

# A STUDY ON PERSONAL WELLBEING AMONG COLLEGE GOING ADOLESCENTS

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## **Abstract:**

Happiness being the most important term of human life needs to be understood from different perspectives of human kind. Happiness is vital to strengthen the immune system, to balance blood pressure and promote the longevity. A happy mind can alone bring a healthy being and can encourage social relationship with an enjoyable society around them. The happiness quotient will support to be creative, improve problem solving skills and create an optimistic outlook. If there is a decline in the happiness curve it can lead to stress, anxiety and social comparison. A young adult experiencing negative emotions can bring behavioral changes for his entire life span. The period of transition from adolescence to adulthood needs at most attention as it decides the thinking pattern of a person. This study attempts to understand personal wellbeing of college going young adults and will try to understand the factors contributing for their happiness.

**Key words:** Personal well being, Youngsters, college going adolescents.

## **Introduction:**

Being happy is essential as they can impact on the physical and mental health, it is the source of resilience and the ability of the individual to cope up with the challenges of the life and promote the well being of the person In a study by Suar et al. (2019) it is stated that predicting factors of subjective wellbeing among Indian millennials found that satisfaction with personal relationships and emotional stability positively predicted their subjective wellbeing by providing a sense of calmness and fulfilled affiliation needs. It was found by (Proctor et al. 2009; Jewell & Kambhampati, 2015) that Youth happiness is also strongly linked to mental health and adult life satisfaction.

## **Methods:**

The study is descriptive in nature, As researcher has determined to do fact finding investigation on the chosen population that was found to be the most suitable methodology.

The study aims to describe the different important factors that are considered to be the important essentials of the study taken.

### **Data sources:**

Primary data was composed directly from the respondents through a scale by the researcher . the respondents are people who have agreed to be the population for the study and secondary data from various research journals, scholarly articles and reference books as supportive information for the study.

First portion of the scale was demographic variables included Age, Sex, Educational qualification, type of institution, Academic stream, Mode of stay, Type of institution, Academic stream , hours of time spent on social media and sleep duration. The next portion was wellbeing Index and 5 point options this tool was used to collect data in the current study.

### **Samples:**

The study was conducted among the college going adolescents of Coimbatore district from Tamil Nadu State, India.

The sampling technique was Non probability sampling. The sampling method was purposive sampling which was found most suitable for the chosen study and that has been used.

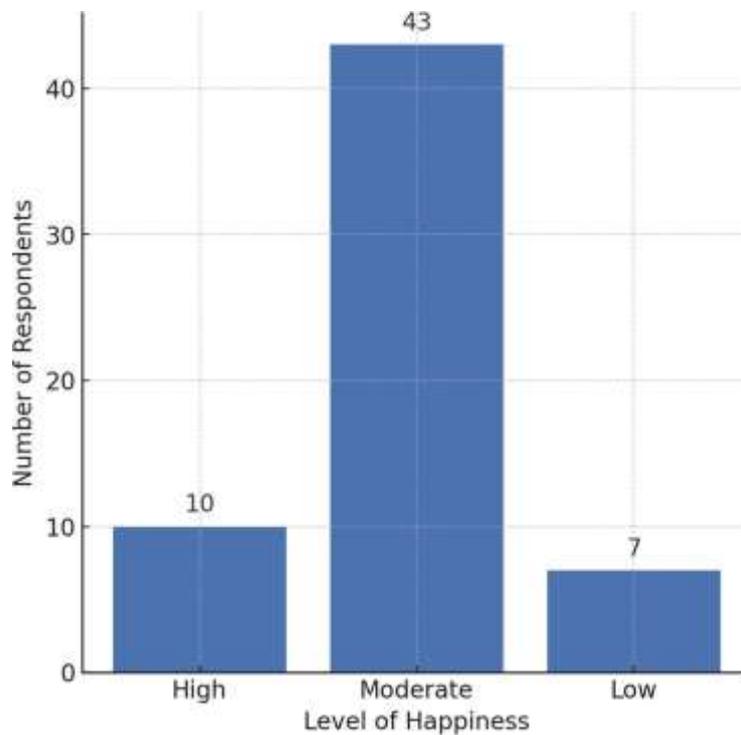
### **Analysis:**

The collected data was analyzed with statistical package for the social sciences in order to bring data driven conclusions. Statistical Package for the Social Sciences being rated as reliable tool for data analysis the researcher has used it for analysis.

### **Results:**

The results are extracted and tabulated in order to derive meaningful insights from the available data. The conclusions and recommendations are formulated based on the data analyzed and the inference made by the researcher.

### Distribution of The Respondents Based on Their Level of Happiness



It is found that only (16,7%) of the respondents are having a high level of happiness, (71.7%) of the respondents have moderate level of happiness and (11.6%) of the respondents have low level of happiness.

### Association between the sleep duration of the respondents and their level of happiness

S.No	SLEEP DURATION	LEVEL OF HAPPYNESS			Total
		High	Moderate	Low	
1	Lessthan5hours	0	2	2	4
2	5 to6hours	2	14	0	16
3	7 to8hours	8	18	5	31
4	Morethem8hours	0	9	0	9
	Total	10	43	7	60

### Chi-Square Tests

	Value	DF	MP.SIG.(2- SIDED)
Pearson Chi-Square	15.001a	6	.020

Based on the table and chi-square test results you provided, here’s how to interpret the association between sleep duration and level of happiness:

#### 1. Chi-Square Test Summary

Chi-Square Value ( $\chi^2$ ): 15.001

Degrees of Freedom (df): 6

p-value (Asymp. Sig. 2-sided): 0.020

#### 2. Interpretation

The p-value is 0.020, which is less than the common significance level of 0.05.

This indicates that there is a statistically significant association between sleep duration and level of happiness among the respondents.

In other words, the amount of sleep people get appears to influence or be related to how happy they feel.

#### 3. Observations from the Table

Sleep Duration	High Happiness	Moderate	Low	Total
Less than 5 hours	0	2	2	4
5 to 6 hours	2	14	0	16
7 to 8 hours	8	18	5	31
More than 8 hours	0	9	0	9
Total	10	43	7	60

- Less than 5 hours: No one is highly happy, and half feel low happiness.
- 5 to 6 hours: Most are moderately happy.
- 7 to 8 hours: This group has the highest number of highly happy individuals (8).
- More than 8 hours: All report moderate happiness—no low or high.

There is a significant association between sleep duration and happiness. Specifically:

- Sleeping 7–8 hours seems to be the most associated with higher happiness levels.
- Very short (<5 hrs) or very long (>8 hrs) sleep appears linked with lower happiness, or at best, moderate.

**Discussion:**

The study emphasis on the importance of getting 8 hours of sleep everyday which seems to be an important factor for being happy during the young adulthood phase. The importance of sleep duration must be realized and understanding towards the self care. Health and happiness being most important elements of well being needs priority at all phases of life even at your most complicated period of life span.

**Conclusion:**

Adequate sleep can offer variety of health benefits which includes improved emotional health, better focus in athletics and good memory. Added to that it leads to strong immune system and a healthy heart. This can also help in weight management, ability to manage stress and support better academic performance.

**Refernces:**

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