



## Students' Mental Wellness With Special Reference To Social And Economic Variable In Gujarat

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### Abstract

Student's performance totally depends on their mental and physical strength. So the assess the student's mental health is noteworthy. The Warwick Edinburgh Mental well-being scale (WEMWBS) is a reliable and validated tool to assess the mental wellbeing of the student in India. This study to assess the WEMWBS and compare scale with the demographic and social factor in India. The convenient sampling method of 200 girl students assessed WEMWBS. WEMWBS was significantly associated with the Family Affluence Score (WEMWBS increased with increasing household socio-economic status) and had an association with the age, gender or marital status. The derived conclusion is helped to make improvement of the mental strength of the students in India. WEMWBS is a measure of mental thriving focusing inside and out on positive parts of mental wellbeing As a short and psychometrically vigorous scale, with no roof impacts in a populace test, it offers guarantee as a device for observing mental prosperity at a

populace level. While WEMWBS should engage those assessing emotional well-being advancement activities, it is essential that the scale's affectability to change is built up before it is prescribed in this unique circumstance.

**Keywords:** - Mental Wellbeing Scale, Demographic & Social Factor etc.

### 1.0 Introduction

In the world many tools available to check the mental wellness of the people of the nation

like EIS Emotional Intelligence Scale, EQ-5D VAS EuroQol Health Status Visual Analog Scale, GHQ-12 General Health Questionnaire, GLS Global Life Satisfaction, HEPS Health Education Population Survey, SDHS Short Depression-Happiness Scale, SPWB Scale of Psychological Well-Being, SWLS Satisfaction with Life Scale, PANAS Positive And Negative Affect Scale, PANAS-PA Positive And Negative Affect Scale – positive sub-scale, PANAS-NA Positive And Negative Affect Scale – negative sub-scale, WHO-5 WHO Wellbeing Index,

WEMWBS Warwick-Edinburgh Mental Well-being Scale and so forth.

## 2.0 Review of Literature: -

The arrangement of markers chose constitute a commonsense decision, perceiving that psychological wellness, and particularly positive emotional well-being (Deary, Watson, Booth, & Gale, 2013), is a creating region and a developing idea (V., E., Orgeta, Lo Sterzo, & Orrell, 2013). The pointers don't give a conclusive response to the topic of estimating emotional wellness, however reflect what has been conceivable inside the limitations of: hypothesis; the confirmation base; information accessibility; and the accessibility of good scales/inquiries to sufficiently catch information on a develop (Böhnke & Croudace, 2016). It is trusted that the markers will add to more noteworthy comprehension of all measurements of psychological well-being and to the future improvement of this field (Bartram, Yadegarfar, Sinclair, & Baldwin, 2011). In the long haul, the marker set might be balanced and adjusted as needs be (Maheswaran, Weich, Powell, & Stewart-Brown, 2012). In an expansive broadly illustrative populace test, two kinds of prosperity were recognized and dependably surveyed: hedonic and eudemonic (Haghbin & Pychyl, 2016). Relationships with mental prosperity were moderately free of indications of psychological sickness. Mental prosperity can stay even within the sight of mental enduring (Bass, Dawkin, Muncer, Vigurs, & Bostock, 2016). Notwithstanding offering rig our for research and assessment openly psychological wellness, WEMWBS' positive concentration offers a formative point of view, orientating policymakers,

customized members and overview respondents towards mental prosperity and empowering distinguish activity of defensive and advancing components (Gremigni & Stewart-Brown, 2011). WEMWBS is a psychometrically solid populace measure of mental prosperity, and can be utilized for this reason in young people matured 13 and over (Lang & Bachinger, 2017). This investigation has demonstrated that for individuals living in denied zones, the quality and style of lodging and neighborhoods are related with mental wellbeing (Sudeck & Höner, 2011), yet so too are sentiments of regard, status and advance that might be gotten from how puts are made, overhauled and discussed by the individuals who live there (Kaplan & Kaplan, 2011). The suggestion for recovery exercises attempted to enhance lodging and neighborhoods is that it isn't only the conveyance of enhanced lodging that is critical for mental prosperity, yet in addition the quality and way of conveyance. A short 7 thing variant of WEMWBS was found to fulfill the strict unidimensionality desires of the Raschmodel, and be to a great extent free of inclination (Winefield, Gill, Taylor, & Pilkington, 2012). This scale, SWEMWBS, gives a crude score-interim scale change for use in parametric methodology. As far as face validity (Khan & Zadeh, 2014), SWEMWBS presents a more limited perspective of mental prosperity than the 14Item. WEMWBS, with most things speaking to parts of mental and eudemonic prosperity, and few covering hedonic prosperity or affect (Stewart-brown, 2008). Be that as it may, strong estimation properties joined with quickness make SWEMWBS best to WEMWBS at exhibit for observing mental prosperity in populaces. Where confront legitimacy

is an issue there remain contentions for proceeding to gather information on the full 14 thing WEMWBS (Ng Fat, Scholes, Boniface, Mindell, & Stewart-Brown, 2017).

