



“A COMPARATIVE STUDY TO ASSESS THE PSYCHOLOGICAL WELL BEING BETWEEN PRIVATE AND GOVERNMENT SCHOOL STUDENTS AMONG SCHOOL AGE CHILDREN AT SELECTED SCHOOLS, DEHRADUN”

Nursing

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ABSTRACT

Psychological well-being is a very subjective term but form all the research that has been carried out, the term is used throughout the health industry as kind of a 'catch-all phrase' meaning contentment, satisfaction with all elements of life, self-actualisation. Psychological wellbeing and health are closely linked at older ages. Three aspects of psychological wellbeing can be distinguished: evaluative wellbeing (or life satisfaction), hedonic wellbeing and eudemonic wellbeing.

METHOD: A quantitative research approach was used to assess the psychological wellbeing. The research design selected was semi structured design, Non probability convenience sampling technique was used. The conceptual frame work was based on Modified Knight A & Mc Naught-Structured Framework for defining well being. Ryff's modified rating scale used as a tool for data collection. The research tool consisted of 2 section, section A is demographic variables and section B is related to rating scale regarding psychological wellbeing.

The data was analyzed by using descriptive and inferential statistics.

RESULT: In the study the mean psychological well being of government school students was found higher than mean psychological well being of private school students.

CONCLUSION: In the study the mean psychological well being of government school students was higher than mean psychological well being of private school students. The calculated "t" value (2.04) was more than the table value at 0.05 level of significance.

There is a significant association between psychological well being of government school students with (age, types of family) among sample at the significance level of 0.05. There is a significant association between psychological well being of private school students with (gender, mother's educational status) among sample at the significance level of 0.05.

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There is a significant association between psychological well being of government school students with (age, types of family) among sample at the significance level of 0.05. There is a significant association between psychological well being of private school students with (gender, mother's educational status) among sample at the significance level of 0.05.

KEYWORDS

Government school, private school, school aged children, comparison, Psychological well being

INTRODUCTION

Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. Sustainable well-being does not require individuals to feel good all the time; the experience of painful emotions (e.g. disappointment, failure, grief) is a normal part of life, and being able to manage these negative or painful emotions is essential for long-term well-being.

The concept of feeling good incorporates not only the positive emotions of happiness and contentment, but also such emotions as interest, engagement, confidence, and affection. The concept of functioning effectively involves the development of one's potential, having some control over one's life, having a sense of purpose, and experiencing positive relationships. Recent years have witnessed an exhilarating shift in the research literature from an emphasis on disorder and dysfunction to a focus on well-being and positive mental health. This paradigm shift has been especially prominent in current psychological research.

This positive perspective is also enshrined in the constitution of the World Health Organization, where health is defined as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity" (WHO, 1948). More recently, the WHO has defined positive mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community"

WHO, 2001. Chan & Chan 2012 examined the relationship between college students' money-related abilities and financial well-being. High levels of debt and poor budgeting practices were shown to have negative effect on financial and personal well-being. Examples given in the study as negative effects were stress related health problems, poor academic performance, damaged credit history, and even dropping out of college. Financial stress did impact the students academic learning quality. The study promoted financial management information to students in college, especially at-risk students.

Literature Review

Malecki et al. 2003 investigated the relationship between students adjustment with parents and teachers behaviour in support. Participants included were from grade 5th to 8th and it was concluded that the girls were supported more than boys by their classmates and friends. Also students emotional health and informational support was good because of support gained from the family and teachers.

Mudassir Azeez Khan et al. 2010 conducted a comparative study to assess the factors that can affect the adolescents psychological wellbeing. Study included both urban and rural adolescents from 16-18 years. There was no significant difference in scores based on gender but economical status showed that students from poor economical status had difficulty in concentrating and had more stress than those of good economical status. The study concludes that economical health is associated with the concentration and their academic performances.

Problem Statement And Objectives

1. Problem Statement

"A comparative study to assess the psychological well being between private and government school students among school age children at selected schools, Dehradun"

OBJECTIVES

1. To assess the level of Psychological well being among children of Private and Government schools.
2. To compare Psychological well being between Private & Government school going children at selected school, Dehradun
3. To find association between psychological well being and their selected demographic variables for school going children.

