

## A STUDY ON PSYCHOLOGICAL WELL-BEING OF COLLEGE STUDENTS USING INSTAGRAM

---

Rajdipsinh.B. Jadeja\*

### ABSTRACT

*The main purpose of the present research was to study the psychological well-being of college students using Instagram. For this research Dr. S. K. Verma and Shri Amita Verma (1989) and standardized Gujarati translation by Gaurang Vyas (2009) of 'Psychological well-being' research was used. A total sample of 120 students was selected using Instagram from undergraduate and postgraduate students studying at Maharaja Krishnakumarsinhji Bhavnagar University. The data obtained was analyzed by 'F' test. The results show that gender has a significant difference on psychological well-being of students using Instagram ( $F = 36.10$ ). The effect of type of study level on students' psychological well-being is found to be not significant difference ( $F = 1.56$ ). The effect of gender and level of study on students' psychological well-being is found to be not significant difference ( $F = 2.80$ ).*

**Keywords:** Psychological well-being, 'F' test, Social Networking Sites.

---

### Introduction

One of the most complex and pressing issues in today's technologically advanced age is psychological well-being. Experts including Sam Pitroda believe that the 21st century is the century after the explosion of technology. In today's time social media is useful for education, business, entertainment, culture, sports and to know the news of the country and abroad etc. In today's age youth use social networking sites for entertainment, happiness. In which sites like Instagram, YouTube, Facebook etc. are widely used. A person's physical, psychological and social health is largely responsible for the quality of life. It is known as a moderator of psychological well-being.

Kalibart (Sadar: Mohammad Mankad 2002) defines happiness as "Happiness means bad memory and good health".

Bhogle (1995) states, "Happiness, satisfaction or contentment in general is experienced subjectively. It is known as psychological well-being. "

Sinha (1990) states that psychological well-being is difficult to define but he states that it can be said that "psychological well-being in a person's life as a whole means physical and mental health".

Pansar R. like this. (2009) conducted a TYBA. And the findings of the study on the well-being of female students of TYBCom show that there is no significant difference in psychological well-being, hobbies and study interest. Tarpara P. J. and Vasova J. P. (2009) conducted a study on psychological

---

\* Research Scholar, Shamaldas Arts College, Psychology Department, M.K. Bhavnagar University, Gujarat, India.

# The paper was presented in the National Multidisciplinary Conference organised by Maharani Shree Nandkuberba Mahila College, Bhavnagar, Gujarat on 21st January, 2024.

well-being between boys and girls in a college study and found no significant difference in the well-being of home and hostel students. There are significant differences in psychological well-being with respect to gender, academic discipline and residence. Kamdar, BJ (2016) Findings of an Analytical Study on the Mental Health, Depression Tolerance and Psychological Well-Being of Graduate and Post Graduate Students Using Facebook and WhatsApp Show that Mean Differences Between Boys and Girls Psychological Well-Being Are Significant. Dungrani. A.G (2018) in a study on the psychological well-being of college students found no significant difference between college students in terms of gender and no significant difference in psychological well-being in terms of family. The present research is about studying the psychological well-being of college students using Instagram. There are some factors which directly or indirectly affect the students. Like, anxiety, stress, depression, attitude, academic, future, adjustment, financial struggle etc. factors are seen in the students. Also in today's era people feel lonely somewhere and to overcome it they use social media in today's era. Social media is mostly used by students. Considering all this, how is the psychological well-being of college students in terms of gender and level of study? Is there any difference? etc. an attempt has been made to obtain information through small survey type research to know, understand and find remedies.

### **Purpose**

The objectives of the present research are as follows:

- Measuring psychological well-being of boys and girls in relation to gender.
- to measure the psychological well-being of students studying at graduate and postgraduate levels in terms of type of study level.

### **Research Methodology**

#### **Changes**

The implications of the present research are as follows.

- Independent variable
  - Gender (A1) Boy (A2) Girl
  - Level of Study (B1) Graduate (B2) Post Graduate
- Dependent variable

A score on perceived psychological well-being of college students using Instagram

#### **Hypothesis**

Considering the independent variables of the present study such as gender (boy-girl) level of study (graduation-postgraduation) null hypotheses were formulated as follows.

- No significant difference between psychological well-being of boys and girls with respect to gender Not affected.
- There is no significant effect between the type of level of study and the psychological well-being of students studying at the undergraduate and postgraduate levels.
- There is no significant effect between gender and type of study level between students' psychological well-being.

#### **Sample**

In the present study Maharaja Krishnakumarsinghi Bhavnagar University was included as the scope of research.

The researcher took a simple random sampling method from students studying at undergraduate and postgraduate level using Instagram from around the world. So that the effect of inclination can be eliminated. Thus, a representative sample was selected from among the students studying at the graduate and post graduate level through Yadcha method. A total of 120 samples were selected. The table below shows the number of students included in the sample.

