



“A Study To Assess The Psychological Well-Being Of Adolescents In Relation To Home Environment In Selected Urban And Rural Areas Of Surat District, Gujarat.”

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ABSTRACT

Introduction: World Health Organization (WHO) identifies adolescence as the period in human growth and development that occurs after childhood and before adulthood, from ages 10 to 19. Adolescents believe they can take their own decisions and the decisions which are given by their parents they think it is against their wishes and they do not like to follow those instructions given to them by their parents. WHO estimates that approximately one in five young people under the age of 18 experiences some form of developmental, emotional or behavioural problem, and one in eight experiences a mental disorder. The present study in addition to estimating the environmental factors that have significant role in the overall of psychological well-being of adolescents group, probe into the pattern of influence of Home Environment on the psychological well-being. How home environmental variables differentiate themselves in contributing to various indicators of psychological well-being was our concern.

Objectives:

1. To assess the psychological well-being in relation to home environment of adolescents in selected urban and rural areas of Surat district, Gujarat.
2. To compare the psychological well-being in relation to home environment among adolescents in selected urban and rural areas of Surat district, Gujarat.
3. To correlate between the psychological well-being and home environment among adolescents in selected urban and rural areas of Surat district, Gujarat.

4. To find out the association of the psychological well-being and home environment among adolescents with their selected socio-demographic variables.

Aim of the study: The present study aimed to assess the psychological well-being of adolescent in relation to home environment in selected urban and rural areas.

Material and Methods: In this study quantitative approach was adopted. Prospective Comparative survey research design was adopted. Non probability convenient sampling technique was used for the selection of the sample. The sample size consisted of 480 subjects and 240 from urban areas and 240 from rural areas. Data was collected between 01/02/2024 to 11/03/2024, by the tool which consist of selected socio demographic variables and standardized tools that are Brief psychological well-being scale for Adolescent(BSPWB-A) and Home Environment Inventory Scale (HEI). Data analysis was done by using descriptive and inferential statistics.

Result: Psychological well-being and data regarding home environment. In urban area 19.6% adolescent had level of psychological well-being is low 45.4% of them had level of psychological well-being is average and 35% of them had level of psychological well-being is high. In rural area 15% adolescent had level of psychological well-being is low, 28.3% of them had level of psychological well-being is average and 56.7% of them had level of psychological well-being is high. The comparison between urban and rural area, the level of psychological well-being in relation to home environment among adolescent, the rural area's adolescent have level of psychological well-being is slightly higher $82.73 (\pm 12.82)$ than the adolescent of urban areas $75.72 (\pm 12.55)$. The correlation between psychological well-being and home environment among adolescents in urban areas. The mean score for psychological well-being is 75.72 and SD is 12.54, while the mean score for home environment is 204.60 and SD is 40.60. The r-value is 0.109 and tabulated value 0.113. The p-value is 0.93, which is not statistically significant and in the rural areas the mean score for psychological well-being is 82.66 and SD is 13.28, while the mean score for the home environment is 229.44 and SD is 33.57. The r-value is 0.106 and tabulated value 0.113. The p-value is 0.103, which is not statistically significant.

Conclusion: The study assessed the psychological well-being in relation to home environment among adolescents in selected urban and rural areas of Surat district. From the findings of the study, the investigator conclude that adolescent of rural area having better psychological well-being than urban area's adolescent related to home environment.

Key words: Psychological well-being, Home environment, Adolescents.

INTRODUCTION

The word adolescence is Latin in origin and is derived from the verb *adolescere*, which means "to grow into adulthood". World Health Organization (WHO) identifies adolescence as the period in human growth and development that occurs after childhood and before adulthood, from ages 10 to 19. Adolescents believe they can take their own decisions and the decisions which are given by their parents they think it is against their wishes and they do not like to follow those instructions given to them by their parents. WHO estimates that approximately one in five young people under the age of 18 experiences some form of developmental,

emotional or behavioural problem, and one in eight experiences a mental disorder. Adolescence is the period of the emergence of most mental disorders contributing significantly to the mental health burden globally, including India. The major challenges in India are early identification of mental health problems, treatment gap, lack of professionals, and interventions that address the same. Nearly 87% of the global adolescent population live in developing countries. India has the largest adolescent population in the world and nearly 243 million adolescents live in India.

