



Factors Affecting Psychological Wellbeing of Adolescents

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Abstract: *Psychological well being is a very subjective phrase which means things that are different to individuals that are different. From all of the analysis carried out for this particular answer the phrase used are actually numerous phrases such as contentment, satisfaction with all components of life, self actualization, happiness and peace. Adolescence is actually the transitional period between adulthood and youth, recognized by an intricate sequence of bio psychosocial changes. Good overall adjustment and a feeling of psychological well being are really essential elements for the adolescent's good contribution to the society. In this particular paper Level of psychological well being will be examined using mean, median, standard deviation and range. The connection of amount of psychological well being with selected demographic variables analyzed using.*

Keywords: *Psychological, well being, adolescent, happiness, health, etc.*

I. COMMENCEMENT OF PRINTMAKING

From the very roots of psychology, adolescence has been regarded as a tough phase in the process of improvement into adulthood. It's been viewed as a period of crisis characterized by deep change. In recent times some empirical scientific studies have revealed that in truth, the vast majority of adolescents go through this point successfully without having certain traumas, reporting a degree of relative well being. The higher part of psychological reflection has been devoted to identification of the key elements which, at interpersonal level and an individual, add to the promotion and sustenance of adolescents' psychological well being and those which are likely to impede it. Psychological well being is a very subjective phrase which means things that are different to individuals that are different. From all of the analysis carried out for this particular answer the phrase used are actually numerous phrases such as contentment, satisfaction with all components of life, self actualization, happiness and peace. Adolescence is actually the transitional period between adulthood and youth, recognized by an intricate sequence of bio psychosocial changes. Good overall adjustment and a feeling of psychological well being are really essential elements for the adolescent's good contribution to the society. Adolescents have been often called as tumultuous teens by the W.H.O. The adolescent years, between twelve and nineteen years are actually the formative as well as impressionable years when maximum amount of psychological and physical changes takes place. It's a transition from a kid into an adult. The kid explores brand new concepts, widens his/her horizons and an individual identity. Balanced development of the adolescents depends on a number of active and complex elements. They include socioeconomic conditions, environment in which a particular person is actually created, and environment in which he/she grows up, his or maybe her interpersonal connection with the family, peer possibilities and pressure of training and employment. The psychological health problems among adolescents are really high and rising by the day. A few circumstances in life are anxiety provoking, though it is the ideas of ours about these activities which determine whether or perhaps not they're problems for us. We've all met folks that appear to move through life in a constantly happy mood. Despite experiencing significant stresses, these individuals have effective coping strategies or maybe strategies for dealing with stress. The issues among adolescents have detrimental on the mental health of theirs and must have special attention from health professionals. The prevailing conditions in our country offer to avail this particular issue and it are actually needed to plan out alternate approach for promoting and maintaining their psychological well-being.

II. LITERATURE REVIEW

Poudel et al. (2020) Adolescence is actually characterized by special, several physical, social and psychological developments. Understanding the well being of adolescents and the elements which contribute to it is going to help towards clarifying and defining means to better help adolescents prepare for adult life. Thus, the current study is designed to discover the connection between Perceived Social Support (Psychological Well Being and pss) (PWB) among Nepalese adolescence based on mediating role of Self esteem (SE). Methods: The study was conducted among 348 adolescents studying in grade nine and ten of government secondary level schools of Pokhara Metropolitan city, Nepal. Data had been collected through self administered



standard tools Multidimensional Scale of Perceived Social Support (MSPSS), Rosenberg self esteem scale (General Health and rses) Questionnaire (GHQ 12).

Nirmala, A. et al. (2018) Background: Adolescence is actually a unique, fascinating and significant period of life where rapid and profound changes happen with potential for effect that is big on both future and current well being. Methods: The goal of the research was exploring the elements influencing the general wellbeing of adolescents with health issues in Government facilities, Chennai, India. Qualitative research approach with phenomenological exploratory research design was used. Purposive sampling strategy was used to pick twenty adolescents with health issues in Government Schools. Structured questionnaire was used to evaluate the market variables and semi structured open ended questions had been used to gather the information. The information was collected using audio taped interview and transcribed into verbatim.

