

ANALYZE SIGNIFICANCE OF GENDER PSYCHOLOGICAL AND EMOTIONAL WELL-BEING FOR ADOLESCENTS

CANDIDATE NAME= SHIKHA RAJ

DESIGNATION- RESEARCH SCHOLAR OPJS UNIVERSITY CHURU RAJASTHAN

GUIDE NAME- DR. SHOWKET AHMAD WANI

DESIGNATION- ASSISTANT PROFESSOR OPJS UNIVERSITY CHURU RAJASTHAN

ABSTRACT

Psychological counselling needs scale (PCNS). To accomplish the objectives between (2X2 factorial independent group) and Within (Pre-Post single group) group design were employed. Result revealed that gender difference as significant only for emotional expression and body image. While analyzed social media addiction status, social media addict group was found with significantly higher in level of death anxiety, psychological counselling need, inappropriate emotional expression, unfavorable body image and poorer level of well-being as compare to social media non-addict group. Apart for emotional expression the interactive role for both factors i.e. Gender and social media addiction status was endorsed as insignificant for all psychological measures. Furthermore CBTM is analyzed as significant intervention approach to reduce social media addiction and its resultant negative outcomes on well-being, emotional expression, death anxiety, body image and psychological counselling need for teenagers.

Key-Words; Social media addiction, Cognitive behavioural therapeutic Module, Well-being, Emotional expression, Death anxiety, Body image and Psychological counselling need.

INTRODUCTION

Well-being, quality of life, happiness, life satisfaction and active and positive life style all are issues related to human being that require wider link and greater understanding. For better comprehension, there is a need to visualize these concepts and to evolve composite indices with due coverage of the complex dimensions. Wellbeing has become an increasingly important factor for health and social policy. As every human go through his life span and face changes. The surrounding and the situations always effects human being's life style and surprised harmony of their life. Ones feel happy and satisfy may another feels isolated lonely and negatively charged. All have decisions to make and their lives may have to adapt to both their environment and situation for their quality of life and well-being.

In contemporary thinking the concept of well-being indicates individual's satisfaction in different domains of one's life. As such it includes both the objective and subjective parameters. The objective components include education employment status, financial responses and comforts of modern life. The subjective components involve the overall satisfaction and a sense of well-being Jain, U. (2010). The term psychology wellbeing connotes a wide range of meanings usually associated with wellness. The term psychological wellbeing is a subjective term connoting different meaning to different people. Well-being isn't simply the absence of malady. It's a tangible and amorphous thought and depends upon

the person's perception. Not amazingly, the definition of wellbeing varies. The state of well-being is nearer to the concept of mental health, happiness, full of life, vital, energy, interest, self-realization of one's full potential, wealth and, health American heritage dictionary.

EMOTIONAL WELL-BEING

Emotional well-being is generally conceptualized as two general components. A global satisfaction with life. It is based on the individual's subjective cognitive appraisals about the life in general. Diener (1984). Predominance of positive over the negative effects or the affective balance (happiness) Andrews & Withey (1976); Campbel, Converse & Rodgers (1976); Diener (1984); Christopher (1999).

PSYCHOLOGICAL WELL-BEING

Ryff (1989) developed an alternative approach of well-being i.e. psychological wellbeing. She provided and operationalise six-theory guided dimension of psychological well-being including autonomy, environmental mastery, positive relations with others purpose in life, personal growth and self-acceptance Ryff (1989); Baum (1998); Luptom (1995); Seedhouse (1986, 1987); WHO (1998). These six dimensions are summarized below:

Autonomy: This dimension of emphasized on the attributes such as self determinations, independence and internal locus of control, individuation and internal regulation of behaviour.

Environmental mastery: It includes the individual's ability to "choose or create environments suitable to his or her psychic condition which is defined as the characteristics of mental health" Ryff (1989).

Positive relations with others: It encompasses warm and trustworthy interpersonal relationships with other having strong feeling of affection and empathy.

Purpose of life: It includes a sense of directedness and intentionality as the important component of the purpose and meaning of life. Ryff (1989).

Personal growth: It refers to an individual's own potential to grow and expand as a person.