Adolescence is the period of human growth and development that occurs after childhood and before adulthood. It is a period of preparation for adulthood where developmental changes take place. Moreover, apart from physical and sexual maturation, experiences like the development of identity, the capacity for abstract reasoning and the acquisition of skills needed to carry out adult relationships and roles movement toward social and economic independence.

The present study in addition to estimating the environmental factors that have significant role in the overall of psychological well-being of adolescent group, probe into the pattern of influence of Home Environment on the psychological well-being. How home environmental variables differentiate themselves in contributing to various indicators of psychological well-being was our concern.

NEED FOR THE STUDY:

Mental health problems affect a significant number of children and adolescents and continue to be on the rise worldwide. Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 13% of the global burden of disease in this age group. Recently, countries estimated a global prevalence of mental disorders in children and adolescents of 13%. The prevalence of child psychiatric disorders in India has been found to be 7% in the community and 23% in schools. India has the largest population of adolescents in the world, home to 243 million individuals, which is a significant number accounting for one-fifth of the world's adolescents.

MATERIAL AND METHODS: A quantitative research approach with a non-experimental descriptive survey design was used. Non-probability convenience sampling was employed to select 480 adolescents from urban and rural areas of Surat district, Gujarat. Ethical approval was obtained from the college, and assent from adolescents and consent from parents were secured. Data were collected between February 1, 2024, and March 11, 2024, using the Brief Psychological Well-Being Scale for Adolescents (BSWS-A) and the Home Environment Inventory (HEI). Self-report and interview techniques were used for data collection. Descriptive and inferential statistics were applied for data analysis.

Result:**Table No. 1: Distribution of adolescents according to their demographic variables in selected Urban and Rural areas of Surat district, Gujarat (n=480)**

Demographic Variable	Urban		Rural	
	Frequency	Percentage	Frequency	Percentage
Age in Year				
15 years	65	27.1%	81	33.8%
16 years	66	27.5%	42	17.5%
17 years	43	17.9%	40	16.7%
18 years	41	17.1%	37	15.4%
19 years	25	10.4%	40	16.7%
Gender of the child				
Female	130	54.2%	114	47.5%
Male	110	45.8%	126	52.5%
Type of family				
Extended	14	5.8%	8	3.3%
Joint	90	37.5%	147	61.3%
Nuclear	136	56.7%	85	35.4%
Education of father				
Graduate	49	20.4%	34	14.2%
High school	28	11.7%	36	15%
Illiterate	4	1.7%	8	3.3%
Intermediate/diploma	59	24.8%	38	15.9%
Middle school	18	7.5%	47	19.6%
Primary school	12	5%	43	17.9%
Professional degree	70	29.1%	34	14.2%
Education of mother				
Graduate	49	20.4%	19	7.9%
High school	50	20.8%	44	18.3%
Illiterate	16	6.7%	25	10.4%
Intermediate/diploma	61	25.4%	34	14.2%
Middle school	24	10%	43	17.9%
Primary school	11	4.6%	63	26.3%
Professional degree	29	12.1%	12	5%
Occupation of father				
Clerical/shop/farm	73	30.4%	93	38.8%
Professional	85	35.4%	41	17.1%

Semiprofessional	59	24.6%	45	18.8%
Semiskilled worker	6	2.5%	20	8.3%
Skilled worker	15	6.3%	25	10.4%
Unskilled worker	2	0.8%	16	6.7%
Occupation of mother				
Clerical/shop/farm	60	25%	76	31.7%
Professional	21	8.8%	19	7.9%
Semiprofessional	68	28.3%	25	10.4%
Semiskilled worker	20	8.3%	17	7.1%
Skilled worker	42	17.5%	23	9.6%
Unemployed	14	5.8%	48	20%
Unskilled worker	15	6.3%	32	13.3%
Monthly income of father				
Rs. Less than 2390	0	0%	5	2.1%
Rs. 2391-7101	0	0%	24	10%
Rs. 7102-11836	13	5.4%	31	12.9%
Rs. 11837-17755	5	2.1%	44	18.3%
Rs. 17756-23673	37	15.7%	35	14.6%
Rs. 23674-47347	105	43.8%	61	25.4%
Rs. 47348 & Above	80	33.1%	39	16.3%
Monthly income of mother				
Rs. Less than 2390	6	2.5%	50	20.8%
Rs. 2391-7101	11	4.8%	38	15.8%
Rs. 7102-11836	10	4.2%	39	16.3%
Rs. 11837-17755	32	13.3%	36	15%
Rs. 17756-23673	89	37.1%	35	14.6%
Rs. 23674-47347	61	25.4%	31	12.9%
Rs. 47348 and Above	31	12.9%	11	4.6%
No. of siblings				
1	102	42.5%	109	45.4%
2	58	24.2%	68	28.3%
3	10	4.2%	16	6.7%
No one	70	29.2%	47	19.6%
Area of Living				
Urban area	240	100%	0	0%
Rural Area	0	0%	240	100%
No of friends				

