

Psychological well-being and self-perception among postgraduate students of North-Eastern Hill University, Tura, Meghalaya

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Abstract

The purpose of this study is to find out psychological well-being and self-perception of postgraduate students and to find out the correlation between psychological well-being and self-perception. The sample of the study consists 52 students from North-Eastern Hill University, Tura, Meghalaya by using convenience sampling. Psychological tools were; Psychological well-being scale by D.S. Sisodia and Pooja Chaudhary (2012) and Self-perception scale by Agrawal (2015). Mean & SD scores were computed and Pearson Product moment correlations were applied to find out the relationship between the groups. The results of the study showed that there were no significant relationship between psychological well-being and self-perception among postgraduate students.

Keywords: Psychological well-being, Self-perception, Postgraduate students
INTRODUCTION

Higher education is a significant contributor to the nation's overall growth and is responsible for creating learned people with the potential to show quality in diverse fields accompanied by an optimistic attitude, the students' sensitive interest in higher education eventually lead them to a successful career seeker and worker. In the 21st century, rapid growth, progress and transition have both positive and negative consequences, frequently neglecting their collective well-being, especially university students, as people attempt to make use of and embrace this event. Well-being one's state of ease, peace, satisfaction, fitness, protection, stability, security, wealth, benefit, as well as an individual's gain. Jung, Piaget, Freud, Bandura, Erickson and many others have given space in their early work. Psychological well-being refers to the degree to which individuals believe that they have significant influence of their lives and behaviours (Riff et. al). It encompasses four unique

and distinct elements, including (a) enjoyable or optimistic well-being (e.g. pleasure, elation, enjoyment, mental health), (b) negative or psychological discomfort (e.g. remorse, embarrassment, sorrow, fear, concern, frustration, tension, depression), (c) life satisfaction (a global event) (Diener and Smith 1999). Psychological well-being is one that has stressed the importance of leveraging an individual's possibilities to ensure self-perception which represents some common sense and leads to the more general idea of self-concept and self-acceptance. Self-Perception influences the general psychological well-being of an individual. Further, many studies have shown that high self-perception is a healthy and successful factor in psychological well-being and that low self-perception is a vulnerable factor in psychiatric illness. The sensation of being important requires self-perception; this sense derives from a series of perceptions, beliefs, impulses, and experiences during life.

NEED AND JUSTIFICATION OF THE STUDY

The study of psychological well-being and its relation to self-perception allowed the researcher to make young people around conscious and enrich psychological well-being, to help offer a meaningful, fulfilling and fruitful life. The researcher felt the need to perform a study influenced by the observation and engagement with young people in everyday life and motivated by the relevant literature that opens the way to study the psychological well-being and self-perception of NEHU postgraduate students by properly examining their assessed behaviour and recognizing them along the way. The study of psychological well-being and its relationship to self-perception also provides significant gains in understanding how to create more rewarding lives, both by helping individuals achieve their capacity and by helping to reduce negative well-being and unhealthy habits and also by identifying the relationship of psychological well-being with self-perception.

OBJECTIVES OF THE STUDY

The study has been taken the following objectives:-

1. To study the Psychological Well-Being and Self-Perception of postgraduate students.
2. To study the relationship between Psychological Well-Being and Self-Perception of postgraduate students.

HYPOTHESES OF THE STUDY

Following are the hypotheses of present study:

H₀1: There is no significant relationship between Psychological Well-Being and Self-Perception of postgraduate students.

DELIMITATIONS OF THE STUDY

- a) The study is delimited to Postgraduate students in NEHU, Tura of Meghalaya state.

