



## **Psychological Well-Being of the Higher- Secondary level Students – A Study in Dibrugarh District**

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### **Abstract**

*Psychological Well-Being refers to positive mental status such as happiness or satisfaction. It indicates to an individual's emotional health and its overall functioning. It consists of positive of positive social relationships, autonomy, environmental mastery, self-acceptance, a sense of purpose and personal growth. Here, in the study, the researcher has studied the psychological well-being of higher secondary level-students of Dibrugarh District. The Psychological Well-Being Scale (PWBS) created by Carol Ryff was used to collect data from a sample of 500 which included 287 males and 213 females. The results indicate that there are no significant differences in the psychological health of males and females. The study has proved an insight of the psychological well-being of higher-secondary students. It has been well demonstrated by the prior studies in this field, that a meaningful and purposeful life enhances the psychological well-being of persons. With a better understanding of psychological well-being within adolescents, various counseling or educational implications can be derived for assisting adolescents to develop holistically in terms of body, mind and feelings as they venture proceed the world of adulthood.*

**Keywords:** Psychological Well-Being, Higher Secondary Students.

### **Introduction:**

Well-being is the quality of life and wellness of our lives. Well-being is a complete combination of an individual's psychical, mental, emotional and social health factors. It is the state of feeling good and functioning well and it is strongly linked to happiness and life satisfaction. Well-being is often divided into multiple dimensions, each influencing the other. These dimensions include: emotional well-being, psychological well-being, social well-being, physical well-being, financial well-being, economic well-being etc. Well-being has been defined as a powerful state characterized by a reasonable amount of harmony between individual's needs and expectation, abilities and environmental demands of opportunities (Levi,1987). Well-being is connotative as a harmonious satisfaction of once desire and goals (Checola,1975). There are intricate relationships among biological, social, emotional and spiritual ingredients which form footing for well-being (Shoben,1957; Bremen,1996). Psychological well-being is a broad concept that encompasses a condition of prosperity and thriving, rather than only the absence of mental health illness. Several variables, including heredity, environment, experiences in life and personal decisions might have an influence on it. Establishing and encouraging psychological well-being

frequently calls for self-awareness, personal development, and the creation of appropriate surviving mechanisms to deal with stress and barriers in life.

### **The role of Well-Being in Mental Health:**

Well-Being is strongly related to mental health. Mental health issues may decline someone's sense of well-being and satisfactory level of well-being can protect us from improving mental health problems. Various activities such as physical exercise, social and spiritual connections are proactive approaches to mental health care. Positive outlook towards life, feeling satisfied in small things, emotional stability teaches us to cope up with stress, depression and disappointment in life. Regular self-care like meditation, sufficient sleep, healthy coping mechanisms like stress management techniques, positive social interactions and preventive education can improve our mental health and guarantees the well-being. Psychological First Aid (PFA) is essential in providing immediate support, especially in situations, where individuals may feel overwhelmed by emotional, psychological and physical tool. The importance of PFA has acquired attention in research recently.

### **Review of Related Literature:**

Research on well-being is very less regarding students (Rodgers & Bachman, 1988). Duner, Lucas (2009) studied on school well-being and found that the measurement and promotion of school going children's well-being is a desirable social and political objective. Berman, Weems and Stickle (2006) conducted a study on psychological well-being and found that psychological well-being of adolescent's means being satisfied with life and understanding an abundance of positive emotions. It is linked with greatest academic function, social skills, support and physical health. WHO (2009) said that psychological well-being of adolescents is a socio-psychological necessity. Helen (2012) found that for any genuine approach for ensuring psychological well-being, by tracing the environmental, physiological and neurological fundamental is not sufficient. Positive psychological factors have a strong relationship with health. Psychological distress is strongly correlated with physical weakness, reduced quality and duration of life (Lahey,2009). Bharathi (2015) found that a substantial difference in waist -to-hip ratio, age and post prandial sugar level between the groups. Age was correlated with positive well-being in the group. Rehman (2016) found that unhealthy association exists between compulsive internet use and one's overall psychological health. The study found that a significant gender gap in the tendency for internet addiction. Rezvan and Souza (2017) found that teenage mental health was not significantly impacted by parental practices. Late adolescents were found to report a greater prevalence of mental health issues.