Oskrochi, et al. (2018) Financial status is actually believed to be an important determinant of psychological well being. We check out this particular relationship, and the outcome of various other elements, using a parametric mixed modelling approach for panel data, managing the issue of unobservable heterogeneity. 2 nationally representative surveys, the British Household Panel Survey (The Understanding and bhps) Society Survey (USS), were used to put together a single data set which measured psychological well being as well as associated factors with the 12 item General Health Questionnaire (GHQ 12). The GHQ 12 score for the mind of the home was used as the dependant variable and its connection with a number of independent demographic and economic status variables was investigated. Following assessment of growth curve characteristics with linear, curvilinear and higher order polynomial modelling; several variance covariance structures had been tried to evaluate the error covariance system of the longitudinal data.

Arumugam et al. (2013) Adolescents develop a lot of habits, patterns of behavior and relationships that affect the future quality of theirs of life. Studies exploring self and fitness belief systems are actually keys to understanding the difficulties to balanced development of adolescent's health status. Psychological well being has been provided specific emphasis in their quality of life as it consists of pleasure and meaningfulness in daily life, mental balance and happiness in life. It's crucial to assist the adolescence to develop skills to deal with a wide selection of options, stressors and issues in his/her life for better health. This study investigates health associated behavior, health locus of control, resilience and self esteem as predictors of psychological wellbeing among school and college going adolescents. The study sample consisted of 119 adolescent pupils from different schools and colleges of Southern India.

III. OBJECTIVES

1. To study about the factors affecting the psychological well being of adolescent.
2. To analyze the factors affecting the psychological well being of adolescent.

IV. METHODOLOGY

A descriptive survey research design was employed.

4.1 Sample and sampling technique

In the current study 200 adolescent pupils had been selected by making use of convenient sampling technique.

4.2 Instruments

Socio demographic profile: Information about the independent variables like age, sex, background, religion, education, type of Family, monthly income, were included.

Psychological Well Being Scale: The Psychological Well Being Scale was created by Masse et al, in 1982. The first scale is a twenty five itemed questionnaire. The scale takes up to 15 20 minutes to finish the interview. Each issue carries a maximum score of five points and the maximum possible score will be 125.

4.3 Content validity and reliability of the tool

The content validity of the device was submitted to seven professionals from the area of Medicine and Nursing. The experts recommended small alterations in the device which were integrated and the ultimate resources had been prepared. The reliability of the device was administered for ten samples. The reliability of the rater inter rater method was discovered by using Karl Pearson Co relation by using Spearman Brown's Prophecy formula. The reliability co efficient for psychological well being scale was 0.965. Hence the device was regarded as reliable.

4.4 Pilot Study



A pilot study was conducted among ten % adolescents of the complete sample size planned for the last analysis was selected. Interview was done and information was collected. The interview took roughly twenty minutes for each pupil to finish. The data analysis plan was decided upon and was judged to be suitable for the study.

4.5 Data Collection Procedure

Consent was taken from every sample before the job interview. With this study, structured interview technique was used to gather information by making use of Psychological Well Being Scale and market profile well among the high school adolescents. Information was collected between 11am to 12.30pm from around thirty five pupils each day. Interview took around thirty minutes to finish. The survey extended for three days.

4.6 Statistical analysis

Data was planned to be coded and edited to greatly reduce into a master sheet. Both inferential and descriptive statistics were used in the study. Frequency and percentages had been used to explain the sample characteristics. Degree of psychological well being was examined using mean, median, standard deviation and range. The connection of amount of psychological well being with selected demographic variables analyzed using chi-square test.

