

Analysis of Psychological Well-Being of Teacher Education Institution Students

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Abstract

The purpose of the study was to analyze the psychological well-being of teacher education institution students. The subjects were M.P.Ed. students of the H.N.B.G.U., Srinagar Garhwal, Uttarakhand. Twenty three subjects were selected from M.P.Ed. class of the H.N.B.G.U., Srinagar Garhwal, Uttarakhand. Psychological well-being was measure by psychological well-being scale prepared by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary. The research scholar administered the questionnaires, through direct contact with the respondents. To analyze the psychological well-being of teacher education institution students mean and standard deviation is obtain. Moderate level of psychological well-being was found in teacher education institution students as the obtain mean was 190.04 and standard deviation was 14.68 It has been also observed that only one student has high level psychological well-being.

KEYWORDS: Psychological well-being and Teacher education institution students.

Introduction

For more than forty years, the study of psychological well-being has been guided by two primary conceptions of positive functioning. One formulation, traceable to Bradburn's (1969) seminal work, distinguished between positive and negative affect and denned happiness as the balance between the two. Conceptual and methodological refinements built on this early operationalization of well-being. For example, the postulated independence of positive and negative affect was challenged and linked with the failure to distinguish between the intensity and the frequency of affect (Diener, 1984). Frequency of positive and negative affect tends to correlate negatively, whereas intensity correlations are generally positive. These conflicting relations were said to suppress the association between positive and negative effect, thereby creating an illusion that the components are independent. Of the two, frequency has been promoted as the better indicator of wellbeing because it can be better measured and is more strongly related to long-term emotional well-being than intensity is. Other initiatives have focused on measurement issues, calling for more valid and reliable indicators of positive and negative affect and suggesting that measurement error obscures the bipolarity of positive and negative effect. The second primary conception, which has gained prominence among sociologists, emphasizes life satisfaction as the key indicator of well-being.

Psychological or subjective well-being as a broad construct, encompassing four specific and distinct components including (a) pleasant or positive well-being (e.g. work, family, leisure, health, finance, self).

The Indian perspective identifies four aspects, viz. the five elements, the person or Jeeva, the life or Ayu, and the health or Arogya. Well-being as per Indian perspective relates to well-being on physical, psychological and spritual planes. The Indian approach to well-being refers to Maitri, karuna, Mudita and Upeksha meaning Relatedness, compassion, pleasant disposition and avoidance of conflict. In other word well-being refers to uniting self by negating the ego. This in turn indicates that well-being refers to uniting self with self by negating the ego. This is turn indicates that well-being is a combination of survival, well being freedom and identify.

A Physical Education student's well-being comprises three areas: physical, psychological and social well-being. They are involving in different type of activities with involvement of physical and psychological aspects. These areas of well-being are linked with each other and form an image of the student's overall well-being as an Individual. Factors of physical well-being for an M.P.Ed. Student includes sufficient rest, a balanced diet, and regular exercises. Psychological well-being involves factors such as balanced mental health and a person's ability to trust and respect him and the attitude towards the leaning of different motor actions. Social well-being includes a student's social network, interaction with the other department's Students, individual's social interaction ability, and the well-being of the student community.

Purpose of the study: The purpose of the study was to analyze the psychological well-being of teacher education institution students.

Significance of the study: The finding of the present study would help the physical educationists in their professional work in the following way: -

1. The results of the study would find out the psychological well-being of teacher education institution students.
2. The results of the study would give information regarding the psychological well-being of teacher education institution students.
3. The finding of study would provide the guideline to the future research investigation in sports psychology and sports sciences to conduct further research in this field.

Method

Selection of subjects: The subjects were M.P.Ed. students of the H.N.B.G.U., Srinagar Garhwal, Uttarakhand. By using convenience sampling Twenty three subjects were selected from M.P.Ed. class of the H.N.B.G.U., Srinagar Garhwal, Uttarakhand.

