



To Study the relationship between well-being and Self- Esteem of college students

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Abstract:

For many years, psychologists have been discussing the importance of having a healthy sense of self-worth. Many adaptive outcomes may be traced back to a person's feeling of self-worth, or self-esteem, as defined by researchers. Education is the basic tool for the development and Reconstruction of human being. It helps individual to realize all his inherent qualities and develop his entire personality. It is one of the important means available to poster a deeper and more harmonious from of human development and to reduce poverty and ignorance. But it is not easy to accomplish most things which matter in life. Although being content in life, how do we continue to achieve our goal? In the study of subjective well-being, the power of individual and situational effects on psychological life is maybe no more a parent than it is. This paper is intended to show the relation between the wellbeing of a college student and his self-esteem and the effect of this relation on their happiness.

Key Words:

Relationship, wellbeing, self-esteem, students, stream, gender, locality

Introduction:

Education is the basic tool for the development and reconstruction of human being. In the study of subjective well-being, the power of individual and situational effects on psychological life is maybe no more a parent than it is. Most of the research indicates that happiness is an endpoint, something to be sought after. Current research shows that in the course of one's lifespan, the concept of happiness shifts dynamically. Such a finding inches "Emanuel kant's observation. The concept of happiness is such an indeterminate one that even though everyone wishes to attain happiness, he can never say definitely, and consistently that it is that he really wishes and wills." The definition of happiness, although largely indeterminate, tends to have a consistent trend, with older and younger adults seeking different items. For the analysis we have considered a sample size of 640 children from the above mentioned districts and the respondents belonged to the different genders, localities and streams. The analysis of their



happiness being dependable on the well-being, self-esteem is bifurcated on the basis of their gender, locality and stream.

Well-Being:

Well-being demands harmony between the body and the mind. This means a sense of stability and comfort with the stresses in the life of a human. There is no under-stimulation or undue negative stress; there is a feeling of power over one's fate, above all. Well-being is concerned with how and why individuals, through both cognitive judgment and efficient responses, experience their lives in meaningful ways. As such, words such as pleasure, fulfilment, spiritual and positive impact are guarded. The idea of well-being is a fuzzy concept; no well-defined and appropriate meaning exists as such. In the current research literature, the position of a person on the well-being dimension is seen as a consequence of the position of the individual on independent dimensions. One with a positive influence and the other with a negative impact. An person will be high in well-being to the degree to which he has an excess of positive over negative impact and will be low in well-being to the degree to which negative effect prevails over positive research is especially interested in identifying individual differences in following feelings because this feature may be an indicator of general psychological functioning and in pa (i.e. life satisfaction, self-esteem, optimism and depression). The definition of well-being has therefore evolved as a way to concentrate on healthy mental states, and to remove or minimize those variables that are likely to keep people from prospering.

Self-esteem:

Self-concept refers to the general idea we have of ourselves and self-esteem refers to precise self-concept component measurements. People who have a clear concept of themselves and when people know themselves, then they know what they can and cannot do, they can optimize performance. The way an individual think of himself/herself determines his or her inner picture as visual building blocks that provided the structure of form of image. On the other hand, content of a person's self-image determines whether the intensity is positive or negative. A person's self-esteem is greatly influenced by the attitudes of others people which affect her reactions to failure self-esteem work as moderator in achieving success in life.



Data Analysis:

The data of the 100 respondents is gathered and is being analysed in order to find out a valid and significant conclusion. For drawing conclusion we have used the tests like mean, median, standard deviation, T test at significance level of 0.5 and Anova etc. The main motive of this analysis is to figure out that weather happiness is dependent on the well-being and self-esteem of the college students.

