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Well-Being Index among Male and Female College Students Amid Covid-19 Pandemic Situation : A Comparative Study



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ABSTRACT

Purpose of this study is to assess the gender difference in the level of Well-being Index of undergraduate college students amid covid 19 pandemic situation. Hypothesis of the study is "Level of Well-being Index of undergraduate college students would be lower in females than males amid covid19 pandemic situation". Sample of the study is 228 undergraduate students of Government College of Arts and Science, Aurangabad. In the sample 121 female students and 107 male students were included.

The results of the study shown that Mean score of male students is- 199.13 (SD

25.11) and Mean score of female students is- 199.81 (SD 25.16) and the t-test value is- 0.206 which is not found significant. Hence the hypothesis of the study is rejected, and it is found that there is no significant difference among male and female college going undergraduate students in terms of Well-being Index amid covid 19 situation.

KEYWORDS

Well-being Index, Undergraduate students

RESEARCH PAPER

Introduction:

Discremination on the basis of gender affects the different areas of social, psychological and personal sphere of human life. Since last one and half year due to covid 19 pandemic situation and impact of subsequent lockdown on huge population got affected with psychological, social, financial spheres of life including death of loved ones, domestic violence. College going student's life is also drastically influenced due to this sudden surge of virus. Due to online education, screen addiction, limitations in physical activity, loss of job opportunities educational sector and teaching learning process is largely affected during this pandemic situation. The study of mental and physical health along with other spheres of students' life in consideration with gender differences is necessary for fruitful changes in teaching learning process.

In view of covid 19 pandemic situation, to find the gender variation exists if any among college going students on account of Well-being Index is the purpose of conducting the present study.

According to Jain U. (2010) the concept of Well-being indicates the individual's satisfaction in different domains of one's life. It includes the objective and subjective parameters of life. The objective components include education employment status, financial responses and comforts of modern life. The subjective component involves the overall satisfaction and well-being.

Singh, S. (2010) in his study found that the term psychological well-being is a subjective term connoting different meaning to different people. Personal Well-being includes meaning of life, absence of Somatic symptoms, self-esteem, positive affect daily activities satisfaction, absence of suicidal ideas, personal control, social support, absence of tension and general efficiency (Bhole and Parkash;1995). Well-being is not just the absence of disease or illness. It is a tangible and amorphous concept and depends upon the person's perception.

According to Cloning (2008) well-being can be assessed by four methods:

- *Presence of positive emotions and absence of negative emotions.*
- *Mature character traits, including self-directed, cooperativeness and self-transcendence.*
- *Life satisfaction or quality of life.*
- *Character strength and virtues, such as hope, compassion and courage.*

Cloning (2008) has further stressed that "a person cannot feel good (as measured by positive emotions and life satisfactions) without doing good (as measured by maturity of character and virtuous conduct).

Significance of the study:

As there is difference in the socialization process of males and females and there are differences in males and females regarding restrictions imposed by family, domestic workload, psychological, sociological and financial aspect of life. In the present scenario of covid 19 pandemic situation fear of infection, illness, perhaps death of loved ones and online education it is important to assess the Well-being Index of college going student. It is also important to understand specific difference exists if any among males and female regarding their Well-being Index in view of covid 19 situation. It will be helpful for themselves to understand and handle this stressful situation. This study is also helpful to parents to know

how their children are psychologically affected amid this pandemic situation. This study is also helpful to teachers to understand the present psychological profile of their students and to handle accordingly the teaching-learning process in consideration with gender differences.

Objectives of the present study:

This study has been conducted with the following objectives:
To find out the gender difference between male and female college going students in terms of Well-being Index amid present covid 19 situations.

Hypotheses of the study:

Level of Well-being Index among undergraduate college students would be lower in females than males amid covid19 pandemic situation.

Review of literature:

Chauhan and Sharma V. (2013) conducted a study on Nuclear and Joint family adolescent and found that joint family is an effective agent of well-being for the members of the family in general and for adolescents in particular.

Chouhan and Didwania (2015) conducted a study on senior citizens and found that family living leads to life satisfaction and happiness in old age.

Well-being includes the relationship of the mind, spirit and body. It also explores the psychological dimensions. Thus, well-being is a positive concept emphasizing social and personal resources as well as physical capabilities (Chauhan & Sharma V., 2014).

Diener (1984) studied on a global satisfaction with life. It is based on the individual's subjective cognitive appraisal about the life in general.

Research Methodology:

Variables:

- Independent variable – undergraduate college going students
- *Male*
- *Female*
- Dependant variable- Level of Well-being Index

Sample of the study:

According to purpose of the study, 228 under graduate students (male and female) sample have been selected for data collection of the present study. In this sample of 228 students of undergraduate college students 121 are female and 121 are male student. All sample students are BA and BSc student of Government College of Arts and Science, Aurangabad.

Tools of the study:

Well-being Index –

Prof. (Dr.) Vijayalaxmi Chouhan and Dr. Varsha Sharma developed this psychological test. This test consists 50 statements among these 32 statements are positive and 18 are negative. All these statements are related to emotional well-being, social well-being, psychological well-being, spiritual well-being, self-awareness and physical well-being. This is five-point Scale. The items can be responded to by selecting from options. These options are- always, often, sometimes, rarely and never. Test-retest reliability of the scale is 0.71 and the validity of the scale is 0.85.

Results and analysis:

Descriptive statistics i.e. Mean and SD and inferential statistics such as t-test, ANOVA were used to statistically analyse and interpret the research data.

Table No. 1: Descriptives statistics for male and female students on Well-being Index variable

Gender	N	Mean score	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum
					Lower Bound	Upper Bound	
Male	107	199.1308	25.19063	2.43527	194.3027	203.9590	122.00
Female	121	199.8182	25.16545	2.28777	195.2886	204.3478	102.00
Total	228	199.4956	25.12410	1.66388	196.2170	202.7742	102.00

Above table No.1 shows that obtained Mean Score for male students is 199.13 with SD 25.19 and Mean Score of female students is 199.81 with SD 25.16

Table No. 2: t-test results

Gender	N	Mean Score	Std. Deviation	t-test value	
				t	df
Wellbeing Male	107	199.1308	25.19063	-.206 ^{NS}	226
Wellbeing Female	121	199.8182	25.16545		

The above table 2 shows the t-test result for Mean score of male students i.e.199.13 (SD 25.11) and Mean score of female students i.e.199.81 (SD 25.16). The t test value is - 0.206 which is not significant. Hence the hypothesis “Level of Well-being Index among undergraduate college students would be lower in females than males amid covid19 pandemic situation” is rejected in the presented study, and there is no significant difference in these two groups on account of Well-being Index.

However according to the Manual of the test (the raw score/Z score and its interpretation) it is found the almost college going students (male and female) Well-being index is high level. Mean Score of Male Students is 199.13 and Mean Score of Female 199.81 also represents the high level of Well-being index.

Conclusion:

The present study shows that there is no significant difference among male and female college going undergraduate students in terms of Well-being Index amid covid 19 situation.

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