MATERIAL AND METHODOLOGY

A quantitative research approach was used to assess the psychological wellbeing. The research design selected was semi structured design, Non probability convenience sampling technique was used. The conceptual frame work was based on Modified Knight A & Mc Naught-Structured Framework for defining well being. Ryff's modified rating

scale used as a tool for data collection. The research tool consisted of 2 sections. Section A is demographic variables and Section B is related to rating scale regarding psychological wellbeing.

Analysis And Interpretation

Section 1- Frequency and percentage distribution of sample according to their selected demographic variables

Table 1 Frequency And Percentage Distribution Of Sample According To Their Selected Demographic Variables From Government School

S.No	Demographic Variables	Frequency (f)	Percentage (%)
1.	Age: (in years)		
	8	0	0%
	9	2	4%
	10	8	16%
	11	14	28%
	12	26	52%
2.	Gender:		
	Male	29	58%
	Female	21	42%
3.	Religion:		
	Hindu	31	62%
	Muslim	18	36%
	Sikh	0	0%
	Christian	1	2%
4.	Types of Family:		
	Nuclear	32	64%
	Joint	16	32%
	Extended	1	2%
5.	No. of Sibling:		
	No Sibling	0	0%
	1	8	16%
	2	15	30%
	More than 2	27	54%
6.	Father's Educational Status:		
	No Formal Education	23	46%
	Primary Education	13	26%
	Secondary Education	5	10%
	Senior Secondary	4	8%
	Graduation & Above	5	10%
7.	Father's Occupation:		
	Government Job	5	10%
	Private Job	10	20%
	Self Employed	5	10%
	Daily Wager	25	50%
	Unemployed	5	10%
8.	Mother's educational Status:		
	No Formal Education	31	62%
	Primary Education	9	18%
	Secondary Education	7	14%
	Senior Secondary	0	0%
	Senior Secondary	3	6%
9.	Mother's Occupation:		
	Home Maker	24	48%
	Government Job	5	10%
	Private Job	7	14%
	Daily Wager	11	22%
	Self employed	3	6%
10.	Family Income:		
	Rs 5,000-10,000	33	66%
	Rs 10,001-15,000	8	16%
	Rs 15,001-20,000	4	8%
	More than 20,000	5	10%
11.	Area of Living:		
	Urban	43	86%
	Rural	7	14%
12.	Type of School:		
	Government	50	100%
	Private	0	0%

The Table 4.1 shows that frequency and percentage distribution of school students depicts that majority 52% of subjects are of 12 years of age, 28% are of 11 years of age, 16% are of 10 years and remaining 4% are of 9 years of age.

All the samples are 50 in number out of which maximum percentage (58%) are males and 42% are females.

The above table shows that highest percentage (62%) of subjects belongs to Hindu religion, 36% to Muslim religion and remaining 2% subjects belongs to Christian religion.

Types of family shows that majority 64% of subjects belongs to nuclear family, 32% belongs to joint family, and remaining 4% belongs to extended family.

Table shows that majority (54%) of subjects have more than 2 siblings, 30% of subjects have 2 siblings, and remaining 16% are having 1 sibling.

Educational status of father explains that maximum (46%) are having no formal education, 26% are having primary education, 10% having secondary, 10% have senior secondary and remaining 8% are having graduation and above.

If we analyse fathers occupation, highest percentage 50% are daily wagers, 20% are in private jobs, 10% are government employees, 10% are self employed and remaining 10% are unemployed.

Mothers education status explains that maximum 62% have no formal education, 18% have primary education, 14% have secondary education and remaining 6% are graduation and above.

Mothers occupation shows that majority 48% are home makers, 22% are daily wagers, 14% are private employees, 10% are in government jobs and remaining 6% are self employed.

Family income shows that majority 66% subjects family income lies between 5000-10000, 16% is between 10001-15000, 10% lies more than 20000 and remaining 8% is between 15000-20000.

Area of living shows that maximum 86% subjects belong to urban areas and minimum 14% belongs to rural areas.