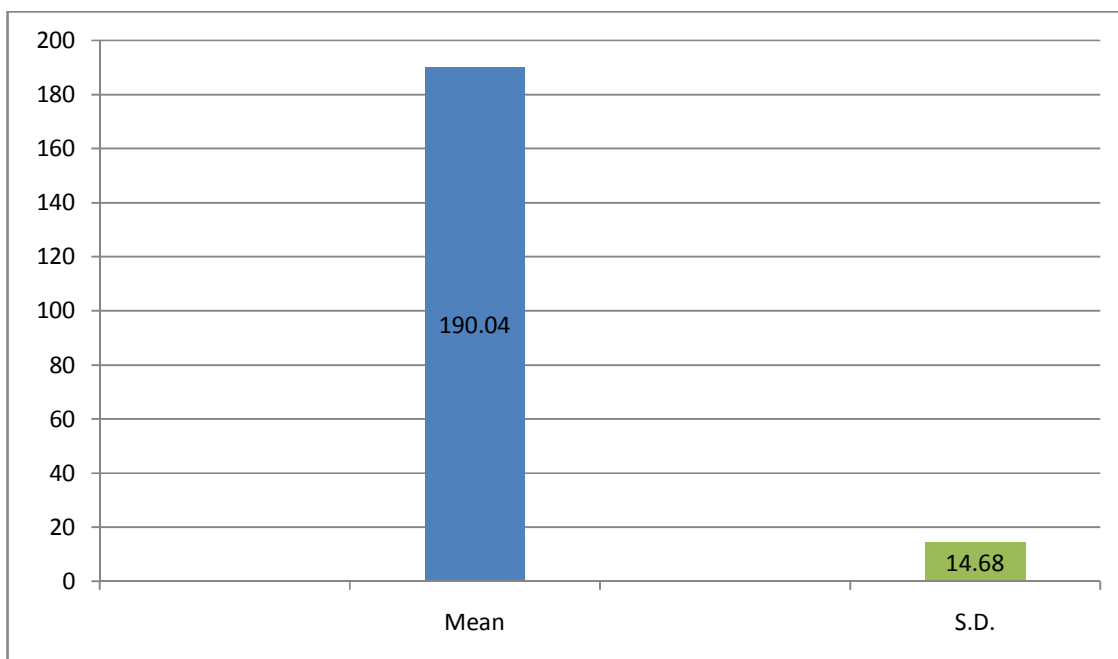
Description of the Questionnaire: Psychological well-being was measure by psychological well-being scale prepared by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary. This scale was developed by using likert technique. Suggestions were invited from the experts from different fields such as psychological, sociology, human development, family relation and psychiatry. The final form of scale was thus prepared comprising of 50 statements with a view to measure several aspects of well being like satisfaction, Efficiency, Sociability, mental Health and Interpersonal relations. **Scoring:** The scale consists of fifty statements. All statements are positive manner. 5 marks to strongly agree, 4 marks to agree, 3 marks to undecided, 2 marks to disagree and 1 mark to strongly disagree responses are assigned. The sum of marks is obtained for the entire scale. The higher the score more is the well-being. Norms for the scale are available for all the age groups. These norms should be regarded as reference point for interpreting

well-being index scores. Norms are available for each of the five areas as well as for the entire scale. The higher the score more is the well-being.

Administration of Questionnaires: The research scholar administered the questionnaires, through direct contact with the respondents. For this purpose, the teacher education institution students that is M.P.Ed. students of the H.N.B.G.U., Srinagar Garhwal, Uttarakhand were approached for their help and cooperation in this study. The M.P.Ed. students were requested to answer the questionnaires. After obtaining the permission they all were contacted and were also personally requested by the research scholar to respond to the questionnaires.

Results

Findings: To analyze the psychological well-being of teacher education institution students mean and standard deviation is obtain. Moderate level of psychological well-being was found in teacher education institution students as the obtain mean was 190.04 and standard deviation was 14.68 It has been also observed that only one student has high level psychological well-being.



Discussion / Conclusions: The results of the study have shown moderate level of psychological well-being was found in teacher education institution students this may be attributed to the physical education student experiences moderate level of satisfaction, efficiency, sociability, mental health and interpersonal relations during their daily life, while participating in various type of physical activities. This finding is also similar as the earlier research, moderate level of psychological well being may be the cause of the involvement of the Physical Education Students with their teachers, batch mates, juniors or seniors in various departmental and society programs. These students have usually healthy state of mind by involving in the set schedule according to the curriculum where

the learning take place in sequential manner, which would be another cause of this moderate level of Psychological well being.

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