

A Study On Subjective Wellbeing Of Youngsters

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ARTICLE INFO	ABSTRACT
	<p>Subjective well being is a term that describes how a person tends to experience their life and opinion about their overall happiness and satisfaction. It is essential to appraise how the youngsters experience their life and the positivity they carry as they are major source of contribution for a better tomorrow. Focusing on well being of the youth is an essential study as it tries to understand how the current youngsters evaluate their life and the amount of fulfillment they carry being a young adult. Subjective well being of young generation is not only linked with current happy mindset and satisfaction towards life of today but also can predict the upcoming generation's mental health as they are going to be productive resource of the future. This study tries to throw light on the subjective wellbeing of youngsters and attempts to find the factors that contribute for their happiness and contentment in order to develop recommendation for a healthier society.</p> <p>Keywords: Subjective well being, Youngsters, Happiness and Satisfaction.</p>

Introduction:

A person's judgment about their level of happiness and life satisfaction is going to reflect on their quality of life, emotional intelligence and psychological resilience. College going young population being the prime focus of the study mostly falling between the age category of eighteen years to twenty four years and they in their transitional point from adolescence to childhood. This phase of their life seems to be highly demanding but very much socially challenging. The ability to maintain the equilibrium between academic need, social relationships and future readiness being an important trait that can impact on the future human being whom they are about to become for sure.

Review of Literature:

(Patton 2011; Currie 2012) has stated that Youth is the time of Rapid Change, when life- course trajectors of health and wellbeing are established; subjective well being in adolescence has been shown to influence health behavior patterns that persist throughout adulthood.
(Proctor 2009) Poor life satisfaction among youth has been associated with increased risk-taking behaviour, violence, substance abuse, sexual risk behaviours and poor diet, all of which can lead to negative health outcomes.

Need and Scope of the study:

The period of transition from youth to adulthood being an very important phase in the life of a human being Some of them may thrive this period well and be successful, while others may struggle with stress, anxiety and find it hard to accept that they are happy. The social environment, peer groups and relationship ties has a huge contributes towards the focused population. Understanding the elements and interventions can promote the overall well being of the young population. Promoting the well being of this age group is essential as there are Mental health issues, Substance abuse problems, Social issues, Educational challenges and Gender inequality problems that are expected to be addressed.

Methods:

The researcher has adopted descriptive research method as the nature of the study is fact finding investigation. The study aims to describe the various phenomenon factors that are considered to be the important elements of the study taken.

Data sources:

Primary data was collected directly from the respondents through a scale by the researcher considered as the population of the study and secondary data from various journals, articles and books as references for the study.

First portion of the scale was demographic variables included Age, Sex, Educational qualification, type of institution, Academic stream, Mode of stay, Type of institution, Academic stream, hours of time spent on social media and sleep duration. The next portion was BBC well being Scale with 27 items and 5 point options this tool was used to collect data in the current study.

Samples:

The study was conducted among the youngsters of Coimbatore district from Tamil Nadu State, India. The sampling technique was Non probability sampling. The sampling method was purposive sampling which was found most suitable for the chosen study and that has been used.

Analysis:

The collected data was analyzed with statistical package for the social sciences in order to bring data driven conclusions. Statistical Package for the Social Sciences being rated as reliable tool for data analysis the researcher has used it for analysis.

Results:

The results are extracted and tabulated in order to derive meaningful insights from the available data. The conclusions and recommendations are formulated based on the data analyzed and the inference made by the researcher.

Correlates of wellbeing:

Correlation Table Showing Relationship Between Personal Profile And Level of Wellbeing

	Age	gender	Education qualification	type of institution	academic stream	BBC scale
AGE						
Pearson correlation Sig (2 tailed) N	1	0.108	.684	0.43	.174	-.041
GENDER						
Pearson correlation Sig (2 tailed) N	.108	1	.020	-.088	.001	.146
Educational qualification						
Pearson correlation Sig (2 tailed) N	.0684	.020	1	.158	.161	.085
Type of institution						
Pearson correlation Sig (2 tailed) N	-.043	-.088	.158	1	.125	-.130
Academic stream						
Pearson correlation Sig (2 tailed) N	.174	.001	.161	-.125	1	-.125
BBCSCALE						
Pearson correlation Sig (2 tailed) N	-.041	.146	.085	-.130	-.125	1

*Correlation is significant at the 0.05 level (2-tailed).

**Correlation is significant at the 0.01 level (2-tailed).

Results:

There is a positive significant relationship between Gender and the level of well being among the youngsters

There is a positive significant relationship between type of institution and the level of well being among the youngsters

Discussion:

The study seems to witness a significant relationship between gender and the level of well being among the respondents. The well being judgments are connected with the gender of the youngster. Gender influence on how an individual experiences their life. Gender can be a key factor to determine the exposure to mental and physical health risks.

Type of institution that the respondent belong also has an impact on well being different type of institutions have different method of handling people and learning environment differs from school to college every institution may have their own unique challenges and approaches must be tailored in alignment with the need of the population.

Conclusion:

Gender based discriminations can really negatively impact on the mental and physical well being of both men and women. Gender equality can be a crucial factor to improve the mental health of both men and women. All must have equal opportunities to thrive and express their ideologies.

Creating a supportive and safe environment with a motive to foster positive relationships promote mental wellbeing and must address bullying issues. Campus must offer student counseling services, they must look forward to incorporate mindfulness and must make all needed resources available in order have a healthy environment. A adult must be emerged as person who has realized his responsibilities towards himself and for his society.

Refernces:

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