

## A STUDY OF PSYCHOLOGICAL WELL BEING AMONG URBAN AND RURAL LATE ADOLESCENCE

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### ABSTRACT

*The purpose this study the Psychological well-being on Urban and Rural Late Adolescence.*  
**Objectives:-**To Study the Urban and Rural Late Adolescence with dimension Psychological well-being on Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation. **Hypotheses:-**There is no significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation.  
**Methodology- Sample:** Total sample of present study 100 Late Adolescence, in which 50 were Urban (25 Male and 25 Female) Late Adolescence and 50 Rural((25 Male and 25 Female)) Late Adolescence. The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. Non- probability purposive Quota Sampling was used. **Variables-** The independent variables are Gender(Urban and Rural Late Adolescence) and Dependent variables are psychological well-being (Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation).**Research Design:**2x2 Factorial research designs used. **Research Tools-** Psychological well-being scale (2012) by Devendra Singh Sisodia and Pooja Choudhory. **Statistical Treatment:** Mean SD and ANOVA. **Conclusions: -1)** No significant difference between Urban and Rural Late Adolescence on Life satisfaction, Efficiency, Mental health and Interpersonal Relation. 2) Rural Late Adolescence high Sociability and Psychological well-being than Urban Late Adolescence.

**Keywords:** Late Adolescence, Efficiency, Sociability, Mental Health, Interpersonal Relation.

### Introduction

Adolescence in human life is the stage where rapid changes take place. The individual's physical, mental, social, moral and spiritual outlooks undergo revolutionary changes. Such changes, during adolescence, are more rapid than during infancy or childhood. Due to this growth, human personality develops new dimensions. During adolescence, the individual wants to take independent decisions in various situations of his experiences. This is regarded by the elders as an act of indiscipline or of misconduct. Gradually the adolescent starts to control his desires according to the standards set by the society. He also begins to realize his social responsibilities. Adolescence is a period of life with specific health and developmental needs and rights. It is also a time to develop knowledge and skills, learn to manage emotions and relationships, and acquire attributes and abilities that will be important for enjoying the adolescent years and assuming adult roles. The changes in adolescence have health consequences not only in adolescence but also over the life-course.

Adolescence is one of the periods when both the immediate and long term effects on attitudes and behaviour are important. Adolescence has both physical and psychological effects accompanied by rapid mental developments. These give rise to the need for mental adjustments and the necessity for establishing new attitudes, values, and interests. Adolescent's life is full of hopes. The Adolescent is eager to interact with new experiences, find new relationships to examine inner strengths and explore the strengths of inner ability. Adolescents try to have the freedom to think and set their own goals and discover means to achieve them. Adolescents want to have more freedom to enjoy.

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Psychological well being is a subjective term that means different thing to different people. The term psychological well being is used throughout the healthy industry as kind of a catch all phrase meaning contentment, satisfaction with all element of life, self actualization (a feeling of having achieved something with one's life peace and happiness). Well-being is a dynamic concept that includes subjective, social, and psychological dimensions as well as health-related behaviors. Person with Psychological well being is known as a happy satisfied person. There are many-many factors that contribute to a person's Psychological well being. One element that muddies the water for his research is that this well being is defined directly for each person. Psychological traits related to socially constructed gender roles may also be relevant and mediate in part the difference in psychological well being between men and women.

"Psychological well being is a positive and sustainable condition that allows individuals, group or nations to thrive and flourish. Psychological well being requires on integrated approach, one that embraces mind, body, society and the environment understanding how individuals and communities can be helped to thrive and flourish could be or great benefit to our citizens, our educators and our leaders.

### **Review of Related Literature**

Bilal Ahmad Bhat, (2018) this study found that A significant difference was found between rural and urban students on the psychological well-being, with rural students having higher psychological well-being than urban students. Dey et al., (2014); Kaur & Singh, (2016); Gangopadhyay & Sikdar, (2016) this study found that The significance of rural and urban student's regarding psychological well-being was found that the students from the rural area have higher psychological well-being than urban students. 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. Kaur, Amritpal and Singh, Agyajit (2016) this study found that there were significant differences between rural and urban among psychological well being. 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 wellbeing 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.

Singh (2011) this study found no significant gender difference in mental health of the students. Students residing in urban area had significantly better mental health than those residing in rural area.

### **Statement of the Problem**

A Study of Psychological well being among Urban and Rural Late Adolescence.

