



A Study of Well- Being among Urban and Rural College Students

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ABSTRACT

This Study purpose that a Study of General Well- Being among Urban and Rural College Students. **Objectives:** -To Study the Physical Well-being, Emotional Wellbeing, Social Well-being, School Well-being, and General Well-Being among Urban and Rural College Students. **Hypotheses:** -dimension General Well- Being on Physical Well-Being, Emotional Well-Being, Social Well-Being, and School Well-Being. **Methodology- Sample:** Total sample of present study 100 College Students, in which 50 were Urban College Students (25 Male and 25 Female Students) and 50 were Rural College Students (25 Male and 25 Female Students). The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1 and Quota Sampling were used. **Research Design:** 2x2 Factorial Designs was used. **Variables-** The independent variables are Area of Residents (Urban and Rural Students),and Dependent variables are General Well- Being (Physical Well-being, Emotional Wellbeing, Social Well-being, School Well-being). **Research Tools-** General well-being scale developed by Ashok K. Kalia and Anita Deswal. **Statistical Treatment:** Mean SD and ANOVA. **Conclusions:-1)** Rural Students high Physical Well-being, Emotional Wellbeing, Social Well-being and General Well-Being than Urban Students.2) Urban Students high School Well-being than Rural Students.

Keywords: -Urban Students, Rural Students, General Well- Being. Physical Well-being, Emotional Wellbeing, Social Well-being, School Well-being.

INTRODUCTION

The concept of well-being originated from positive psychology. The term 'well-being' is mostly used for specific variety of goodness e.g.-living in a good environment, being worth for the world, being able to cope with life, enjoying life etc. The concept of general well-being has become increasingly important since the acknowledgement that there is more to health than the absence of disease. In some areas, well-being has been replaced by 'quality of life' or some other terms that relates to the ability to function well (both physically and mentally) and to have a positive mood state.

DIMENSIONS OF WELL BEING

Montague (1994) stated following dimensions of well being so as to make the concept more comprehensive by acknowledging that humans are multidimensional being.

Physical Well Being:-

This multi-faceted dimension is relative to each person's abilities and disabilities. It promotes increased knowledge for achieving healthy lifestyle habits, and discourages negative, excessive behavior. The physical dimension encourages participation in activities contributing to high-level wellness.



Emotional Well Being:-

The emotional dimension emphasizes an awareness and acceptance of one's feelings. It reflects the degree to which individuals feel positive and enthusiastic about themselves and life. This dimension involves the capacity to manage feelings and behaviors, accept oneself unconditionally, assess limitations, develop autonomy and cope with stress.

Social Well Being:-

The social dimension is humanistic, emphasizing the creation and maintenance of healthy relationships. It enhances interdependence with others and nature and encourages the pursuit of harmony within the family. This dimension furthers positive contributions to one's human and physical environment for the common welfare of one's community.

School Well-Being:-

Well-being is important at school because schools have an essential role to play in Well-being is important at school because schools have an essential role to play in supporting students to make healthy lifestyle choices and understand the effects of their choices on their health and well-being. Schools do not have the freedom to make the changes to school life which might most benefit student well-being.

REVIEW OF RELATED LITERATURE

Deswal, Anita and Sahni, Madhu, (2015) this study show that non-metropolitan adolescents were higher on physical well-being than metropolitan adolescents and metropolitan adolescents were higher on emotional well-being than non-metropolitan adolescents. Lawrence, (2017) this study indicated that rural students are better than urban students in their general well-being and its dimensions physical well-being, emotional well-being and school well-being. Meena (2015) this study found that there is significant difference of general well-being of students of rural and urban area of senior secondary schools. Suman Lata, (2017) this Study found that rural areas Students significantly higher than students of urban areas on Physical Well-being, Emotional Well-being and Social Well-being and Rural and Urban areas Students were found similar on School Well-being and Global Well-being dimensions.

STATEMENT OF THE PROBLEM

A Study of Well- Being among Urban and Rural College Students

OBJECTIVE OF THE STUDY

- To Study the Physical Well-being, Emotional Wellbeing, Social Well-being, School Well-being, and General Well-Being among Urban and Rural College Students.

HYPOTHESIS OF THE STUDY

- There is no significant difference Between Urban and Rural College Students with dimension General Well- Being on Physical Well-Being, Emotional Well-Being, Social Well-Being, and School Well-Being.



METHODS

SAMPLE:

Total sample of present study 100 College Students, in which 100 were Urban College Students (25 Male and 25 Female Students) and 500 were Rural College Students (25 Male and 25 Female Students) in Jalna District. The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. Quota Sampling was used.

RESEARCH DESIGN:-

In the present study 2x2 Factorial design was used.

VARIABLES OF THE STUDY

Independent variables- Area of Residents 1) Urban Students 2) Rural Students.