The table shows that 100% of subjects are from Government schools.

Table No 2frequency And Percentage Distribution Of Sample According To Their Selected Demographic Variables From Private School

S.No	Demographic Variables	Frequency (f)	Percentage (%)
1.	Age: (in years)		
	8	0	0%
	9	0	0%
	10	13	26%
	11	14	28%
	12	23	46%
2.	Gender:		
	Male	26	52%
	Female	24	48%
3.	Religion:		
	Hindu	44	88%
	Muslim	4	8%
	Sikh	2	4%
	Christian	0	0%
4.	Types of Family:		
	Nuclear	38	76%
	Joint	12	24%
	Extended	0	0%
5.	No. of Sibling:		
	No Sibling	12	24%
	1	16	32%
	2	11	22%
	More than 2	11	22%
6.	Father's Educational Status:		
	No Formal Education	12	24%
	Primary Education	11	22%
	Secondary Education	9	18%
	Senior Secondary	8	16%
	Graduation & Above	10	20%

7.	Father's Occupation: Government Job Private Job Self Employed Daily Wager Unemployed	5 26 10 9 0	10% 52% 20% 18% 0%
8.	Mother's educational Status: No Formal Education Primary Education Secondary Education Senior Secondary Graduation & Above	22 8 5 6 9	44% 16% 10% 12% 18%
9.	Mother's Occupation: Home Maker Government Job Private Job Daily Wager Self employed	38 0 8 2 2	76% 0% 16% 4% 4%
10.	Family Income: Rs 5,000-10,000 Rs 10,001-15,000 Rs 15,001-20,000 More than 20,000	20 9 11 10	40% 18% 22% 20%
11.	Area of Living: Urban Rural	41 9	82% 18%
12.	Type of School: Government Private	0 50	0% 100%

The table 4.2 shows the frequency and percentage distribution of age depicts that majority (46%) of subjects are of 12 years of age, 28% are of 11 years, and remaining 26% are of 10 years of age.

All the samples are 50 in number out of which maximum (52%) are male and remaining 48% are females.

The above table shows that highest percentage (88%) of subjects belongs to Hindu religion, 8% belongs to Muslim religion, 4% belongs to sikhs and remaining 0% belongs to Christian religion.

The type of family shows that majority (76%) of subjects belongs to Nuclear family, 24% belongs to joint family, and remaining 0% belongs to extended family.

Table shows that maximum (32%) of subjects have 1 siblings, 24% have no siblings, 22% have 2 siblings and remaining 22% of subjects have more than 2 siblings.

Educational status of father explains that maximum (24%) are having no formal education, 22% have primary, , 20% have graduation and above, 18% having secondary and remaining 16% are having senior secondary education.

Weanalyse father's occupation ; highest percentage (52%) are private employees, 20% are self employed, 18% are daily wagers, 10% are in government job and remaining 0% are unemployed.

Mother's educational status shows that maximum (44%) have no formal education, 18% have graduation and above, 16% have primary education, 12% have secondary education and remaining 10% have senior secondary education.

We analyse mother's occupation 76% are home makers, 16% are in private job, 4% are daily wagers, remaining 4% are self employed.

Family income shows that majority (40%) of subjects family income lies between 5000-10000, 22% have 15001-20000, 20% have more than 20000 and remaining 18% lies between 10001-15000.

Area of living shows that maximum (82%) of subjects belongs to urban area and minimum (18%) belongs to rural area. The table shows that 100% of subjects belongs to private schools.

Section II: Frequency and percentage distribution of school age students regarding psychological well being.

This section deals about comparison of psychological well being of

students, details are given in the following table:

Table 4.3: Frequency And Percentage Distribution Of Samples According To Psychological Well Being N = 100

Level of Psychological well being	Government School		Private School	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Poor	1	2%	152.3	0%
Average	1	2%	3	6%
Good	16	32%	22	44%
Extreme	32	64%	25	50%

Table 4.3: The above table shows that in Government schools; 64% have extreme psychological well being, 32% have good psychological well being the 2% have average psychological well being. Whereas in private schools; 50% students have extreme psychological well being, 44% have good psychological well being and the rest 6% have average psychological well being.

