ORIGINAL RESEARCH PAPER

Psychology

A COMPARATIVE STUDY ON PSYCHOLOGICAL WELL-BEING AMONG LOW SOCIO ECONOMIC STATUS AND HIGH SOCIO ECONOMIC STATUS PEOPLE.

KEY WORDS: Psychological well being, low and high socio economic status people, mental well being.

K. Pearlin   Msc Applied Psychology, Chennai

ABSTRACT

This study is to compare the psychological well-being among low and high socio-economic status people. The prime purpose of this study was to focus on the difference between the psychological well-being among low and high socio economic status people. Psychological well being is able to know about the current state mental well being. Thus the study has been done to know the level of psychological well being among low and high socio economic status. Participants (n=100) who were from low and high economic status. The data was collected from 100 of low socio economic stutus of psychological well being and high socio economic status of psychological well being. The results of this study indicates that there is no significant difference found in the psychological well being among low and high socio economic status people.

INTRODUCTION

The field of mental health is full of disputed terminology with many different definitions, influenced by age, class, gender, people's experience and expectations, and cultural and religious beliefs. Mental health influences hoe we think and feel, about ourselves and others, and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influence our ability to cope with change, transition and life events.

PYSCHOLOGICAL WELL-BEING

Psychological well being refers to the simple notion of a person's welfare, happiness, advantages, interest, utility and quality of life (BURRIS, BRECHTING, SALSMAN & CARLSON,2009).

Six domains of psychological well-being

*   **SELF-ACCEPTANCE –** this dimension speaks of the acceptance of every aspects of an individual and of one's own past, just as it happened.
*   **CONTROL OVER YOUR SURRONDINGS –** this dimension refers to ability to deal with a difficult environment, having the ability to adapt to adverse circumstance.
*   **POSITIVE RELATIONSHIPS WITH OTHERS –** this dimensions measures the ability people have to interact with others on an open and sincere way. This implies having a greater capacity of empathy and openness towards people.
*   **AUTONOMY –** this dimension evaluates the independence of people in different aspects of their lives. The sensation of being able to choose and make their own decisions.
*   **PERSONAL GROWTH -** this dimension measures the ability people have of learning from themselves, being open to new experiences and challenges.
*   **LIFE PURPOSE –** this measures the need people have of finding a purpose that will give meaning to their lives.
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Gonzales GM et al.,(2014) the study examined the association between social economic status and physical and mental health outcome. This was a survey research study with 513 full time employees in professions representative of a hierarchal organization. The results of the structural equation model verify that psychological need satisfaction mediates the inverse association between social economic status and physical and mental health.

Ucanok Z et al., (2012) conducted a study to explore the association between perceived economics strain, parent-adolescent relational qualities and psychological wellbeing and to investigate the dyadic parental relationship during early adolescence. A total of 414 adolescence between the ages of 10 and 14 from three different socio economic status groups were included. Adolescents from low social economic status families reported more parental conflict in terms of dyadic relations, both boys and girls perceive most positive communication and less conflict with their fathers.

Shoffner FM et al.,(2009) the study examined the relationship among work possible selves, social economic position, gender and psychological wellbeing. Participants were college students in early adulthood (N=201) aged 20 to 35. Work possible selves, a construct based on the theory of possible selves, were examined.

OBJECTIVE

To study the psychological well-being between low socio-economic status and high socio-economic status people.

HYPOTHESIS

*   There would be no significant difference in anxiety between low and high socio economic status people.
*   There would be no significant difference in depressed mood between low and high socio economic status people.
*   There would be no significant difference in positive wellbeing between low and high socio economic status people.
*   There would be no significant difference in self-control between low and high socio economic status people.
*   There would be no significant difference in general health between low and high socio economic status people.
*   There would be no significant difference in vitality between low and high socio economic status people.

METHODOLOGY

The study was conducted in Chennai. The present study comprises of 100 low and high socio economic status people. stratified random sampling technique was used to select the samples. Standardized questionnaire by Dominique Dubois, et.al, was used. The questionnaire consists of 22 questions assessing the mental well being of the people. The scale is uni-dimensional. All items are answered using 6point Likert scale format ranging from strongly agree to strongly disagree. The scale ranges from 0 – 110, the highest score indicates more positive mentally well being and the lowest score indicates negative mentally well being Participants were tested individually and the permission were obtained from the individulas. The questionnaire were given to the participants and instructed as follows "Read the following carefully, there are 22 items in the questionnaire against each item there are 6 alternatives, respond to it by a tick which you feel describes you well. There is no right or wrong answers. Your answers will be kept confidentially and do not skip any questions". The retest reliability co-efficient is about 0.65 and ranged between 0.5 to 0.8 (r = 0.43 and 0.56). Psychological well being questionnaire has a Face validity.

In this research the following statistical techniques were used:

1. Descriptive Analysis (mean, standard deviation)
2. Differential analysis (t-value)

RESULT AND DISCUSSION

TABLE – I shows the ANXIETY dimension of psychological well-being between low socio-economic status and high socio-economic status.