1 to 2	38	15.8%	15	6.3%
2 to 3	64	26.7%	44	18.3%
More than 3	134	55.8%	176	73.3%
None	0	0%	5	2.1%

The result regarding the socio-demographic data of adolescents of urban areas indicated that 27.5% were 16 years old, 54.2% were females, 56.7% belonged to nuclear family, 29.1% father of adolescents had professional degree, 25.4% mother of adolescents had Intermediate/diploma, 35.4% father of adolescents were professional worker, 28.3% mother of adolescents were Semiprofessional worker, 43.8% father of adolescents had monthly income of Rs. 23674-47347, 37.1% mother of adolescents had monthly income of Rs. 17756-23673, 42.5% had no. of siblings 1, 55.8% had no of friends more than 3 and adolescents of urban areas indicated that 33.8% were 15 years old, 52.5% were males, 61.3% were belonged to joint family, 19.6% father of adolescents had middle school, 26.3% mother of adolescents had Primary school, 38.8% father of adolescents were Clerical/shop/farm, 31.7% mother of adolescents were Clerical/shop/farm, 25.4% father of adolescents had monthly income of Rs. 23674-47347, 20.8% mother of adolescents had monthly income of Rs. Less than 2390, 45.4% had no. of siblings 1, 73.3% had no of friends more than 3.

Table no.2 Level of psychological well-being among adolescents in selected urban and rural areas of Surat district, Gujarat (n=480)

Level of psychological well-being	Urban		Rural	
	Frequency	Percentage	Frequency	Percentage
Low 0 - 33.33 percentile	47	19.6%	36	15%
Average 33.34 - 66.66 percentile	109	45.4%	68	28.3%
High 66.67 - 100 percentile	84	35%	136	56.7%
Total	240	100%	240	100%

Regarding the level of psychological well-being, 47 (19.6%) of adolescents in urban areas fall into the low well-being category, compared to 36 (15%) in rural areas. Regarding the average well-being category, 109 (45.4%) of urban adolescents fall into this range, whereas 68 (28.3%) of rural adolescents. Regarding high well-being, 84 (35%) of urban adolescents fall into this category, while a significantly higher percentage of 136 (56.7%) is observed among rural adolescents.

Table no.3 Level of Home environment inventory scale among adolescents in selected urban and rural areas of Surat district, Gujarat (n=480)

Percentile	Level of Home Environment	Urban		Rural	
		Frequency	Percentage	Frequency	Percentage
P ₉₀ & Above	Very High Home Environment	28	11.7%	82	34.2%
P ₇₅ -P ₉₀	High Home Environment	28	11.7%	123	51.2%
P ₅₀ -P ₇₅	Above Average Home Environment	88	36.7%	4	1.7%
P ₂₅ -P ₅₀	Average Home Environment	41	17.1%	11	4.6%
P ₁₀ -P ₂₅	Low Home Environment	44	18.3%	9	3.8%
P ₁₀ & Less	Very Low Home Environment	11	4.6%	11	4.6%
Total		240	100%	240	100%

Regarding the home environment inventory scale, 28 (11.7%) of urban adolescents experience a very high home environment, compared to 82 (34.2%) in rural areas. For a high home environment, 28 (11.7%) of urban adolescents fall into this category, whereas a significant 123 (51.2%) of rural adolescents do. Regarding an above-average home environment, 88 (36.7%) of urban adolescents are in this category, while only 4 (1.7%) of rural adolescents are. Regarding an average home environment, 41 (17.1%) of urban adolescents and 11 (4.6%) of rural adolescents are in this category. Regarding a low home environment, 44 (18.3%) of urban adolescents fall into this category, compared to 9 (3.8%) of rural adolescents. Finally, 11 (4.6%) of both urban and rural adolescents experience a very low home environment.

