

WELL-BEING INDEX AMONG ARTS AND SCIENCE UNDER GRADUATE COLLEGE STUDENTS AMID COVID 19 PANDEMIC SITUATION

Dr. Ramprasad S. Kale

Assistant Professor
Department of Psychology
Government College of Arts and Science,
Aurangabad

Dr. Abhimanyu R. Dhormare

Assistant Professor & Head
Department of Psychology
Babuji Avhad Mahavidyalaya, Pathardi,
Dist. Ahmednagar

Abstract

Balanced level of wellbeing is very important for satisfactory life. Wellbeing index indicates individual's satisfaction in different domains of one's life. In this regard present study conducted on college going students. Purpose of this study was to assess the faculty wise (arts & science) and gender wise differences of undergraduate students in the level of well-being index amid Covid 19 pandemic situation. For this purpose 140 undergraduate college going students were selected as sample, out of them 70 were arts faculty students (35 male students & 35 female students) and 70 were science faculty students (35 male students & 35 female students) from Government College of Arts and Science, located in Aurangabad city, Maharashtra. Data was collected by "Well-being Index" test developed by Vijayalaxmi Chouhan and Varsha. 2X2 factorial design was used in the present study and two way ANOVA statistical techniques were used to determine differences between various groups. The results shows that, there were no significant statistical difference ($F_{(1, 136)}=1.72, p=NS$) found in the well-being index among arts faculty students ($X_{G1}=202.89\pm 26.21 / X_{G1}=197.83\pm 28.32$) and science faculty students ($X_{G2}=197.74\pm 24.26 / X_{G2}=191.63\pm 23.01$). There were no differences between male and female students on the well-being index. Although there were interaction between type of faculty and gender is also insignificant on level well-being index.

Key words: Well-being Index, Undergraduate students, Gender, Covid19 pandemic

Introduction

Generally it is viewed that science students may have more scientific approach than arts students. Having the scientific approach impact on the direction of thinking and affects the different areas of social, psychological and personal sphere of human life. Since last one and half year due to Covid 19 pandemic situation and impact of subsequent lockdown on huge population got affected with psychological, social, financial spheres of life including death of loved ones, domestic violence. College going student's life is also drastically influenced due to this sudden surge of virus. Due to online education, screen addiction, limitations in physical activity, loss of job opportunities educational sector and teaching learning process is largely affected during this pandemic situation. The study of mental and physical health along with other spheres of students' life in consideration with gender variation and differences regarding having science background and arts background is necessary for fruitful changes in teaching learning process.

In view of Covid 19 pandemic situation, to find out the gender wise difference on well-being index among the arts and science students is the purpose of conducting the present study.

Regarding the concept of well-being Jain U. (2010) stated that Well-being indicates the individual's satisfaction in different domains of one's life. It includes the objective and subjective parameters of life. The objective components include education employment status, financial responses and comforts of modern life. The subjective component involves the overall satisfaction and well-being.

According to Singh, S. (2010) the term psychological well-being is a subjective term and there are individual differences in its meaning. Personal Well-being includes daily activities satisfaction, meaning of life, absence of Somatic symptoms, self-esteem, absence of suicidal ideas, personal control, social support, absence of tension and general efficiency (Bhole & Parkash, 1995). Well-being is not just the absence of disease or illness. It is a tangible and amorphous concept and depends upon the person's perception.

According to Cloninger (2008) well-being can be assessed by four methods:

1. Presence of positive emotions and absence of negative emotions.
2. Mature character traits, including self-directed, cooperativeness and self-transcendence.
3. Life satisfaction or quality of life.
4. Character strength and virtues, such as hope, compassion and courage.

Cloninger (2008) has further stressed that “a person cannot feel good (as measured by positive emotions and life satisfactions) without doing good (as measured by maturity of character and virtuous conduct).

