

Original Research Article

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A Study on Psychological Well-being of Working Young Adults in Hyderabad, India

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ABSTRACT

Young adults experienced more stress than others as they are striving to excel in his/her field whether it is at home or at work place. Stress has become a universal phenomenon in this modern era. Hence, an attempt was made to study the psychological well-being of working young adults in government sector from Hyderabad city. Exploratory research design was used for the study. 60 young adults (including 30 females and 30 males) who were working in government sector and consented to participate in the age group of 20-40 years were randomly selected. Psychological well-being scale by Sisodia and Chaudhary was used to examine the PWB of young adults. Frequencies, percentages, means, standard deviations and independent t- test were used to analyze the collected data. Results revealed that majority of the sample (83%) had moderate psychological well-being level, followed by low PWB i.e. 12 percent and few of them i.e. 5 percent had high PWB. The mean score of females is 122.2 which is much lesser than male i.e. 152.5. Results also stated that there is significant difference between gender and psychological well-being. This shows that women were facing more psychological problems than male because of their overburdened life and stressful work and family life.

Keywords

Young Adults,
Psychological well-
being (PWB),
Exploratory,
Stressful, Working

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Introduction

Young adults are typically vibrant, active and healthy, and are focused on friendships, romance, child bearing and careers. They are more subjected to stress than others because they have to perform major developmental tasks at this stage and also they have to balance between work and family at the same time. Stress has become a universal phenomenon in this modern era where everyone is striving to excel in his/her field whether it is at home or at work place. Every

person wants more and more for the attainment of pleasure, due to this competition is increased in every field of life and this competition generates stress among people. Psychological well-being is characterized by positive psychological functioning in six dimensions, defined by Ryff (1989) as self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. It refers to how people evaluate their lives. The evaluations may be in the form of cognitions or in the form of affect. The cognitive part is an

information-based appraisal of one's life that is when a person gives conscious evaluative judgments about one's satisfaction with life as a whole. The affective part is a hedonic evaluation guided by emotions and feelings such as frequency with which people experience pleasant/unpleasant moods in reaction to their lives.

Gender differences do exist because of psychological differences. The level of satisfaction with life among males and females can differ. Women and men are different not only in their obvious physical attributes, but also in their psychological makeup. There are actual differences in the way women's and men's brains are structured and "wired" and in the way they process information and react to events and stimuli. Women and men differ in the way they communicate, deal in relationships, express their feelings, and react to stress. Thus, the gender differences are based in physical, physiological, and psychological attributes. Since the turn of 21st century, the status of women in India has been changing due to growing industrialization, urbanization, spatial mobility and social legislation. With the spread of education and awareness, women have shifted from kitchen to higher level of professional activities. Rapid changes in traditional values, life styles, competitiveness and industrialization are the few factors that have changed the whole environment. This change in environment has encouraged and motivated the women for search of work outside the home, which creates stress in women who handled the role of housewife, mother and employed woman at a time. According to a 2015 study published by the Center for Disease Control and Prevention (CDC), women are more likely to experience serious psychological distress than men are and women are also up to 40 percent more likely to develop mental illnesses than men. Women experience more physical symptoms of stress, such as fatigue,

irritability, headaches and depression. Thus, Psychological well-being are important in the contemporary society to empower all individuals to achieve self-actualisation and utilise their full potential.

Salleh and Mustaffa (2016) examined the differences of gender on psychological well-being.

The results showed that there was no significant difference between male and female in psychological well-being.

Kantariya Ashok (2016) investigated the gender differences on psychological well-being among male and female young adults. The total sample consisted of 60 working young adults. 30 males and 30 females working in government organisations were taken. The result showed that there is no significant gender difference on psychological well-being among male and female.

A study entitled "Examining the relationship between gender and psychological well-being" was conducted by Khanbani *et al.*, (2014) in which only working married respondents were considered for the survey. The results showed that there was significant difference between men and women in personal growth, environmental mastery and positive relations with others. But, no significant difference was found between men and women in self-acceptance and autonomy.

Hasnain *et al.*, (2014) postulated optimism, hope, and happiness as correlates of psychological well-being among young adult Assamese males and females. Significant difference between young adult Assamese males and females on psychological well-being and happiness were obtained, where females were found to be higher on well being and males on happiness. Non-significant differences between young adult Assamese

males and females were found on optimism and hope.

- To study the demographic profile of young adults working in government sector.
- To study the psychological well-being of young adults working in government sector.
- To study the differences in domain of psychological well-being among male and female working young adults in government sector.

To study the effect / influence of gender on psychological well-being.

