



Changes In Students Psychological Well -Being as they Move from Rural to Urban Life Style

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Abstract:

Psychological well-being refers to inter and intra individual levels of positive functioning that can include one's relatedness with others and self-referent attitudes that include one's sense of mastery and personal growth. The psychological well-being of a student not just affects his academics and personal life but also influences the society as a whole. This research targets to find the changes in satisfaction, efficiency, sociability, mental health and interpersonal relation of the students moving from rural areas to urban areas for higher studies and job.

Keywords: *Well-being, satisfaction, efficiency, sociability, mental health, interpersonal relation, Rural, Urban*

1. Introduction

Well-being is the prime focus of individual as well as society. Well-being is also termed as wellness quality of life. It can be said that that wellbeing of a person is basically what is good for him/her, in the self-interest of a person. Well-being can be classified as mental well-being, physical wellbeing and social well-being. The concept of mental and social well-being is less well defined than that of physical well-being. The theory of well-being developed by Carol Ryff determines six factors which contribute to an individual's psychological well-being. Psychological well-being comprises of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life and personal growth and development.

2. Objective

The main objective of this article is to study the changes in the satisfaction, efficiency, sociability, mental health and interpersonal relation of students as they move from rural area to urban area.

3. Hypotheses

On the basis of above mention objective one null hypothesis was formulated and tested

H₀₁: There is no difference in level of satisfaction of students when in rural and in urban region.

H₀₂: There is no difference in level of efficiency of students when in rural and in urban region.

H₀₃: There is no difference in level of sociability of students when in rural and in urban region.

H₀₄: There is no difference in level of mental health of students when in rural and in urban region.

H₀₅: There is no difference in level of interpersonal relation of students when in rural and in urban region.

4. Sample

For this study 25 students were selected and related data was collected when they were residing in rural area, after few years when these students went to city (urban area) for their higher studies/job again data for the same students were collected.

5. Tool used

Scale used is Psychological Well Being, constructed and standardized jointly by Dr. Devendra Singh Sisodia and Mrs. Pooja Choudhary.

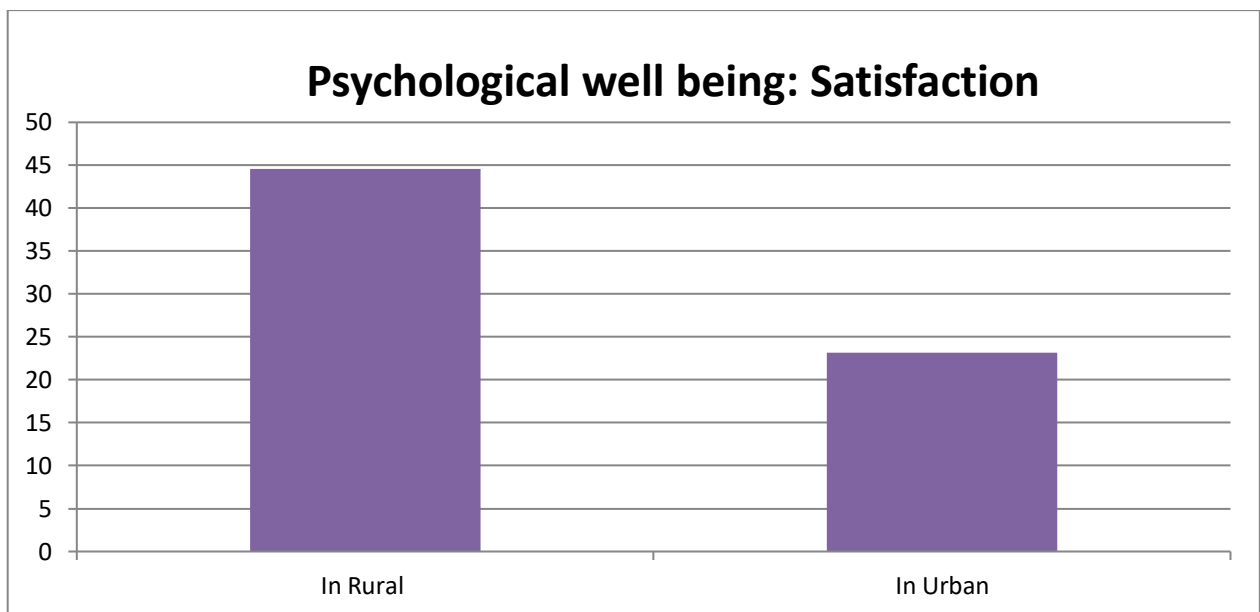
The reliabilities of this scale are 0.90 and the validity is 9.4. This scoring is done according to the norms.

6. Result and discussion

Table No.1

Groups	N	Mean	SD	SED	t-value	Level of significant
In Rural	25	44.54	2.4	1.52	13.99	**
In Urban	25	23.16	7.25			

Table no 1: Represents the mean, SD and t-value of students in rural and in urban area on satisfaction.



