

## WELL-BEING AND PERCEIVED SOCIAL SUPPORT AMONG KASHMIRI COLLEGE STUDENTS

Waseem Qayoom Kachroo<sup>1</sup> G.Ramanathan<sup>2</sup>

<sup>1</sup>Department Of Psychology Annamalai university Tamil Nadu India

<sup>2</sup>Department of Psychology Govt. Arts College Coimbatore

Email: [wasimkachroo101@gmail.com](mailto:wasimkachroo101@gmail.com), <sup>1</sup>[ramji3011965@gmail.com](mailto:ramji3011965@gmail.com) <sup>2</sup>

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### Abstract

The present study was a cross-sectional study. The main aim of present study was to explore the significance well-being among college students of Kashmir valley. The data were collected from students 480 students from various degree colleges of Kashmir (21-24 years old age). The data was analyzed by computing Pearson's correlation to test the relationship between study variables. The main intent was to estimate relationship between perceived social supports with well-being. The well-being questionnaire and perceived social support questionnaire were administrated. Results demonstrated that there was significant difference was found on the basis of gender, area of residence and family monthly income. Findings also indicated that there is a perceived social support is positively correlated with well-being.

**Keywords:** Well-being, Perceived social support, College Students Kashmir.

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### INTRODUCTION

Well-being is a multi-dimensional concept it includes various ,aspects such as optimism, self-control, happiness, sense of interests, free of failures, anxiety and loneliness have been considered as the special aspects of well-being) (Bordbar et al., 2011). Psychological well-being is essential concern to lead a happy productive life. Psychological wellbeing is a multidimensional concept that cheerfulness, optimism, playfulness, self-control, a sense of detachment and freedom from frustration, anxiety and loneliness are indicators of psychological well-being (Sinha and Verma, 1992). Psychological dimension of well-being is the combination of positive affective state such as happiness and functioning with optimal effectiveness in individual and social life (Amalu, 2018). There are several factors which are responsible for various psychological problems associated with low wellbeing and other aspects of mental health issues such as, Depression. Anxiety, PTSD, Drug abuses and behavioural disorders. The aim of present study was

to develop positive constructs among the college students such as perceived social support and well-being among Kashmiri college students. Psychological well-being is about lives going well. Social support is an essential factor which encourages positive behaviours and contributes to positive outcomes of mental health and wellbeing in response to life crisis or at the times of adversity in the form of friends, family and the community at large. It plays a vital role in bringing positive psychological changes in the individual that are essential for the maintenance of their mental health. (Dar & Dar, 2021)

Perceived social support refers to the process of getting support from institutions and people around us such as family, friends and neighbours. Social support can improve psychological well-being and help in affective, physical and cognitive aspects of individual development. Also, it fulfils individuals' physical and psychological and social needs through self-esteem, loyalty, love and the sense of belonging to a group (Panahi, 2016)

### **Objectives**

1. To examine relationship between psychological wellbeing with perceived social support among college students
2. To find out the significant differences among socio-demographic variables with to psychological wellbeing among college students.

### **Hypotheses**

1. There will be a significant difference in psychological well-being of college students' demographic variables across gender, age, area of residence and monthly family income.
2. There will be a significant relationship of social support with well-being of Kashmiri college students.

### **Methods**

#### **Design**

A cross-sectional correlational research design was followed in the current study. For data collection purposive sampling was used in the present study.

#### **Sample**

A sample of 480 college students (female 250 and male 230) was participated in this study. The research participants were taken from different colleges of Kashmir, from November 2019 to January 2020, by using a purposive sampling method. The participants were recruited from undergraduate courses, irrespective of the educational stage of the students in the institution. During the process of data collection, available students in the

institutions were recruited based on their voluntary consent and participation as subjects in the current study.

### **Procedure**

The institutional authorities were approached before the process of data collection and approval was obtained from them to collect data from enrolled students. Further, students were approached and the objectives of the study were briefed to them. They were also briefed about their rights as study subjects.