**Table 1: A table Showing the Number of Selected Students Included in the Sample**

<b>independent Variable</b>	<b>Boys</b>	<b>Girls</b>	<b>Total</b>
Graduate level	30	30	60
Post Graduate Level	30	30	60
Total	60	60	120

As can be seen from Table No-1 above, a total of 120 samples were taken in the present research. In which 60 boys and 60 girls were taken. While 60 students studying at the graduate level and 60 students studying at the postgraduate level, thus 120 samples were taken from the students studying at the graduate and postgraduate levels by simple random sampling method.

### **Tools**

The main purpose of the present research is to study the psychological well-being of college students using Instagram. The following instrument was used to collect information from the respondent.

- **Personal Information Sheet**

A personal data sheet was used to collect information related to individual variables of the students such as gender (boy-girl), type of study level (undergraduate-undergraduate), etc.

- **Psychological Well-being Scale**

In the present study, the psychological well-being questionnaire was used to measure psychological well-being. which Dr. S. K. Verma and Mr. Amita Verma (1989) 'Psychological Well-Being' research was originally in Hindi version but it was translated into Gujarati language and translated by Gaurang Vyas (2009). A standardized Gujarati translation was used to collect the data. The test consists of a total of 20 statements. In which '√' is marked against the applicable statement. And inapplicable provisions are omitted.

### **Validity**

Dr. S. K. Verma and Mr. Amita Verma (1989) 'Psychological Well-Being' research original Hindi version with test-retest method  $r = 0.91$  ( $N = 60$ ). and  $r = 0.98$  ( $N = 60$ ) according to the split-half method. Whereas the Gujarati version conducted by Gaurang Vyas (2009) according to the test-retest method  $r = 0.89$  ( $N = 60$ ). and  $r = 0.94$  ( $N = 60$ ) according to the split-half method. A reliability score is found.

### **Reliability**

Dr. S. K. Verma and Mr. Amita Verma (1989) 'Psychological Well-Being' Survey Original Hindi Version Conceptual or Trait Subjective Validity  $r = 0.90$  ( $N = 60$ ). can be seen. Whereas the conceptual or trait validity of the Gujarati version by Gaurang Vyas (2009)  $r = 0.88$  ( $N = 60$ ). can be seen.

A standardized psychological well-being questionnaire was used to collect data here. Which is reliable and authentic in Gujarati version verification.

### **Design**

A 2 x 2 logistic design was used to examine the independent and joint effect of two independent variables. Here a total of 120 samples were taken to examine the independent and joint analytical effect of two independent variables such as gender (boy-girl) level of study (graduation-post graduation).

### **Procedure**

The present 'Psychological Well-Being' questionnaire consists of a total of 20 statements. In which '√' is to be ticked against the applicable statement. And inapplicable provisions are omitted. A square box is given against each statement in this research. If it is marked with '√' then '1' marks are given and if '√' is not marked then '0' marks are given. Here 20 statements are given maximum marks of 20 and minimum marks of zero. If the score area is higher, the psychological well-being is higher and if the score area is lower, the psychological well-being is interpreted as lower. The score area of the entire scale represents the respondent's personal psychological well-being score.

### **Statistical Techniques**

The information obtained in the present research is evaluated based on the 'scoring key' and the scores obtained. The following statistical technique was then used.

### **Analysis of Variance ' F ' (ANOVA)**

The 'F' test was used as a statistical technique in this study. The 'F' test is used when the significance of the difference between the means of two or more groups is to be tested and especially when the interaction of the units within the group is to be taken into account in this test. Through this test it is possible to know whether there is any significant difference in the means of the groups under study but it is not possible to know which of the groups is superior.

**Result Table****Table 1: 'F' Showing the Effect of Gender and Level of Study on Psychological Well-Being of College Students**

Source of Variation	Sum of Squares	df	Mean Sum of Square	'F' Ratio	Level of Significant
Caste (A)	270.01	1	270.01	36.10	0.01
Class (B)	04.81	1	04.81	01.56	N.S.
A x B	02.67	1	02.67	02.80	N.S.
Wss	867.68	116	07.48		
total	1145.17	119			

N.S. = Not Significant

**Table 2: A coefficient showing the mean difference in psychological well-being level with respect to gender**

Gender	Sample	Average	Mean Difference
Boy	60	16.08	03
Girl	60	13.08	

**Table 3: Table showing the mean difference in level of psychological well-being with respect to type of study level**

Type of Classroom	Sample	Average	Mean Difference
Graduate	60	14.78	0.40
Postgraduate	60	14.38	

**Result Discussion**

The result shows that the mean difference between study level, gender and type of study level selected for the research is insignificant. Due to individual differences, there is a significant mean difference between group members with respect to gender while insignificant mean differences are observed between group members with respect to education level.