V. RESULT AND DISCUSSION

Description of demographic variables of adolescents

Table 1: Demographic variables of high school adolescents

S.No	Variables	Frequency	Percentage (%)
1	Age		
	12-13	42	21
	14- 15	106	53
	16-17	52	
2	Sex		
	Male	108	54
	Female	92	46
3	Religions Background		
	Hindu	102	51
	Muslim	26	13
	Christian	72	36
4	Family Origin		
	One-parent origin	26	13
	Two -parent origin	150	75
	Foster/ Two parent step- parent family	24	12
5	Family Income annually		
	Rs. 50,000 below	68	34
	Rs. 50,000 - 2 lakhs	84	42
	Rs 2- 3 lakhs	32	16
	above 3 lakhs	16	8
6	Number of members in the family		
	More than 10	18	9
	7 to 9	26	13
	4 to 6	70	35
	1 to 3	86	43

The above table one shows that much more than one half of the respondents hundred six belong to the age group of 14-15 years, most of the respondents hundred eight were males, with regard to religion, maximum numbers hundred two belongs to Hindu, vast majority of respondents 150 belong to 2 parent origin family and in relation to the family size, eighty six consist of 1-3 members.

5.1 Level of psychological well being among adolescents

Table 2: Distribution of level of psychological wellbeing

Level of psychological wellbeing	Factors	Percentage
Inadequate	30	30%
Moderate	60	60%
Adequate	110	110%

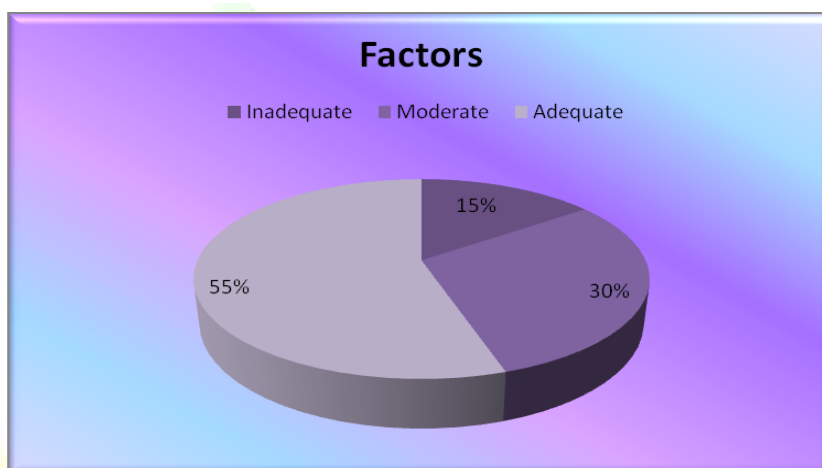


Figure 1: Distribution of level of psychological wellbeing

The above mentioned Figure 1, depicts that majority 110(110 %) of adolescents had adequate psychological wellbeing and 60(60 %) of them had moderate and 30(30 %) of them had inadequate psychological wellbeing.

5.2 Factors contributing to the level of psychological well being

Table 3: Distribution depicting the level of psychological well being affected by each factor

Domain of psychological wellbeing	Inadequate	Moderate	Adequate
Control of self and events	40	160	-
Happiness	-	166	34
Self - esteem	40	120	40
Mental balance	50	150	-
Social environment	50	150	-
Sociability	50	150	-

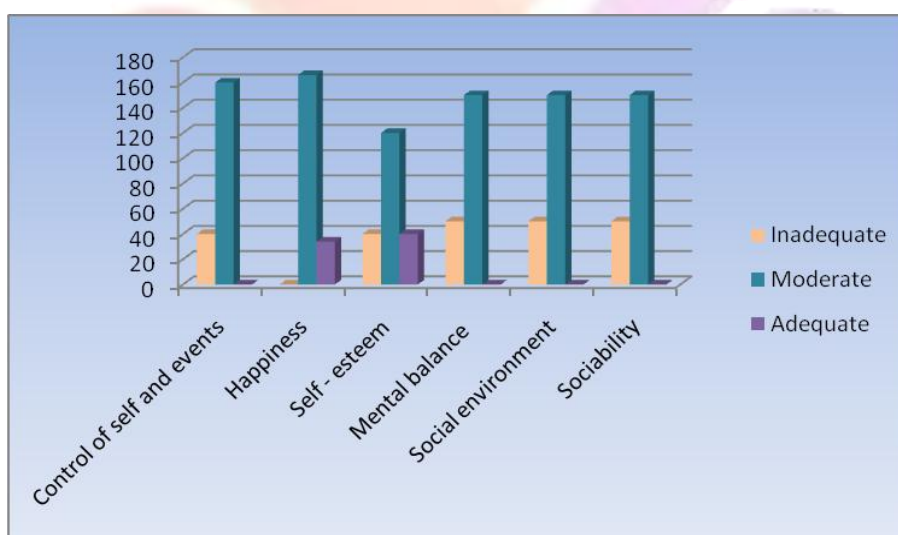


Figure 2: Distribution depicting the level of psychological well being affected by each factor



