

# UNVEILING THE DIMENSIONS OF PSYCHOLOGICAL WELL-BEING: AN EMPIRICAL INVESTIGATION AMONG HIGHER SECONDARY STUDENTS

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### Abstract

Psychological well-being is essential for adolescents' academic success and emotional resilience. This study examines the psychological well-being of higher secondary students in relation to academics, social support, and physical interests. Using a descriptive survey method, data were collected from 60 students in the Kunnammangalam Block, Kerala, India, using a standardized Psychological Well-Being Scale (PWBS-2012) and a socio-demographic questionnaire. Findings indicate that 56.7% of students exhibit moderate psychological well-being, while 20% experience lower levels. Academic performance, extracurricular participation, and social interactions significantly influence well-being. Notably, 60% of students reported loneliness, and 53.3% rarely engaged in physical activities. High social media usage, particularly Instagram, was prevalent among 50% of respondents. The study underscores the need for interventions promoting balanced digital habits, increased social interaction, and enhanced extracurricular involvement to support adolescent well-being.

**Keywords:** Psychological Well-Being, Adolescents, Higher Secondary Students, Academic Performance, Social Support, Extracurricular Activities, Social Media.

### INTRODUCTION

Psychological well-being plays a vital role in shaping adolescents' academic success, emotional resilience, and social interactions. Higher secondary students often experience academic stress, peer pressure, and digital influences, all of which can affect their mental health.

This study aims to empirically examine the psychological well-being of students by exploring factors such as academics, social support, and physical interests. By identifying the key determinants, the research seeks to offer valuable insights into the challenges faced by adolescents.

The findings will contribute to the development of effective strategies to enhance student well-being, ensuring a healthier and more balanced academic and personal life.

## LITERATURE REVIEW

Afrashteh and Hasani (2022) explored the link between mindfulness and psychological well-being in adolescents, focusing on self-compassion, emotional dysregulation, and cognitive flexibility as mediators. Using a structural equation model, they analyzed data from adolescents and found that mindfulness positively influenced psychological well-being. Self-compassion and cognitive flexibility played significant mediating roles, enhancing emotional regulation and overall well-being. Conversely, emotional dysregulation negatively impacted well-being, partially offsetting mindfulness benefits. The study highlights the importance of fostering mindfulness and self-compassion in adolescents to improve mental health outcomes. These findings suggest that interventions targeting mindfulness and emotional regulation strategies could be beneficial in promoting adolescent psychological resilience.

Bhat (2018) in their study examines the psychological well-being of adolescents concerning their school environment and place of residence. It explores how factors such as peer relationships, teacher support, and school climate influence mental health. The research highlights differences in well-being between urban and rural students, emphasizing the role of environmental factors in shaping adolescent psychology. Findings suggest that a positive school environment significantly enhances psychological well-being, while an unfavourable setting may contribute to stress and emotional difficulties. The study underscores the importance of supportive academic spaces and community engagement in fostering adolescent mental health and overall development.

### Statement of the Problem

Adolescence is a crucial developmental stage characterized by significant academic, social, and emotional challenges. Higher secondary students, in particular, face immense pressure due to academic demands, peer relationships, and digital influences, all of which can impact their psychological well-being. Despite growing awareness of mental health issues among students, there is a lack of empirical studies examining the factors influencing their well-being. This study seeks to bridge this gap by analysing the psychological well-being of higher secondary students in relation to academics, social support, and physical interests. By identifying key determinants, the research aims to provide insights that can help formulate strategies to promote a balanced and healthier academic and personal life for adolescents.

### Objectives

- To study the socio-economic development of the Higher Secondary Students.
- To find out the Psychological well-being of the Higher Secondary Students.

### Hypothesis

H1 - There is a significant relationship between demographic variables and psychological well-being.

## METHODOLOGY

### Research Design

Descriptive survey method is used in this study, in which simple random sampling technique under probability sampling was employed to collect data. Universe is the whole population of the research study. The researcher selected higher secondary students from five schools of Kunnamangalam Block of Kozhikode District, Kerala, India. The sample size for this study is determined based on Morgan's Table, ensuring statistical adequacy and representativeness. Sample size of the study is 60. Psychological well-being is the dependent variable and independent variables include socio-demographic characteristics (age, gender, class, study type, status of parenting, monthly income of parents, mark scored in previous exam, interest on extracurricular activities, most using social media platform, how often do you engage in physical activities, do you participate in sports or extracurricular activities, how often do you meet your friends in person, do you feel lonely or isolated).

### Operational Definitions

**Psychological well-being:** Psychological well-being in higher secondary students will be assessed using validated psychological tool that capture various dimensions relevant to adolescents, such as satisfaction, efficiency, sociability, mental health and interpersonal relations.