Graph represents comparison between the levels of satisfaction of students in rural and urban area.

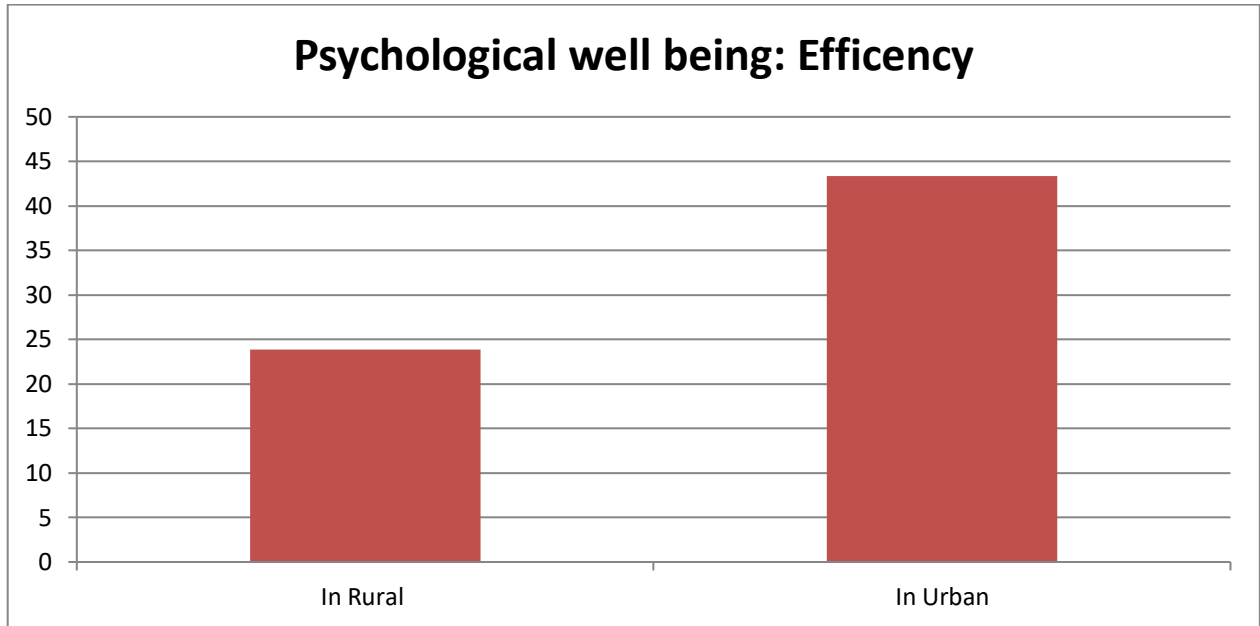
6.1 Result

It is clear from the table that the mean score of students is 44.54 when in rural area and the mean score is 23.16 when they stay in urban area and the SD is 2.4 and 7.25 respectively. The t-value 13.99 clearly evident that both groups differ significantly on their level of satisfaction at 0.01. Further the table shows that students were more satisfied when they stay in rural area than compared to their urban life. This is evident from their mean scores. Hence my hypothesis is rejected.

Table No. 2

Groups	N	Mean	SD	SED	t-value	Level of significant
In Rural	25	23.84	1.65	1.71	11.38	**
In Urban	25	43.36	8.41			

Table no 1: Represents the mean, SD and t-value of students in rural and in urban area on efficiency.



Graph represents comparison between the levels of efficiency of students in rural and urban area.

