

Measuring the Emotional well-being of secondary school students of Jorhat District.

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Abstract

The psychological well-being refers to the extent to which people experience positive emotions and feeling of happiness, it refers how people evaluate their lives. The study attempt to determine the psychological well-being among secondary school students with the help of questionnaire on sample of forty (40) students studying in secondary schools of Jorhat District. This study mainly deals with students emotional well-being , interpersonal skills, mental health and satisfaction of their learning outcomes. The study is conducted in two(2) secondary schools of jorhat district of Assam using descriptive survey method. In This study it was found that the majority of the students were psychologically not well and female secondary school students were more psychologically well than the male secondary school students.

Key words- Jorhat district, psychological well-being, secondary school, students

I. Introduction :

The present century is the period of modernization, globalization and privatization in every sphere of life .education the most effective instrument of social change has undergone radical changes in the sphere of method of teaching , curriculum, introducing multidimensional courses and arising competition may changes learners role and activities and creates mentality of achieving higher score in examination and as a result of this children's learning practices schedule has become hectic, which creates stress, anxiety and mental health problems among children. Modernization affects different aspects of peoples life. communication and social relationship have undergone different changes , it striving to bring people in the morale of development. Through the modernization the country move into secular , urbanized and industrial society. On other hand modernization is not a once and all time achievement. The rapid changes and developments affected peoples life and well-being both positively and negatively specially for the adolescents. Adolescence stage is generally considered to be a time of transition from the childhood to adulthood and during this period some developmental problems has been arises specially dealing

with self perceptions, negative feeling about self negative emotions in general and identity versus role confusion and problems with multifarious needs that adolescents have to satisfy. These problems may support adolescents to engage in activities that threaten their psychological well-being . adolescence well-being is highly associated with several indicators of developmental trajectories including engagement with school, academic achievements optimism and coping strategies and is a protective factors against negative indicator of health. Psychological well-being is a dynamic concept that includes subjective, social physical and health related behaviors . psychological well-being consists positive relationship with others , personal mastery, autonomy a feeling of purpose and meaning in life and personal growth and development. psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events.

II. NEED AND SIGNIFICANCE OF THE STUDY :

Through modernization the rapid changes in society are take place . adolescents are the most vulnerable group suffering from negative effects of growth and development. The competition is rises in every sphere as well education sector . as the demands of education and changes in education sector adolescents education practices is also changes. They are unable to give time freedom and space to themselves. As a result the life satisfaction and well-being should be affected negatively which can lead to adulthood also. thus psychological well-being in adolescence is associated with social competence and freedom and lack of stress full life and skills that lead to positive outcomes in adulthood. About half of mental problems in adulthood have occurred by the experienced gain by previous stage or during and before adolescence stage.

Delimitation of the study : The psychological well-being comprises many areas like- biological , social, emotional, environmental and spiritual dimension etc. here in this study only mental health, emotional well-being, satisfaction, interpersonal skills or sociability are measured. The secondary level schools includes the students of class IX, X, XI,XII. For the present study only class IX students were selected. And two(2) schools were selected in Jorhat District.

Objectives of the study :

To study the psychological well-being of secondary school students of jorhat district.

To study the mental health of secondary school students of jorhat district.

To study the sociability or interpersonal skills of secondary school students of jorhat district.

To study the emotional well-being of secondary school students of Jorhat district.

To study the satisfaction of secondary students of Jorhat district.

Sources of data :

The data are collected through primary sources by using self made psychological questionnaire . the questionnaire comprises 20 questions related to four dimensions such as mental health sociability, interpersonal skills, emotional well-being and satisfaction.

Findings of the study :

It was found that 45% of the students are psychologically well and 55% of the students were psychologically not well. Psychologically well-being of female students are greater than male students i.e – 67.5% and 32.5%. Only 40% students have positive or good mental health and 60% of the students have poor mental health. Only 23.13% of the students have sociability or interpersonal skills and other 76.88% of students are less sociable or have less interpersonal skills. It was found that 50.42% of the students were emotionally stable and 48% of students were less stable. Out of 40 students only 60% of the students were satisfied and 40% of the students were not satisfied with their learning objectives. In secondary school of Jorhat district the female students have more positive or good mental health i.e 40% than the male secondary school students i.e 33%. On the other hand the female secondary school students were more sociable or having interpersonal skills than male secondary school students, i.e. 60%(female) and 40%(male). The female(68.33%) secondary school students are emotionally more stable than male(31.67%) secondary school students. And female secondary school students are satisfied with their result, achievement and learning objectives i.e. 67% , where only 33% of male secondary school students are satisfied with their result, achievement and learning objectives.

III. Conclusion

Today's youth is tomorrow's leaders, so for the development of a healthy life psychological well-being is necessary and beneficial for adolescence . psychological well-being is a multidimensional construct that includes both emotional and cognitive elements. Bradburn(1969) considered well-being is terms of positive affect as oppose to negative effect. Adolescence with high levels of well-being are more resilient, lower delinquent behavior and aggression , lower depression and anxiety symptoms. Being in good mental health , emotional as well as physical health enables young people to deal with the challenges of life and eases their transition into adulthood. Adolescents with psychologically well enjoy a positive quality of life and free of symptoms of psychopathology and function well at their home, school and in their communities. Thus adolescents or children's positive social, emotional, good mental health and overall psychological well-being is necessary for achievement of potential.

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