Table no.4 significance of mean difference between urban and rural adolescents on psychological well-being (n=480)

Psychological Well being	Urban Mean (± SD)	Rural Mean (± SD)	Mean Difference	Independent-t value	P-value
Self-acceptance	20.23 (± 4.64)	23.22 (± 4.84)	2.99	6.903	0.000 S
Positive relations with others	16.09 (± 4.64)	17.84 (± 4.27)	1.75	4.309	0.000 S
Autonomy	21.97 (± 4.99)	22.58 (± 5.11)	0.61	1.320	0.188 NS
Personal growth	17.43 (± 4.70)	19.09 (± 4.01)	1.66	4.166	0.000 S

Overall Total	75.72 (± 12.55)	82.73 (± 12.82)	7.01	6.055	0.000 S
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(Df=478)

Regarding self-acceptance, rural adolescents exhibit significantly higher scores (Mean = 23.22, SD = 4.84) compared to urban adolescents (Mean = 20.23, SD = 4.64), with a t-value of 6.903 and a p-value of 0.000, indicating a significant difference. Similarly, in the dimension of positive relations with others, rural adolescents score higher (Mean = 17.84, SD = 4.27) than their urban counterparts (Mean = 16.09, SD = 4.64), with a t-value of 4.309 and a p-value of 0.000, showing a significant difference. For autonomy, the mean scores for urban (Mean = 21.97, SD = 4.99) and rural (Mean = 22.58, SD = 5.11) adolescents are relatively close, resulting in a t-value of 1.320 and a p-value of 0.188, indicating no significant difference between the groups. In the dimension of personal growth, rural adolescents again score higher (Mean = 19.09, SD = 4.01) compared to urban adolescents (Mean = 17.43, SD = 4.70), with a t-value of 4.166 and a p-value of 0.000, demonstrating a significant difference. Overall psychological well-being scores are significantly higher for rural adolescents (Mean = 82.73, SD = 12.82) compared to urban adolescents (Mean = 75.72, SD = 12.55), with a t-value of 6.055 and a p-value of 0.000, indicating a significant difference.

Table no.5 significance of mean difference between rural and urban adolescents on Home environment inventory scale (n=480)

Home Environment	Urban Mean (± SD)	Rural Mean (± SD)	Mean Difference	Calculated t value	Tabulated value	P-value
Control	21.90 (± 5.79)	23.52 (± 5.27)	1.61	3.139	1.962	0.002 S
Protectiveness	22.98 (± 6.60)	28.04 (± 6.18)	5.06	8.527	1.962	0.000 S
Punishment	22.51 (± 5.41)	24.32 (± 5.54)	1.81	3.570	1.962	0.000 S
Conformity	26.24 (± 6.93)	28.91 (± 6.68)	2.67	4.226	1.962	0.000 S
Social Isolation	17.84 (± 7.09)	17.83 (± 7.74)	0.02	0.022	1.962	0.983 NS
Reward	24.52 (± 7.46)	28.47 (± 6.24)	3.95	6.174	1.962	0.000 S
Deprivation of privileges	15.03 (± 6.84)	16.55 (± 7.60)	1.52	2.266	1.962	0.024 S
Nurturance	20.27 (± 6.94)	25.69 (± 6.09)	5.42	8.931	1.962	0.000 S
Rejection	14.20 (± 7.31)	13.61 (± 9.05)	0.59	0.771	1.962	0.441 NS
Permissiveness	19.10 (± 5.87)	22.46 (± 5.37)	3.36	6.428	1.962	0.000 S

Overall Total	204.60 (± 40.60)	229.41 (± 34.47)	24.81	7.080	1.962	0.000 S
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(Df=478)

For the dimension of control, rural adolescents scored significantly higher (Mean = 23.52, SD = 5.27) compared to urban adolescents (Mean = 21.90, SD = 5.79), with a t-value of 3.139 and a p-value of 0.002, indicating a significant difference. Similarly, in the dimension of protectiveness, rural adolescents scored higher (Mean = 28.04, SD = 6.18) than urban adolescents (Mean = 22.98, SD = 6.60), with a t-value of 8.527 and a p-value of 0.000, showing a significant difference.

