural college Students.

Table: 03 Show the mean, SD and F value of Efficiency

Area of Residence	Mean	SD	N	DF	Mean Difference	F	Sign
Urban Students	38.26	4.57	200	398	09.38	338.30	0.01
Rural Students	28.88	6.38	200				

(Critical value of “F” with df 399 at 0.01 = 3.86 and at 0.05 = 6.70)

Figure No.02

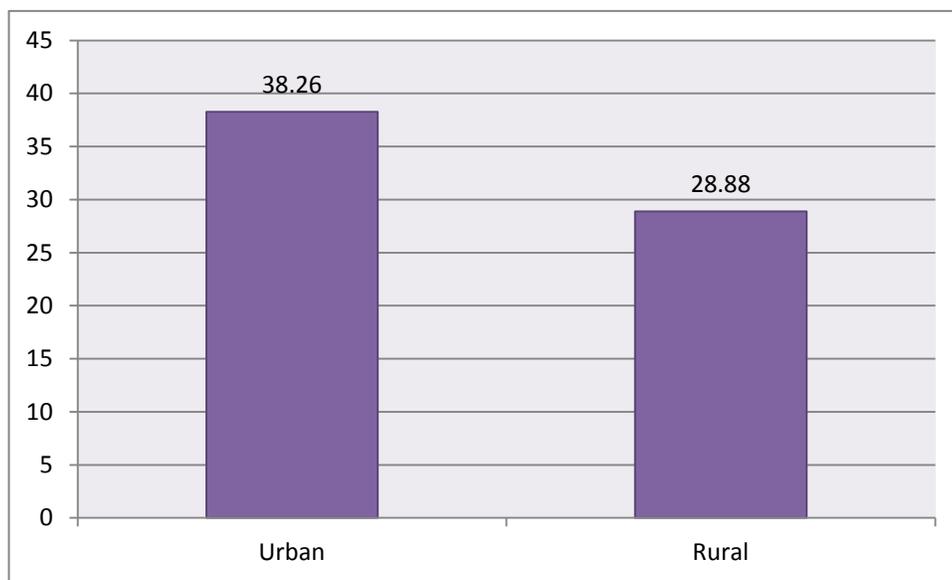


Illustration of the table No.02 and Figure No.02 indicated that the mean value of two classified group seems to differ from each other on Efficiency. The mean and SD value obtained by the Urban college students 38.26, SD 4.57 and Rural College students was 28.88, SD 6.38, but on the basis of mean observation it would that mean difference 09.38. Both group ‘F’ ratio was 338.30, at a glance those urban college student shows high score than rural college students.

In the present study was second hypothesis related Efficiency and Area of Residence. It was “There is no significant difference between Urban and Rural college students on demotion Efficiency. Area of Residence effect represent the Efficiency was significant (F- 338.30, 1 and

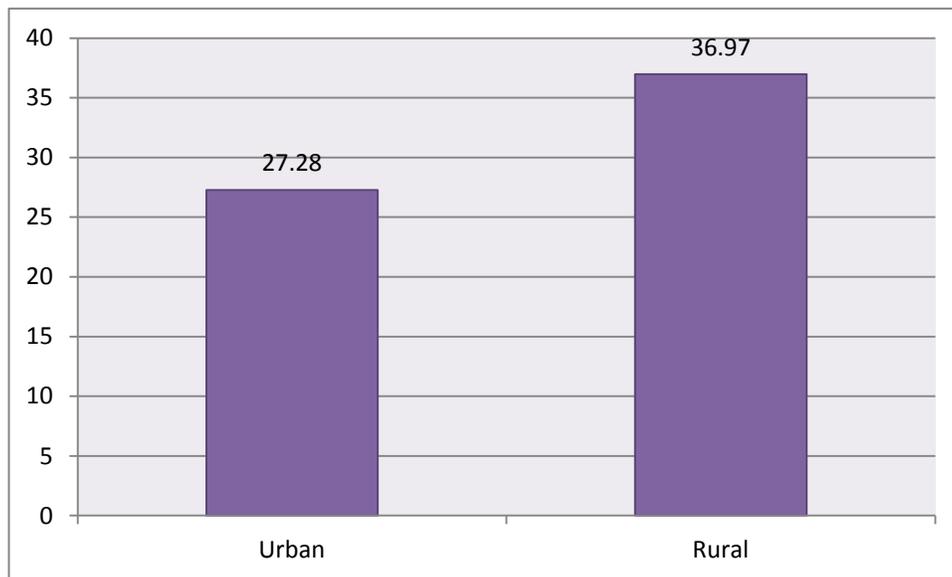
399, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained ‘F’ value are high than table values at 0.01 and 0.05. In the present study was found that urban and rural college students differ from Efficiency. The findings of the not supported the second hypothesis, they are second hypothesis rejected the present study. It means that Urban college students high Efficiency than Rural college Students.