### **Significance of the Study:**

Research on well-being is very limited on the students at higher-secondary level (Rodgers and Bachma, 1988). Adolescents is a period where individual stays in a vital stage of physical and mental growth of human body and specifies the transitional period from childhood to adulthood. The all aspects of the human personality such as physical, mental, emotional, social and moral aspects are characterized in their period. The adolescents need attention and want to fulfill the dreams and desires of their life, if they are failing to do so, they become depressed. Psychological well-being is a concept that encompasses a well developed, balanced and comprehensive experience of life. Social health, physical health,

mental health, spiritual health all comes under well-being (Wilner,2011). Feelings of well-being are fundamental for the overall development of an individual so that they can able to successfully overcome difficulties and obstacles of life. Our past experiences, outlook, level of thinking impact on well-being. The higher secondary level is the suitable period for study about promoting the physical, emotional, social, intellectual, spiritual and aesthetic development and well-being of adolescents. Children with the feelings of well-being ensure the nation's development. Children or students having higher levels of well-being tend to have better cognitive outcomes. Students who get discouraged and depressed show their poor well-being. Mental and emotional well-being of students improves the performance and broadens the intellectual, physical and social resources of a nation (Seligman, 2011).

Sense of well-being is basic to the holistic health of an individual. Feeling of well-being enables someone to handle the difficulties and to achieve the goal. Educational institutions play an important role in promoting the physical, mental, social, emotional and moral development and well-being of students. Students who possess high level of well-being tend to have better cognitive outcomes at their place. Well-being contributes to fulfill the academic goal by acquiring quality, proper learning and healthy environment.

Therefore, the investigator realized the significance of studying psychological well-being of the higher secondary level students in the context of Dibrugarh District, Assam.

### **Operational Definition of the Key Terms:**

**Psychological Well-Being:** Psychological well-being is mental and emotional wellness that encompasses emotional stability, strong connection, stress management, positive relationship, self-acceptance, competency and individual growth. It entails self-care routines, healthy coping techniques and encouraging positive habits that promote emotional and cognitive well-being.

In the present study, psychological well-being refers the level of psychological well-being of the higher secondary level students of Dibrugarh District.

**Higher Secondary Students:** Higher Secondary students refer to the students studying in the upper secondary classes i.e in 11<sup>th</sup> and 12<sup>th</sup> standard students. In the present study, higher secondary students refer to the students studying in the higher secondary level in the higher secondary schools and colleges of Dibrugarh District.

### **Delimitations of the Study**

The study was delimited by following way:

- 1.The study was limited to only the higher secondary level students of Dibrugarh District only.
- 2.The research study was confined only the use of the research tool named Psychological Well-Being (PWB) Scale developed by Carol D. Ryff.
- 3.A sample of 500 higher secondary level students of Dibrugarh District were included as the sample of the study.

### **Title of the Study**

*Psychological Well-Being of the Higher- Secondary level Students –A Study in Dibrugarh District.*

### **Objectives:**

- i) To study the levels of Psychological Well-Being of the Higher-Secondary level students in Dibrugarh District.

- ii) To compare the Psychological Well-Being of the Male and Female Higher-Secondary level students in Dibrugarh District.

### Hypotheses:

- i) There is no significant difference between the Male and Female Higher-Secondary level students with respect to their psychological well-being.

### Methodology

Descriptive survey method is used in the present study.

**Population:** All the Higher-Secondary level students of Dibrugarh District affiliated to Assam Higher Secondary Education Council (AHSEC) is the population of the study.

**Sample:** For the present study, 500(287males and 213 females) higher secondary level students are selected by using simple random sampling technique.