Materials and Methods

Based upon the nature of the research problem and objectives of the present study, Exploratory research design was opted for the study. The city Hyderabad was purposely selected for the present study. Nearby Government institution was purposively selected because of the availability and easy accessibility of the respondents. In this study, samples comprising of 60 young adults including 30 females and 30 males who were working in Government sector and consented to participate under the age group of 20-40 years were randomly selected. Interview schedule was designed by the investigator for the study which includes general profile of the young adults. Psychological well-being scale developed by Dr. Sisodia and Chaudhary were used for assessing the psychological well-being of young adults.

The scale has five major areas which consists of fifty statements i.e. 10 statements in each area. All statements are of positive manner. 5 marks to strongly agree, 4 marks to agree, 3 marks to undecided, 2 marks to disagree and 1 mark to strongly disagree responses were assigned. The sum of marks is obtained for the entire scale. The higher the score, more is the

well-being. Frequencies, percentages, means, standard deviations and Independent t- test were used to analyze the collected data.

Results and Discussion

General profile of the respondents

From table 1 it is seen that an equal half i.e. 50 percent of males and females belonged to 20-30 years and 31-40 years age group. Regarding type of family, majority of young adults i.e. 88 percent were living in nuclear families and few young adults i.e. 12 percent were living in joint families. With respect to income level almost half of young adults i.e. 50 percent fall under medium income level group followed by low income level i.e. 30 percent and few i.e. 20 percent of young adults belonged to high income group.

Psychological Well-Being of young adults working in government sector

It is noticed that majority of the sample (83 percent) had moderate psychological well-being level, followed by low PWB i.e. 12 percent and very few of them i.e. 5 percent had high PWB. In the case of gender, it is seen that majority of males and females i.e. 90 percent and 77 percent were having moderate PWB respectively. Remaining 10 percent of males has high PWB and no male has low PWB. Whereas in case of females, no female has high PWB and 23 percent of females has low PWB (Table 2).

This is in accordance with the result published by Mills *et al.*, (2014) who reported that men experienced an increased level of PWB than women due to work pressure and dual burden of female. The negative stigma attached to women and culture difference in treating males and females can place women at risk for poor psychological well-being.

Domain-wise psychological well-being of working male and female young adults

Life satisfaction among male and female working young adults

It can be inferred from table 3 that overall 75 percent of the respondents were moderately satisfied with their lives followed by 17 percent were highly satisfied and few of them i.e. 8 percent were having life satisfaction.

In case of gender groups, majority of males and females i.e. 73 and 77 percent respectively were having moderate life satisfaction. Remaining 27 percent of males were having high life satisfaction and no men were falls under category of low life satisfaction. While in the case of females it is seen that 16 percent were found in low life satisfaction and few i.e. 7 percent were having high life satisfaction. Females were more dissatisfied with their lives because they think that their lives have no purpose and meaning at all.

Efficiency among male and female working young adults

It is interpreted from the table 4 that overall 45 percent of the respondents were having moderate efficiency followed by 33 percent were having low efficiency and remaining 22 per cent were having high efficiency. In case of gender, almost half of the male 50 percent were having moderate efficiency, followed by 33 percent were having high efficiency and the rest 17 percent were having low efficiency whereas in case of female almost half of them i.e.50 percent were having low efficiency, 40 percent were having moderate efficiency and 10 percent were having high efficiency. The reason behind low efficiency of women is because women found difficulties in handling or coping with serious problems and also in decision making.

Sociability among male and female working young adults

It can be inferred from the table 5 that overall 45 percent of the respondents were having moderate sociability followed by 28 percent were having low sociability and 27 per cent were having high sociability. In case of males, 40 per cent were having moderate sociability, 37 per cent were having high sociability and remaining 23 per cent were having low sociability. Whereas in case of females, almost half of the sample i.e. 50 per cent was having moderate sociability, 33 percent were having low sociability and the rest 17 per cent were having high sociability. Women were more sociable because they have adjusting nature and sense of belongingness and also takes immense interest in other people.

Mental health among male and female working young adults

From the table 6 it is depicted that overall 52 percent of the respondents were having moderate mental health followed by 25 percent were having low mental health and remaining 23 per cent were having high mental health. In case of male, almost half i.e. 50 per cent were having moderate mental health, 33 per cent were having high mental health and remaining 17 per cent were having low mental health. Whereas in case of female more than half of the sample i.e. 54 per cent were having moderate mental health, 33 percent were having low mental health and the rest 13 per cent were having high mental health. Women found difficulties in sleeping and experienced restless and exhausted throughout the day and also were unable to maintain healthy lifestyle.