In terms of punishment, rural adolescents again scored higher (Mean = 24.32, SD = 5.54) compared to urban adolescents (Mean = 22.51, SD = 5.41), with a t-value of 3.570 and a p-value of 0.000, demonstrating a significant difference. The conformity dimension also showed higher scores for rural adolescents (Mean = 28.91, SD = 6.68) compared to urban adolescents (Mean = 26.24, SD = 6.93), with a t-value of 4.226 and a p-value of 0.000, indicating a significant difference.

No significant difference was found in the dimension of social isolation, where the mean scores were nearly identical for both rural (Mean = 17.83, SD = 7.74) and urban (Mean = 17.84, SD = 7.09) adolescents, with a t-value of 0.022 and a p-value of 0.983, indicating non-significance.

The dimension of reward showed significantly higher scores for rural adolescents (Mean = 28.47, SD = 6.24) compared to urban adolescents (Mean = 24.52, SD = 7.46), with a t-value of 6.174 and a p-value of 0.000. Similarly, in the deprivation of privileges dimension, rural adolescents scored higher (Mean = 16.55, SD = 7.60) than urban adolescents (Mean = 15.03, SD = 6.84), with a t-value of 2.266 and a p-value of 0.024, indicating a significant difference.

For the nurturance dimension, rural adolescents exhibited significantly higher scores (Mean = 25.69, SD = 6.09) compared to urban adolescents (Mean = 20.27, SD = 6.94), with a t-value of 8.931 and a p-value of 0.000. In contrast, the rejection dimension showed no significant difference, with rural adolescents (Mean = 13.61, SD = 9.05) and urban adolescents (Mean = 14.20, SD = 7.31) having similar scores, reflected in a t-value of 0.771 and a p-value of 0.441.

In the dimension of permissiveness, rural adolescents scored higher (Mean = 22.46, SD = 5.37) than urban adolescents (Mean = 19.10, SD = 5.87), with a t-value of 6.428 and a p-value of 0.000, indicating a significant difference. Overall, the total scores for home environment were significantly higher for rural adolescents (Mean = 229.41, SD = 34.47) compared to urban adolescents (Mean = 204.60, SD = 40.60), with a t-value of 7.080 and a p-value of 0.000.

Table no.6 Overall Correlation between Psychological wellbeing and Home environment in urban adolescents (n=480)

Correlation	Mean	Std. Deviation	Calculated r-value	Tabulated value	P-Value
Urban Psychological well-being	75.72	12.54	0.109	0.113	0.93 NS
Urban Home Environment	204.60	40.60			

Correlation is significant at the *P<0.05 level.

(df=238)

This table presents the correlation between psychological well-being and home environment among adolescents in urban areas. The mean score for psychological well-being is 75.72 with a standard deviation of 12.54, while the mean score for home environment is 204.60 with a standard deviation of 40.60. The correlation coefficient (r-value) is 0.109 and tabulated value 0.113 indicating a weak positive correlation between psychological well-being and the home environment. The p-value is 0.93, which is not statistically significant.

Table no.7 Overall Correlation between Psychological wellbeing and Home environment in rural adolescents (n=240)

Correlation	Mean	Std. Deviation	Calculated r-value	Tabulated value	P-Value
Rural Psychological well-being	82.66	13.28	0.106	0.113	0.103 NS
Rural Home Environment	229.44	33.57			

Correlation is significant at the *P<0.05 level

(df=238)

This table shows the correlation between psychological well-being and home environment among adolescents in rural areas. The mean score for psychological well-being is 82.66 with a standard deviation of 13.28, while the mean score for the home environment is 229.44 with a standard deviation of 33.57. The correlation coefficient (r-value) is 0.106 and tabulated value 0.113 indicating a weak positive correlation between psychological well-being and the home environment. The p-value is 0.103, which is not statistically significant.