The WEMWBS was generally welcomed by individuals from the two Pakistani and Chinese communities (Stewart-Brown, 2013). It indicated elevated amounts of consistency and unwavering quality contrasted and acknowledged criteria. Information were adequately solid to suggest the WEMWBS for use by and large populace surveys (Smith, Alves, Knapstad, Haug, & Aarø, 2017). Members assigned to the intercession arm had a normal increment of roughly 3 indicates on the webscale thought about no expansion for members in the control group (Oates, Jones, & Drey, 2017). Three focuses on this scale are around 33% of a standard deviation (Hunter, Houghton, & Wood, 2015). In a minimal effort robotized intercession intended to move the populace dispersion of mental well-being (Lloyd & Devine, 2012), a little contrast for each individual could yield a noteworthy advantage in populace terms (Tricco, Runnels, Sampson, & Bouchard, 2008). In a similar manner as other Web-based mediations, there were high rates of attrition (Stochl, Jones, & Croudace, 2012). Additionally work is expected to enhance acceptability (Dewan & Kumar, 2017), to assess against misleading impact, and to disaggregate the impact on mental prosperity from the impact on dejection and anxiety (Raban, Dandona, & Dandona, 2009). WEMWBS has great psychometric properties contrasted with different scales accessible for estimating mental prosperity in adolescents matured 13 years and over (Salama-Younes, 2011).

It is as of now the main exclusively positive single scale for estimating mental prosperity which has been completely approved for use in the UK in an adolescent populace and is reasonable for use at a populace level for those matured from 13 years to adulthood (Sudeck & Höner, 2011). In view of the more direct test-retest discoveries and the subjective outcomes we prescribe that it ought not be utilized as a part of little scale investigations of young people matured 13-15 with tests under 100 (McKay & Andretta, 2017).

### 3.0 Method

The Warwick-Edinburgh Mental Well-being Scale (Tennant et al., 2007). was particularly created to evaluate positive mental prosperity at an all-inclusive community level. It contains 14 emphatically worded things to which members react utilizing a 5-point Likert scale (scored 1, none of the time; 2, once in a while; 3, as a rule; 4, frequently; 5, constantly of the time), in this way giving an aggregate score of 14 to 70. Reactions depend on a member's emotions over the past 2 weeks. Larger amounts of positive mental prosperity are shown by higher scores. The sample comprised 200 selected from the different Bachelor and Master degree department of Hemchandracharya North Gujarat University at Patan through convenient sampling method.

### 4.0 Data Analysis

The following table shows the characteristics of the girl students at Hemchandracharya North Gujarat University, Patan.

## Department of the Respondent

## Income of the Respondent

	Frequency	Percent	Cumulative Percent
Below 2 Lac	19	9.5	9.5
2 lac to 5 lac	69	34.5	44.0
5 lac to 10 lac	57	28.5	72.5
10 lac above	55	27.5	100.0
Total	200	100.0	

## Residence of the Respondent

	Frequency	%	Cumulative%
Rural	165	82.5	82.5
Urban	35	17.5	100

Reliability Statistics		
Cronbach's Alpha	Based on Standardized Items	N
0.690	0.684	14

	Mean	SD
Optimistic about Future	3.2150	0.7289
Useful	2.8000	0.9563
Relaxed	2.6100	0.9176
Interest in other People	3.1900	0.9893
Energy to spare	2.7200	0.8574
Dealing with Problems well	2.7186	0.9802
Thinking Clearly	2.6900	1.0291
Good about myself	2.6650	1.0856
Feeling close to other people	2.8750	0.7825
Feeling confident	2.7100	0.93824
My own mind about	3.5450	0.94999

	Frequency	Percent	Cumulative Percent
Bachelor	100	50.0	50.0
Master	100	50.0	100.0

things		
Feeling loved	3.5700	0.78625
Interested in newthings	3.6650	0.96302
Feeling cheerful	3.5700	0.84181