### **Objectives of the Study**

- To Study the Urban and Rural Late Adolescence with dimension Psychological well-being on Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation.

### **Hypothesis of the Study**

#### **Ho: Null Hypothesis**

- There is no significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation.

#### **H<sub>1</sub>: Alternative hypothesis**

- There is significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Life satisfaction, Efficiency, sociability, mental Health and Interpersonal relation.

## Methods

### Sample

Total sample of present study 100 Late Adolescence, in which 50 were Urban (25 Male and 25 Female) Late Adolescence and 50 Rural ((25 Male and 25 Female)) Late Adolescence. The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. Non-probability purposive Quota Sampling was used. Simple design to be implemented in the present research is as follow:

**Table 1: Sample Design**

	Urban	Rural	Total
Male	25	25	50
Female	25	25	50
Total	50	50	100

### Research Design

In the present study 2x2 factorial designs was used. Simple design to be implemented in the present research is as follow:

**Table 2: Research Design**

B	A		
		A1	A2
	B1	A1, B1	A2, B1
B2	A1, B2	A2, B2	

A: Area of Residence , A1- Urban Late Adolescence A2- Rural Late Adolescence

B: Gender B1-Male Late Adolescence B2-Female Late Adolescence

### Variables of the Study

**Table 3: Variables of the Study**

Variable	Type of variable	Sub. Variable	Name of variable
Area of Residence	Independent variables	02	<ul style="list-style-type: none"> <li>Urban Late Adolescence</li> <li>Rural Late Adolescence</li> </ul>
Psychological wellbeing	Dependent variables	05	<ul style="list-style-type: none"> <li>Life satisfaction,</li> <li>Efficiency,</li> <li>Sociability,</li> <li>Mental Health,</li> <li>Interpersonal relation.</li> </ul>

### Research Tools

**Table 4: Psychological well-Being Scale (2012)**

Aspect	Name of the Test	Author	Sub Factor	Item-50
Psychological well-being	Psychological well-being scale	Dr. Devendra Singh Sisodia Pooja Choudhary (2012).	<ul style="list-style-type: none"> <li>Life Satisfaction</li> <li>Efficiency,</li> <li>Sociability,</li> <li>Mental health,</li> <li>Interpersonal Relation.</li> </ul>	<p><b>Scoring-</b> The subjects were required to respond to each item in terms of "Strongly disagree, Disagree, Undecided, Agree, strongly agree."</p> <p><b>Reliability</b> –0.90</p> <p><b>Validity</b> –0.94</p>

### Procedures of Data Collection

The primary information was gathered by giving personal information from to each Late Adolescence. The Late Adolescence was called in a small group of 05 to 10 Late Adolescence. To fill the inventories subjects were given general instructions belongs to each test. The Late Adolescence provided the Psychological wellbeing scale. Data were obtained by using particular scoring particular scoring palter standardized for each scale.

### Statistical Treatment

The data were analyzed by using and inferential statistical analysis the Mean, Standard Deviation and ANOVA method of correlation was used.

### Results and Discussion

#### Area of Residence on life satisfaction

**Table 5: Show the Mean, SD and F Value of Area of Residence on Life Satisfaction**

Factor	Area of Residence	Mean	SD	N	DF	F Value	Sign.
Life Satisfaction	UrbanLate Adolescence	29.12	1.30	50	98	2.35	NS
	RuralLate Adolescence	28.44	1.88	50			

Observation of the Table 05 indicated that Mean and SD of Urban Late Adolescence was 29.12  $\pm$  1.30 and Rural Late Adolescence was 28.44  $\pm$  1.88 on Life satisfaction and F value is 2.35 which found no significant at 0.01 level and 0.05 level at were null hypothesis was Accepted (There is no significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Life satisfaction) and Alternative hypothesis is Rejected (There is significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Life satisfaction) it mean that no significant difference between Urban and Rural Late Adolescence on Life satisfaction.

#### Area of Residence on Efficiency

**Table 6: Show the Mean, SD and F Value of Area of Residence on Efficiency**

Factor	Area of Residence	Mean	SD	N	DF	F Value	Sign.
Efficiency	UrbanLate Adolescence	28.90	1.46	50	98	0.716	NS
	RuralLate Adolescence	29.10	1.26	50			

Observation of the Table 06 indicated that Mean and SD of Urban Late Adolescence was 28.90  $\pm$  1.46 and Rural Late Adolescence was 29.10  $\pm$  1.26 on Efficiency and F value is 0.716 which found no significant at 0.01 level and 0.05 level at were null hypothesis was Accepted (There is no significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on, Efficiency) and Alternative hypothesis is Rejected (There is significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Efficiency) it mean that no significant difference between Urban and Rural Late Adolescence on Efficiency.