Self- acceptance: It is a core feature of mental health as well as the characteristics of self-actualization optimal functioning and maturity.

Dimensions of psychological well-being indicate the challenges that individuals encounter as they strive to function fully and realize their unique talents Keyes (2006).

SOCIAL WELL-BEING

Keyes (1998) operationalise a multidimensional model of social well-being of the individual, consisting of five dimensions that indicates whether and to what degree individual are functioning well in their social world. The included dimensions are:

Social integration: It refers to the extent to which people feel that they have something common with others who constitute their social reality (as their neighbourhood) as well as the degree to which they feel that they belong to their community and society Keyes (1998).

Social contribution: It includes the belief that one is a vital member of society with something of value to give to the world.

Social coherence: Social coherence is the perception of the quality, organization and operation of the social world and it includes a concern for knowing about the world.

Social actualization: Social actualization is the evaluation of potential and the trajectory of society. This is the belief in the evaluation of the

society and the sense that society has potential that is being realized through its institution and citizens.

Social acceptance: Social acceptance is the construal of society through the character and qualities of the other people as a generalized category. Individual who illustrate social acceptance trust other, think that others are capable of kindness and believe that people can be industrious. Social accepting people hold favourable views of human nature and feel comfortable with others keys (1998, 2005); Keyes & Shapiro (2004).

SPRITUAL WELL-BEING

Fisher (1998) developed a five dimensional model of spiritual well-being and suggested that everyone tends to belong more or less to one of these dimensions which included:

- Personalists (meaning, purpose and values).
- Communalists (morality, culture and religion)
- Environmentalists (care, nature and stewardship of the physical, ecopolitical and social environment.
- Globalists (transcendental)
- Rationalists (philosophical)

According to this model, people in each of these dimensions were seen to embrace a different aspect of spiritual well-being. The personal included a focus on the individual human spirit, the communal on in depth interpersonal relations, the environmental on connectedness with nature and the global on faith.

MODEL OF WELL-BEING

A good life involves engagement, satisfaction and purpose. According to the new model, notion of well-being refers to health, vitality, creativity, fulfilment and resilience. It refers to thriving and flourishing that involves mind, body, society and surroundings normally. Well-being refers to a harmonious interaction of cognitive and affective process rather than subjugating to them. In term of Indian nomenclature it refers to harmony of Indriyas, Chitta and Atma.

Pleasure relates to one aspect of well-being. Sukah, as is called in Sanskrit refers to 'Agreeable feelings' based on mind, self, sense organ objects and perception. According to Indian perspective 'Mineness' is that the reason for 'Dukha'. The Hedonistic perspective of well-being is 'Preyas' whereas the Eudaemonic perspective refers to 'Shreyas'. True happiness lies in expression of virtue. Exploring into the causes of unhappiness it was found that, pessimistic social comparison, inequitable responses to equal losses and gain are some of the main causes.

When the causes for unhappiness are recognize, how do we mitigate them to reach well-being? What are the identified challenges to well-being?

Among the many, following are the few challenges:

Imbalance of work and leisure.

Life style related issues.

The very approach of measuring development with reference to consumption.

Competition, promoting individualism and egoism.

Technology generated problems.

Modern medicine and health related intervention and
Lack of health related support system.

The mainstream psychology recognize 4 dimensions of well-being:
Evolutionary, Affective, Motivation and Developmental

The Indian perspective identifies four aspects, viz. the 5 components, the person or Jeeva, the life or Ayu, and the health or Arogya. Well-being as per Indian perspective relates to well-being on physical, psychological planes. The Indian approach to wellbeing refers to Maitri, Karuna, Mudita and Upeksha meaning Relatedness, Compassion, Pleasant disposition and avoidance of conflict. In other words wellbeing refers to uniting self with self by negating the ego. This successively indicates that well-being could be combination of survival, well-being, freedom and identity.