## Kaiser Meyer Olkin and Bartlett's Test:

Measures strength of the relationship among variables. The off-diagonal elements should all be very small in a good model due to KMO measure is 0.729

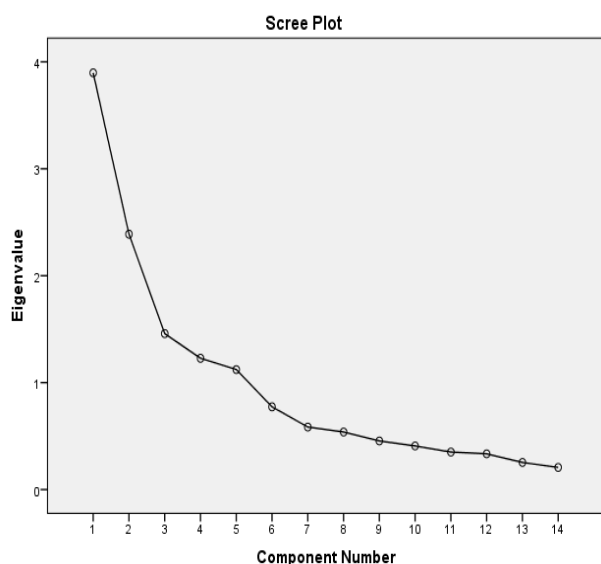
<b>Kaiser Meyer Olkin Measure of Sampling adequacy</b>		0.729
Bartlett's test of sphericity	Appro. chi-square	1011.98
	Df	91
	Sig	.000

Bartlett's test of sphericity is significant That is, its associated probability is less than 0.05. In fact, it is actually 0.000, i.e. the significance level is small enough to reject the null hypothesis. This means that correlation matrix is not an identity matrix.

Communalities		
	Initial	Extraction
I'VE been feeling optimistic about the future	1.000	.398
I'VE been feeling useful	1.000	.700
I've been feeling relaxed	1.000	.828
I'VE been feeling interested in other people	1.000	.814
I've had energy to spare	1.000	.686
I've been dealing with problems well	1.000	.713
I've been thinking clearly	1.000	.723
I've been feeling good about my self	1.000	.729

I've been feeling close to other people	1.000	.690
I've been feeling confident	1.000	.675
I've been able to make up my own mind about things	1.000	.834
I've been feeling loved	1.000	.856
I've been interested in new things	1.000	.733
I've been feeling cheerful	1.000	.716
Extraction Method: Principal Component Analysis.		

Feeling confident	.517	.151	.617	.063	-.018
My own mind about things	.317	.114	.036	.162	.832
Feeling loved	.025	.041	-.074	.920	.025
Interested in new things	.352	.764	.096	.121	.037
Feeling cheerful	.113	.834	.017	.007	.079
Extraction Method: Principal Component Analysis.					
Rotation Method: Varimax with Kaiser Normalization.					
a. Rotation converged in 6 iterations.					



The scree plot is a graph of the eigenvalues against all the factors. The graph is useful for determining how many factors to retain.

Rotated Component Matrix <sup>a</sup>					
	Component				
	1	2	3	4	5
Optimistic about Future	.556	.081	-.139	.244	-.055
Useful	.571	-.477	.319	.184	.107
Relaxed	.328	.044	.047	.129	-.837
Interest in other People	.062	.039	-.899	.021	.007
Energy to spare	.392	-.696	.011	.216	.030
Dealing with Problems well	.819	.126	-.025	-.101	.125
Thinking Clearly	.613	-.496	.243	.200	.050
Good about myself	.814	-.035	.217	.008	-.136
Feeling close to other people	.177	-.434	.342	.595	-.004

The possibility of revolution is to lessen the number factors on which the factors under scrutiny have high loadings. Pivot does not really transform anything other than rather makes the elucidation of the examination less demanding. Taking a gander at the table beneath, we can see that fulfilled/energetic with your present working condition are considerably stacked on Factor (Component) 3 I've possessed the capacity to make up my own brain about things 2. I've been feeling cherished 1. I've been feeling certain These elements can be utilized as factors for promoting examination.

### Conclusion

This examination appears that the mental wellbeing mainly important for the students to perform well based on the question like to make up own mind about things, feeling love and to be confident etc. are major factor to check out the mental wellbeing scale of the students. There is scope to check the mental wellbeing scale with other demographic, social, economic with large scale for further study.

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