Association of the psychological well-being and home environment of adolescents with their selected socio-demographic variables (n=480)

Association between the psychological well-being of adolescents with their selected socio-demographic variables in Urban areas (n=240)

The result of association showed that there is significance association between types of family ($\chi^2 = 10.03$, $t=9.488$, $p = 0.040$), education of father ($\chi^2 = 29.13$, $t=21.026$, $p = 0.023$), occupation of father ($\chi^2 = 21.92$, $t=18.307$, $p = 0.016$), monthly income of father ($\chi^2 = 28.00$, $t=21.026$, $p = 0.032$), and monthly income of mother ($\chi^2 = 28.66$, $t=21.026$, $p = 0.023$) are suggesting that these socio-demographic factors have notable impact on psychological well-being of urban adolescents.

Association between the psychological well-being of adolescents with their selected socio-demographic variables in rural areas (n=240)

The result of association showed that there is significance association between age ($\chi^2 = 21.88$, $t=15.507$, $p = 0.016$), education of father ($\chi^2 = 23.69$, $t=21.026$, $p = 0.040$), education of mother ($\chi^2 = 24.59$, $t=21.026$, $p = 0.047$), monthly income of father ($\chi^2 = 26.73$, $t=21.026$, $p = 0.021$), and monthly income of mother ($\chi^2 = 24.40$, $t=21.026$, $p = 0.026$) are suggesting that these socio-demographic factors have notable impact on psychological well-being of rural adolescents.

Association between the Home environment inventory scale of adolescents with their selected socio-demographic variables in Urban areas (n=240)

The result of association showed that there is significance association between types of family ($\chi^2 = 22.08$, $t=18.307$, $p = 0.015$), education of father ($\chi^2 = 58.54$, $t=43.773$, $p = 0.029$), education of mother ($\chi^2 = 52.128$, $t=43.773$, $p = 0.035$), occupation of mother ($\chi^2 = 62.035$, $t=43.773$, $p = 0.001$), monthly income of father ($\chi^2 = 62.943$, $t=43.773$, $p = 0.040$) and monthly income of mother ($\chi^2 = 111.28$, $t=43.773$, $p = 0.000$) show significant associations, highlighting that family structure, parental education, maternal occupation, and household income levels play critical roles in shaping the home environment for urban adolescents.

Association between the Home environment inventory scale of adolescents with their selected socio-demographic variables in Rural areas (n=240)

The association between the home environment inventory scale of adolescents and their socio-demographic variables in rural areas. Significant associations were found with the education of the father ($\chi^2 = 49.26$, $t=73.773$, $p = 0.045$), education of the mother ($\chi^2 = 48.71$, $t=73.773$, $p = 0.046$), monthly income of the father ($\chi^2 = 75.71$, $t=73.773$, $p = 0.033$), monthly income of the mother ($\chi^2 = 95.80$, $t=73.773$, $p = 0.001$), and the number of siblings ($\chi^2 = 33.02$, $t=24.996$, $p = 0.034$), indicating that higher education levels of parents and higher family income are linked to a better home environment.

DISCUSSION:

To assess the psychological well-being in relation to home environment among adolescents in selected urban and rural areas of Surat district, Gujarat.

The home environment is divided into two category according to area urban and rural area. In urban area majority of 109 (45.4%) of samples had average psychological well-being and in rural area majority 136 (56.7%) of samples had high psychological well-being.

The similar study was conducted by Shweta Shalini, Shubhra A. Gupta, Mini Sharma, Smita Verma, Nirmal Verma on Assessment of status of psychological well-being and its determinants among adolescents school students residing in Raipur city, Chhattisgarh. In that A cross-sectional observational study was done on 576 adolescents school students of Raipur city. Association and regression analysis were done their psychological well-being using Ryff's scale of psychological well-being along with their socio-demographic. Overall, 79.9% of study subjects were scored as having average psychological well-being followed by 20.1% study subjects having good psychological well-being according to Ryff's scale.

To compare the psychological well-being in relation to home environment among adolescents in selected urban and rural areas of Surat district, Gujarat.

The comparison of psychological well-being in relation to home environment in urban area 75.72 (\pm 12.55) and in rural area 82.73 (\pm 12.82).