REVIEW OF RELATED LITERATURE

The present study attempt to examine through the different studies conducted on the Psychological well-being and Self-perception of college/university students. Various studies on psychological well-being were like Campbell (1976), Oishi et al. (1999), Ayden (1999), Sagiv and Schwartz (2000), Diener et al. (2003), Ryff & Singer (2006) studies revealed that psychological well-being has positive and significant effectiveness at the students' academic performance. The studies conducted by Sahu (2013), Wazid & Hasan (2014), Akhter (2015), Hasan (2015) on psychological well-being found significance relationship as well as no significance relationship between urban and rural, gender, and its different dimensions at school and college students. Williams, & McGee, (1991) studies on adolescents' selfperceptions of their strengths and showed that there was no statistically significant. A few studies were also conducted by Fareo (2011), Kenchappanavr (2012), Srinivas (2013), Dewangan (2015), Chitra and Karnan (2017) on self-perception regarding population, gender, level in various other construct and that study found there is no significance difference in different dimension of this variable.

METHODOLOGY OF THE STUDY

Descriptive method was used for the present study. 52 students were taken from a population of postgraduate students of North-Eastern Hill University, Tura, Meghalaya by using convenience sampling. The following standardized tools were used by the researcher to collect required data.

- A. Psychological Well Being Scale developed by Dr. Devendra Singh Sisodia and Pooja Choudhary (2012)
- B. Self-perception Measuring Scale developed by Agrawal (2015)

STATISTICAL TECHNIQUES

For this present study, correlation and descriptive statistics (Mean, Standard Deviation) was used to analyze the psychological well-being and self-perception among university students. Further, in order to find out correlation between psychological well being and self-perception among university students, Pearson Product Moment correlation (P.P.M.C) was applied. The results were tested at 0.05 and 0.01 level of significance.

ANALYSIS AND INTERPRETATION OF THE DATA

Objective (1): To study the Psychological Well-Being and Self-Perception of postgraduate students.

THE TABLE SHOWING OVERALL MEAN AND S.D. OF PSYCHOLOGICAL WELL-BEING AND SELF-PERCEPTION OF POSTGRADUATE STUDENTS IS GIVEN IN THE TABLE--

Table: 1

Descriptive Statistics

Variable	N	Mean	Std. Deviation
PSYCHOLOGICAL WELL-BEING	52	173.54	20.425

Table 1 indicated the descriptive statistics i.e. mean and standard deviation of the total sample were obtained to analyze the overall level of psychological well-being of university students. Concerning the overall level of psychological well-being, the mean level was in the moderate category ($M = 173.54$, $S.D = 20.425$). So, it is revealed a moderate level of psychological well-being among university students.

Table: 2

Descriptive Statistics

Variable	N	Mean	Std. Deviation
SELF-PERCEPTION	52	22.81	3.248

The above table shows the descriptive statistics i.e., mean and standard deviation of the total sample were obtained to analyze the overall level of self-perception of university students. Concerning the overall level of self-perception the mean level was in the average category ($M = 22.81$, $S.D = 3.25$). So, it was found average levels of self-perception among university students.

RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL-BEING AND SELFPERCEPTION OF POSTGRATUATE STUDENTS

In pursuance of the objective 2, i.e. "To study the relationship between Psychological Well-Being and Self-Perception of postgraduate students", the co-efficient of correlation of the sample calculated by using Pearson's Product Moment Method is shown in table 3.

Ho1: There is no significant relationship between Psychological Well-Being and Self-Perception of postgraduate students.

Table: 3

**Showing the correlations between Psychological Well-Being and
Self-perception for a sample of 52**

Variables		Psychological well-being	Self-perception
Psychological well-being	Correlation	1	.258
	Sig.		.065
	N	52	52
Self-perception	Correlation	.258	1
	Sig.	.065	
	N	52	52

Correlation is not significant at the 0.01 level

Correlation is not significant at the 0.05 level

It revealed from the above table 3 that the coefficients correlation (r) between Psychological well-being and self-perception of postgraduate students is not significant positive correlations were found between the two variables, Psychological well-being (.258) and Self-perception (.258), $p > 0.05$ for the entire sample of university students. This indicated that with decrease in Psychological well-being there is decrease in the self-perception in the entire sample. Thus, the null hypothesis 1(H_0), i.e. “There is no significant relationship between Psychological Well-Being and Self-Perception of postgraduate students.” not rejected.

