



E-ISSN: 2706-8927
P-ISSN: 2706-8919
www.allstudyjournal.com
IJAAS 2020; 2(4): 79-81
Received: 15-08-2020
Accepted: 18-09-2020

Vandana Mishra
Research Scholar,
Department of Psychology,
A.P.S. University, Rewa,
Madhya Pradesh, India

Dr. HGR Tripathi
Professor and Head,
Department of Psychology,
Govt. Girls P.G. College,
Rewa, Madhya Pradesh, India

Corresponding Author:
Vandana Mishra
Research Scholar,
Department of Psychology,
A.P.S. University, Rewa,
Madhya Pradesh, India

A study of psychological well-being among rural and urban women

Vandana Mishra and Dr. HGR Tripathi

Abstract

Psychological well-being is a subjective term being focused more by psychologists today. In this connection, 180 Rural and 180 Urban women were given a psychological well-being scale with a view to study well-being pattern in rural and urban areas specially among women. Analysis revealed that although the felt level of the psychological well-being emerged the same as moderate but it was the group of rural women who significantly showed greater degree of psychological well-being than their counter part urban women.

Keywords: PWB, SWB, Rural/Urban well-being

Introductions

Psychological well-being consists of positive relationship with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events. 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.

Psychological well-being has been identified in terms of six important components, 1. Autonomy 2. Competence 3. Healthy relationships 4. Self-acceptance 5. Personal growth 6. Purpose in life. Psychological well-being is a very subjective term but from all the research that has been carried out, the term is used throughout the health industry. As it was also concluded as contentment, satisfaction with all elements of life and self-actualization.

Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. Psychological well-being is, however, compromised when negative emotions are extreme or very long lasting and interfere with a persons ability to function in his or her daily life. Most of the studies have indicated that, even in infancy, positive emotions are associated with positive cognitive and social behavior that may provide a basis for resilience throughout life. This has been confirmed in a variety of experimental studies of rodents (Meaney, 2001) [9], in which the underlying neurobiological mechanisms have been identified. It was also shown that prolonged maternal separation leads to a lower density of sites for the neurotransmitter dopamine, and lasting changes in the responsiveness of dopamine neurones to stress and psycho stimulus (Brake, Zhang, Diorio, Meaney, & Gratton, 2004) [2]. The social economic factors have comparable effects on mental well-being and mental ill-being. There is a social gradient where by higher levels of income and socioeconomic status are associated with higher levels of well-being and lower rates of disorder (e.g. Dolan et. al. 2008, Ruff & Singer, 1998) [4, 12]. The most studies find higher educational qualifications protective against poor mental health, a few have found a reverse gradient for education (Dolan et. al. 2008, Fang et. al. 2008) [4]. Unemployment has long been associated with the presence of mental health problems (eg. Evans & Repper, 2000) [6] and lower level of life satisfaction (e.g. Winkelmann & Winkelmann, 1998) [13]. The income inequality is associated with both well-being and psychological disorder. Higher national income inequality is linked to a higher prevalence of mental illness (e.g. Pickett, James & Wilkinson, 2006) [11] and lower scores on well-being measures (e.g. Alesina, Di Tella, & Mac Culloch, 2004) [1]. Psychological well-being is the perceived quality of the relationship between parent and child or parental bonding (Parker et. al. 1979) [10], individuals who rate their parents high in affection, Warmth, and caring and low in over control or over protection are better able to cope with stressful events and tend to have a lower occurrence of Psychological disorder (Gladstone and Parker, 2005) [8]

The evidence that effective well-being is a casual influence on performance is stronger than the evidence reviewed for job characteristics. There is a body of longitudinal evidence, and some studies have found that well-being predicts future performance, after controlling for initial performance. This positive perspective is also show enshrined in the constitution of the World Health Organisation, where health is defined a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO 1948). The WHO has defined positive mental health as a state of well-being in which the individual realizes his or her own abilities can cope with the normal stresses of life, can work productively and fruitfully, and comes from life-span development perspectives, which emphasize the differing challenges confronted at various phases of the life cycle, (Erikson, 1959) [5]. Psychological stage model, (Buhler, 1968) [3], basic life tendencies that work towards the fulfillment of life. The aim of present study is to compare the nature of psychological well-being among rural and urban females. For this researcher constructed a psychological well-being scale, it was hypothesized that both the rural and urban females will show no difference with regard to psychological well-being.

Method

Sample

Present study was conducted over 180 rural women (Aged about 22-50 year) and 180 urban women (Aged about 22-50 years). Initially researcher contacted about 250 rural females and 250 urban females out of which 180 participants were randomly selected for both the group of rural and urban women.

Measure

There were 35 items in self constructed psychological well-being scale. Each item was attached with five point likert type scale in a way that higher the score greater the level of felt well-being and lower the score lesser was the felt well-being level. Researcher has constructed a psychological well-being scale in which sixteen items were related with social and 19 items were related with personal well-being. The scores on scale could range between 35 minimum to 175 maximum.

Procedure

All the 180 rural and 180 urban participants were contacted one by one at their residences. Instructions printed at the top of the questionnaire were read out and before recording the response problem of participants were solved if any. The questionnaire lasted around 30-35 minutes in this way the researcher made 360 home visits with a view to collect the data.

Results and discussion

Obtained findings were subjected to the scoring of individual total raw scores on psychological well-being scale. Results are given in table 1.