1. Well-being:

Level	Well-being	Percentage
High	More than 180	73.75
Average	Between 91 - 130	25.16
Low	Less than 125	1.09

Table 1.1

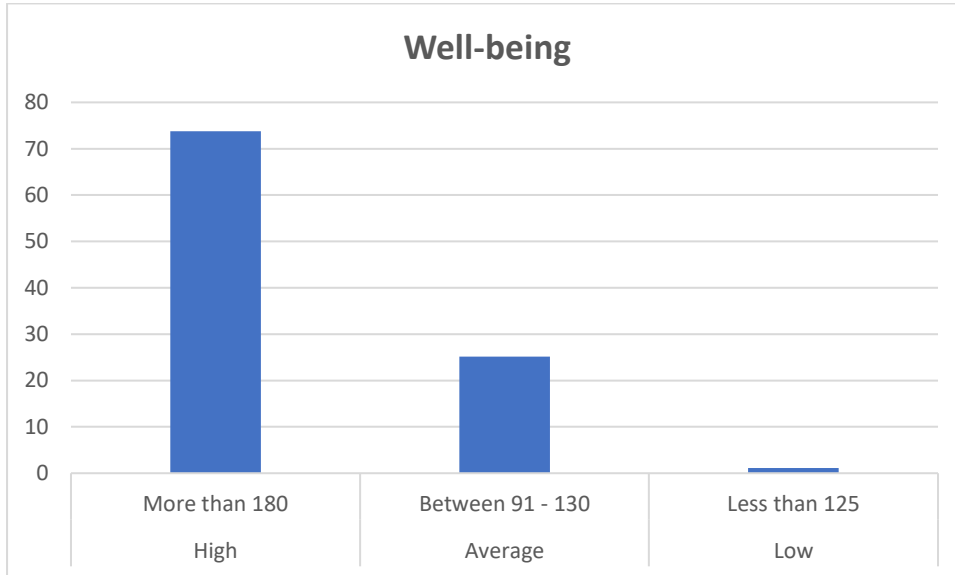


Figure 1.1

Table 1.1 and figure 1.1 shows that the level of well-being in terms of high, average and low. Out of total 100 students, students (73.75%) and high level of well-being, students (25.16%) and average level of well-being and the rest students (1.09%) who scored less than 125 had low well-being. When compared with the cumulative percent of those students within both



high and average level of environmental responsibility (98.91%), it can be concluded that, the study revealed that there was average well-being among most of the students.

2. Self-esteem:

Level	Self-esteem	Percentage
High	More than 115	20
Average	Between 51 - 114	70
Low	Less than 50	10
	Total	100