MAJOR FINDINGS OF THE STUDY

On the basis of the analysis of data and interpretations of the study, the following findings were drawn:-

- It was found that the overall university students have a moderate level of psychological well-being as per the obtained mean and standard deviations (Mean=173.54, S.D = 20.425).
- It was found that the average levels of self-perception among university students as per the obtained mean and standard deviation ((M = 22.81, S.D = 3.25).
- There was no found significant relationship between Psychological Well-Being and Self-Perception among postgraduate students.

DISCUSSION OF THE STUDY Psychological well-being

The results of the present study have shown moderate level of psychological well-being was found in university student and assigned to the postgraduate student experiences a

moderate level of satisfaction, efficiency, sociability, mental health and interpersonal relations of all the categories. This may be due to the reality that students may have averagely normal felt satisfied with the life experiences prior to their present experience and life in the university. The postgraduate students may have good educational records of present and past performance and may deal with good relationship with friend and closed ones. However, university students have low level of Satisfaction. This results shows that university students are less satisfied in their life. These causes may be that students had to resist in different stage of life with fewer forecast for booming outcome. Since studies shows that Satisfaction has a close relationship with quality of life and standard of living, it indicates that for many of the university students do not have the comfortable life, hence lower satisfaction occur towards life. Further, university students could somehow plan pathway to desired goals and at the same time strives to perform well to certain level because students do have potentials to succeed and high level of efficiency among postgraduate students this may be due to the students' belief in their own power, skill and capabilities to produce desired effects by their own actions. This group of university students might have had a good academic standing in previous learning and qualifications as well as low level of efficiency university students reveals that may have a lot of challenges in their life which obstruct them to improve their ability to complete the task before them. Hence, the efficiency of university students may be elevated in order to enhance their academic achievement. Moderate level of mental health of university students this may be due to the fact that students may have moderate mental health and good mental health of students is a state of well-being in which a person is able to cope with everyday events, think clearly, be responsible, meet challenges, and have good relationship with others. Postgraduate students have the ability to engage in warm and trusting relationships with the people in their environment. They are also viewed as affectionate, trustworthy, and empathetic. As most students seek social approval and social support, it is deemed important for them to have positive relations with others. This could be due to cultural influences on students' well-being.

Self-perception

The second objective was to study the self-perception of the postgraduate students. The result shows average levels of self-perception among university students as per the obtained mean and standard deviation. It has also been observed that only few university students were found below average and above average level of self-perception. This is due to some psychological aspect like emotional, mental, physical change of university students.

This change gives or paves the way for various problems. While during the adolescent stage

the students normally find it difficult to adjust with home, school, peer and social setting which lead to unstable self-perception.

Relationship between Psychological well-being and Self-perception

From the study it was found that there is no significant relationship between Psychological well-being and self-perception among postgraduate students for the entire sample of university. This indicated that with decrease in Psychological well-being there is decrease in the self-perception. It seems fair to interpret that the Psychological well-being and self-perception of postgraduate students are not related to each other. It implies that significant bond of correlation does not exist between these two sets of variables and if the person is having weak psychological well-being, it is not necessary that the person might have a positive self-perception. Further, a correlation coefficient of 0.05 indicates that there is a negligible positive relationship between psychological well-being and self-perception. This implies that higher the psychological well-being, higher the self-perception but this relationship is not significant.