Furthermore, a consent form was provided to all the participants and they were requested to sign on the same before taking part in the study. Participation in the study was voluntary. The participant's took 15–25 min to respond to the questionnaires.

### **Measures**

Meanwhile the medium of instruction in colleges is English. Therefore all the measures of this study were distributed among the participants in English to collect the data. The description of each of the measures is provided as follows:

#### **Instruments used in this study were as follows:**

**Demographic questionnaire** The Socio-demographic information of the participants was recorded with the help of a background information questionnaire such as, gender, age, area of residence monthly family income of the participants, For instance, the participants were asked: "What is your age" (18–21 years or 22–24 years), "What is your gender" (male or female) "What is your monthly family income, below <10000 INR and above 100001 /INR> ,area of residence etc.

**Well-being scale (WBS)** developed by Keyes (1995) to determine the well-being levels. It has 42 items in 6 factors. It is a 6 point Likert scale type scale .it has six sub scales exposure to among the participants, Psychological Well-being Scale designed Psychological Well-being Scale (1989) with six dimensions: Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, and Self - Acceptance. This forty-two-item scales consisted of statements like, "My decisions are not influenced by what everyone else is doing", "In many ways, I feel disappointed about my achievements in life", "I like most aspects of my personality". The subject's responses were recorded using a six-point Likert scale from Strongly Agree to Strongly Disagree. The higher scores on each dimension showed the greater Well-being on that dimension. This

scale showed significant reliability and validity in the researchers reported from different countries. The overall Cronbach's alpha is 0.88 and had high internal consistency. In the present scale six alternatives response have been given to each statement I.e. strongly disagree, moderately disagree, slightly disagree, and slight agree, moderately agree and strongly agree. Positive items are scored as 1, 2, 3, 4, 5 and 6 and negative items are reversed scored i.e. 6, 5, 4, 3, 2 and 1.

**Multidimensional Scale of Perceived Social Support (MSPSS):** The MSPSS developed by Zimet et al. [29] in 1988, was used to assess the perceived social support among respondents. There are 12 items in MSPSS which are rated on a 7-point Likert scale. The response of the scale items ranges from 1 meaning "strongly disagree" to 7 meaning "strongly agree". The score on MSPSS ranges from 12 to 84. The reliability of MSPSS was obtained with the help of Cronbach's alpha coefficient that was ascertained to be 0.85.

**Data analysis**

The description of analysis followed in the study is provided as follows: Descriptive analysis was carried out by using frequency, percentage, mean, SD, range. Inferential analysis was conducted with help of correlation and t-test.

**Table-1** Demographic detail of the participants (N = 480)

Variable	N	Percentage
Gender		
Male	230	47.9
Female	250	52.1
Age		
18 to 21 years	251	52.3
22 to 24 years	229	47.7
Area of residence		
Rural	282	58.8
Urban	198	41.3
Monthly family income		
Below 10000	255	53.1
Above 10000	225	46.9

Table1 shows the demographic details of the participants (N = 480) in which more than half of them were females 250 (52.1%) and less than half were males 230 (47.9%).

Most of the student's i.e. 251 (52.3 %) of the respondents were aged 18 to 21 years while 229 (47.7 %) were aged 22 to 24 years. Regarding residence 282 (58.8%) belonged to rural areas whereas 198 (41.3%) belonged to urban areas. More than half of sample 255 (53.1%) had monthly income of below 10000 rupees and less than half 225(46.9%) had monthly income of above 10,000 INR.

**Table- 2** Description of well- being ( $N = 480$ )

Variable	Actual range	Possible range	Me an	S D
Well- being	112-212	42- 252	156.16	14.54
Perceived social support	16-83	12-84	59.11	15.53

**Table-2.**Depicts the actual range, possible range of scores, mean scores and standard deviation, of study variables. The actual score ranges of psychological well -being was (112-212) followed by possible range (42 -252) and mean standard deviation ( $M= 156.16$ ,  $SD =14.54$ ). The actual score ranges of perceived social support was (16-83) followed by possible range (12- 84) and mean standard deviation ( $M= 15.11$ ,  $SD =15.53$ ).