Section Iii: Mean, Standard Deviation And Unpaired 't' Test Value For Psychological Wellbeing.

Research Hypotheses

H₁: There will be more psychological well being of Government school students than that of Private School student among school age children.

Statistical Hypotheses

H₂: There will be a significant association between the psychological well being of private and government school going children.

This section deals about the psychological well being of students of government and private school students. The detail given in the table below:

PSYCHOLOGICAL WELLBEING	MEAN	S.D	Df	CALCULATED "t" VALUE	TABLE VALUE	LEVEL OF SIGNIFICANCE
Private school	145.46	19.95	99	2.04	1.98	Significant
Government school	152.3	26.92				

$${}^{\ast}t^{\ast} (0.05) = 1.98 \quad p < 0.05$$

Data show in above table Revealed that the calculated "t" value (2.04) was more than the table value at 0.05 level of significance.

Hence in this the hypothesis (H₁) is accepted so there is more psychological well being of Government school students than that of Private School student among school age children.

Table 4.4: Association Between Psychological Well Being And Their Selected Demographic Variables Of Government School Students N = 50

H₁: There is a more psychological well being of Government school students than that of Private School student among school age children.

H₂: There is a significant association between the psychological well being of private and government school going children.

S. N o	Demographic Variables	Frequency (f)	Degree of freedom	Calculated Value (x ²)	Tabulated Value	Level of Significance
1.	Age: (in years)					
	8	0	12	38.3	21.03	*
	9	2				
	10	8				
	11	14				
	12	26				
2.	Gender:					
	Male	29	3	1.81	7.82	#
	Female	21				

3.	Religion: Hindu Muslim Sikh Christian	31 18 0 1	9	3.51	16.92	#
4.	Types of Family: Nuclear Joint Extended	32 16 1	6	50.37	12.59	*
5.	No. of Sibling: No Sibling 1 2 More than 2	0 8 15 27	9	14.98	16.92	#
6.	Father's Educational Status: No Formal Education Primary Education Secondary Education Senior Secondary Graduation & Above	23 13 5 4 5	12	8.36	21.03	#
7.	Father's Occupation: Government Job Private Job Self Employed Daily Wager Unemployed	5 10 5 25 5	12	14.09	21.03	#
8.	Mother's educational Status: No Formal Education Primary Education Secondary Education Senior Secondary Graduation & Above	31 9 7 0 3	12	8.5	21.03	#
9.	Mother's Occupation: Home Maker Government Job Private Job Daily Wager Self employed	24 5 7 11 3	12	7.17	21.03	#
10.	Family Income: Rs 5,000-10,000 Rs 10,001-15,000 Rs 15,001-20,000 More than 20,000	33 8 4 5	9	6.11	16.92	#
11.	Area of Living: Urban Rural	43 7	2	0.51	5.99	#
12.	Type of School: Government Private	50 0	3	0	7.82	#

* - Significant # - Not Significant

df: degree of freedom, not significant = $P < 0.05\%$

Table 4.4 shows that there is a significant association between selected demographic variables with age, and types of family as the Calculated value > Tabulated Value at $P < 0.05\%$ and there is no Significant association between demographic variables with gender, religion, number of siblings, father's educational status, father's

occupation, mother's educational status, mother's occupation, area of living, and type of school participation in studies as the Tabulated Value is greater than Calculated value at $P < 0.05\%$.

Table 4.5: Association Between Psychological Well Being And Their Selected Demographic Variables Of Private School N=50

H₁: There is a more psychological well being of Government school students than that of Private School student among school age children.

H₂: There is a significant association between the psychological well being of private and government school going children.