The difference between mean psychological well-being of boys and girls with respect to gender is significant. Hence the hypothesis is rejected. So it can be said that the mean difference between psychological well-being of boys and girls with respect to gender is significant. A person's caste becomes a very useful variable as long as it affects his well-being. Favorable environment reveals latent strengths of students and hostile environment hinders and any environment is of no use if latent strengths are weak. Worker b. J. (2016) study findings show that the mean difference between psychological well-being of boys and girls is significant. The findings of the results here support the results of previous research. Because it may be that girls have more problems like anxiety, depression, mood, academic inactivity than boys.

In terms of level of study, the difference between the mean of psychological well-being of students studying at graduate and postgraduate level is insignificant. Hence the hypothesis is accepted. From the results it can be said that study level has no effect on student's psychological well-being.

Differences between the means of students' psychological well-being with respect to gender and type of study level are insignificant. Hence the hypothesis is accepted. During the student period, a student changes different levels of study but there is no reduction in workload along with the level of study, as a result of which the psychological well-being of the student is not affected regardless of gender or level of study. Fewer family, social and financial responsibilities and less amount of other work during the student period. Vacations and other holidays benefit from fulfilling only academic responsibilities. As a result, they may have a greater sense of psychological well-being. does not fall (Bhal J.P. 2016).

There is a difference between the psychological well-being of boys and girls. As Harlock (Sadar-Kanavala S. C. 1975) points out, most adolescents crave behavior that is adopted by the group. And their personal health is greatly influenced by their peer age group. One of the main reasons why psychological well-being is higher in boys in terms of gender may be that boys are more socially active than girls, besides boys use different social media to a greater extent. In which the use of applications like Instagram has increased day by day.

A marginal difference is found between the psychological well-being of students studying at the graduate and postgraduate levels. In today's 'media age', students studying at graduate and post-

graduate levels use media to a large extent to increase their entertainment and sense of happiness. From which they feel happiness. College students are going through puberty and this stage is expected to leave behind childish attitudes and behaviors and prepare for adulthood by adopting a variety of attitudes and behaviors appropriate for adults. (Kumbhani C. V. 2012)

### Conclusions

- Average between psychological well-being of boys and girls with respect to gender The difference is significant.
- The mean difference between psychological well-being of students studying at graduate and postgraduate level is not significant with respect to type of study level.
- The mean difference between psychological well-being of students with respect to gender and type of study level is not significant.

### Reference Books

1. Bhogle, S. and Jay Prakash, I. (1995). '*Developmental of the Psychological Well-Being Questionnaire*,' Journal of Personality and Clinical Studies, Vol.11 (1&2).
2. Chandra, P.S. and Others (1998). '*Psychological Well-being among Cancer Patients receiving radio therapy-a prospective study*,' Journal Quall Life Res, Issn:0962-9343, Vol.7, Issue 6, Page No.-495-500.
3. Kanawala, S.C. (1975). First Edition, '*Developmental Psychology Part-2*,' Univ. Construction Board, Ahmedabad, Page No.-25.
4. Kamdar, B.J. (2016). '*Graduates and Postgraduates Using Facebook and WhatsApp An Analytical Study of Students' Mental Health, Frustration Tolerance and Psychological Well-Being*,' M.K. Bhavnagar Univ. Bhavnagar, Page No.- 112,237,358.
5. Tarpara, P.J. and Wasoya, J.P. (2009). '*Boys and Girls Studying in College A comparative study of psychological well-being between*,' Saurashtra Univ. Rajkot, Page No.-43.
6. Trivedi, M.D. and co-authors, (1972). First Edition, '*Statistics in Education*,' Univ. Grant Nirman Board, Ahmedabad, Page No.-148.
7. Patel, C.P. and co-authors, (1973). First Edition, '*Psychology for a Happy Life*,' HindPrakashan, Ahmedabad, Page No-246.
8. Pansara, R.M. (2009). '*T.Y.B.A. and T.Y. Studying in B.Com A psychological study on the well-being of female students*,' Saurashtra Univ. Rajkot, Page No.-20.
9. Parekh, S.C. and Dixit, HK (1995). '*First edition, in Psychological Research Statistical Test*,' Champa Prakashan, Junagadh, Page No.-505.
10. Bhal, J.P. (2016). '*Psychology of Academic and Non-Academic Employees". A comparative study of well-being, life satisfaction and mental health*,' M.K. Bhavnagar Univ. Bhavnagar, Page No.-21,73,205.
11. Mankad, M. (2002). Fifth edition, '*Happiness means...*,' Gurjar Granth Ratna Kalaya, Ahmedabad, Page No.- 136.
12. Verma, SK and Verma, A. (1996). '*Psychological Well-Being Research*,' National Psychological, Corporation, Kachaharighat, Agra, Page No.- 1-11.