Table 1.2

Figure 1.2

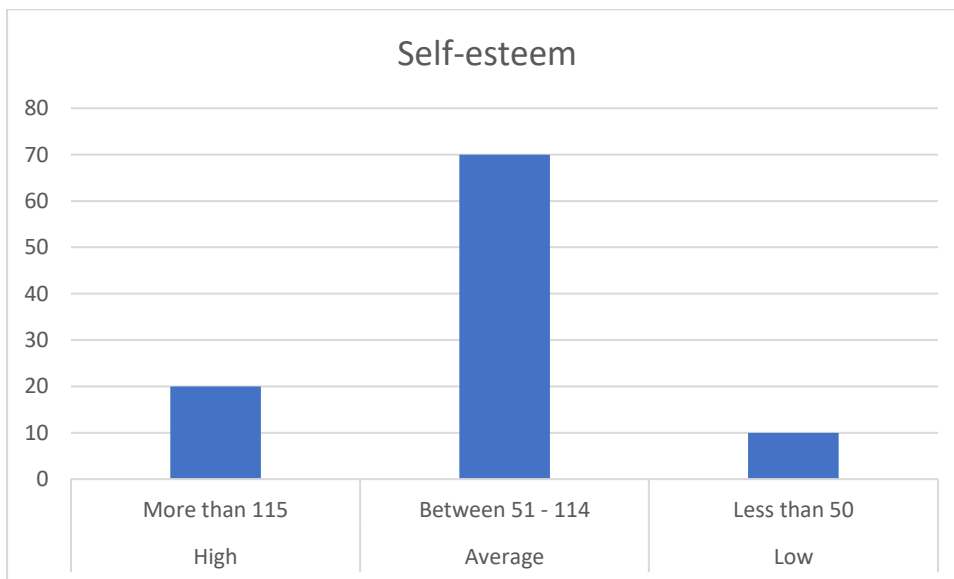


Table 1.2 and figure 1.2 report that out of total 100 students, 20 students who scored above and equal to 115 had high self-esteem, 70 students who scored between 51 and 114 had average self-esteem and the rest 10 students who scored below 50 had low self-esteem., it can be concluded that, the study revealed that there was average self-esteem among most of the students.



3. Stream:

Variables	Stream	Mean	S.D.	t- ratio	Significant at 0.05 level
Well-being	Arts	17.81	15.13	3.56	Significant
	Science	19.56	18.94	3.56	
Self-esteem	Arts	15.88	8.59	2.45	Significant
	Science	18.12	7.88	2.85	

Table 1.3

The table shows the relation between the stream and well-being is significant viz, the mean value for Arts and well-being is 17.81 and the T value is 3.56 which is highly significant as the P value is greater than the required i.e. 0.5. Similarly the mean value of the science and well-being is 19.56 and T value is 3.56 which is significant.

The table shows the relation between the stream and self-esteem is significant viz, the mean value for Arts and self-esteem is 15.88 and the T value is 2.45 which is highly significant as the P value is greater than the required i.e. 0.5. Similarly the mean value of the science and self-esteem is 18.12 and T value is 2.85 which is significant.

4. Gender:

Variables	Gender	Mean	S.D.	t- ratio	Significant at 0.05 level
Well-being	Male	189.63	27.09	2.07	Significant
	Female	195.45	18.62		
Self-esteem	Male	69.85	15.34	2.03	Significant
	Female	65.06	7.93		

Table 1.4

The table shows the relation between the gender and well-being is significant viz, the mean value for male and well-being is 189.63 and the T value is 2.07 which is highly significant as the P value is greater than the required i.e. 0.5. Similarly the mean value of the female and well-being is 195.545 and T value is 2.07 which is significant.

The table shows the relation between the gender and self-esteem is significant viz, the mean value for male and self-esteem is 69.85 and the T value is 2.03 which is highly significant as the P value is greater than the required i.e. 0.5. Similarly the mean value of the female and self-esteem is 65.06 and T value is 2.03 which is significant.



5. Locality:

Variables	Locality	Mean	S.D.	t- ratio	Significant at 0.05 level
Well-being	Rural	189.56	26.73	2.17	Significant
	Urban	195.71	18.71		
Self-esteem	Rural	69.68	15.15	2.89	Significant
	Urban	65.06	7.95		

Table 1.5

The table shows the relation between the locality and well-being is significant viz, the mean value for rural and well-being is 189.56 and the T value is 2.17 which is highly significant as the P value is greater than the required i.e. 0.5. Similarly the mean value of the urban and well-being is 195.71 and T value is 2.17 which is significant.

The table shows the relation between the locality and self-esteem is significant viz, the mean value for rural and self-esteem is 69.68 and the T value is 2.89 which is highly significant as the P value is greater than the required i.e. 0.5. Similarly the mean value of the female and self-esteem is 65.06 and T value is 2.89 which is significant.

Conclusion:

With the findings of the research, we found out that there is significant relationship between self-esteem and wellbeing The relationship between well-being and Self- Esteem of college students with regards to stream, gender and locality is positive as the result of the analysis conducted by means of various tests is positive, the well-being and self-esteem are independent on the stream, gender and locality of the students, further the well-being and self-esteem are the dependable factors of the happiness of the college students. The students tends to be happier when their well-being and self-esteem are high. The goal of this research was to examine the relationship between well-being and self-esteem in college students. The results of the study indicate that there is a significant positive relationship. This suggests that improving well-being leads to an improvement in happiness and self-esteem.

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