

A STUDY OF POSITIVE AND NEGATIVE AFFECT & PSYCHOLOGICAL WELL-BEING AMONG TRIBALS

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Abstract

Aim of present research paper was to find out the effect of gender on positive and negative affect and psychological well being of tribal students. Psychological well-being is a somewhat malleable concept which is to do with people's feeling about everyday life activities. Such feelings may range from degenerative mental states or psychological strains such as anxiety, depression, frustration, emotional exhaustion, unhappiness, dissatisfaction, to a state which has been identified as positive mental health. The word "affect" is basically a more technical way to talk about emotion and expression. It refers to the emotions or feelings that we experience and display, especially in terms of how these emotions influence us to act and make decisions. Sample was selected by using purposive sampling method. In this study 20 female students and 20 male students were selected. There age range was 18 years to 21 year. For data collection PANAS Scale and Psychological well-being Scales was used. To compare mean difference 't' value was calculated. Result indicated that Female student experience more positive emotions than male students. Male students experience more negative emotions as compare to female students. Female students scored higher on psychological wellbeing than male students as a result of more positive emotions but obtained 't' value was not significant enough to reject the null hypothesis.

Keywords: Positive Affect, Negative Affect, Psychological well-being, tribal's etc.

Positive Affectivity and Negative Affectivity

The word affect is basically a more technical way to talk about emotion and expression. It refers to the emotions or feelings that we experience and display, especially in terms of how these emotions influence us to act and make decisions. Positive and negative affectivity not only plays a large role in our day-to-day experience but also influence our opinions, thoughts, performance, abilities, and even our brain activity. People often assume that positive and negative affect are on two opposite ends of a bipolar scale. You can only be at one point on this scale, meaning you can be experiencing one type of affect to a certain degree (from extremely mild to extremely strong,) but not the other at the same time. Positive affectivity refers to positive emotions and expression, including cheerfulness, pride, enthusiasm, energy, and joy. Negative affectivity is negative emotions and expression, which includes sadness, disgust, lethargy, fear, and distress.

Traditionally, positive affectivity hasn't received as much attention as negative affectivity in the literature. It wasn't until the latter half of the 20th century that researches started showing significant interest in this concept. The first major theoretical breakthrough was in 1975, with Paul Meehl's publication exploring the concept of "hedonic capacity." Meehl believed that hedonic capacity, or ability to experience pleasure, is different for each and every one of us. Meehl also proposed that hedonic capacity is distinct from individual differences in negative emotionality, a proposal that upended that old idea of positive and negative affectivity living on the same scale. As you probably expect, research has shown that positive affectivity is related to a person's orientation to happiness'. Those who are high in positive affectivity are more likely to search for happiness in a life of meaning and pleasure than those who are not; however, it's interesting to note that negative affectivity is not correlated with orientation to happiness (Bhutoria & Hooja, 2018).

Further research has explored the relationship between positive and negative affectivity and personality traits. Positive affect is predictably negatively correlated with neuroticism. PA is also positively correlated to extraversion, openness to experience, agreeableness, and conscientiousness (Isik & Uzbe, 2015). On the other hand, negative affect is strongly, positively correlated with neuroticism but negatively correlated with the other personality traits (Isik & Uzbe, 2015; Zanon, Bastianello, Pacico, & Hutz, 2013).

These findings indicate that the more open, friendly, responsible, and outgoing a person is, the more likely they are to experience high positive affect and low negative affect. By the same token, those who lack emotional stability and self-esteem are more likely to experience negative affect and less likely to be high in positive affect.

Psychological well-being

Psychological well-being has undergone extensive empirical review and theoretical evaluation (Wissing & Van Eden, 1998). There is currently no single consensual conceptual understanding of psychological well-being. Bradburn's (1969) initial understanding of psychological well-being provided a depiction of the difference between positive and negative effect. Preliminary research was mainly concerned with the experiences of positive & negative effect, subjective well-being and life satisfaction that were formed around the Greek word Eudemonia, which was translated as Happiness (Ryff, 1989). Happiness was described as the equilibrium between positive and negative effect. Many early scales, such as Diener, Emmons, Larsen & Griffen's (1985) satisfaction with life scale on which a vast amount of research was conducted, used this initial subjective conception of well-being (Conway & Mocoledo, 2002, Diener et al., 1985).

Definition of Psychological Well-being

"Psychological well-being is a somewhat malleable concept which is to do with people's feeling about everyday life activities. Such feelings may range from negative mental states or psychological strains such as anxiety, depression, frustration, emotional exhaustion, unhappiness, dissatisfaction, to a state which has been identified as positive mental health."

-Warr (1978)

"It has been taken to consist of freedom from any subjective feelings of discomfort for desirability and from any disturbance of mental functions."

-Sinha (1990)

Six Factors Psychological well-being

Ryff's model is not based on merely feeling happy, but is based on Aristotle's Nicomachean Ethics, "where the goal of life isn't feeling good, but is instead about living virtuously." Six factors are considered key-elements of psychological well-being.