The above mentioned Figure 2, illustrates that majority 166 of the adolescents had moderate psychological wellbeing in happiness, whereas thirty four had adequate psychological well being had been pleased, likewise in consideration with the aspect control of events and self, maximum 160 of them had moderate amount of psychological wellbeing, whereas just forty of them were inadequate level. Additionally, the self esteem among adolescent were 120 moderate psychological well being, whereas adequate and inadequate well being were forty and forty respectively. At last, the things like psychological balance, social environment and sociability affecting the psychological well being of adolescent showed 150 of moderate and fifty of inadequate each respectively.

5.3 Association of the level of psychological well being with selected demographic variables.

Table 4: Association of the level of psychological well being with selected demographic variables

S.No	Variables	No	Level of psychological well being			Chi-square (X ²)
			Inadequate	Moderate	Adequate	
			No	No	No	
1. Age (in years)						
	12-13	42	2	32	8	4.306417 df =4 N.S
	14- 15	106	6	94	6	
	16-17	52	2	42	8	
2. Gender						
	Male	108	2	46	6	9.22 df =2 S*
	Female	92	6	76	10	
3. Religions Background						
	Hindu	102	4	88	10	6.45232 df =4 N.S
	Muslim	26	4	20	2	
	Christian	154	2	60	10	
	Others	0	0	0	0	
4. Family Origin						
	One-parent origin	26	0	24	1	15.98 df= 4 S*
	Two -parent origin	150	4	128	18	
	Foster/ Two parent step- parent family	24	6	16	2	
	Others	0	0	0		
5. Family Income						
	Rs. 50,000 below	68	4	60	4	6.122354 df =6 N.S
	Rs. 50,000 - 2 lakhs	84	2	72	10	
	Rs 2- 3 lakhs	32	4	22	6	
	Above 3 lakhs	16	0	14	2	
6. Number of members in the family						
	More than 10	18	2	12	4	5.652032 df= 6 N.S
	7 to 9	26	0	22	4	
	4 to 6	70	2	60	8	
	1 to 3	86	6	74	6	

N.S= Not Significant S* - Significant *p<0.05 Level

The above table 4 represents that the obtained Chi square value suggests that there's a substantial association between the psychological wellbeing of high school adolescents with gender (9.22 at 0.05 levels) and family origin of the adolescent (15.98 at 0.05 levels).

The results obtained by Chi square value suggests that there was significant association of psychological wellbeing of high school adolescents with gender (9.22, p= 0.05) and family origin of the adolescent (15.98, p=0.05). The current study is actually constant that the equivalent survey analysis was carried out to evaluate the scholastic achievement and psychological well being of the adolescents studying in Canada which revealed that many things like hours, educational aspiration, and sex spent on learning, parents' health, economic stress etc. had been discovered to be substantially related to the psychological well being of the pupils



which showed in the academic performance. More specifically income, stress, sex, physical health, connection with family and friends, academic stress and self image had been discovered to be substantially related to the psychological well being of the adolescents, though in the study of mine there was significant association of psychological well being with gender and family origin.

VI. CONCLUSION

The results of the current study suggested that vast majority of the adolescents had adequate psychological well being but those in level that is moderate connected with several things such as command of events and self sociability, social environment, mental balance, self esteem, and events. After analyzing the gathered info, the researcher got to learn the facts about the amount of psychological well being among adolescents as well as variables which influence the level of psychological well being and the necessity of an info guide sheet to provide those hints as to exactly how to keep their adequate psychological well being. In line with the end result of the study, following tips are actually made to the different fields of nursing such as nursing practice, nursing administration, nursing education, nursing research etc.

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