Significance of the study

This research was conducted during the month of May and June 2021 amid Covid 19 pandemic situation. How the scientific approach or background of science subject study and arts (social sciences) study affects wellbeingness in personal and social life specifically uncertain pandemic situation of covid19. In the present scenario of Covid 19 pandemic situation fear of infection, illness, perhaps death of loved ones and online education it is important to assess the Well-being Index of college going student. As there is difference in the socialization process of male and females gender factor is also considered in the present study. It is also important to understand specific difference exists if any among males and female regarding their Well-being Index in view of Covid 19 situation. It will be helpful for them to understand and handle this stressful situation. This study is also helpful to parents to know how their children are psychologically affected amid this pandemic situation. This study is also helpful to teachers to understand the present psychological profile of their students and to handle accordingly the teaching-learning process in consideration with gender differences.

Objectives of the study

1. To find out level of well-being index of arts faculty students and science faculty students amid covid19 pandemic situation.
2. To compare level of well-being index of arts faculty students and science faculty students amid covid19 pandemic situation.
3. To compare level of well-being index of male and female students who studying arts and science faculty amid covid19 pandemic situation.

Hypothesis

1. There is no significant difference between the arts faculty students and science faculty students on the level well-being index amid Covid 19 situations.
2. There is no significant difference in the level of well-being index of male and female students who studying arts and science faculty amid covid19 pandemic situation.
3. There would be no significant interaction between type of faculty and gender in terms of the level well-being index amid Covid 19 situations.

Review of literature

Chauhan and Sharma V. (2013) conducted a study on Nuclear and Joint family adolescent and found that joint family is an effective agent of well-being for the members of the family in general and for adolescents in particular.

Chouhan and Didwania (2015) conducted a study on senior citizens and found that family living leads to life satisfaction and happiness in old age.

Well-being includes the relationship of the mind, spirit and body. It also explores the psychological dimensions. Thus, well-being is a positive concept emphasizing social and personal resources as well as physical capabilities (Chauhan & Sharma V., 2014).

Diener (1984) studied on a global satisfaction with life. It is based on the individual's subjective cognitive appraisal about the life in general.

Research Methodology

Sample of the study

According to purpose of the study, total 140 undergraduate students were selected, out of them 70 were arts faculty students (35 male & 35 female); and 70 were science faculty students (35 male & 35 female). All sample students are B.A. and B.Sc. students of Government College of Arts and Science, Aurangabad in Maharashtra state.

Variables

Independent variable

- Undergraduate college going students
 1. Science students
 2. Arts students
- Undergraduate college going students
 1. Male
 2. Female

Dependant variable Level of Well-being Index

Tools of the study

Well-being Index - Prof. (Dr.) Vijayalaxmi Chouhan and Dr. Varsha Sharma developed this psychological test. This test consists 50 statements among these 32 statements are positive and 18 are negative. All these statements are related to emotional well-being, social well-being, psychological well-being, spiritual well-being, self-awareness and physical well-being. This is five-point Scale. The items can be responded to by selecting from options. These options are- always, often, sometimes, rarely and never. Test-retest reliability of the scale is 0.71 and the validity of the scale is 0.85.

Results and analysis

Table 1 Descriptive statistics - Mean and SD of Arts and Science Faculty students on Well-being Index Variable

Faculty	Gender	Wellbeing		
		M	SD	N
Arts	Male Student	202.89	26.21	35
	Female Students	197.83	28.32	35
	Total	200.36	27.21	70
Science	Male Student	197.74	24.26	35
	Female Students	191.63	23.01	35
	Total	194.69	23.67	70
Total	Male Student	200.31	25.21	70
	Female Students	194.73	25.81	70
	Total	197.52	25.57	140

The table 1 shows that, the mean and standard deviation value on the measure of wellbeing of arts and science faculty students. The mean and standard deviation on wellbeing variable is 200.36 and 27.21 for arts faculty students and 149.69 and 23.67 for science faculty students. The result indicates that students who learn in arts faculty obtained score is normal high than those students learn in science faculty on their well-being.