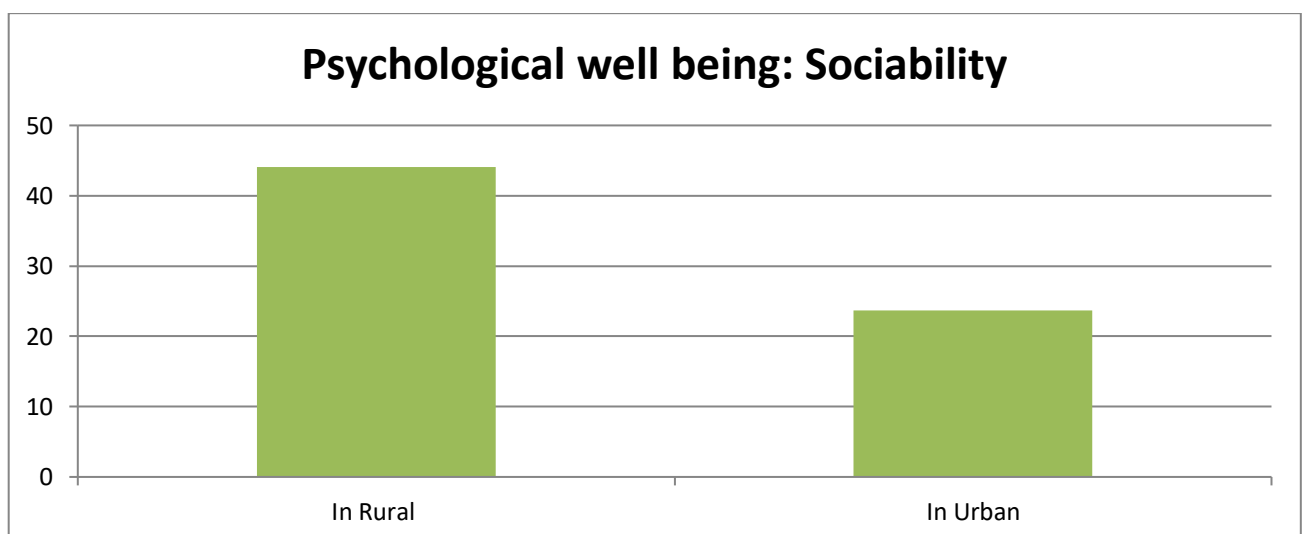
6.2 Result

It is clear from the table that the mean score of students is 23.84 when in rural area and the mean score is 43.36 when they stay in urban area and the SD is 1.65 and 8.41 respectively. The t-value 11.38 clearly evident that both groups differ significantly on their level of efficiency at 0.01. Further the table shows that students were more efficiency when they stay in rural area than compared to their urban life. This is evident from their mean scores. Hence my hypothesis is rejected.

Table No. 3

Groups	N	Mean	SD	SED	t-value	Level of significant
In Rural	25	44.04	1.64	0.47	43.14	**
In Urban	25	23.72	1.69			

Table no 1: Represents the mean, SD and t-value of students in rural and in urban area on sociability.



Graph represents comparison between the levels of sociability of students in rural and urban area.

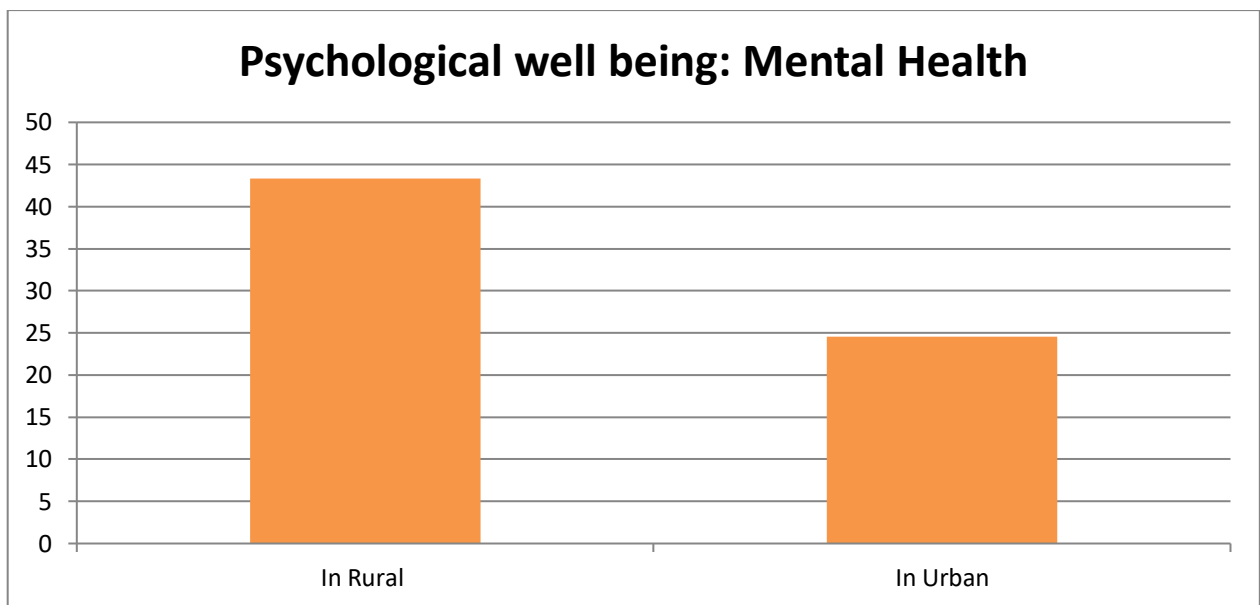
6.3 Result

It is clear from the table that the mean score of students is 44.04 when in rural area and the mean score is 23.72 when they stay in urban area and the SD is 1.64 and 1.69 respectively. The t-value 43.14 clearly evident that both groups differ significantly on their level of sociability at 0.01. Further the table shows that students were more sociability when they stay in rural area than compared to their urban life. This is evident from their mean scores. Hence my hypothesis is rejected.