**Higher secondary students:** Students currently enrolled in 11th and 12th grade in Kunnamangalam Block of Kozhikode District in Kerala in India, aged between 15 to 18 depending on regional education system.

### Data Collection

For the quantitative phase of this study, the questionnaire method and survey was employed as the primary method of data collection. Researcher collected data directly from the respondents from schools. Standardized scale was utilized to measure the variables under investigation, ensuring reliability and validity in capturing the required data. The data collection was started from November 1, 2024 and completed by the end of December 2024.

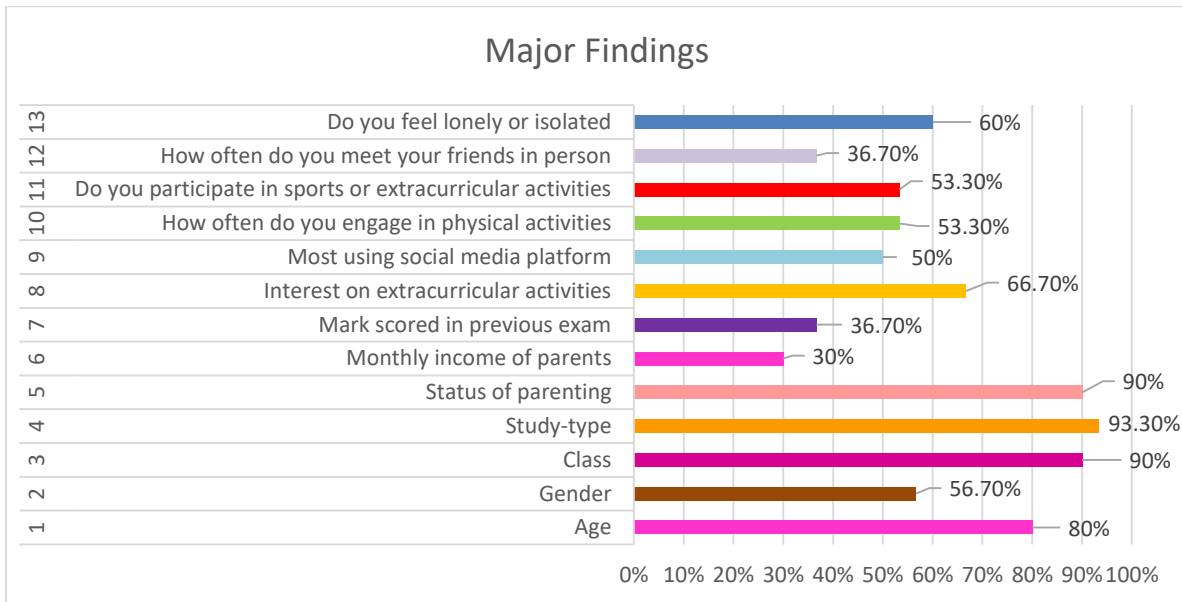
### Tools of data collection

- 1) Socio-demographic Profile: Self-made questions Likert type scale with 13 items.
- 2) Psychological Well-being Scale (PWBS-2012): Dr. Devender Singh Sisodia and Pooja Choudhary.

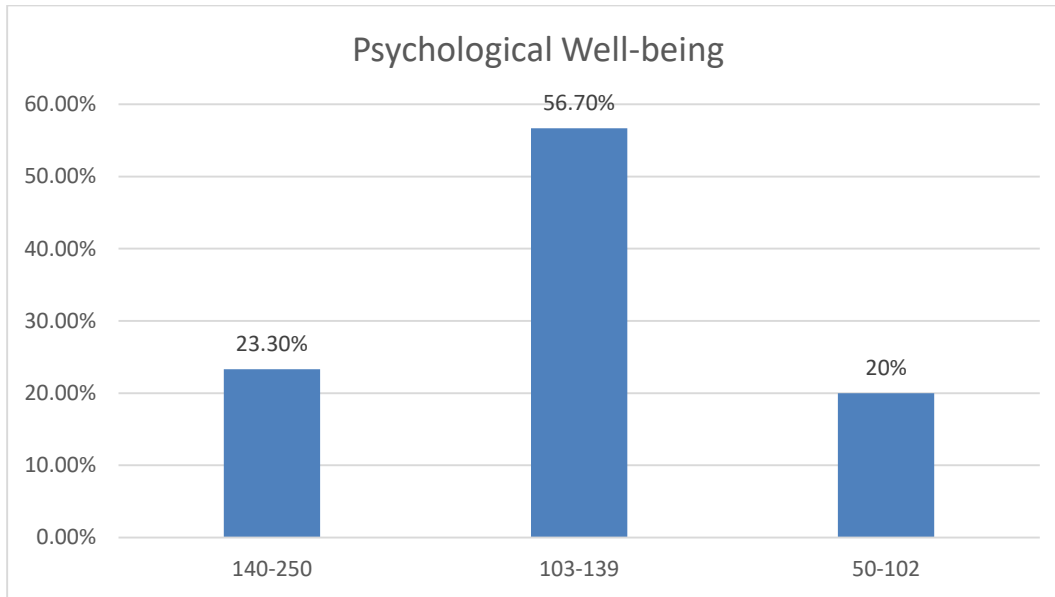
**Inclusion Criteria:** Higher Secondary Students under Kunnamangalam Block of Kozhikode District, Kerala from the age 15 to 18 are included as the respondents of this study.