EMOTIONAL EXPRESSION



Emotional expressions in psychology are observable, verbal and nonverbal behaviors that communicate an inside emotional or emotive state. Examples of emotional expression are facial movements such as smiling or scowling or behaviors like crying or laughing. Emotional expressions will occur with or while not self-awareness. Probably, people have acutely aware command of their emotions of expression; however, they need not have acutely conscious awareness of their emotional or emotive state in order to express emotion. The physical and glandular changes can be lead to heightened emotionality in adolescence. This can also be attributed to the fact that boys and girls come under social pressure and face new conditions for which they received little preparation during childhood Hurlock (2005). Emotions are one of the most important aspects of life. Their expressions are essential and suppression can lead to disintegration of the entire personality Chouhan and Bhatnagar (2002).

The entrance into the adolescence is marked by changes in multiple domains that have an impact on adolescents' emotions and emotions regulation especially within the context of family interaction. Emotional expression is observable, verbal and nonverbal behaviour that

communicate emotions. Emotional expression can occur with or without self-consciousness. An individual can control such expression to some extent and may have deliberate intent in displaying it Wikipedia (2008).

This ability to report feelings about self may be a function of culturally prescribed gender roles. Males tendency to be less expressive when disclosing feelings about self may be a function of the stereotype 'masculine' gender role that prescribe the avoidance of emotional intimacy Shields (1987).

The good psychological well-being leads to good emotional expression of adolescents. Boys and girls are very emotional in the beginning of adolescence. Their emotions are therefore easily get hurt. Usually, teenagers do not share their personal issues with their parents because they believe their parents will not understand their personal concern Medora, Larson & Dave (2000).

EMOTIONAL BEHAVIOUR OF ADOLESCENTS

Psychologists have called the adolescents stages as a period of stress and strain. It has some special characteristics. These characteristics are

Violent type

Lack of stability

Lack of control in expression

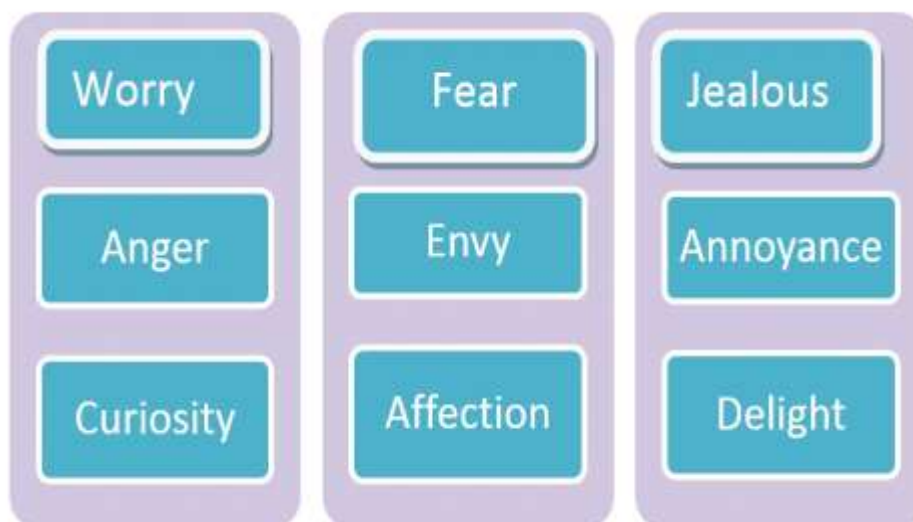
Emotional fury lasting for a long period

Indulgence in intense thinking

Inspiration from sentiments

The cause of emotional intensity may be traced in the need for readjustment, feeling of uncertainty and insecurity, expecting an adult's behaviour, mutual curiosity in boys and girls, finding himself incompetent in various situations, failure in studies, nonfulfillment of desires, quarrels, strict parental control, religious doubts and vocational problems.

The adolescent's experience many emotions. The main emotions faced by them are:



Emotional intensity both beneficial and harmful to the individual but generally the darker side has a slight edge over the brighter one. Emotion is, on the one hand a source of energy and inspiration but on the other hand it also harms the physical and mental power.

CONCLUSION

In context of abovementioned facts present research was done to analyze significance of gender and status of social media addiction on psychological health aspects including well-being, emotional expression, death anxiety, body image and psychological counselling need for respondents. The present study further extended to develop cognitive-behavior therapeutic module (CBTM) for social media addiction and to ascertain the significance of this module on social media addiction and its alienated psychological health aspects.