Table: 04 Show the mean, SD and F value of Sociability

Area of Residence	Mean	SD	N	DF	Mean Difference	F	Sign
Urban Students	27.28	7.28	200	398	12.69	273.26	0.01
Rural Students	36.97	5.40	200				

(Critical value of “f” with df 399 at 0.01 = 3.86 and at 0.05 = 6.70)

Figure No.03



Observation of the table No.03 and Figure No.03 indicated that the mean value of two classified group seems to differ from each other on Sociability. The mean and SD value obtained by the

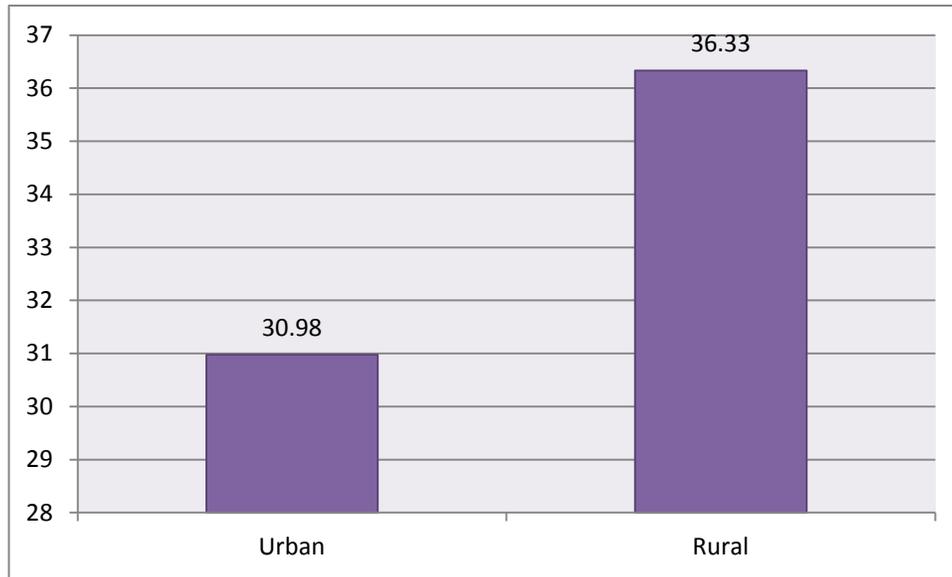
Urban college students 27.28, SD 7.28 and Rural College students was 36.97, SD 5.40, but on the basis of mean observation it would that mean difference 12.69. Both group ‘F’ ratio was 273.26, at a glance those rural college student shows high score than urban college students.

In the present study was third hypothesis related Sociability and Area of Residence. It was “There is no significant difference between Urban and Rural college students on demotion Sociability. Area of Residence effect represent the Sociability was significant (F- 273.26, 1 and 399, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained ‘F’ value are high than table values at 0.01 and 0.05. In the present study was found that urban and rural college students differ from Sociability. The findings of the not supported the third hypothesis, they are third hypothesis rejected the present study. Its means that Rural college students high Sociability than Urban college Students.

