



A STUDY OF WELL-BEING AMONG THE DEGREE COLLEGE PROFESSOR

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ABSTRACT

The present investigation is an attempt to study of well-being among degree college professors. The study comprises of 100 samples of degree college professors. The Satisfaction with Life Scale (SWLS) by Ed. Diener was administered on the sample. The sample was collected through Google form and the obtained responses were analysed through mean, sd, and t-test. The result showed that the most of the professor's well-being is good.

KEYWORDS : Well being, Professors, collage.

1. INTRODUCTION

Human is a social animal always assess his life situation. He will not attain well being until he gains his goals. Conceivably, it can be said that the final aspiration of every human being is to attain his goals and desires and this attainment leads to well being. Therefore, well being is the central aspect of human happiness. It is supreme goal and every human being strives to achieve this goal throughout his/her life. Well being is a multidimensional concept related to psychological and environmental life conditions.

A. Definition Of Well Being

We won't get concord single definition of well-being, but we have a particular agreement that at merest, well-being which includes the presence of pleasant emotions and good moods, the absence of negative emotions satisfaction with life, fulfilment and positive functioning. In elementary terms, well-being can be expressed as considering one's life positively and feeling good.

Wellbeing is about feeling good and functioning well and comprises an individual's experience of their life; and a comparison of life circumstances with social norms and values. Wellbeing exists in two dimensions.

Well-being is all about experiencing of good health, Happiness and success. This includes evidence of good mental health, high life satisfaction, a sense of purpose in life and skills to manage a stress. In general well-being is just feeling. Well, nevertheless well being includes many positive aspects such as feeling happy, healthy, socially connected and purposefulness and well being usually develops from our positive thoughts, actions and experiences, most of them which you have command over.

For instance –when we think positive we tend to have a greater emotional well-being, when we have meaningful relationship, we tend to have a improved social well-being in the same way when we have a positive feelings toward our carrier we tend to have a improved job satisfaction.

These examples may reveal how broad well-being is, basically well-being is a break down in to five major types.

Emotional well-being

It is about practicing stress management, relaxation technique, self respect, and self love and to develop emotions that lead to good feeling.

Physical well-being

It is all about improving the functioning of your body through healthy living, practicing healthy life style, like yoga, exercise, walking and good diet.

Social and Societal well-being

It is all about flourishing meaning full relationships, communication and maintaining a support network that helps in overcome solitude and about actively participating and flourishing communities, environment and culture.

Workplace well-being

It is all about interest toward our profession, which enhances your values and life purpose and enriches you professionally.

Considerably, to develop our workplace well being, we need to build skills continuously which help us to perform our profession accurately and also help us to meet our life goals and purpose. However it also includes things like living with our values, norms and ethics and also maintaining work life balance. This will help us to enjoy and love our profession, to stay focused, motivated and successful at work. Because we spend most of our time at work, our workplace well-being has a great impact on our overall well-being.

B. Importance Of Well Being

Health and wellbeing are quickly becoming just as important in the office as it is in our everyday lives. Every single human being confirming that they are becoming more serious about with wellbeing and at the same time we spend maximum of our time at work life has also come under stusy. , wellbeing at work isn't always taken seriously and many employers still don't have a workplace wellbeing programme in place despite many of the benefits we now know these types of schemes can have.

C. Well Being Of Teachers

The keystone in the educational edifice is doubtless the teacher. All in all depends much more than any other, the development and success of students. No one can efficiently take his place or nurture students in the manner and to the degree, it can be feasible, for him alone to do. It is strongly believed that to be a teacher is to be the member of a divine order.

By and large predominantly it is agreed that the teachers have a prominent impression upon the young minds of the young students by their overall personality and behaviour pattern. It is essential for a teacher to take a positive view of his profession and to nourish a well being with life. Lavinga (1977) states that a teacher, who is happy with his work and finds satisfaction in his life, plays a pivotal role in the upliftment of society.

Teacher's charisma/ attitude, behaviour and his sense of satisfaction in life can have outstanding effect on students. A contented guru can do justice to his work and is supposed to be renowned and highly accepted personality among students. Only a cordial , passionate, assured and well-adjusted teacher can to the wellbeing of his/her students

D. THE BENEFITS OF WELL BEING AT WORK

1. Reduce stress
2. Enhances good mental and physical health
3. Increased productivity
4. Improve job satisfaction
5. Advancement in career growth
6. Improve social life at work place
7. Improve personal relationships
8. Maintain the inter and intra personal relationship
9. Enhance the overall personality
10. Enriches the emotional intelligence.

