



## PSYCHOLOGICAL WELL BEING OF ADOLESCENTS IN RELATION TO SOCIO ECONOMIC STATUS

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Modern age is an age of technological advancements and tough competitions. Emotional pressure is increasing day by day which has led to unbalanced and maladjusted personalities in the society. Excessive competition, rapidly changing culture, social values, wide exposures and every aspect of life has made, the people in general and young generation in specific, life in urgency and emergency of what we can say that life in today's social situation is very complex endeavor. As adolescence grow to leaders of the future it is of utmost importance to ensure their psychological, so that they may emerge as well balanced adults. With the variety of possibilities available to adolescents, the choices they make are becoming increasingly complex and confusing and it is therefore very important to provide support to adolescents so that they can prepare for the future. Well-being is an ongoing process, not an intermittent prescription. It is based on individual's active interaction in a complex world.

**Bar-On (2005)** defines, "Psychological well-being as a state that emerges from feeling of satisfaction with one's close interpersonal relationships and with one's occupation and financial situation."

**Cew Glossary (2006)** defines, "Psychological well-being is concerned with the thriving and flourishing of the human psyche, not simply the absence of mental illness, disorder and dysfunction."

**Boniwell and Henry (2007)** defines, "Psychological well-being can be divided into two components: Hedonic and eudemonic. Hedonic well-being long refers to experiences of positive mood and emotion. Eudemonic well-being accounts for the sense of purpose that is required for long term psychological well-being to occur in the presence of positive mood and emotion."

Socio-Economic status refers to a cluster of factors including occupation, qualification, income, cultural influence, religion, beliefs, political setup, family relationships and living standards. One's socio-economic status determines one's outlook and one's potential of life.

**Stephen (1958)** defines, "Socio-Economic status consists of a cluster of factors which includes occupation income and cluster features of home".

**Fransoo R, et.al. (2003)** defines, "Socio Economic Status as characteristics of Economic, Social and physical environment in which individuals live and work, as well as demographic and genetic characteristics."

Thus, Socio-economic status is an index of power and prestige of family. Socio-economic status would therefore be ranking of an individual by the society he lives in, in terms of his material belongings and cultural possession along with the degree of respect, power and influence he/she wields.

### Objectives

1. To study the different dimensions of psychological well-being of adolescents belonging to different socio economic status.
2. To study psychological well-being of adolescents belonging to different socio economic status.

### Hypotheses

1. There exists no significant difference in the different dimensions of psychological well-being of adolescents belonging to different socio economic status.
2. There exists no significant difference in psychological well-being of adolescents belonging to different socio economic status.



## Operational Definitions

### Psychological well being

Psychological Well Being is the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the word of work, sense of achievement, utility, belongingness, and no distress, dissatisfaction or worry, etc.

### Socio-economic status

Socio Economic Status would, therefore be a ranking of an individual by the society he lives in, in terms of his material belongings and cultural possessions along with the degree of respect power and influence he wilds.

### Sample

The present study was conducted on the sample of 200 adolescents.

### Tools Employed

Psychological Well-Being (2012) Dr. Sisodia and Chaudhary  
Socio-Economic Status Scale (2006) Dr. Bhardwaj

## Results

**Table 1, Significance of the Difference between Mean Scores of dimensions of Psychological Well-being of Adolescents belonging to Upper Middle, Middle and Upper Lower Socio-Economic Status (N=200)**

Dimensions of Psychological Well-being	Source of Variation	SS	d <sub>f</sub>	MS	F-value
Satisfaction	Between Groups	855.46	2	427.73	20.08**
	Within groups	4197.10	197	21.31	
	Total	5052.56	199		
Efficiency	Between Groups	552.61	2	276.31	12.21**
	Within groups	4458.78	197	22.63	
	Total	5011.40	199		
Sociability	Between Groups	600.50	2	300.25	13.42**
	Within groups	4406.37	197	22.37	
	Total	5006.88	199		
Mental Health	Between Groups	520.44	2	260.22	11.35**
	Within groups	4515.24	197	22.92	
	Total	5035.68	199		
Interpersonal Relations	Between Groups	1422.39	2	711.20	29.92**
	Within groups	4682.63	197	23.77	
	Total	6105.02	199		

\*\* Significant at 0.01 level



As the significant difference exists in all the five dimensions of the variable of psychological well-being of adolescents belonging to upper middle, middle and upper lower socio-economic status, thus hypothesis 1 stating that ‘there is no significant difference in the dimensions of psychological well-being of adolescents belonging to different socio-economic status’ stands rejected

**Table 2, Significance of the Difference between Mean Scores of Psychological Well-being of Adolescents belonging to Upper Middle, Middle and Upper Lower Socio-Economic Status (N=200).**

Source of Variation	SS	d <sub>f</sub>	MS	F-value
Between Groups	19244.97	2.00	9622.48	34.22**
Within groups	55392.03	197.00	281.18	
Total	74637.00	199.00		

\*\* Significant at 0.01 level

**Table 2** shows that a significant difference exists in the variable of psychological well-being of adolescents belonging to upper middle, middle and upper lower socio-economic status.

Therefore hypothesis 2 stating that ‘there is no significant difference in psychological well-being of adolescents belonging to different socio-economic status’ stands rejected.

**The findings of the present investigations are important for educational practices at the school level.**

1. This study will be of great value for teachers and counselors to know what kind of psychological well-being are prevalent among adolescents and how they can overcome them.
2. This study reveals that mental health and interpersonal relations is correlated to conformity. It will prove a guideline in improving psychological well-being.

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