**Table-3**Showing mean, SD, t-value and level of significance of participants with psychological well -being on the basis of gender. age,area of residence monthly family income

Psychologi cal well- being	Group	n	Mea n	S.D	t- value
Gender	Male	230	154.	14.28	- 2.667**
	Female	250	157.	14.60	
Age	18- 21	251	155.	4.23	-.304
	22-24	229	156.	13.13	
Area residence	Rural	282	158.	15.90	** 3.465
	Urban	198	153.	11.87	

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			45			
Monthly family income	Below 10000	255	156.	15.38	1.119	
		225	86	13.52		
	Above 10000		155.			
			37			

Note: \* $p < 0.05$ , \*\*  $p < 0.01$

Table-3 depicts the mean SD, t- value in terms of psychological wellbeing, with respect, gender age, area of residence and monthly family income. The result shows that the Mean, SD, of male ( $M = 154.33.56$ ,  $SD = 14.28$ ), female mean, SD ( $M = 157.85$ ,  $SD = 14.60$ ). The obtained t value was (-2.667\*\*).A significant difference was found on the basis of gender hence proposed hypothesis was retained. Regarding the age the result of study revealed that no significant difference was found , the Mean ,SD of 18- 21years were ( $M = 155.97$ ,  $SD = 4.3$ ) and 22 -24 years were ( $M = 156.38$ ,  $SD = 13.13$ ). Similarly a positively significant difference was found with respect to area of residence the Mean SD, of rural area ( $M = 158.07$ ,  $SD = 15.90$ ) and urban mean ( $M = 153.45$ ,  $SD = 11.87$ ).The obtained t value was (-3.465\*\*).Thus alternative hypotheses were accepted. In addition to this the Mean, SD, of participants having monthly income below 10,000 was ( $M = 156.86$ ,  $SD = 15.38$ ) and above 10,000 ( $M = 155.37$ ,  $SD = 13.52$ ).

**Table- 4.** Correlation of perceived social support with well- being

	AU	E	I	P	P	S	P
	NTY	M	G	R	IL	A	SWB
	(r)	(r)	(r)	(r)	(r)	(r)	(r)
Perceived-social support	.222**	.115*	.000	.215**	-.102*	.00*	.148**

Note: \* $p < 0.05$  and \*\* $p < 0.01$

Results demonstrated that perceived social support has significantly positive correlation with autonomy ( $r = .222^{**}$ ,  $p < 0.01$ ), environmental mastery ( $r = .155^{*}$ ,  $p < 0.005$ ), positive relations ( $r = .215^{**}$ ,  $p < 0.01$ ), self-acceptance ( $r = .100^{*}$ ,  $p < 0.005$ ), however significant others it was negatively correlated with purpose in life ( $r = -.102^{*}$ ,  $p < 0.05$ ) respectively. Simultaneously perceived social support is positively correlated with psychological wellbeing ( $r = .148^{**}$ ,  $p < 0.01$ ).



### **Discussion**

The findings of the current study indicated that female college Participant have better well-being as compared male counter parts. The objectives of the present study were achieved successfully and hypotheses verified. Similarly a positively significant difference was found with respect to area of residence. Thus alternative hypotheses were accepted. Regarding the age the result of study revealed that no significant difference was found. With respect to income above 10,000 participant have better psychological -well-being as compared below 10,0001 monthly income participants. The findings of the current indicated that Perceived social support has significantly positive correlation with well-being respectively.

### **Conclusion**

To conclude the relationship of well-being was validating in this study. Findings of present study conclude that Perciveied social support is a protective factor of psychological well-being which is helpful for college students. Therefore improving perceived-social support will boost student's personality development to achieve their goal and youth promote their well-being.

### **Conflict of interest**

The author (s) declared no conflict of interest.

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