

Psychological Well-being, Gender and Optimistic attitude among students

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Abstract: *The present study aimed to assess the Optimistic attitude and Psychological Well-being among This study was conducted on a sample of 100 students (50 males and 50 females) selected through simple random sampling method from different departments in a university. The Life Orientation Test Revised (LOT) by Scheier, Carver and Bridges (1994) was used to assess the level of Optimism and Ryff's Psychological Well-being Scale was used to assess Psychological Well-being. Statistical analysis such as mean, t- test and Pearson correlation were employed by using SPSS 16.0 version The result revealed that there is significant relationship between Optimism and Psychological Well-being. The result also demonstrated that female students reported higher level of Optimism and better Psychological Well-being than male students to males. Thus the study showed the gender difference on Optimism and Psychological Well-being among favouring female students. Further findings shows younger students have high optimism than older students. But this difference was not observed in the Psychological Well-being.*

Key words : *Optimism, Psychological Well-being, gender and age.*

1. INTRODUCTION:

The optimism is the ability to attribute good outcomes to internal, stable and pervasive causes. The optimist uses causal attributions to explain negative experiences or events. In technical terms, the optimist makes external variable and specific ,attributions for failure like events rather than the internal, stable and global attributions of the pessimist stated more simply; the optimist explains bad things in such a manner as to account for the role of other people and environment in producing bad outcome (i.e., an external attribution), to interpret the bad event as not likely to happen again (i.e., a variable attribution), to constrain the bad outcome to just one performance area and not others (i.e., a specific attribution). Children who grow up with learned optimism and characterized as having had parents who understood her families and generally attributed their failures and generally attributed those failures to external rather than internal factors. They taught their children adaptive excusing, (Snyder, Haggins, & Stucky,1983/2005). On the other hand, pessimistic people had parents so were pessimistic. Furthermore, experiencing childhood trauma e.g., parental death, abuse, incest, etc). Optimists tend to use the approach oriented coping strategies of positive reframing and seeing the best in situation. Also when faced with truly uncomfortable circumstances, optimist tend to accept their plights

Psychological well- being a state of well- being characterized by self-acceptance, personal growth, purpose in life, environmental mastery, autonomy and positive emotions. Psychological well- being is beneficial for adults to live a healthy life making it an important aspects of one's life in the college years (Garcia, Castillio & Queralt, 2011). Research has found that there are increased levels of psychological disturbance among college students (Betwick, Koutsopoulou, Miles, Slaa & Barkha, 2010). The study will contribute to a better understanding of college students' psychological well- being and the variables that may impact it. Further research is needed better understand the positive and negative factors associated with student's psychological health and well- being. This study contributes better understanding of optimism and psychological well- being of college students.

2. OBJECTIVES:

- To assess the Optimism and Psychological Well-being of students
- To ascertain the role of demographic variables on Optimism and Psychological Well-being among students
- To understand the relationship between Optimism and Psychological Well-being of students

3. HYPOTHESES:

- Students do not differ in Optimism and Psychological Well-being based on their gender.
- Students do not differ in Optimism and Psychological Well-being based on their age.
- There is a significant relationship between Optimism and Psychological Well-being.

Variables: - The psychological variables in this study is optimism and psychological well-being where as demographical variables are gender and age.

Selection of the sample

In the present study, random sampling technique was used for sample selection. The investigator collected 100 samples in Annamalai University, Annamalai Nagar.

Measuring tools

Life orientation test (LOT) by Hirsch, Broton & Conner (2010) It consists of 10 items (3 positively, 3 negatively and 4 filler items) only 6 items scored, other four items are not used for scoring purpose. Respondent rate each item on a 4 point scale . These six items scored as 0= strongly disagree, 1= Disagree ,2= Neutral 3= Agree and 4=strongly Agree. Test retest reliability was good (.72) and internal consistency was also quite satisfactory $\alpha = .69$.

Psychological well- being scale (2005): The second measure used was the Ryff's psychological well- being scale (1995). It consist 42 items (6 point scale) with 22 positive items and 20 negative items. Positive items are score as 1- 6 and Negative items are scored as 6- 1. The reliability of the scale is found 0.91 through the internal consistency of the psychological well- being and validity was found .75 respectively.