Table: 05 Show the mean, SD and F value of Mental Health

Area of Residence	Mean	SD	N	DF	Mean Difference	F	Sign
Urban Students	30.98	7.51	200	398	5.35	67.00	0.01
Rural Students	36.33	5.59	200				

(Critical value of “F” with df 399 at 0.01 = 3.86 and at 0.05 = 6.70)

Figure No.04

Observation of the table No.04 and Figure No.04 indicated that the mean value of two classified group seems to differ from each other on Mental Health. The mean and SD value obtained by the Urban college students 30.98, SD 7.51 and Rural College students was 36.33, SD 5.59, but on the basis of mean observation it would that mean difference 5.35. Both group 'F' ratio was 67.00, at a glance those rural college student shows high score than urban college students.

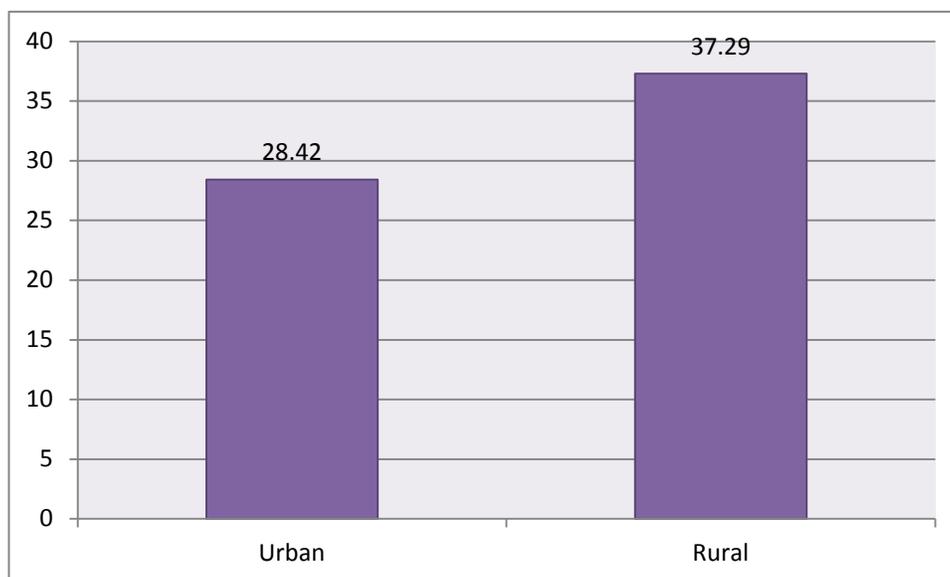
In the present study was fourth hypothesis related Mental Health and Area of Residence. It was "There is no significant difference between Urban and Rural college students on demotion Mental Health. Area of Residence effect represent the Mental Health was significant (F- 67.00, 1 and 399, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that urban and rural college students differ from Mental Health. The findings of the not supported the fourth hypothesis, they are fourth hypothesis rejected the present study. It means that Rural college students high Mental Health than Urban college Students.

Table: 06 Show the mean, SD and F value of Interpersonal relation

Area of Residence	Mean	SD	N	DF	Mean Difference	F	Sign
Urban Students	28.42	7.30	200	398	8.87	205.36	0.01
Rural Students	37.29	5.66	200				

(Critical value of of “f” with df 399 at 0.01 = 3.86 and at 0.05 = 6.70)

Figure No.05



Observation of the table No.05 and Figure No.05 indicated that the mean value of two classified group seems to differ from each other on Interpersonal relation. The mean and SD value obtained by the Urban college students 28.42, SD 7.30 and Rural College students was 37.29, SD 5.66, but on the basis of mean observation it would that mean difference 8.87. Both group ‘F’ ratio was 205.36, at a glance those rural college student shows high score than urban college students.

