

Well-being among student in relation to their stream

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ABSTRACT

The main purpose of this study was to find out well-being of students in relation to their stream. A sample of 120 students which were 60 arts students and 60 commerce students randomly select from college of Ahmedabad city. Psychological well-being scale by Dr.Devendra singh sisodia and pooja choudhary was used. The obtained data were analyzed using mean 't' test. The results show that there is significant difference between arts and commerce students in relation to their psychological well-being.

KEY WORDS : well-being, arts and commerce student

INTRODUCTION

Psychology in well-being

The correlation between well-being and positive psychology has been proven by many social scientists to be strong and positive one. According to McNulty (2012) positive psychology at the subjective level is about valued subjective experiences". Well-being is an important factor in this subjective experience, as well as, contentment, satisfaction of the past, optimism for the future and happiness in the present. People are more likely to experience positive psychology if they take in the good things in each experience or situation. Even in the past if a person only focuses on the negative the brain will only be able to recognize the negative. The more the brain has access to the negative the easier, it becomes because that is what is more memorable. It takes more effort for the brain to remember the positive experiences because typically it is the smaller actions and experiences that are the positive ones. James McNulty (2012) research looks at this idea a little bit closer. She argues that, "well-being is not determined solely by people's psychological characteristics but instead is determined jointly by the interplay between those characteristics and qualities of people's social environments". When people have well-being, they are experiencing a sense of emotional Freedom. There is nothing negative that is holding them back from experiencing positive emotions. This is true if a person is in a certain setting because it has been proved in a past research that a certain setting can hold a lot of memories for an individual just because of what was shared there and the meaning of it. For this "well-being is often equated with the experience of pleasure and the absence of [pain] over time".-The less psychological pain an individual is experiencing them more he or she is going to experience well-being.

When someone is positively well-being, they are also experiencing a few other things. It involves a sense of self-fulfillment, which is the feeling of being happy and satisfied because one is doing something that fully uses your abilities and talents (Merriam-Webster). The feeling of having a purpose in life and connection with others are also contributors to the idea of well-being. When people feel as though they have a [purpose] in the world they feel like they belong; they feel like they matter.

Since the beginning, human beings have always questioned the things that make them happy, and on what happiness of people depends. The concept of happiness has always been the focus of interest of human beings; they have searched for the source of happiness since the day they existed. For this reason, the concept of happiness took place in different definitions. For Socrates, being virtuous is happiness. Happiness is the realization of one's own nature, own potential; and, all men desire to be happy by their nature. Happiness is the absolute goal of all humane desires and passions; it is the highest target of human existence (Yıldız, 2002). According to Epicurus, ethic teaches the essence of happiness and the ways to reach happiness. For him, the sole good, the absolute value is pleasure. Pleasure should be the goal of all actions. For Plato, the highest good is happiness". The only way to possess happiness is virtue. According to Aristotle, happiness is the highest goal of all our actions and efforts (Özgen, 1997). In this sense, the term happiness shows that the goal and value of life are in human soul (Türer, 1992). Along with all these definitions, the science of psychology focused on individual's happiness and the concept of well-being. In a major part of history, psychology had associated itself with the disorders of human mind: anxiety, depression, neurosis, obsessions, paranoia, and delusions. The aim of doctors had been to render patients from negative disorders to neuter conditions (Wallis, 2004).

Well-being is a way of life. Especially in terms of life ideally inclined to health and wellness; unifying body, mind, and soul; individually full of purposeful attitude and aim to live life more fully; and a functional life in all social, personal, and environmental aspects (Myers et al., 2003). Health and well-being, and life style of an individual are closely related. Well-being aims to determine factors strengthening health and change individuals' life styles in that direction. The life styles of individual are not their fate (Doğan, 2006).

Subjective well-being is the equivalent of hedonic point of view, while psychological well-being equals to eudemonic perspective. Subjective well-being generally refers to happiness, relief, and relatively lack of problems; on the other hand, psychological well-being is defined as challenge; making effort; personal development; and striving to grow (Waterman, 1993). Developmental and preventive interventions like development groups, psycho-educational programs; and career development work groups aim the skills increasing efficiency in certain life spaces (Lent, 2004). That is, psychological well-being means individual's construction of concepts to develop himself in order to be able 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. Subjective well-being can be defined as postponing things that hurt or giving up these things for pleasure.

According to psychological well-being theory, individual's psychological health depends on his positive functioning in certain aspects of his life. Individual should have in positive relationship with others; should be dominant over the environment; should accept himself and his past; should has a goal and meaning in his life; should have personal development and the ability to make his own decisions (Özen, 2005). For this reason, there is a potential tension between psychological well-being, happiness, and development (Ryff and Singer, 1998).

Psychological well-being takes an important part in personality and development theories both theoretically and practically. Psychological well-being, which guides clinical studies that will help advisors to make their advisees reach their goals, informs about the goals and purposes regarding psychology consulting (Christopher, 1999). The concept of subjective well-being generally refers to individual's delight in life, in other words, happiness; psychological happiness points to self-development and obstacles in this sense that life brings about. Extensive analysis of psychological well-being includes individual's relationship with life goals; if he is aware of his potential; the quality of his relationship with others; and what he feels about his own life (Ryff and Keyes, 1995).

REVIEW OF THE LITERATURE

The following represents a summary of information about projects, which were identified in the review of the literature. Our intent has been to review projects, which have been planned or organized to use traditional practitioners (TPs) as community workers in one or more aspects of primary health care. The following groups of “projects” include situations where TPs were organized and trained to perform specific primary health care (PHC) tasks in communities and where an attempt was made to evaluate or measure the outcomes of the activities. The criteria we used to define a traditional health practitioner was a person who is recognized as practising under various designations that included one or more of the following titles or disciplines:

OBJECTIVES:

- To study difference between arts and commerce student relation to their well-being.

HYPOTHESIS:

There is no significant between arts and commerce student relation to their well-being.

METHODOLOGY:

Sample:

A sample of 60 arts student and 60-commerce student who were study in college of different college in Ahmedabad city. A random sampling technique was used to collect the data for the purpose of the present Investigation.

TOOLS:

In the present investigation measure the psychological well-being scale by Dr.Devendra Singh sensoria and Pooja Choudhury was used the psychological well-being scale consist 50 items with strongly agree, agree, disagree, response pattern, reliability co-efficient for test method were 0.81 and 0.90 respectively inventory the scale was validated against the external criteria and coefficient obtained was 0.94.

Procedure:

The arts and commerce student, who were study in college of different college in Ahmedabad City, were randomly selected psychological well-being scale by Dr.Devendra Singh Sisodia and Pooja choudharywas give & data was collected. The obtain data form 120 arts and commerce student were analyzed with the help of mean, SD and ‘t’ test.

RESULT AND DISCUSSION:

TABLE 1:

Difference in mean scores of different variables of arts and commerce student.

Stream	N	Mean	SD	‘t’	Level of Significance
Arts Student	60	23.4833	7.1612	2.1730	0.05
Commerce Student	60	20.5667	7.4170		

S=Significance or 0.05, 0.01.

NS=Non-Significance

Table shows that the values of Mean and SD of the scores of well-being of Arts student were 23.4833 and 7.1612 respectively and those of Commerce student were 23.4833 and 7.4170 respectively.

The t-value came out to be 2.1730, which is insignificant. It means that there exists difference in well-being of arts and commerce student.

CONCLUSION:

- There is significant between arts and commerce student relation to their well-being.

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