#### Area of Residence on Sociability

**Table 7: Show the Mean, SD and F Value of Area of Residence on Sociability**

Factor	Area of Residence	Mean	SD	N	DF	F Value	Sign.
Sociability	Urban Late Adolescence	29.30	1.55	50	98	20.66	0.01
	Rural Late Adolescence	30.30	1.23	50			

Observation of the Table 1 indicated that Mean and SD of Urban Late Adolescence was 29.30  $\pm$  1.55 and Rural Late Adolescence was 30.30  $\pm$  1.23 on Sociability and F value is 20.66 which found significant at 0.01 level and 0.05 level at were null hypothesis was Rejected (There is no significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Sociability) and Alternative hypothesis is Accepted (There is significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Sociability) it mean that RuralLate Adolescence high Sociability than Urban Late Adolescence.

#### Area of Residence on Mental Health

**Table 8: Show the Mean, SD and F Value of Area of Residence on Mental health**

Factor	Area of Residence	Mean	SD	N	DF	F Value	Sign.
Mental health	Urban Late Adolescence	30.76	0.82	50	98	3.13	NS
	Rural Late Adolescence	31.02	0.62	50			

Observation of the Table 08 indicated that Mean and SD of Urban Late Adolescence was 30.76  $\pm$  0.82 and Rural Late Adolescence was 31.02  $\pm$  0.62 on Mental health and F value is 3.13 which found no significant at 0.01 level and 0.05 level at were null hypothesis was Accepted (There is no significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Mental Health) and Alternative hypothesis is Rejected (There is significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Mental Health) it mean that no significant difference between Urban and Rural Late Adolescence on Mental health.

**Area of Residence on Interpersonal relation****Table 9: Show the Mean, SD and F Value of Area of Residence on Interpersonal Relation**

Factor	Area of Residence	Mean	SD	N	DF	F Value	Sign.
Interpersonal Relation	UrbanLate Adolescence	29.30	1.24	50	98	3.23	NS
	RuralLate Adolescence	29.68	1.09	50			

Observation of the Table 01 indicated that Mean and SD of Urban Late Adolescence was  $29.30 \pm 1.24$  and Rural Late Adolescence was  $29.68 \pm 1.09$  on Interpersonal Relation and F value is 3.23 which found no significant at 0.01 level and 0.05 level at were null hypothesis was Accepted (There is no significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Interpersonal relation) and Alternative hypothesis is Rejected (There is significant difference between Urban and Rural Late Adolescence with dimension psychological well-being on Interpersonal relation) it mean that no significant difference between Urban and Rural Late Adolescence on Interpersonal Relation.

**Area of Residence on psychological well-being****Table 10: Show the Mean, SD and F Value of Area of Residence on Psychological Well-Being**

Factor	Area of Residence	Mean	SD	N	DF	F Value	Sign.
Psychological well-being	UrbanLate Adolescence	147.38	4.49	50	98	5.702	0.05
	RuralLate Adolescence	148.76	3.19	50			

Observation of the Table 10 indicated that Mean and SD of Urban Late Adolescence was  $147.38 \pm 4.49$  and Rural Late Adolescence was  $148.76 \pm 3.19$  on Psychological well-being and F value is 5.702 which found significant at 0.05 level at were null hypothesis was Rejected (There is no significant difference between Urban and Rural Late Adolescence with dimension o psychological well-being) and Alternative hypothesis is Accepted (There is significant difference between Urban and Rural Late Adolescence with dimension on Psychological well-being) it mean that Rural Late Adolescence high Psychological well-being than Urban Late Adolescence.

**Conclusion**

- No significant difference between Urban and Rural Late Adolescence on Life satisfaction.
- No significant difference between Urban and Rural Late Adolescence on Efficiency.
- Rural Late Adolescence high Sociability than Urban Late Adolescence.
- No significant difference between Urban and Rural Late Adolescence on Mental health.
- No significant difference between Urban and Rural Late Adolescence on Interpersonal Relation.
- RuralLate Adolescence high Psychological well-being than Urban Late Adolescence.

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