

WELL-BEING OF UNDERGRADUATE STUDENTS: A GENDER PERSPECTIVE

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Abstract

We are all interested in well-being, consciously or subconsciously, as together we create well-being. In recent years, researchers, academicians, policy-makers and politicians have been directly concerned with well-being, which has been viewed variously as happiness, satisfaction, enjoyment, contentment; and engagement and fulfillment, or a combination of these, and other, hedonic and eudemonic factors. Well-being is also viewed as a process, something we do together, and as sense making, rather than just a state of being. It is acknowledged that in life as a whole there will be periods of ill-being, and that these may add richness to life. It has also been recognized that well-being and the environment are intimately interconnected. Certainly, well-being is seen to be complex and multifaceted, and may take different forms. In this paper, an attempt has been made to study the well-being of undergraduate students in relation to their gender. The sample for this study comprised 150 undergraduate students. To measure the well-being, Well-Being Index developed by Dr. Vijayalaxmi Chouhan & Dr. Varsha Sharma was used. Study revealed that female undergraduate students possessed high well-being than that of male undergraduate students.

Keywords: Well-being, Gender, Undergraduate students



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Introduction

Education is the process of developing the capacities and potentialities of an individual to prepare successful living in a society. From this point of view, education is serving primarily as an individual development in the society. Education begins at birth and continues throughout the life of man. Mankind has survived for thousands of years. The number of diseases rising around

the world makes it vital that people apprehend the importance of leading and living a healthy life. Wellness is a state of prime health that is trying to make best use of the individual's potential to achieve a lively state of wellbeing and enjoyment of life. This is a lifetime progression of working towards enhancing our bodily, intellectual, emotional, social, spiritual, and environmental wellbeing. As generations grow, we are becoming more and more aware of the harmful effects illness and stress impact on our bodies. We are getting more awareness to take the necessary steps to achieving a healthier lifestyle. Well-being cannot be accomplished by eating healthy food and exercising, but this is only one part of the healthy living process. There is more to being healthy and achieving an overall wellness and wellbeing than just eating well and exercising. Once we think about wellness and wellbeing, it is virtuous to remember that all aspects of the six dimensions i.e. physical, psychological, spiritual, social, intellectual, and environmental of an individual influence each other. Although every dimension is important in its self, it is the balance that gives each individual the optimum wellness and wellbeing. Education is often used by people to shape their 'social identity', framing their understanding of themselves and their relationships with other people. A positive, affirming social identity is associated with a range of positive outcomes in life, such as increased wellbeing, health and social trust. Wellbeing can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole. A balanced lifestyle is a collection of all the activities and places that characterize who on. If one can accommodate all his activities and fit them in his schedule allowing time to relax and do things for him, not only will he be happy but everyone around him will be as well. If one's lifestyle isn't balanced, he could find great stress-reduction benefits in taking a thorough inventory of his life and how he spends his time, and making changes. Kausar (2019), Daniel T. L. Shek and Lu-Yin Liang 2018, Mina Daraei 2013, Singh & Udainiya (2009) conducted studies on Well-being and its impact on gender and their studies revealed that gender has a significant impact on wellbeing of individual.

Objective

- To study the well-being of undergraduate students.
- To study the well-being of undergraduate students in relation to their gender.

METHODOLOGY

Tool Used

- **Well-Being Index**

Well-Being Index developed by Dr. Vijayalaxmi Chouhan & Dr. Varsha Sharma is a self-report questionnaire consisting of 50 items designed to measure an individual's mental status regarding overall feeling about life. The inventory measures six dimensions namely;

1. Emotional Well-being
2. Psychological Well-being
3. Social Well-being
4. Spiritual Well-being
5. Self-Awareness
6. Physical Well-being

Survey Method

The analytical study regarding Subjective Well-Being of undergraduate students was carried out by adopting descriptive survey method of research.

Sample

150 undergraduate students from Chamba district of Himachal Pradesh were selected for present study. The sample was selected by following random sampling techniques.

STATISTICAL ANALYSIS OF DATA

To meet the predetermined objectives of this study, the data was analyzed for Mean and Standard Deviation. Further t-test was employed to find the mean difference between groups.

