

A Comparative Study of General well-Being among the Government and Non Government Students

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Abstract

The purpose of the current study is to investigate general well-being among 10th Standard Students. Well-being is based on nearly every facet of our lives, physical wellness and good healths are important for a positive sense of well-being. General Well-being is a state everyone wants to achieve to live a healthy and happy life. A total 120(60 boys\60 girls) students from government and Private schools participated in this study. The qualitative data were gathered via. Questionnaires including scales of general well- being. To determine difference between general well-being among private and Government schools boys and girls. The results revealed that there is no significant difference between general well-being among boys and girls from both schools.

Key word: General Well-Being ,Government, Non Government Students

The concept of well-being originated from positive psychology. Positive psychology has Emerged from the problem of the west. The focus of positive psychology is to study the improvement in the lives of individuals. The term 'well-being' is mostly used for specific variety of goodness e.g.-living in a good environment, being worth for the world, being able to cope with life, enjoying life etc (Singh and Shyam, 2007). Sociologists use the word 'well-being' mostly in the sense of 'good living conditions'; ecologists and biologists in term of 'livability' and politicians and social reformers refer to preconceptions of what a good living environment is like, such as good standard of living and social equality (Veenhoven, 2004). Many dictionaries and Roget's new thesaurus (1980) refers to well-being using words like happiness, full of life, vital, energy, interest and prosperity as well as health.

Well-being is an emerging concept of present arena. Pollard and Lee (2003) describe well-being as "a complex, multi-faceted construct that has continued to elude researchers' attempts to define and measures it". It is a dynamic state characterized by a reasonable amount of harmony between an individual's abilities, needs and expectations and environmental demands and opportunities (Levi, 1987). It transcends the limitations of body, space, time and circumstances and reflects the fact that one is at peace with one's Self and others (Johnson, 1986). It is connotative as a harmonious satisfaction of one's desires and goals (Checola, 1975). Pender (1982) conceptualized wellness to have 5 dimensions: self-responsibility, nutritional awareness, physical fitness, stress management and sensitivity to the effects of environment on wellness. Thus well-being thus has been described as a complex, multifaceted construct (Singh and Shyam, 2007). It can be concluded that it is an intangible and amorphous concept with perception differing from person to person (Wilcock et al., 1998) and situation to situation. It can be measured by using various well-being scales. The concept of wellbeing is attracting a lot of attention in this materialistic world these days. Many researches are carried out and carrying on different aspects of well-being. It is a concept that really makes people's life happy, healthy and fulfilled in every manner. Therefore, well-being leads to attaining the World Health Organization goal of "healthy mind in a healthy body in a healthy environment" (Shri, 2007). Well- being is health, happiness and prosperity (Shri, 2007). Health is a resource of everyday life and an essential part of well-being (Allardt, 1976); not the object of living (as cited in Khan, 2007). Both as individuals and as a planet, happiness is our ultimate reason for living (Eysenck and Eysenck, 1994).