**Exclusion Criteria:** Higher secondary students with mental disorders are not included in this study. The students from 1 Standard to 10 Standard were excluded from the study.

## Findings



Findings of Independent Variables		
S. No	Particulars	Major Findings
1	Age	80% of the respondents are 16 years old.
2	Gender	57% of the respondents are males.
3	Class	90% of the respondents are plus one student.
4	Study-type	93% of the respondent's study type is self-study.
5	Status of parenting	90% of the respondents' parents are staying with the child.
6	Monthly income of parents	30% of respondents' parents' monthly income is 30001 and Above.
7	Mark scored in previous exam	36.7% of respondents scored 51% - 70% of mark in last exam.
8	Interest on extracurricular activities	66.7% of respondents are interested in extracurricular activities.
9	Most using social media platform	50% of respondents are using Instagram.
10	How often do you engage in physical activities	53.3% of respondents engage in physical activities rarely.
11	Do you participate in sports or extracurricular activities	53.3% of respondents participates in sports or extracurricular activities.
12	How often do you meet your friends in person	36.7% of respondents meet your friends in person weekly.
13	Do you feel lonely or isolated	60% of respondents feel lonely or isolated.



Findings of Independent Variables		
Psychological Well-being	Respondents	Percentage
140-250	14	23.3
103-139	34	56.7
50-102	12	20.0
Total	60	100.0

## DISCUSSION

The majority (80%) of the respondents were 16 years old, with 57% identifying as male. Additionally, 90% of the participants were plus one students, and 93% followed a self-study approach. This indicates that the respondents are at a crucial developmental stage where academic pressure and social influences significantly impact their psychological well-being. Furthermore, 90% of the respondents lived with their parents, suggesting a stable family structure that could play a role in emotional regulation and support.

The study found that 30% of respondents' parents earned above Rupees 30,001 per month. This suggests that a significant portion of the sample comes from relatively well-off backgrounds, which may impact access to resources such as extracurricular activities and mental health support. Academically, 36.7% of students scored between 51% and 70% in their previous exams, which aligns with the broader trend of academic stress influencing adolescent well-being.

Despite 66.7% of respondents expressing interest in extracurricular activities, only 53.3% actively participated in such activities, and a similar percentage engaged in physical activities only rarely. This disparity suggests that while students recognize the benefits of extracurricular engagement, barriers such as academic workload or digital distractions may limit their participation. Moreover, 36.7% of respondents reported meeting their

friends in person on a weekly basis, which may indicate reduced face-to-face social interaction due to increased digital communication.

Instagram was the most frequently used social media platform, with 50% of respondents actively engaging with it. Excessive social media usage has been linked to increased feelings of loneliness and isolation, which aligns with the finding that 60% of respondents reported feeling lonely. This highlights the growing concern regarding digital interactions replacing in-person socialization, potentially affecting emotional and psychological well-being.

The psychological well-being scores of the respondents revealed that 56.7% fell within the moderate range (103-139), while 23.3% had high psychological well-being (140-250), and 20% had low psychological well-being (50-102). This suggests that while a majority of students maintain a balanced state of well-being, a significant portion still experiences psychological distress. The lower scores may be influenced by factors such as academic pressure, reduced social interaction, and excessive screen time.

## CONCLUSION

The findings of this study indicate that digital engagement significantly impact the psychological well-being of adolescents. While a large proportion of students exhibit moderate psychological well-being, the prevalence of loneliness, reduced physical activity, and limited face-to-face interactions suggest areas of concern. Encouraging healthier digital habits, promoting extracurricular activities, and fostering social connections may help improve adolescent psychological well-being. Future research could explore intervention strategies to mitigate the negative effects of screen time and enhance emotional resilience among adolescents.

## References

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