Table No. 4

Groups	N	Mean	SD	SED	t-value	Level of significant\
In Rural	25	43.36	8.41	1.85	10.11	**
In Urban	25	24.56	3.95			

Table no 1: Represents the mean, SD and t-value of students in rural and in urban area on mental health.



Graph represents comparison between the levels of mental health of students in rural and urban area.

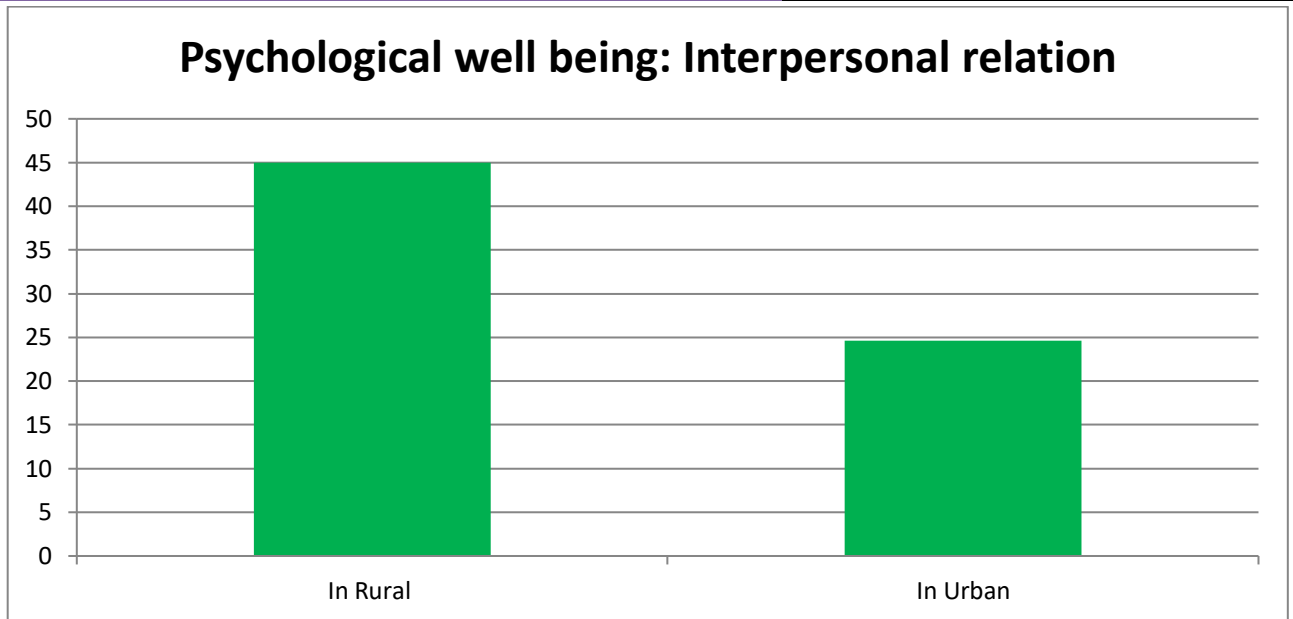
6.4 Result

It is clear from the table that the mean score of students is 43.36 when in rural area and the mean score is 24.56 when they stay in urban area and the SD is 8.41 and 3.95 respectively. The t-value 10.11 clearly evident that both groups differ significantly on their level of mental health at 0.01. Further the table shows that students were more mental health when they stay in rural area than compared to their urban life. This is evident from their mean scores. Hence my hypothesis is rejected.

Table No. 5

Groups	N	Mean	SD	SED	t-value	Level of significant
In Rural	25	44.96	2.00	0.79	25.75	**
In Urban	25	24.6	3.41			

Table no 1: Represents the mean, SD and t-value of students in rural and in urban area on interpersonal relation.



Graph represents comparison between the levels of interpersonal relation of students in rural and urban area.

6.5 Result

It is clear from the table that the mean score of students is 44.96 when in rural area and the mean score is 24.6 when they stay in urban area and the SD is 2.00 and 3.41 respectively. The t-value 25.75 clearly evident that both groups differ significantly on their level of interpersonal relation at 0.01. Further the table shows that students were more interpersonal relation when they stay in rural area than compared to their urban life. This is evident from their mean scores.

Hence my hypothesis is rejected.

7. Conclusion

satisfaction, efficiency, sociability, mental health and interpersonal relation of students as the from above study we can derive to a conclusion that the psychological well-being of students changes as they shift from their village (rural area) to city (urban area) for higher studies or job perspective. it has been observed from this study that the students state differs in satisfaction, efficiency, sociability, mental health and interpersonal relation as they move from rural to urban area.

References

1. Ryff, C. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being.
2. Sisodia, Devendra Singh Pooja Chaudhary (2019). Psychological well-being scale.