

**CORRELATES AND PREDICTORS OF
PSYCHOLOGICAL WELL-BEING: A STUDY OF
UNIVERSITY STUDENTS IN DELHI**

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INDIAN INSTITUTE OF TECHNOLOGY DELHI
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PSYCHOLOGICAL WELL-BEING: A STUDY OF
UNIVERSITY STUDENTS IN DELHI**

by

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Submitted

in fulfillment of the requirements of the Degree of

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to the



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CERTIFICATE

This is to certify that the thesis entitled “**Correlates and Predictors of Psychological Well-Being: A Study of University Students in Delhi**” being submitted by **Bharti Tiwari (nee) Mishra** to the Indian Institute of Technology Delhi, for the award of the degree of Doctor of Philosophy, is a record of the bonafide research work carried out by her. She has worked under my guidance and supervision, and has fulfilled the requirements for the submission of this thesis, which to my knowledge, has reached the requisite standard.

The results presented in this thesis have not been submitted in part or in full, to any other University or Institute for the award of any degree or diploma.

Date: 29-09-2011

Place: New Delhi

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(Bharti Tiwari (nee) Mishra)

ABSTRACT

The present study aimed at investigating the correlates and predictors of Psychological Well-Being (PWB) of students from three Universities, in Delhi. On the basis of the review of literature, four hypotheses were formulated, which were later tested through statistical analysis. To explore PWB of students, as well as the barriers to, and facilitators for students' PWB, as perceived by students themselves and the faculty, the present study utilized qualitative method of inquiry.

The sample consisted of 352 undergraduates (193 first year and 159 final year) from the three Universities. A two stage sampling method was used for selecting the sample. In the first stage, the Universities in Delhi were selected on the basis of purposive sampling, to represent three types of Universities - a premier central University, a central University with a minority status, and a technological University. In the second stage, stratified random sampling was used to select first year and final year undergraduate students from each University. Data were collected through a set of 5 questionnaires and a background information sheet. A semi structured interview schedule was used to collect qualitative data. Data were analyzed using various univariate, bivariate and multivariate statistical techniques. Thematic analysis was done to analyze the qualitative data and in the process of coding, frequencies were tabulated.

Results of the study indicate that there is a significant positive relationship of five dimensions of PWB as well as total PWB with six factors of resilience and total resilience. Father's and mother's authoritarian style has a significant negative relationship with all the dimensions of PWB as well as total PWB. Parents' authoritativeness is significantly and positively related to students' PWB and all its

dimensions, except autonomy, and total PWB. All the dimensions of students' PWB as well as total PWB share a positive and significant relationship with students' overall adjustment and all its aspects such as academic adjustment, social adjustment, personal emotional adjustment, goal commitment / institutional attachment.

Male and female students differ significantly on two dimensions of PWB and total PWB. The students of non professional and professional courses differ significantly on one dimension of PWB - positive relations with others. First year and final year students do not differ significantly on any dimension of PWB as well as total PWB. Students with Type A and Type B personality differ significantly on three dimensions of PWB as well as total PWB.

Students of University 1, 2 and 3 differ significantly in PWB and some of its dimensions. Those students, who rated their health status as 'good', 'average', and 'poor' respectively, differ significantly in PWB and some of its dimensions.

The results have been discussed in the light of other relevant studies and conclusions drawn accordingly. Limitations of the study have been pointed out and suggestions for future research have been made.

TABLE OF CONTENTS

CONTENTS	PAGE NO.	
Certificate	i	
Acknowledgements	ii	
Abstract	v	
Contents	vii	
List of Figures	xi	
List of Tables	xii	
CHAPTER I	INTRODUCTION	1-19
1.1	The Concept of Well-Being	3
1.2	The Concept of Psychological Well-Being	7
1.3	The Concept of Emerging Adulthood	8
1.4	Significance of the Study	12
1.5	Status of Research on PWB of University Students	14
1.6	Some Research Gaps	16
1.7	Objectives of the Study	17
1.8	An Overview of the Thesis	18
CHAPTER II	THEORETICAL PERSPECTIVES	20-70
2.1	Theories of Well-Being	20
	2.1.1 Self-Determination Theory	20
	2.1.2 Well-Being Theory	23
	2.1.3 Perspectives on Well-Being in the Indian Tradition	24

	2.1.4 Comprehensive Model of Health and Well-Being	29
2.2	Psychological Well-Being (PWB)	32
	2.2.1 Historical Context of PWB	32
	2.2.2 Psychological Well-Being	34
2.3	Perspectives on Resilience	41
	2.3.1 Individual Resilience	43
	2.3.2 Family Resilience	45
	2.3.3 Community Resilience	48
2.4	Parenting Styles	50
	2.4.1 Psychodynamic Model	51
	2.4.2 Learning Model	52
	2.4.3 Dimensions of Style	52
	2.4.4 Baumrind's (Typology of Parenting Style)	53
	2.4.5 Two Dimensional Framework	59
	2.4.6 Style as Context: An Integration Model	59
2.5	Theories of Student's Adjustment to University	61
	2.5.1 Theory of Student Integration	61
	2.5.2 Student Involvement Theory	62
	2.5.3 Theory of Cognitive, Psychosocial and Moral Effects on College Students	63
	2.5.4 Transition Theory: Moving In...Moving Through...Moving On	63
	2.5.5 Dimensions of Student's Life	64
	2.5.6 Student's Adaptation to College	65
2.6	Type A/B Personality	67

2.7	A Conceptual Scheme Guiding the Present Study	69
CHAPTER III	REVIEW OF EMPIRICAL LITERATURE AND DEVELOPMENT OF HYPOTHESES	71-104
3.1	Studies related to Psychological Well-Being (PWB) and Background Factors	72
3.2	Studies Related to Psychological Well-Being and Resilience	83
3.3	Studies Related to Psychological Well-Being and Parenting Styles	87
3.4	Studies Related to Psychological Well-Being and Students' Adaptation to University	91
3.5	Studies Related to Psychological Well-Being and Personality A/B	96
3.6	Indian Scenario	99
3.7	Barriers to facilitators for University Students' Psychological Well-Being	101
3.8	Hypotheses	103
CHAPTER IV	METHOD OF STUDY	105-132
	Section A Quantitative Analysis	
4.1	Sample	105
	4.1.1 Profiles of Respondents	106
4.2	Variables	108
	4.2.1 Independent variables	108
	4.2.2 Dependent Variables	111
4.3	Instruments	112
	4.3.1 Background Information Sheet	113
	4.3.2 Scales of Psychological Well-Being (SPWB)	113

	4.3.3 Resilience Scale for Adults (RSA)	117
	4.3.4 Parental Authority Questionnaire (PAQ)	120
	4.3.5 Student Adaptation to College Questionnaire (SACQ)	123
	4.3.6 Short Rating Scale (Pattern 'A' Behavior) (SRS)	128
4.4	Data Collection Procedure	129
4.5	Statistical Techniques Used for Data Analysis	129
	Section B Qualitative Analysis	130
CHAPTER V	RESULTS AND DISCUSSION	133-193
5.1	Quantitative Analysis	134
5.2	Qualitative Analysis	169
CHAPTER VI	SUMMARY, IMPLICATIONS, LIMITATIONS OF THE STUDY, AND SUGGESTIONS FOR FURTHER RESEARCH	194-202
6.1	Summary of Results	194
6.2	Implications of The Study	199
6.3	Limitations of the Study and Suggestions for Further Research	200
	REFERENCES	203-230
	APPENDICES	
	ABOUT THE AUTHOR	