

SOME DIMENSIONS OF PSYCHOLOGICAL HEALTH:
A STUDY IN RURAL CONTEXT

by

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CERTIFICATE

This is to certify that the thesis entitled "Some dimensions of Psychological Health : A Study in Rural Context" being submitted by Usha Abrol to the Indian Institute of Technology, Delhi for the award of the degree of Doctor of Philosophy, is a record of bonafide research work carried out by her. Usha Abrol 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 contained 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.

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ABSTRACT

In the present investigation an attempt has been made to empirically verify some of the theoretical propositions of Maslow relating to nature of psychological health and mechanism to achieve the same.

This research empirically verified the hierarchical organization of basic human needs on subjects varying in terms of education, socio-economic status and level of self-actualization.

Psychological health has been studied in terms of self-actualization. Fourteen dimensions of self-actualization, underlying the character-traits commonly found in high self-actualizing persons, were identified through factor analysis. A correlational study of self-actualization and demographic variables was made to identify the antecedents of self-actualization and also to highlight the most important predictor of self-actualization.

An effort was made to study the relationship of self-actualization and frustration tolerance to find out if frustration tolerance is one of the character traits of self-actualizing persons. High and low self-actualizing persons were compared with respect to frustration tolerance indices.

A sample of 260 subjects was drawn from rural and semi-rural areas near Delhi. These subjects were randomly selected. The information on need hierarchy was collected through a need hierarchy scale developed for the purpose. Self-actualization was measured with a self-actualization scale designed for people in rural areas. Frustration tolerance was studied with the help of Rosenzweig's P-F Study. Data were analyzed using bivariate and multi-variate techniques.

The findings supported the theoretical formulations of Maslow. The need hierarchy concept was substantiated. Education and socio-economic factors emerged as the growth facilitative factors.

Self-actualization was found to be significantly correlated with education, occupation and exposure to mass-media, with education being the most potent predictor of self-actualizations.

Factor analysis of the characteristics of self-actualizing persons yielded fourteen dimensions of which six comprehensive clear-cut dimensions related to: acceptance of self, resistance to enculturation, positive self-regard, problems centering, self-confidence and purposefulness. An analysis of these dimensions with the demographic variables provided more insight into the concept.

Frustration tolerance was not found to be correlated with composite self-actualization score. The high and low self-actualizers did not show any difference in their reactions to frustration. Rural and semi-rural subjects differed in terms of frustration tolerance indicators as measured by P-F Study.

Correlations between the specific dimensions of self-actualization and frustration tolerance indices indicate the need to explore the relationship in depth.

This data suggest that basic need satisfaction leads to psychological health. Self-actualization relates to positive aspects of health and is not confined to adjustment alone. The importance of situational factors like education, socio-economic status and occupational status was highlighted. These factors form a syndrome of growth facilitative factors.

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