Variables	No of sample	Mean	Combined standard deviation	"t" value	Level of significant
Low socio-economic	50	12.66	4.59	1.34	NS
High socio-economic	50	13.88			

NS – Not Significant
S- Significant

The mean of 50 low socio-economic status people is 12.66 and the mean of high socio-economic status people is 13.88. The combined standard deviation value of socio-economic status is 4.59. The critical "t" value from the "t" table with 98 degrees of freedom was found to be 1.96 at 0.05 level. The compared "t" value 1.34 which is lesser than the table value. Hence null hypothesis is failed to reject. Therefore there is no significant difference.

TABLE – II shows the DEPRESSION MOOD dimension of psychological well-being between low socio-economic status and high socio-economic status.

Variables	No of sample	Mean	Combined standard deviation	"t" value	Level of significant
Low socio-economic	50	9.04	3.24	1.91	NS
High socio-economic	50	7.8			

NS – Not Significant
S- Significant

The mean of 50 low socio-economic status people is 9.04 and the mean of high socio-economic status people is 7.8. The combined standard deviation value of socio-economic status is 3.24. The critical "t" value from the "t" table with 98 degrees of freedom was found to be 1.96 at 0.05 level. The compared "t" value 1.91 which is lesser than the table value. Hence null hypothesis is failed to reject. Therefore there is no significant difference.

TABLE – III shows the POSITIVE WELL-BEING dimension of psychological well-being between low socio-economic status and high socio-economic status.

Variables	No of sample	mean	Combined standard deviation	"t" value	Level of significant
Low socio-economic	50	13.02	3.09	1.27	NS
High socio-economic	50	12.02			

NS – Not Significant
S- Significant

The mean of 50 low socio-economic status people is 13.02 and the mean of high socio-economic status people is 12.02. The combined standard deviation value of socio-economic status is 3.09. The critical "t" value from the "t" table with 98 degrees of freedom was found to be 1.96 at 0.05 level. The compared "t" value 1.27 which is lesser than the table value. Hence null hypothesis is failed to reject. Therefore there is no significant difference.

TABLE – IV shows the SELF CONTROL dimension of psychological well-being between low socio-economic status and high socio-economic status.

variables	No of sample	mean	Combined standard deviation	"t" value	Level of significant
Low socio-economic	50	8.32	2.87	0.98	NS
High socio-economic	50	7.76			

NS – Not Significant
S- Significant

The mean of 50 low socio-economic status people is 8.32 and the mean of high socio-economic status people is 7.76. The combined standard deviation value of socio-economic status is 2.87. The critical "t" value from the "t" table with 98 degrees of freedom was found to be 1.96 at 0.05 level. The compared "t" value 0.98 which is lesser than the table value. Hence null hypothesis is failed to reject. Therefore there is no significant difference.

TABLE – V shows GENERAL HEALTH dimension of psychological well-being between low socio-economic status and high socio-economic status.

| variables	No of sample	mean	Combined standard deviation	"t" value	Level of significant
Low socio-economic	50	9.0	2.8	0.42	NS
High socio-economic	50	8.7			

NS – Not Significant
S- Significant

The mean of 50 low socio-economic status people is 9.0 and the mean of high socio-economic status people is 8.7. The combined standard deviation value of socio-economic status is 2.8. The critical "t" value from the "t" table with 98 degrees of freedom was found to be 1.96 at 0.05 level. The compared "t" value 0.42. which is lesser than the table value. Hence null hypothesis is failed to reject. Therefore there is no significant difference.

TABLE – VI shows the VITALITY dimension of psychological well-being between low socio-economic status and high socio-economic status.

variables	No of sample	mean	Combined standard deviation	"t" value	Level of significant
Low socio-economic	50	12.6	4.09	1.46	NS
High socio-economic	50	11.4			

NS – Not Significant
S- Significant

The mean of 50 low socio-economic status people is 12.6 and the mean of high socio-economic status people is 11.4. The combined standard deviation value of socio-economic status is 4.09. The critical "t" value from the "t" table with 98 degrees of freedom was found to be 1.96 at 0.05 level. The compared "t" value 1.46 which is lesser than the table value. Hence null hypothesis is failed to reject. Therefore there is no significant difference.

t test value
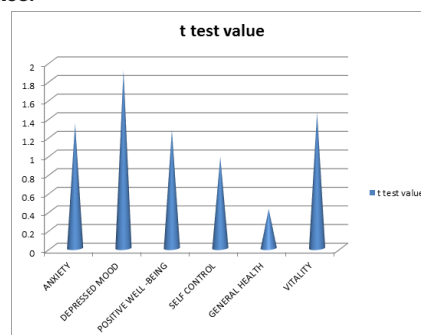
SUMMARY AND CONCLUSION
SUMMARY
The study was to find the difference in psychological well being among low and high socio economic status people .100

samples have been collected in which 50 low and 50 high socio economic status people. For finding the difference t-test method was used. There was no significant difference found in psychological well being among low and high socio economic status people. Hence null hypothesis is failed to reject.

CONCLUSION

There was no significant difference seen in psychological well being among low and high socio economic status people.

LIMITATION AND SUGGESTIONS
LIMITATIONS
- The low and high socio-economic status people were selected from selective areas
- The only method used for survey research is questionnaire method

SUGGESTION
- More number of samples can be taken
- Several methods of investigations can be employed
- Other socio economic status people can also be include.

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