Dependent variables - General Well- Being 1) Physical Well-being,

2) Emotional Wellbeing,

3) Social Well-being,

4) School Well-being

RESEARCH TOOLS:-

General Well-Being Scale

This Scale is constructed and standardized by Kalia and Deswal, (2011). The scale of 55 items represented in four sub-scales: physical well-being, emotional wellbeing, social well-being and school well-being. It is a self-reported five point scale included positive and negative items ranging from 'strongly disagree', 'disagree', 'undecided', 'agree', and 'strongly agree'. The reliability of the scale was estimated .994. The correlations ranged from .639 to .715. With its so high reliability and validity.

STATISTICAL TREATMENT:

At the first stage data were treated by mean and standard Deviation and ANOVA was done by using SPSS Software.

RESULTS

Table No.01 - Mean, SD and F Value of Area of Residents on General Well-being

Table	Factor	Area of Residents	Mean	SD	N	DF	F Value	Sign.
Table No.1.(A)	Physical Well-being	Urban Students	28.02	7.86	50	98	26.97	0.01
		Rural Students	33.10	6.67	50			
Table No.1.(B)	Emotional Wellbeing	Urban Students	38.32	5.64	50	98	44.14	0.01
		Rural Students	46.08	6.43	50			
Table No.1.(C)	Social Well-being	Urban Students	50.68	10.31	50	98	43.64	0.01
		Rural Students	62.18	6.79	50			
Table No.1.(D)	School Well-being	Urban Students	54.24	6.53	50	98	107.96	0.01
		Rural Students	41.40	6.07	50			
Table No.1.(E)	General Well-Being	Urban Students	171.26	19.18	50	98	10.70	0.01
		Rural Students	182.76	17.17	50			

(Critical Value of f with df, 99 at 0.05 = 3.94 and at 0.01 = 6.96, NS= Not Significance)



DISCUSSION

Observation of the Table No.1.(A) indicated that Mean and SD of Urban Students was 28.02 ± 7.86 and Rural Students was 33.10 ± 6.67 on Physical Well-being and F value is 26.97 which found significant at 0.01 level and 0.05 level because they obtained 'F' value is High than table values at 0.01 at were null hypothesis was Rejected and Alternative hypothesis (There is significant difference Between Urban and Rural Students with dimension on Physical Well-Being.) is Accepted it mean that Rural Students high Physical Well-being than Urban Students.

Observation of the Table No.1.(B) indicated that Mean and SD of Urban Students was 38.32 ± 5.64 and Rural Students was 46.08 ± 6.43 on Emotional Wellbeing and F value is 44.14 which found significant at 0.01 level and 0.05 level because they obtained 'F' value is High than table values at 0.01 at were null hypothesis was Rejected and Alternative hypothesis (There is significant difference Between Urban and Rural Students with dimension on Emotional Wellbeing.) is Accepted it mean that Rural Students high Emotional Wellbeing than Urban Students.

Observation of the Table No.1.(C) indicated that Mean and SD of Urban Students was 50.68 ± 10.31 and Rural Students was 62.18 ± 6.79 on Social Well-being and 'F' value is 43.64 which found significant at 0.01 level and 0.05 level because they obtained 'F' value is High than table values at 0.01 at were null hypothesis was Rejected and Alternative hypothesis (There is significant difference Between Urban and Rural Students with dimension on Social Well-being.) is Accepted it mean that Rural Students high Social Well-being than Urban Students.

Observation of the Table No.1.(D) indicated that Mean and SD of Urban Students was 54.24 ± 6.53 and Rural Students was 41.40 ± 6.07 on School Well-being and F value is 107.96 which found significant at 0.01 level and 0.05 level because they obtained 'F' value is High than table values at 0.01 at were null hypothesis was Rejected and Alternative hypothesis (There is significant difference Between Urban and Rural Students with dimension on School Well-being.) is Accepted it mean that Urban Students high School Well-being than Rural Students.

Observation of the Table No.1.(E) indicated that Mean and SD of Urban Students was 171.26 ± 19.18 and Rural Students was 182.76 ± 17.17 on General Well-Being and F value is 10.70 which found significant at 0.01 level and 0.05 level because they obtained 'F' value is High than table values at 0.01 at were null hypothesis was Rejected and Alternative hypothesis (There is significant difference Between Urban and Rural Students with dimension on General Well-Being.) is Accepted it mean that Rural Students high General Well-Being than Urban Students.

CONCLUSION

- 1) Rural Students high Physical Well-being than Urban Students.
- 2) Rural Students high Emotional Wellbeing than Urban Students.
- 3) Rural Students high Social Well-being than Urban Students.
- 4) Urban Students high School Well-being than Rural Students.
- 5) Rural Students high General Well-Being than Urban Students.



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