- 1) Self-acceptance
- 2) Personal growth
- 3) Purpose in life
- 4) Environmental mastery
- 5) Autonomy
- 6) Positive Relations with others

According to Ryff (1989) psychological well-being is active engagement in a number of existential challenges, psychological well-being is a multidimensional construct comprised of six areas of positive functioning: Autonomy, Positive Relations with Others, Purpose in Life, Personal Growth, Environmental Mastery, and self-acceptance. Thriving in life deepens on the degree one sees himself or herself competently functioning in these areas.

Aim of the Study

"The main aim of the present study was to find out positive & negative affect & psychological well-being among tribal's."

Variables Used In the Study:

Independent Variable –

- A) Gender – Male & Female

Dependent Variable –

- 1) Positive Affect
- 2) Negative Affect
- 3) Psychological well-being.

Operational Definition

Positive & negative affect:-

The scales are composed of 20 moods or affective states. In which ten are positive affects and ten are negative effects.

Psychological well-being:-

It has been taken to consist of freedom from any subjective feelings of discomfort for desirability and from any disturbance of mental functions.

Objectives of the Study:

- To examine effect of gender on positive & negative affect.
- To examine effect of gender on psychological well-being.

Hypothesis:

- 1) Male & female students do not differ significantly on positive affect.
- 2) Male & female students do not differ significantly on negative affect.
- 3) Male & female students do not differ significantly on psychological well-being.

Sample:

The sample was selected by using purposive sampling method. In this study 40 students were selected from Dhule & Sakri area, in that 20 female students and 20 male students were selected. There age range was 18 years to 21 year.

Tools:

1) A Positive and negative affect (PANAS Scale) –

This test developed by Watson, Clark, and Tellegen. PANAS is an attempt to provide a better and proper measure of each of these dimensions. This inventory includes 20 items separately for positive and negative affect.

2) Psychological well-being Scales –

Psychological well-being is a theory developed by Carol Ryff which determines six factors which contribute in an attempt to provide a better, proper measure of each of this dimensions. This inventory has 42 items.

Statistical Analysis: Along with Descriptive statistic i.e. mean & SD were calculated to describe data. To compare means ‘t’ value was calculated.

Result and Discussion:

Ho 1. Male & female students do not differ significantly on positive affect.

Table No. 1. Table Showing Mean SD and ‘t’ value for Positive Affect.

Gender	N	Mean	SD	‘t’ value	Sig. level
Male	20	26.10	2.97	3.52	0.01
Female	20	31.15	5.67		

Above table shows mean SD values and t value of male and female tribal students on positive affect. Mean of male students on positive affect was 26.10 and SD was found 2.97. Mean and SD for females on positive affects was found 31.15 and 5.67 respectively. Calculated ‘t’ value was found 3.52 which is significant at 0.01 level of significance. It means that there is significant difference between male and female participants on positive affect. By looking at mean value of male and female participants, female students have higher mean than male participant. This shows that female students experience more positive emotions than male student.

Ho 2 Male & female students do not differ significantly on negative affect

Table No. 1. Table Showing Mean SD and ‘t’ value for Negative Affect.

Gender	N	Mean	SD	‘t’ value	Sig. level
Male	20	25.30	2.63	2.05	0.05
Female	20	22.45	5.62		

Above table shows mean SD values and t value of male and female tribal students on positive affect. Mean of male students on negative affect was 25.30 and SD was found 2.63. Mean and SD for females on negative affects was found 22.45 and 5.62 respectively. Calculated ‘t’ value was found 2.05 which is not

significant at 0.01 level but significant at 0.05 level of significance. It means that there is significant difference between male and female participants on negative effect. By looking at mean value of male and female participants, male students have higher mean than female participant. This shows that male students experience more negative emotions than female student.

Ho 3 Male & female students do not differ significantly on psychological well-being.

Table No. 1. Table Showing Mean SD and 't' value for Psychological Well-being.

Gender	N	Mean	SD	't' value	Sig. level
Male	20	165.00	21.11	1.75	N. S.
Female	20	175.25	15.48		

Above table shows mean SD values and t value of male and female tribal students on psychological well-being. Mean of male students on psychological well-being was 165.00 and SD was found 21.11. Mean and SD for females on psychological well-being was found 175.25 and 15.48 respectively. Calculated 't' value was found 1.75 which is not significant at 0.01 level as well as 0.05 level of significance. It means that there is no significant difference between male and female participants on psychological well-being. Even if the obtained value of 't' is not significant mean difference clearly indicates that female students have higher level of psychological well-being than male students. But it was not significant enough to reject the null hypothesis. This shows that male and female tribal students do not differ significantly on psychological well-being.

Conclusion:

- 1) Female students experience more positive emotions than male student.
- 2) Male students experience more negative emotions than female student.
- 3) Male and female tribal students do not differ significantly on psychological well-being.

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