Procedure

The study was conducted in Annamalai University, Annamalai Nagar on a sample of 100 students' selected through random sampling method. Prior to administrating the questionnaire among students proper rapport was established and they were informed the purpose of meeting. During administration process researcher helped those students who had difficulty in understanding the statements after 20 to 30 minutes the participants handed over the questionnaire to the researcher and were thanked for their cooperation. Therefore data were collected in appropriate manner.

Data analysis

The data analysis was carried out using SPSS 16.0 software package. The analysis of the obtained data was done using descriptive analysis of Mean, t-test and Pearson Correlation.

4. RESULT AND DISCUSSION:

Table-1 Shows the mean, SD, and t- value of Optimism and psychological well- being of the students based on gender.

Variable	Gender	No	Mean	S D	t-Value
Optimism	Male	50	6.62	2.47	4.84 *
	Female	50	8.84	2.09	
Psychological well- being	Male	50	159.54	17.68	5.29 *
	Female	50	178.32	17.77	

Significant at 0.05 level |

The study clearly demonstrated that female students have high level of optimism and psychological well-being than male college students. The obtained mean scores of female students in optimism and psychological well-being are more than male students.

The mean, sd of male students was found (optimism M=6.62, SD= 2.47), (psychological well- being M=159.54, SD= 2.09), Respectively the mean, sd of female students was found (optimism M= 8.84,SD=2.09), (psychological well- being M= 159.54, SD= 17.69), the obtained t- values of optimism, psychological well- being of the same group was found (4.84), (5.29) respectively, All these values are more than tabulation value at 0.01 level of significance. Hence first hypothesis and second hypothesis is accepted. Therefore, it can be said that there is significance difference between optimism and psychological well- being among male female students. Studies by Vinayak M. Honmore, M.G. Jhadav (2016).

Table – 2 shows the mean, SD and t- value of optimism and psychological well- being of the students based on Age.

variable	Age	No	Mean	S D	t- Value
optimism	17 - 19	6	8.11	2.96	2.18 *
	20 - 22	3	7.13	1.52	
Psychological well- being	17 - 19	6	168.64	18	0.98 NS
				6	
	4				
20 - 22	3	9	169.38	22.64	

*Significance at 0.05 level. NS-Not significant at 0.05 level

From Table – 2, Results confirmed that there is significance difference found in optimism among 17 – 19 years and 20 – 22 years of old students. The mean, SD, scores of 17- 19 years old students found (optimism, M=8.11, SD= 2.96). The Mean, SD of 20 – 22 years old students was found (optimism, M= 7.13, SD= 1.52). The obtained t-value of optimism of the same group found (2.18). These values are more than the tabulation value at 0.05 level of significant, hence the third hypothesis is accepted.

Result confirmed that there is insignificant difference found in psychological well being among 17- 19 years and 20 – 22 years of old students. The Mean, SD scores of 17 – 19 years old students found (psychological well-being M=168.64, SD=18.64). The mean, SD scores of 20 – 22 years of old students was found (psychological well-being M=169.38, SD= 22.64). The obtained t- value (0.98) and insignificance at 0.05 Level in t- table. Therefore the fourth hypothesis is rejected.

Table – 3 Shows the Correlation Coefficients between the study variables

Variable	Optimism
Psychological well-being	0.40**

** Correlation is Significant at 0.01 Level.

Table – 3

The above given table shows the correlation between optimism and psychological well-being of the correlation was 0.40 and level of significance at 0.05 level. Therefore the findings show positive correlation between optimism and psychological well-being of students. Hence the fifth hypothesis is accepted.

5. CONCLUSION:

The present study affirmed that female are highly optimistic, psychological well-being than males, simultaneously gender differences on optimism and psychological well-being among 17–19 years old students have high optimism than 20-22 years old students. In psychological well-being 20–22 years old are highly psychological well-being than 17–22 years. Results also revealed that there is positive significant correlation between optimism and psychological well-being. In the present world our children should be encouraged to practice positive attitude and be optimistic, simultaneously improve their psychological well-being. So they can easily deal with the difficulties adjust themselves in society and achieve their goals. Students who have low level of optimistic attitude and psychological well-being face a lot of problem in the study. They have school anxiety poor interpersonal relationship frequent illness and poor confidence. To make the students be optimistic and psychological well-being.

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