The similar study was conducted by Shambhavee Singh, Shivendra K. Singh, Manish K. Manar, Sujita K. Kar, and Abhishek Gupta perception of home environment and its effect on the mental health of school going adolescents girls of Lucknow. School-going adolescents girls from two government schools of Lucknow were selected using a two-stage random sampling technique. A total of 200 participants were taken for the study. This study was a descriptive cross-sectional study, conducted in urban government secondary schools, located in the study district of Lucknow, The majority of school-going adolescents girls showed symptoms of anxiety or depression.

To correlation between the psychological well-being and place of living among adolescents in selected urban and rural areas of Surat district, Gujarat.

In urban area the correlation coefficients between psychological well-being dimensions and home environment factors for adolescents living in urban areas (n=240). Self-Acceptance shows a significant positive correlation with Protectiveness ($r = 0.157$, $p = 0.015$), Reward ($r = 0.217$, $p = 0.001$), Nurturance ($r = 0.168$, $p = 0.009$), and Permissiveness ($r = 0.153$, $p = 0.018$). Positive Relations with Others is significantly positively correlated with Protectiveness ($r = 0.229$, $p = 0.000$), Nurturance ($r = 0.222$, $p = 0.001$), and Permissiveness ($r = 0.256$, $p = 0.000$). These results suggest that certain aspects of the home environment, such as Protectiveness, Reward, Nurturance, and Permissiveness, are positively associated with better psychological well-being among urban adolescents, while negative factors like Social Isolation, Deprivation of Privileges, and Rejection are detrimental.

In rural area the correlation coefficients between psychological wellbeing dimensions and home environment factors among 240 adolescents residing in selected rural areas. Pearson correlations for various aspects: Self-Acceptance (.109, $p=.093$), Positive relations with others (-.047, $p=.465$), Autonomy (-.053, $p=.416$), Personal growth (.068, $p=.296$) under Control; Protectiveness (.129*, $p=.045$), Positive relations with others (-.048, $p=.458$), Autonomy (.029, $p=.650$), Personal growth (.102, $p=.114$) under Protectiveness; Punishment (.096, $p=.139$), Positive relations with others (-.020, $p=.759$), Autonomy (-.031, $p=.638$), Personal growth (.130*, $p=.045$) under Punishment; and so forth for each dimension. Significant correlations (* $P<0.05$) are denoted by asterisks. Overall, the result provides insights into how different aspects of home environment relate to psychological wellbeing among rural adolescents, highlighting significant relationships and their respective statistical significance levels.

The similar study was conducted by Ms. Surbhi Goyal and Dr. Manminder Kaur on psychological well-being of adolescents in relation to home environment. The research was carried out in the district of Ludhiana. Sample of total 150 adolescents was taken from the schools of Ludhiana district for the study. In that from 150 samples 75 samples were girls and 75 samples were boys. The sample was collected by using random sampling technique. For the data collection psychological well-being scale by Dr. Sisodia and Choudhary (2012) and home environment scale by Akhtar and Saxsena (2013) were used. T-test and Pearson's product moment correlation technique was used to analyse and interpret the data. The result revealed that male and female adolescents differ significantly on the basis of Psychological Well-Being. The findings revealed that no significant difference exists between mean score of Home Environment of male and female adolescents. The correlation of total adolescents is 0.61 and the correlation of male is 0.68 and female 0.47 at significant level 0.01. The results also showed that there was a significant relationship between Psychological Well-Being and Home Environment of adolescents. The study further showed that there was a significant relationship between Psychological Well-Being and Home Environment of male and female adolescents. The psychological well-being was assessed among adolescents related to place of living that was divided into two areas mainly urban areas and rural areas.

To find out the association between the psychological well-being and home environment of adolescents with their selected socio-demographic variables.

In urban areas the association between the psychological well-being chi-square analysis indicates the significant associations with type of family ($\chi^2 = 10.03$, $p = 0.040$), education of father ($\chi^2 = 29.13$, $p = 0.023$), occupation of father ($\chi^2 = 21.92$, $p = 0.016$), monthly income of father ($\chi^2 = 28.00$, $p = 0.032$), and monthly income of mother ($\chi^2 = 28.66$, $p = 0.023$), suggesting that these socio-demographic factors have a notable impact on the psychological well-being of urban adolescents.