Level of Well-being of Undergraduate Students

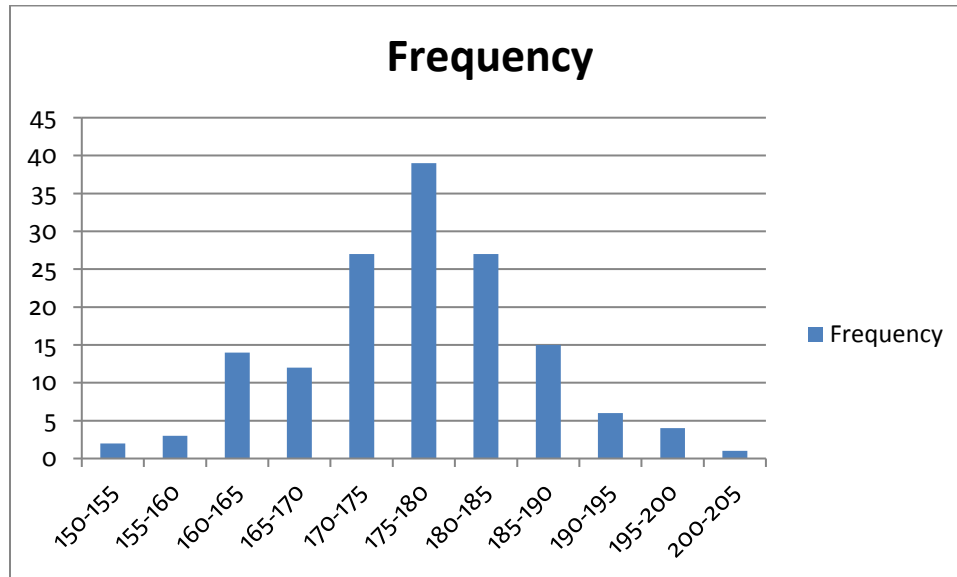
Data obtained from the undergraduate students on well-being index is considered for computing different statistics and the values are presented in Table 1

Table 1: Frequency Distribution and Descriptive Statistics related to Well-Being Scores of Undergraduate Students

Class-interval	Frequency	Cumulative Frequency	
150-155	2	2	
155-160	3	5	
160-165	14	19	
165-170	12	31	
170-175	27	58	
175-180	39	97	
180-185	27	124	
185-190	15	139	
190-195	6	145	
195-200	4	149	
200-205	1	150	
Total	150		
Descriptive Statistics	Values	Descriptive Statistics	Values
Mean	177.37	Median	178
Mode	178	SD	9.29
Range	51		

The overview of raw data indicates that well-being scores of undergraduate students varies from 152-203 showing a range of 51. The mean of well-being scores is 177.37, which means undergraduate students possesses high level of well-being.

Figure 1 Frequency Polygon Showing Distribution of Overall Well-Being Scores of Undergraduate Students



The distribution of overall well-being scores of undergraduate students are shown in figure -1 which appears nearly normal in shape.

Well-Being of undergraduate students in relation to Gender

t-test was employed to study the well-being of undergraduate students in relation to their gender. The values are shown in table 2.

Table-2 't' Value Showing Significance of Difference in Mean Scores of Well-Being of undergraduate students in relation to Gender

Variable	Male (N=75)		Female (N=75)		t-value
	Mean	S.D.	Mean	S.D.	
Gender	174.40	10.28	180.34	7.08	4.12**

** Significant at 0.01

Table-2 clearly shows that the calculated t-value for difference between the mean scores of male and female students on Well-Being is 4.12, which is greater than the table value 2.61 at 0.01 level of significance. It means that male and female undergraduate students differ significantly. Further, mean scores of female undergraduate students on Well-Being is 180.34, which is higher than 174.40 i.e. the mean score of male undergraduate students on Well-Being. Hence, female undergraduate students have high Well-Being than that of male undergraduate students.

DISCUSSION OF THE RESULT

On the basis of above findings, it may be concluded that the well-being of undergraduate students is high. It means that the undergraduate students possess good physical, psychological, spiritual, social, intellectual, and environmental well-being. Further, well-being of undergraduate students is correlated with gender. A significant difference was found on well-being of undergraduate students with respect to their gender. Female undergraduate students have high level of well-being than that of male undergraduate students. The reason behind this finding may be that the female undergraduate students attain the maturity at the earlier stages of their life. They show a good quality of overall adjustment with relation to the situations.

SOME SUGGESTION TO ACHIEVE WELLBEING

Feelings of wellbeing are important to the healthy life of an individual. Well-being enables an individual to effectively overcome the problems of life and achieve what they want out of life. Here are some suggestions to achieve well being which one must follow:

1. We must maintain healthy relationships with family and friends.
2. We have to make regular time available for social contact.
3. We must eat wholesome, nutritious foods.
4. We must enjoy our work.
5. Regular physical activity.
6. We have to set achievable goals in life and have to work towards them.
7. We must have optimistic outlook towards our life.
8. Awareness campaigns promoting the benefits of wellbeing.

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