



SUBJECTIVE WELL-BEING AMONG ADOLESCENTS

Vibha Joshi

Research Scholar, Department of Home Science, University of Rajasthan

Dr. Shubha Dube*

Associate Professor, Department of Home Science, University of Rajasthan
*Corresponding Author

ABSTRACT Subjective well-being is an assessment of one's own life. Subjective well-being comprises of life evaluation, affect and eudaimonia. The objective of the research was to study the various dimensions of subjective well-being among 100 adolescents of Almora District of Uttarakhand state. A self-constructed subjective well-being inventory with reliability 0.68 was used to collect the data. The results reveal that no adolescent reported high leisure satisfaction, contentment, competence, interest in learning, goal orientation, resiliency, social engagement, caring and altruism. Majorly, all the adolescents displayed moderate satisfaction with all the dimensions of subjective well-being.

KEYWORDS : Subjective well-being adolescent life evaluation affect eudaimonia

INTRODUCTION

Subjective well-being is considered as the gratification with one's life, both in general and in distinct areas of one's life such as relationships, health and work (Sorthex, 2014). Subjective well-being is described as a person's cognitive and affective appraisal of his or her life. These evaluations cover affective responses to events as well as cognitive reasoning of contentment and fulfillment (Diener et al., 1999; Keyes et al., 2005). Subjective well-being encompasses three elements- Life evaluation, affect and eudaimonia (Helliwell & Barrington-Leigh, 2010; Dolan et al., 2011; Hicks, 2011; Diener et al., 2013; OECD, 2013).

OBJECTIVE

To study the various dimensions of subjective well-being among adolescents

PARTICIPANTS

The study was conducted on adolescents residing in Almora district of Uttarakhand state. Simple random sampling was used to select adolescent sample from IX, X, XI and XII standards of various government schools of Almora district. The age of adolescents ranged between 14 to 17 years with mean age of 15.42 years. All the adolescents belonged to the middle income group.

MEASURES

For the collection of data two self-constructed measures were developed.

- **Basic Profile Inventory** - This brief inventory was prepared by the investigator to get information about basic profile of the adolescents.
- **Subjective Well-being Inventory** - The Subjective Well-being scale was constructed by the investigator. It is a close-ended questionnaire consisting of 50 items framed out of 20 sub-areas. The reliability of the test was calculated. The Cronbach Alpha value was 0.685.

STATISTICAL ANALYSIS

The collected data was compiled and transcribed on a master sheet. All the necessary calculations were done and then the data was analyzed statistically. Percentage was used for statistical analysis of the data.

RESULTS

Table 1 Percentage Distribution of various Dimensions of Subjective well-being (SWB) among Adolescents (N=100)

	Dimensions of SWB	Low SWB (%)	Moderate SWB (%)	High SWB (%)
1.	Educational satisfaction	18	66	16
2.	House satisfaction	22	78	-
3.	Satisfaction with Housing Conditions	23	52	25
4.	Leisure satisfaction	17	83	-
5.	Environmental Satisfaction	19	57	24

6.	Happiness & Joy	20	57	23
7.	Contentment	19	81	-
8.	Sadness	16	67	17
9.	Anger	20	61	19
10.	Fear & Anxiety	1	74	25
11.	Autonomy	23	64	13
12.	Competence	21	79	-
13.	Interest in Learning	14	86	-
14.	Goal orientation	11	89	-
15.	Resilience	18	82	-
16.	Sense of purpose	12	63	25
17.	Social engagement	20	80	-
18.	Caring	14	86	-
19.	Altruism	8	92	-

Table 1 displays the percentage distribution of various dimensions of subjective well-being among adolescents. It shows that 17 and 19 per cent adolescents reported high sadness and anger, respectively while 25 per cent reported high fear and anxiety. 25 per cent of adolescents revealed having high sense of purpose and health satisfaction. 23 per cent adolescents exhibited low autonomy while 18 percent had low educational satisfaction. 24 per cent and 23 per cent adolescents reported high environmental satisfaction and happiness, respectively.

It is noticeable that no adolescent reported high leisure satisfaction, contentment, competence, interest in learning, goal orientation, resiliency, social engagement, caring and altruism. This might be due to the reasons that the nature of leisure activities in which they were involved were not enjoyable, they lack in skills and opportunities to develop high competence, they lack in self-belief, self-efficacy and good mentorship, the lack of time because of the issues of their developmental stage. Absence of high altruism may have resulted from the lack of resources to exercise altruism and may be that altruism was not fostered within their families.

CONCLUSION

To sum up, most of the participants exhibited moderate satisfaction for all the dimensions of subjective well-being. This indicates that the participants are fairly satisfied with various aspects of their life which decide their subjective well-being. Moderate satisfaction implies that things are not extremely great but they are not bad too i.e. things are just suitable. It also implies that their satisfaction is up to the level where they experience ample gratification with various aspects of subjective well-being but there is also a scope left for a more fulfilling subjective well-being.

REFERENCES

1. Diener, E., Oishi, S., & Tay, L. (2013). Rising income and the subjective well-being of nations. *Journal of Personality and Social Psychology*, 104(2), 267-276.
2. Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. *Psychological Bulletin*, 125, 276-302.
3. Dolan, P., Layard, R., & Metcalfe, R. (2011). Measuring subjective well-being for public policy. The Office for National Statistics, United Kingdom. Retrieved from www.ons.gov.uk
4. Helliwell, J. F., & Barrington-Leigh, C. P. (2010). Viewpoint: Measuring and Understanding subjective well-being. *Canadian Journal of Economics*, 43(3), 729-753.

5. Hicks, S. (2011). The measurement of subjective well-being. Office for National Statistics. Retrieved from www.ons.gov.uk/subjective-well-being
6. Keyes, C. L. M., Shmotkin, D., & Ryff, C. D. (2005). Optimizing well-being: The empirical encounter of two traditions. *Journal of Personality & Social Psychology*, 82(6), 1007-1022.
7. OECD (2013), OECD Guidelines on Measuring Subjective Well-being, OECD Publishing, <http://dx.doi.org/10.1787/9789264191655-en>
8. Sortheix, F. M. (2014). Values and well-being in context: An analysis of country and group influences. Retrieved from <https://helda.helsinki.fi/handle/10138/43106>