In rural areas the association between the psychological well-being chi-square analysis indicates the significant associations with age ($\chi^2 = 21.88$, $t=15.507$, $p = 0.016$), education of father ($\chi^2 = 23.69$, $t=21.026$, $p = 0.040$), education of mother ($\chi^2 = 24.59$, $t=21.026$, $p = 0.047$), monthly income of father ($\chi^2 = 26.73$, $t=21.026$, $p = 0.021$), and monthly income of mother ($\chi^2 = 24.40$, $t=21.026$, $p = 0.026$) are significantly associated with the psychological well-being of rural adolescents, indicating that these factors have a substantial impact.

In urban areas examines the association between the home environment inventory scale of adolescents and their socio-demographic variables in urban areas. Type of family ($\chi^2 = 22.08$, $p = 0.015$), education of father ($\chi^2 = 58.54$, $p = 0.029$), education of mother ($\chi^2 = 52.128$, $p = 0.035$), occupation of mother ($\chi^2 = 62.035$, $p = 0.001$), monthly income of father ($\chi^2 = 62.943$, $p = 0.040$), and monthly income of mother ($\chi^2 = 111.28$, $p = 0.000$) show significant associations, highlighting that family structure, parental education, maternal occupation, and household income levels play critical roles in shaping the home environment.

In rural area examines the association between the home environment inventory scale of adolescents and their socio-demographic variables in rural areas. Significant associations were found with the education of the father ($\chi^2 = 49.26$, $p = 0.045$), education of the mother ($\chi^2 = 48.71$, $p = 0.046$), monthly income of the father ($\chi^2 = 75.71$, $p = 0.033$), monthly income of the mother ($\chi^2 = 95.80$, $p = 0.001$), and the number of siblings (χ^2

= 33.02, $p = 0.034$), indicating that higher education levels of parents and higher family income are linked to a better home environment.

The similar study was conducted by Thirupathi Naik Bukya and Dr. Sylvia Fernandez Rao on Impact of Home Environment and Peer Group Influence on Psychosocial Competence of Adolescents. The sample size was 153. The samples was upper secondary class students of Telangana district. The tool was used for data collection is psychological well-being scale and home environment inventory. According to regression analysis, the three HE variables "control (A)", "compliance (B)", and "protectiveness (D)" that make up the family's disciplinary environment exhibited the biggest F-changes in "sociability" ($R^2 = .15$, $F=8.872$, $P.001$) and "interpersonal interactions" ($R^2 = .11$, $F=6.19$, $P.001$). The largest beta-loading of these three HE variables was for "protectiveness," demonstrating a substantial capacity to predict "sociability" ($=.27$, $p.01$). Additionally, there were moderately strong and significant positive connections between "control" and life satisfaction ($r=.15$, $p.05$), sociability ($r=.14$, $P.05$), and mental health ($r=.15$, $p.05$). Later was more pronounced in the associations of "protectiveness" with contentment ($r=.25$, $p.001$) and sociability ($r=.32$, $p.001$). Additionally, "conformity" showed a favourable correlation with sociability ($r=.31$, $P.000$), interpersonal interactions ($r=.13$, $P.05$), and efficiency ($r=.19$, $P.01$), with sociability showing the strongest correlation.

LIMITATION:

Following limitations of the present study are identified by researcher,

- This study is limited to late adolescents (15-19 years) of rural and urban areas of Bardoli, Surat, Gujarat.
- Samples were selected by using non-probability convenient sampling technique
- Sample size were limited to 480.
- The data collection period was limited to one month.

RECOMMENDATIONS FOR FURTHER STUDY:

On the bases of the present study the following recommendations have been made for further study,

- Study can be repeated on large scale.
- Study can be done also with Structured teaching program, so that sample can understand what cause psychological well-being in relation to home environment and leads to mental problems due to poor home environment.
- Study can be done with any other age group also like if younger adults and adult's age group to find out more accurate findings.

CONCLUSION:

The study assessed the psychological well-being in relation to home environment among Adolescents in selected urban and rural areas of Surat district. From the findings of the study, the investigator conclude that Adolescents of rural area having better psychological well-being than urban area's Adolescents related to home environment.

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