This table also shows that, the mean and standard deviation on well-being variable is 200.31 and 25.21 for male students and 194.73 and 25.81 for female students. The result indicates that male students obtained mean score is greater than female students on their well-being.

Results of univariate ANOVA of well-being

The result of two-way ANOVA has performed in order to the main effects and the interactions of faculty of students and gender on the well-being of the participants are presented in table 2.

Table 2 **Summary of ANOVA results for faculty of students and gender as independent variables and well-being as dependent variable**

Source	SS	df	MS	F	η^2
Type of Faculty (A)	1125.77	1	1125.77	1.72	.013
Gender (B)	1092.00	1	1092.00	1.67	.012
A x B	9.779	1	9.77	.015	.000
Within Error	88689.37	136	652.12		
Corrected Total	2227.56	139			

Source	SS	df	MS	F	η^2
Type of Faculty (A)	1125.77	1	1125.77	1.72	.013
Gender (B)	1092.00	1	1092.00	1.67	.012
A x B	9.779	1	9.77	.015	.000
Within Error	88689.37	136	652.12		
Corrected Total	2227.56	139			
Total	90916.93	140			

** F .01(1,136) = 6.81, *F .05(1,136) = 3.90, NS = Not significant

Eta Squared effect size, .01= small, .06= moderate, .14= large effect (Cohen, 1988)

Table 2 shows that, the F ratio for the main effect of faculty of students (A) on well-being index is insignificant, $F_{(1,136)} = 1.72$; $p=NS$. As per the table 1, the mean score on well-being for faculty of students is approximately equal. On the basis of obtained result it can be concluded that no significant difference on well-being index in students of arts and science faculty.

The second main effect for the gender is also insignificant, $F_{(1,136)} = 1.67$; $p=NS$. As per the table 1, the mean score on well-being index for arts and science faculty male students are slightly more than arts and science faculty female students. On the basis of obtained result it can be concluded that no significant difference found on well-being index in male and female students.

The interaction between type of faculty and gender is statistically insignificant for well-being index, $F_{(1,136)} = 0.15$; $p=NS$). This suggests that there is no relationship between type of faculty and well-being but it is not moderated by gender.

Conclusion

1. There is no significant difference among arts and science undergraduate students in terms of well-being index amid Covid 19 situation.
2. There is no significant difference among male and female college going undergraduate students in terms of well-being index amid Covid 19 situation.
3. Although there were interaction between type of faculty and gender is also insignificant on level well-being index.
4. The wellbeing index of all the students was found to be high.

References

- Bhole S. & Prakash, J. (1981). Indicators of subjective well-being in a nonclinical sample. *Psychological Studies*, 38 (3), 135-141.
- Chauhan, V. L. and Sharma V. (2016). *Manual for Well-being Index*. Agra: National Psychological Corporation.
- Chauhan, V.L. & Didwania, R. (2015). *Manual for General Well-being Scale*. Agra: National Psychological Corporation.
- Chauhan, V. L. & Sharma V. (2014). *Health Psychology*. Himanshu Publications, Udaipur (Raj.) 70-71.
- Chauhan, V. L. & Sharma V. (2013). A study of family as precipitator of psychological well-being of Adolescents. Unpublished Ph.D. thesis, MLSU, Udaipur (Raj), 23-24.
- Cloninger, R. C. (2008). On well-being: Current research trends and future directions. A Monograph series devoted to the understanding of medicine, *Mental Health Man and their Matrix*, 6, 3-9.
- Diener, E. (1984). Subjective Well-being. *Psychological Bulletin*, 95, 542-575.
- Garret, H.E. (1981). *Statistics in Psychology and Education* (10th ed). Bombay: Aklis, Pfeffer and Simons.
- Jain, U. (2010). Quality of life and worldwide views on environmental relationship. *Journal of Well-being*, 4(2), 77-85.
- Singh, S. et al. (2010). Marital adjustment & psychological well-being among females of early and late marriage. *Journal of Well-being*, 1(4), 66-72.