### Tool for data collection:

**Psychological Well-Being Scale:** This scale was developed by Carol D. Ryff. The 18 items Psychological Well-Being (PWB) Scale is highly reliable one. The scale encompasses six dimensions autonomy, environmental mastery, personal growth, positive relation with others, purpose in life, self acceptance. The scale has 7 alternatives and out of them one alternative has to be selected. Scoring is done by assigning 1 to the most positive response and 7 to be extremely negative response. For negative items, scoring is reserved by assigning 7 to the most positive response and 1 to the extremely negative response.

**Table 1**

Shows the scoring procedure

Sl. No.	Score Assigned	Response
1	7	Strongly Disagree
2	6	Somewhat disagree
3	5	A little disagree
4	4	Neither agree or disagree
5	3	A little agree
6	2	Somewhat agree
7	1	Strongly agree

**Statistical Analysis:** The statistical analysis applied for analysis of data are Mean, Standard Deviation, Skewness, Kurtosis and 't' tests.

### Analysis and Interpretation:

#### 1. Level of Psychological Well-Being of Higher-Secondary level students in Dibrugarh District:

The results of the study regarding the level of psychological well-being of the higher-secondary level students of Dibrugarh District are presented as below:

**Table 2**

Performance level on Psychological Well-Being of the Higher Secondary level students of Dibrugarh District.

N	Mean	SD	Skewness	Kurtosis
500	64.06	8.36	0.34	-0.01

From the Table 2. it is clear that computed value of Mean and Standard Deviation of the psychological well-being score of higher-secondary level students of Dibrugarh District are 64.06 and 8.36 respectively. The computed value of the skewness of the distribution is 0.34 which indicates that the distribution of the psychological well-being scores is skewed positively on to their right. So, the scores are massed at the lower end of the scale. The kurtosis value of the distribution is -0.01 which indicates that the distribution of the psychological well-being scores is leptokurtic and the scores are mostly concentrated in same place or in some limited points than normal distribution. On the basis of above discussion, it can be concluded that the psychological well-being of the higher-secondary level students is high as majority of the students scored 60% and above.

## 2. Comparison of the Psychological Well-Being of the Higher Secondary level students of Dibrugarh District in relation to their Gender:

In the present study, comparison between male and female higher secondary level students of Dibrugarh District is studied with special reference to their psychological well-being. Obtained results have been presented by the following way:

Group	N	Mean	SD	't' value	df	Significance
Male	287	64.70	7.89	1.98	498	Significant at .05 level but not significant at .01 level
Female	213	63.18	8.89			

The respective Mean and Standard Deviation of higher secondary Male students are (N=287, Mean=64.70, SD=7.89) and higher secondary Female students are (N=213, Mean=63.18, SD=8.89). From the table, it is observed that the calculated 't' value (1.98) is more than the table value (1.96 at 0.05 level of significance). So, it is significant and it may be inferred that psychological well-being of male and female higher secondary students differ significantly. Hence, the null hypothesis "There is no significant difference between the male and female Higher-Secondary level students with respect to their psychological well-being" is rejected at 0.05 level of significance. Therefore, it can be concluded that male and female higher secondary students of Dibrugarh District differ significantly in their psychological well-being.

### Conclusion:

Psychological well-being is a wide area of study that encompasses almost all the areas of mental health. Heredity and environment, decision making capacity, self-awareness, self-actualization, maturation, full functionality of individualization and other determinants of positive mental health are the key concepts of psychological well-being. Achieving and sustaining psychological well-being often calls for varies personal development areas and the creation of appropriate adjustment mechanisms to deal with the mental stress and other mental obstacles in our life. In the above study, the assessment of psychological well-being is performed by using the Psychological Well-Being Scale developed by C.Ryff. The

study has provided an insight of the psychological well-being of higher secondary students of Dibrugarh District. With a better understanding of psychological well-being within adolescents, counseling and educational implications can be derived for assisting adolescents to holistic development in terms of body, mind and spirit because, they venture into the world of adulthood. As the indicator of emotional, psychological and social well-being, caring of mental health is also very important in present life. Because mental health enables us to use our strengths, productive, decision making and participate in any activities. Well-being encompasses comfort, health and happiness. Mental well-being is more than the absence of mental illness, rather it focuses on thriving and flourishing.

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