

Book Title

- **Fostering Teaching Learning Practices
for Quality Enhancement
in Higher Educational Institutions**

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Fostering Teaching Learning Practices for Quality
Enhancement in Higher Educational Institutions-2





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Well-being Index Among Undergraduate College Students Amid Covid 19 Pandemic Situation

Abstract :

Purpose of this study is to assess the level of Well-being Index of undergraduate college students amid covid 19 pandemic situation. Hypothesis of the study is "Level of Well-being Index of undergraduate college students amid covid19 pandemic situation is below average". Sample of the study is 229 undergraduate students of Government College of Arts and Science, Aurangabad. Result of this study shows out of total 229 students sample those 166 students (72.48%) are extremely high level of well-being Index, 39 students (17.03%) are having high level of Well-being Index, 19 students (8.29%) are above average, 4 students (1.74%) are on average and one student (0.43%) is below average level of Well-being Index. Mean score of all participants is 229.49 with 25.06 SD.

Key words: Well-being Index, Undergraduate students,

Introduction :

Since last one and half year due to covid 19 pandemic situation and impact of subsequent lockdown on huge population got affected with psychological, social, financial spheres of life including death of loved ones, domestic violence. College going student's life is also drastically influenced due to this sudden surge of virus. Due to online education, screen addiction, limitations in physical activity, loss of job opportunities educational sector and teaching learning process is largely affected during this pandemic situation. The study of mental and physical health along with other spheres of students' life is necessary for fruitful changes



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in teaching learning process.

Present study is conducted to find the well-being Index among college going students specifically on the background of covid19 and online teaching learning process.

The concept of Well-being indicates the individual's satisfaction in different domains of one's life. It includes the objective and subjective parameters of life. The objective components include education employment status, financial responses and comforts of modern life. The subjective component involves the overall satisfaction and well-being (Jain, U. 2010).

The term psychological well-being is a subjective term connoting different meaning to different people (Singh, S. 2010). Personal Well-being includes meaning of life, absence of Somatic symptoms, self-esteem, positive affect daily activities satisfaction, absence of suicidal ideas, personal control, social support, absence of tension and general efficiency (Bhole and Parkash;1995). Well-being is not just the absence of disease or illness. It is a tangible and amorphous concept and depends upon the person's perception.

According to Cloninger (2008) well-being can be assessed by four methods :

- 1) Presence of positive emotions and absence of negative emotions.
- 2) Mature character traits, including self-directed, cooperativeness and self-transcendence.
- 3) Life satisfaction or quality of life.
- 4) Character strength and virtues, such as hope, compassion and courage.

Cloninger (2008) has further stressed that "a

person cannot feel good (as measured by

positive emotions and life satisfactions) without doing good (as measured by maturity of character and virtuous conduct).

Significance of the study :

In the present scenario of covid 19 pandemic situation fear of infection, illness, perhaps death of loved ones and online education it is important to assess the Well-being Index of college going student. It will be helpful for themselves to understand and handle this stressful situation. This study is also helpful to parents to know how their children are psychologically affected amid this pandemic situation. This study is also helpful to teachers to understand the present psychological profile of their students and to handle accordingly the teaching-learning process.

Objectives of the present study :

This study has been conducted with the following objectives:

To find out the Well-being Index among college going students amid present covid-19 situations.

Hypotheses of the study :

Level of Well-being Index of undergraduate college students amid covid19 pandemic situation is below average.

Review of literature :

Chauhan and Sharma V. (2013) conducted a study on Nuclear and Joint family adolescent and found that joint family is an effective agent of well-being for the members of the family in general and for adolescents in particular.

Chouhan and Didwania (2015) conducted a study on senior citizens and found that family



Table No.2
Percentage of students in the levels of
Well-being Index of given sample

Level of Well Index	Grade	No. participants	Percentage of participants
Extremely high	A	166	72.48
High	B	39	17.03
Above average	C	19	8.29
Average	D	04	1.74
Below average	E	01	0.43

Result of this study shows out of total 229 students sample that 166 students (72.48%) are extremely high level of well-being Index, 39 students (17.03%) are having high level of Well-being Index, 19 students (8.29%) are above average, 4 students (1.74%) are on average and one student (0.43%) is below average level of well-being Index. Mean score of all participants is 229.49 with 25.06 SD.

According to manual of Well-being Index Test it shows that maximum students (72.48%) level of Well-being Index of selected sample students is extremely high and so the hypothesis of the study that is "Level of Well-being Index of undergraduate college students amid covid19 pandemic situation is below average" has not been completely accepted.

Conclusion :

This study shows that well-being Index of undergraduate college going students are not largely affected amid covid 19 as it was anticipated by the researcher prior to this study.

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