Table 1: Psychological well-being among rural and urban participants.

Background	Mean well-being score	Level of psychological well-being
Rural	90.41	Moderate
Urban	76.73	Moderate

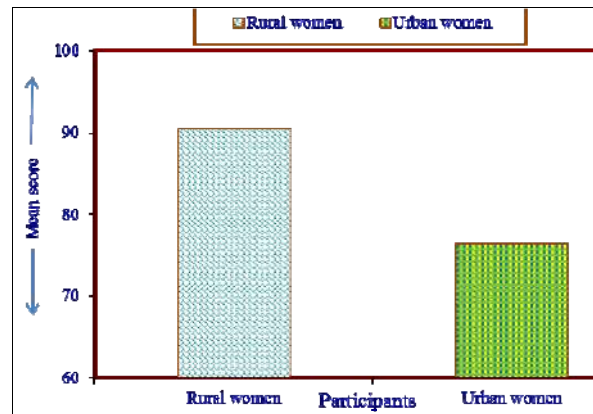
It is clear from the table that rural females showed greater degree of psychological well-being than the urban females who showed moderate level of psychological well-being. Obtained raw scores in case of both the rural and urban participants were subjected to the analysis of t-ratio. Results are given in table no 2.

Table 2: Mean, S.D. and t-ratio between the responses of rural and urban females

Psychological well-being	N	Mean score	S.D.	SED	t-ratio	Significance level
Rural	180	90.411	12.44	1.48	9.24*	< 0.01
Urban	180	76.73	15.6			

* Significant on. 01 level of confidence.

The results as given in table no 2 indicate that both the rural and urban females showed significantly different responses on psychological well-being scale mean ratings were also subjected to the graphical analysis also. Results are given in figure No 1.



It appears with figure No 1 that rural women showed greater degree of psychological well-being than the urban women. Results indicate that rural women felt more psychological well-being than the urban women. In India rural women as compared to urban women get less opportunity of outside interaction that might have converted into more well-being whereas income of urban women greater opportunity of outside interaction may be considered as the cause of greater sufferings and more stress which becomes responsible for lesser amount of well-being. Both the rural and urban environments differ in their unique features. In rural environments womens activity is limited and living way of life is peaceful. While in urban area a majority of urban womens activity is not limited and way of living is not peaceful. So, the impact of well-being appears as high among rural women's and low among urban women's. It may be due to the climatic differences because of that less polluted rural areas were noticed as responsible for the generation of more well-being among females. Present peace of work is part of research work in psychology. For the purpose a psychological well-being scale was constructed with a view to study the well-being pattern among rural and urban women. It was noted that although both the rural and urban women showed moderate level of well-being on psychological well-being scale. But it was the group of rural women who showed comparatively greater degree of well-being than the urban women. Present results are indicative of the fact that well-being in life seems more

in rural areas. It can be argued that environmental quality of rural area becomes less polluted and livable than the urban areas where environmental population is high and living system is strenuous that might have resulted in a form of lower level of well-being among the women's residing in urban areas. Education may be another important factor which may moderate the experience of psychological as well as social well-being.

Reference

1. Alesina A, Di Tella R, Mac Culloch R. Inequality and happiness. Are Europeans and Americans different? *Journal of public Economics*, 2004;88:2009-2042.
2. Brake WG, Zhang TY, Diorio J, Meaney MJ, Gratton A. Influence of early postnatal rearing conditions on mesocorticolimbic dopamine and behavioural responses to psychostimulants and stressors in adult rats. *European Journal of Neuroscience*, 2004;19:1863-1874.
3. Buhler C, Massarik F. (Eds). *The course of human life*. New York: Springer, 1968.
4. Dolan P, Peasgood T, White M. Do we really know what makes us happy? A review of the economic literature on the factors associated with subjective well-being. *Journal of Economic psychology*, 2008;29:99-122.
5. Erikson E. Identity and the life cycle. *Psychological Issues*, 1959;1:18-164.
6. Evans J, Repper J. Employment, social inclusion and mental health. *Journal of psychiatric and Mental Health Nursing*, 2000;7:15-24.
7. Fagg J, Curtis S, Stansfeld SA, Cattell V, Tupuola AM, Arephin M. Area Social Fragmentation, social support for individuals and psychosocial health in young adults: Evidence from a national survey in England. *Social science & Medicine*, 2008;66:242-254.
8. Gladstone GL, Parker GB. The role of parenting in the development of psychopathology: an overview of research using the parental bonding instrument in psychopathology and the Family, ed. JL Hudson, RM Rapee. Elsevier, Oxford, UK, 2005,21-33.
9. Meaney MJ. Maternal care, gene expression, and the transmission of individual differences in stress reactivity across generations. *Annual Reviews of neuroscience*, 2001;21:1192.
10. Parker G. Reported parental characteristics of agoraphobics and social phobics. *British Journal of Psychiatry*, 1979;135:555-680.
11. Pickett KE, James OW, Wilkinson RG. Income inequality and the prevalence of mental illness: A preliminary international analysis. *Journal of Epidemiology and community Health*, 2006;60:646-647.
12. Ryff CD, Singer B. The contours of positive Human Health. *Psychological Inquiry*, 1998;9:1-28.
13. Winkelmann L, Winkelmann R. Why are the unemployed so unhappy? Evidence from panel data. *Economica*, 1998;65:1-15.