REFERANCES

Abdel Kader, W. & Elnakeeb, M. (2017). The relationship between the use of media and emotional intelligence among youth nursing students. *Journal of Nursing and Health Science (IOSR-JNHS)*, 6 9, 5), 63-77.

Agneta, H.F., Mariska E.K., and Joost, B. (2018). Gender differences in emotion perception and self-reported emotional intelligence: A test of the emotion sensitivity hypothesis. 13(1): e0190712.

Ahlawat, S. (2016). Impact of internet addiction on subjective happiness and subjective well-being among youth. 1st Asia –Pacific Conference of Rajasthan Psychology Academy. Souvenir, Page No. 46.

Alahakoon, D.T.D. (2016) An overview of death anxiety. Felicitation volume of prof. Kulasena widanagamage, faculty of social sciences, university of kelaniya, Shrilanka, Pp 320-329. Retrieved from: <http://repository.kln.ac.lk/handle/123456789/12110>

Andreassen, C.S., Billieux, J., Griffiths, M.D., Kuss, D.J., Demetrovics, Z., & Mazzoni, E., et al. (2016) The relationship between addictive use of social media and video games and symptoms of psychiatric disorders: A large-scale cross-sectional study. *Psychology of Addictive Behaviors*. 30(2):252–62.

Anise, M.S., Cheung, V.V., Lisbeth K., & Hung, P.W. (2013). Psychological risk factors of addiction to social networking sites among Chinese Smartphone users. *Article ,Journal of Behavioral Addictions* 2(3):160-166.

Arulmani, G. (2007). Counselling psychology in India: At the confluence of two traditions. *Applied Psychology*, 56, (10), 69-82.

Banfield, S.S., & McCabe, M.P. (2002). An evaluation of the construct of body image. *Adolescence*, 37(146), 373-393.

Banjanin, N., Dimitrijevic, I., and Pantic, I. (2015). Relationship between internet use and depression: Focus on physiological mood oscillations, social networking and online addictive behavior. *Computers in Human Behavior*, 43, 308-312.

Bányai, F., Zsila, Á., Király, O., Maraz, A., Elekes, Z., Griffiths, M.D., et al. (2017). Problematic Social Media Use: Results from a Large-Scale Nationally Representative Adolescent Sample. *PLoS ONE* 12(1).

Barker, V. (2009). Older adolescents' motivations for social network site use: The influence of gender, group identity, and collective self-esteem. *Cyber Psychology & Behavior*, 12, 209-213.

Bashir, H. and Ahmad, B. S. (2017). Effects of Social Media on Mental Health: A Review. *The International Journal of Indian Psychology*, Volume 4, (3).

Bawden, D. and Robinson, L. (2009). The dark side of information: Overload anxiety and other paradoxes and pathologies. *Journal of Information Science*, 35(2), 180-191.

Becker, A. E. (2004). Television disordered eating, and young women in Fiji: Negotiating body image and identity during rapid social change. *Culture, Medicine and Psychiatry*, 28, 533-559.

Belsky, J. (1999). *The psychology of aging*. Brooks/Cole publishing company, 387-411.

Bengtson, Cuellar, and Ragan. (1997). The generation gap: Time Orientation. *The gerontologist*, 12 part 1, 117-119.

Blocher, D.H. (1966). *Developmental Psychology*, New York: The Ronald press.

Bloom, C., Gitter, A, Gutwill, S., Kogel, L., and Zaphiropoulos, L. (1999). The truth about dieting: A feminist view. In R. Lemberg, (Ed.), *Eating disorder reference book* (pp. 61-64). Phoenix, AZ: Oryx Press.

Bolton, R.N., Parasuraman, A., Hoefnagels, A., Migchels, N., Kabadayi, S., Gruber, T., KomarovaLoureiro, Y. and Solnet, D. (2013). Understanding Generation Y and their use of social media: a review and research agenda. *Journal of Service Management*, 24(3), 245-267.

Bonetti, L., Campbell, M.A., and Gilmore, L. (2010). The relationship of loneliness and social anxiety with children's and adolescents' online communication.



International Journal for Innovative Engineering and Management Research

PEER REVIEWED OPEN ACCESS INTERNATIONAL JOURNAL

www.ijiemr.org