IMPLICATIONS OF THE STUDY

The present study on the psychological well-being of postgraduate students in relation to self-perception has carried out about remarkable findings. In conclusion, the implications of the present study can be brought further by keeping in mind the findings from the postgraduate students of NEHU Tura campus, from whom the quantitative data were collected. So, the implications of the present study are as follows:

The findings imply that majority of students' Psychological well-being is moderate, therefore was not fully satisfying. Further, the finding implied that the students might not have balance mental health, sociable, associate with one's fellows, experienced or enjoyed educational, financial, relationship status in the past successfully. Moreover, students are becoming maladjustment due to imbalances as well as difficulty of the life. The problem becomes most evil and worst when a student has poor psychological well-being. They find it complexities to motivate their instincts. They led to astray in the midst of difficulties and hardships all around. So, psychological well-being plays a crucial role in the life of the individual. Students mostly have average level of self-perception reflecting average selfregard and self-acceptance in trying new things. It implies that students were averagely familiar in exploring emotional, mental, physical change, novel thoughts themselves, values and feelings. They have preference for own routine of life's situations. The findings of the study revealed increase in Satisfaction, sociability, efficiency, mental health and interpersonal

relationship of the students' psychological well-being it is found that there is also an increase in each dimension of Self-perception. Likewise, no significant relationship between the variables reveals lower degree of psychological well-being and self-perception. Furthermore, when psychological well-being of students are augmented and boosted, the degree of self-perception enhanced and directed in appropriate path especially with concern to self-regard, self-acceptance. This indicates that the student of university needs to know their adjustment capacity in work or play around them. They will be able to handle things better with their knowledge of their capacity. Students need to enhance their positive emotions and turn the anxiety, tension and stress into opportunities in life.

RECOMMENDATIONS

- a) The findings suggest that the postgraduate students need extra measures assistances to deal with anxiety and depression that they experience. Setting up students counseling center in university with the help of mental health and professionals like a social worker and psychologists will help the student to deal more effectively with mental health issues.
- b) Holding a monthly workshop for students on stress control, listening skills and assertive training will help to ensure psychological well-being.
- c) To consider their students 'welfare needs and to plan new university level programmes for enhancing students' satisfaction, efficiency, sociability, mental health and interpersonal relationships.
- d) Apart from instructional assistance for pupils through lectures, workshops and other capacity building departments the emotional support of the teacher needs to be expanded.
- e) Enhancing the self-perception of postgraduate students that a university can build various opportunities to enhance the confidence of each student and to improve their self-perception.
- f) Students with low and average level of self-perception may engage more academic and non-academic opportunities at the university, such as participating in programmes coordinated by different departments, listening to motivational discussions, paying more attention and affection to achievement and mastery in their field of study, etc.
- g) It is important to develop, maintain and develop the resources and possibilities for psychological well-being in order to students to succeed and flourish in their wellbeing.

- h) Self-perception can be enhanced in a good way when dealing on psychological wellbeing.
- i) Students need to be more optimistic in life by adopting, making efforts and channelizing the qualities of good character to build up the psychological well-being of being satisfaction, of being social, of being efficiency, of being mentally health and of having interpersonal relationships.
- j) Deliberate steps still need to be taken to ensure that self-perception and social support are in the right path for any student who attends university courses.
- k) With respect to the relationship between psychological well-being and self-perception, it can be proposed that students need to introspect and realize their capacity to respond to stress. In this way, they may work out to free themselves from discomfort and reduce their tension and fear.

CONCLUSION

In conclusion, the present study has thrown away and means to consider the NEHU postgraduate students ' psychological well-being and self-perception. It is perceived as a prominent aspect of students because it has directed the overall academic success of students. Both females and males have been casualties of it. In the current study, however, very shocking findings have been revealed that there is no significant relationship among postgraduate students on different dimensions. The recommendations presented can contribute to the obvious benefit of NEHU students in improving their well-being and self-perception. The researchers should go on with the results of the current study and spread the experiment in a related area so that there will be a pool of expertise and experience. In addition, the results of the study will undoubtedly assist the students and those concerned in building the well-being of not only the students, but also the teachers, as well as the role that teachers play in guiding students ' learning. The degree to which the research can lead is to the well-being of the university itself.

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