2. How Well Being Is Measured

Well-being is a subjective matter, it is measured with self reports. There are many well-being instruments available that measures self reports of well-being in different ways. In this research paper author used the life satisfaction scale to access the well being of professors.

3. Literature Review:

1. The importance of very high life satisfaction for students' academic success By Susan Antaramian

This study investigated whether very high levels of life satisfaction were associated with academic success at the college level. Three-hundred fifty-seven university students reported on their life satisfaction and various indicators of educational functioning. Participants with very high life satisfaction (top 10%) were compared to those with average and low levels of life satisfaction to explore differences in these academic factors. Results indicated that although both groups were satisfied with life, the students with very high life satisfaction were at a significant advantage over those with average life satisfaction in terms of academic performance, including greater student engagement, academic self-efficacy, and approach-oriented achievement goals and lower academic stress. The most satisfied students also earned higher Grade Point Averages (GPAs) than their less satisfied peers. There were no differences in educational functioning between the average and low life satisfaction students. These findings suggest that very high life satisfaction is associated with academic advantages that are not present among students with average or low satisfaction levels.

2. Psychological Predictors of Life Satisfaction Among Undergraduates Samuel E. Oladipo a *, Fausat A. Adenaike a, Adebayo O. Adejumo b, Kehinde O. Ojewumi

Informed by previous research finding which established evidence of low satisfaction among undergraduates in Nigeria, the purpose of this paper was to examine the psychological variables that would predict satisfaction with life among undergraduates in Southwestern Nigeria. A cross-sectional ex post facto survey design was adopted and convenient sampling method was used. Three hundred and twenty (118, i.e. 36.9%) male and 202 (63.1%) female students, ages ranging between 16 to 27 years ($M = 28.47$, $SD = 8.76$) participated in this study. Validated scale was used for data collection and the hypothesis stated was confirmed after testing with appropriate statistics. The result showed that NaCh and Hloc significantly predicted satisfaction with life among undergraduates, whereas, anxiety was not a significant predictor. Internals who were high on need achievement were low on satisfaction with life, while externals who were low on need achievement were high on satisfaction with life.

Conclusion was reached that professional services would be required for undergraduates with low satisfaction with life in order to orientate them regarding adjustment and coping with reality of life in order to prevent psychological breakdown. A limitation to this study would be the small sample size and the limited psychological variables that were examined. However, further research may make these a focus.

3. METHODOLOGY-

I. Objectives

1. To assess the well-being of Professors from degree collage.
2. To analyze gender difference in well-being status.

II. Hypothesis

H1: There would be a significance difference between in well-being of professors.

III. RESULT DISCUSSION

Table shows.

	N	Mean	Std	t-value
Male	60	48.86	7.79	0.14
Female	40	49.04	6.39	

The above table shows the percentage of the collected sample. The well-being status is measured in terms of extremely satisfied to extremely dissatisfied. The extremely satisfied are 18% and 7% is extremely dissatisfied. And 50% of population are satisfied where 19% are slightly satisfied, while 6% of sample are dissatisfied among the collected sample 18% of population is extremely satisfied and they have a good well-being.

The above table shows the mean, Sd and t-value of male and female professors well being status. The mean and Sd of male professor is 48.86 and 7.79. The female professors mean and sd is 49.04 and 6.39. The calculated t-value is 0.14. There is no significance difference between the male and female professors well being status. Hence the formulated hypothesis that 'There would be a significance gender difference among professors' is rejected. The mean scores shows almost all sample shows the similar status of well being

CONCLUSION:

The level of wellbeing among professors is average good, the percentage mean, sd and t-value signifies the sample shows the bell shaped well being, i.e very less sample has extremely satisfied and extremely dissatisfied. Average sample has satisfied status. Each and every individual has his/her own capacities to handle life, they have to maintain the both professional and personal life. While managing both . some where they feel lack of well being. When maintain all situation accordingly they may attain the above average status of well being.

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