S. No	Demographic Variables	Frequency (f)	Degree of freedom	Calculated Value (χ^2)	Tabulated Value	Level of Significance
1.	Age: (in years) 8 9 10 11 12	0 0 13 14 23	12	3.46	21.03	*
2.	Gender: Male Female	26 24	3	43.54	7.82	#
3.	Religion: Hindu Muslim Sikh Christian	44 4 2 0	0	3.27	3.84	#
4.	Types of Family: Nuclear Joint Extended	38 12 0	6	7.86	12.59	#
5.	No. of Sibling: No Sibling 1 2 More than 2	12 16 11 11	9	14.11	16.92	#
6.	Father's Educational Status: No Formal Education Primary Education Secondary Education Senior Secondary Graduation & Above	12 11 9 8 10	12	6.47	21.03	#
7.	Father's Occupation: Government Job Private Job Self Employed Daily Wager Unemployed	5 26 10 9 0	12	2.24	21.03	#
8.	Mother's educational Status: No Formal Education Primary Education Secondary Education Senior Secondary Graduation & Above	22 8 5 6 9	12	44.55	21.03	*
9.	Mother's Occupation: Home Maker Government Job Private Job Daily Wager Self employed	38 0 8 2 2	12	8.07	21.03	#
10.	Family Income: Rs 5,000-10,000 Rs 10,001-15,000 Rs 15,001-20,000 More than 20,000	20 9 11 10	9	7.61	16.92	#
11.	Area of Living: Urban Rural	41 9	3	0.68	7.82	#
12.	Type of School: Government Private	0 50	3	0	7.82	#

df: degree of freedom, not significant = $P < 0.05\%$

where tabulated value > calculated value and significant = $P < 0.05\%$ where Calculated Value > Tabulated Value

Table 4.5 shows that there is a significant association between selected demographic variables with gender, and mother's educational status as the Calculated value > Tabulated Value at $P < 0.05\%$ and there is no Significant association between demographic variables with age ,religion, type of family, number of siblings, father's educational status, father's occupation' mother's occupation, area of living, and type of school participation in studies as the Tabulated Value is greater than Calculated value at $P < 0.05\%$.

DISCUSSION

Dr.sarita (2015) conducted a comparative study on private and government senior secondary schools to assess the psychological well being of the students. Study consisted a total number of 100 sample both from government and private schools. The study was delimited to co-educational schools only. After the assessment, it concluded that there was a significant difference in mental health of government school and private school students.

Limitations

The current study had following limitations

- The study is limited to selected school students.
- The study is limited to students who can speak and understand English and Hindi..
- Study is limited to students who are willing to participate in the study.
- Sample is limited to 100 in number.
- Finding difficult to conduct choose the best answer questionnaire at selected school to get information.

Nursing Implications

1. Nursing practice

The result of the study shows the psychological wellbeing among government and private school students. Nursing plays a vital role in improving the nursing care, imparting knowledge and increasing the knowledge regarding psychological wellbeing.

2. Nursing education

Nursing education is mostly focus on physical health and its sign and symptoms .Administration of such psychiatric health problem in curriculum and focused teaching program on such mental health program in school and hospital setting is necessary. Different program related to psychological wellbeing can be conducted in school and hospital setting to aware them about psychological wellbeing.

3. Nursing Administration

The nursing administration should plan and organize the in-service education and continuing nursing education regarding psychological wellbeing to the nursing staff so that they can provide adequate knowledge regarding psychological wellbeing in school and hospital. Mostly such knowledge is focused to the school students to reduce the stress in students.

4. Nursing Research

The study will serve as a valuable references material for further investigation. The study finding can be utilized for conducting further research on group discussion or any other teaching method. This improve knowledge of students and clarify their queries. It can be done in different setting as hospital , psychiatric unit.

Recommendations

- The same study can be repeated with large samples.
- The study can be done in students who are studying in shri guru ram rai public school and Rajkiya inter college.
- An experimental study could be conducted to find out an effective way of imparting education regarding psychological wellbeing among students.

CONCLUSION

In the study the mean psychological well being of government school students was higher than mean psychological well being of private school students. The calculated "t" value (2.04) was more than the table value at 0.05 level of significance.

There is a significant association between psychological well being of government school students with (age, types of family) among sample at the significance level of 0.05. There is a significant association between psychological well being of private school students with (gender, mother's educational status) among sample at the significance level of 0.05.

Summary

The chapter deals with the summary, finding, nursing implication, recommendation and conclusion.

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