Interpersonal relationship among male and female working young adults

It is depicted from the table 7 that 40 percent of the respondents were having moderate

interpersonal relationship followed by 37 per cent were having low interpersonal relationship and the rest 23 percent were having high interpersonal relationship. With regards to gender, almost half of males i.e. 53 per cent were having moderate interpersonal relationship followed by 33 per cent were having high interpersonal relationship and few 14 percent were having low interpersonal relationship.

Whereas in case of females, more than half 60 percent were having low interpersonal relationship followed by 27 percent were having moderate interpersonal relationship and few i.e.13 percent were having low interpersonal relationship. Women were having hesitation in talking to everyone and also unable to maintain good relations with relative and friends because of lack of time.

Table.1 General profile of the respondents

S.No	Variable	Males (30)		Females (30)		Total=60	
		n	%	n	%	N	%
1	Age						
	20-30	15	50	15	50	30	50
	31-40	15	50	15	50	30	50
2	Type of family						
	Nuclear	28	93	25	83	53	88
	Joint	2	7	5	17	7	12
3	Income Levels						
	Upper middle class	5	17	7	23	12	20
	Middle class	15	50	15	50	30	50
	Lower middle class	10	33	8	27	18	30

Table.2 Psychological Well-Being of young adults working in government secto

S.No	Psychological well being	Males (30)		Females (30)		Total (60)	
		n	%	n	%	N	%
1	High (168-250)	3	10	-	-	3	5
2	Moderate (84-167)	27	90	23	77	50	83
3	Low (>83)	-		7	23	7	12

Table.3 Life satisfaction among male and female working young adults

S.No	Life satisfaction (Score category)	Males (30)		Females (30)		Total(60)	
		n	%	n	%	N	%
1	High (34-50)	8	27	2	7	10	17
2	Moderate (17-33)	22	73	23	77	45	75
3	Low (>16)	-	-	5	16	5	8

Table.4 Efficiency among male and female working young adults

S.No	Efficiency(Score category)	Males (30)		Females (30)		Total(60)	
		n	%	n	%	N	%
1	High (34-50)	10	33	3	10	13	22
2	Moderate (17-33)	15	50	12	40	27	45
3	Low (>16)	5	17	15	50	20	33

Table.5 Sociability among male and female working young adults

S.No	Sociability(Score category)	Males (30)		Females (30)		Total(60)	
		n	%	n	%	N	%
1	High (34-50)	11	37	5	17	16	27
2	Moderate (17-33)	12	40	15	50	27	45
3	Low (>16)	7	23	10	33	17	28

Table.6 Mental health among male and female working young adults

S.No	Mental health (Score category)	Males		Females		Total	
		n	%	n	%	N	%
1	High (34-50)	10	33	4	13	14	23
2	Moderate (17-33)	15	50	16	54	31	52
3	Low (>16)	5	17	10	33	15	25

Table.7 Interpersonal relationship among male and female working young adults

S.No	Interpersonal relationship(Scorecategory)	Males		Females		Total	
		n	%	n	%	N	%
1	High (34-50)	10	33	4	13	14	23
2	Moderate (17-33)	16	53	8	27	24	40
3	Low (>16)	4	14	18	60	22	37

Table.8 Effect / influence of gender on psychological well-being

Gender	Mean	Std. deviation	Degrees of freedom	t- stat	t-critical	Result
Males	152.5	6.08	58	8.323	3.232	**P value<0.001
Females	122.2	8.03				

Note: represents significant at 0.05 per cent level

Effect / influence of gender on psychological well-being

The results of the above table 8 connotes that there was significant difference in psychological well-being between the male and female young adults at 99.8% confidence interval i.e. P value < 0.001. This indicates that males were more psychologically fit compared to females. These results support to the study conducted by Khanbani *et al.*, (2014) and Mills *et al.*, (2014), which reported that there was significant difference in the level of internet addiction between working young males and females.

In conclusion psychological well-being of working young adults are of major concerned nowadays. The mental health of working adults keeps on deteriorating from the last few decades. Adults are experiencing more stress presently especially women because of various discrimination practices taking place in our society. The research findings stated that there is significant difference on psychological wellbeing among male and female working young adults which depicted that gender has effect on psychological well-being. Yet women are working in today scenario but still they are not emotionally stable which causes psychological distress among women. Working women have to carry out dual role, they are more likely to face conflicting situations and stressful life events. These conflicting and stressful situations that a working woman faces due to her employment and home may result in experiencing poorer psychological well-being. There is a need to bring change in societal norms which treated women as subordinate. Couple should share equal responsibilities in family. Women should be provided better work facilities and security in and outside the home.

Androgynous role should be performed by the adults to reduce the overburden of women. Counselling session should be provided to them for making them more empower in terms of mental health.

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