In the present study was fifth hypothesis related Interpersonal relation and Area of Residence. It was “There is no significant difference between Urban and Rural college students on demotion

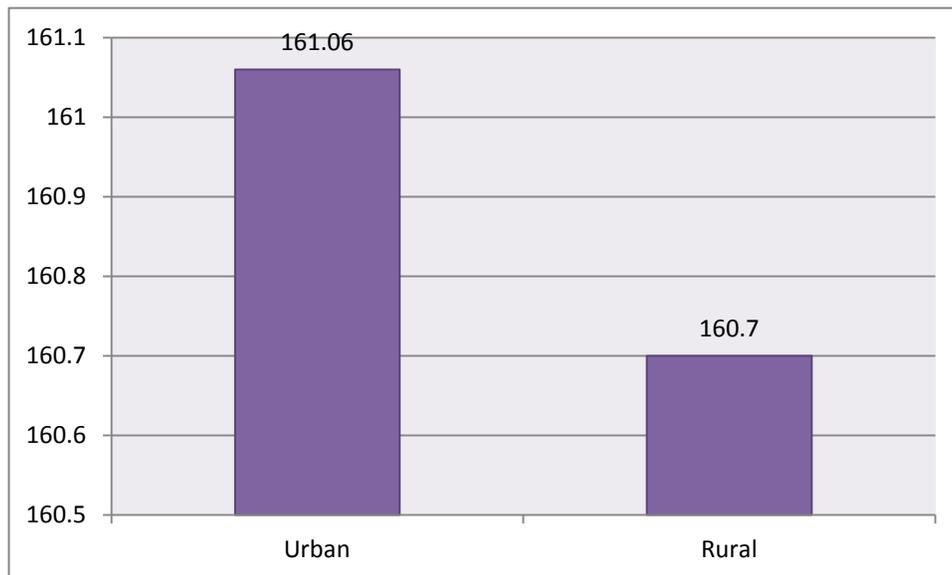
Interpersonal relation. Area of Residence effect represent the Interpersonal relation was significant (F- 205.36, 1and 399, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained ‘F’ value are high than table values at 0.01 and 0.05. In the present study was found that urban and rural college students differ from Interpersonal relation. The findings of the not supported the fifth hypothesis, they are fifth hypothesis rejected the present study. It means that Rural college students high Interpersonal relation than Urban college Students.

Table: 07 Show the mean, SD and F value of Psychological well being

Area of Residence	Mean	SD	N	DF	Mean Difference	F	Sign
Urban Students	161.06	16.49	200	398	0.36	14.71	0.01
Rural Students	160.70	16.39	200				

(Critical value of “F” with df 399 at 0.01 = 3.86 and at 0.05 = 6.70)

Figure No.06



Observation of the table No.06 and Figure No.06 indicated that the mean value of two classified group seems to differ from each other on Psychological well being. The mean and SD value

obtained by the Urban college students 161.06, SD 16.49 and Rural College students was 160.70, SD 16.39, but on the basis of mean observation it would that mean difference 0.36. Both group 'F' ratio was 14.71, at a glance those urban college student shows minor high score than rural college students.

In the present study was sixth hypothesis related Psychological well being an Area of Residence. It was "There is no significant difference between Urban and Rural college students on demotion Psychological well being. Area of Residence effect represent the Psychological well being was significant (F- 14.71, 1 and 399, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that urban and rural college students differ from Psychological well being. The findings of the not supported the sixth hypothesis, they are sixth hypothesis rejected the present study. It means that Urban college students high Psychological well being than Rural college Students. An similar finding was found that Hetal A. Patel, (2015), Fareeda Shaheen,(2016), Kawa and Shafi (2015) , Aasimeh Rehman, Humera Shafi, Touseef Rizvi, (2016) , and An Opposite finding was found that Geeta Sharma, (2014), Kaur, Amritpal and Singh, Agyajit, (2016).

Delimitations of the study

- 1) The finding of the study is based on very sample.
- 2) The sample was restricted to Jalna city in Maharashtra.
- 3) The study was restricted to only B.A. arts college students (arts facility) only.
- 4) The study was restricted students are only 18-21 years only.

Conclusions

- 1) Urban College Going students have significantly high Life Satisfaction than the rural College Going students
- 2) Rural College Going students have significantly high Efficiency than the urban College Going students.
- 3) Urban College Going students have significantly high Sociability than the rural College Going students.
- 4) Rural College Going students have significantly high Mental Health than the urban College Going students.
- 5) Rural College Going students have significantly high Interpersonal relation than the urban College Going students.
- 6) Urban college students high Psychological well being than Rural College Students.

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