



# Assessment Of Psychological Well-Being Among First Semester B.Sc(N) Students, College Of Nursing, SVIMS, Tirupati.

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## ABSTRACT:

Psychological well-being is a vital component of mental and emotional health encompassing life satisfaction, happiness, and personal growth. In the nursing profession, where students face academic stress, clinical exposure, and transition from adolescence to professional adulthood, assessing their psychological well-being becomes essential. The study aimed the assessment of psychological well-being among first-semester B.Sc. Nursing students at the selected College of Nursing, Tirupati. A quantitative descriptive design was adopted, using a non-probability convenience sampling technique. Data were collected from 115 students through a demographic questionnaire and the standardized Psychological Well-Being Scale developed by Sudha Bhogle and Indira Jaiprakash (1995). Descriptive and inferential statistics were employed for analysis. Results revealed that 66% of students had mild psychological well-being, 37% moderate psychological well-being, and 30% adequate psychological well-being. Significant associations were found between psychological well-being and gender ( $p=0.0007$ ), area of residence ( $p=0.00004$ ), type of family ( $p=0.04$ ), and previous academic performance ( $p=0.04$ ). No significant association was observed with other demographic variables. The findings highlight the need for regular interactive sessions, student and parent teacher meetings, counseling, peer-support programs and workshops to enhance students' psychological health. Promoting well-being is essential for fostering personal growth, academic success, and effective nursing practice among students.

**Key words:** Psychological well-being, workshops, counseling, peer-support programs.

## Introduction

Psychological well-being refers to the presence of positive mental states, purpose in life, and the ability to cope with challenges effectively.

Psychological well-being is a vital component of mental and emotional health encompassing life satisfaction, happiness, and personal growth. In the nursing profession, where students face academic stress, clinical exposure, and transition from adolescence to professional adulthood leads to stress and affects psychological well-being of the students, so assessing their psychological well-being becomes essential.

## Objectives of the Study

1. To assess the level of psychological well-being among first semester B.Sc (N) students at SVIMS College of Nursing, Tirupati.
2. To identify factors associated with psychological well-being and selected socio-demographic variables.

## Methodology

A quantitative approach with a descriptive research design was adopted. The study was conducted among 115 first semester B.Sc (N) students using a non-probability convenience sampling technique. Data were collected through a demographic questionnaire and a standardized Psychological Well-being Scale developed by Sudha Bhogle and Indira Jaiprakash (1995).

## Ethical Considerations

The study was approved by the Ethical committee, College of Nursing, SVIMS, Tirupati. Formal permission was obtained from the Principal, class coordinator and consent was taken from the students before the study and the protection of their identities were ensured.

### Research approach and research design

The study used a quantitative research approach and descriptive design to obtain accurate and systematic data on students' psychological well-being.

## Variables of the Study

Dependent Variable: Level of psychological well-being among students.

Demographic Variables: Age, gender, religion, educational background of parents, family income, type of family, etc.

## Setting of the Study

The study was conducted in the first semester B.Sc (N) classroom at the College of Nursing, SVIMS, Tirupati.

## Population, Sample, Sample Size, and Sampling Technique

The population consisted of all first semester B.Sc (N) students. A sample of 115 students were selected using non-probability convenience sampling based on inclusion criteria.

## Inclusion and Exclusion Criteria

Inclusion: First semester students who were willing to participate and present during data collection.

Exclusion: Students who were absent and unwilling to participate

--Other than first semester B.Sc(N) students..

## Research Tool and Data Collection

The tool consisted of two sections: Section I - demographic data; Section II - Psychological Well-being Scale (26 items, 3-point rating). Data was collected in the College of Nursing SVIMS, Tirupati among first sem, B.Sc nursing students. self administered questionnaires (26) were given to each students and the researcher explained how to answer the question.

## Statistical Analysis

Data were analyzed using descriptive and inferential statistics. Frequencies, percentages, mean, and standard deviation were used for descriptive data, and Chi-square test was used to find associations between demographic variables and psychological well-being.

## Results

Table 1: Distribution of Demographic Variables (N=115)

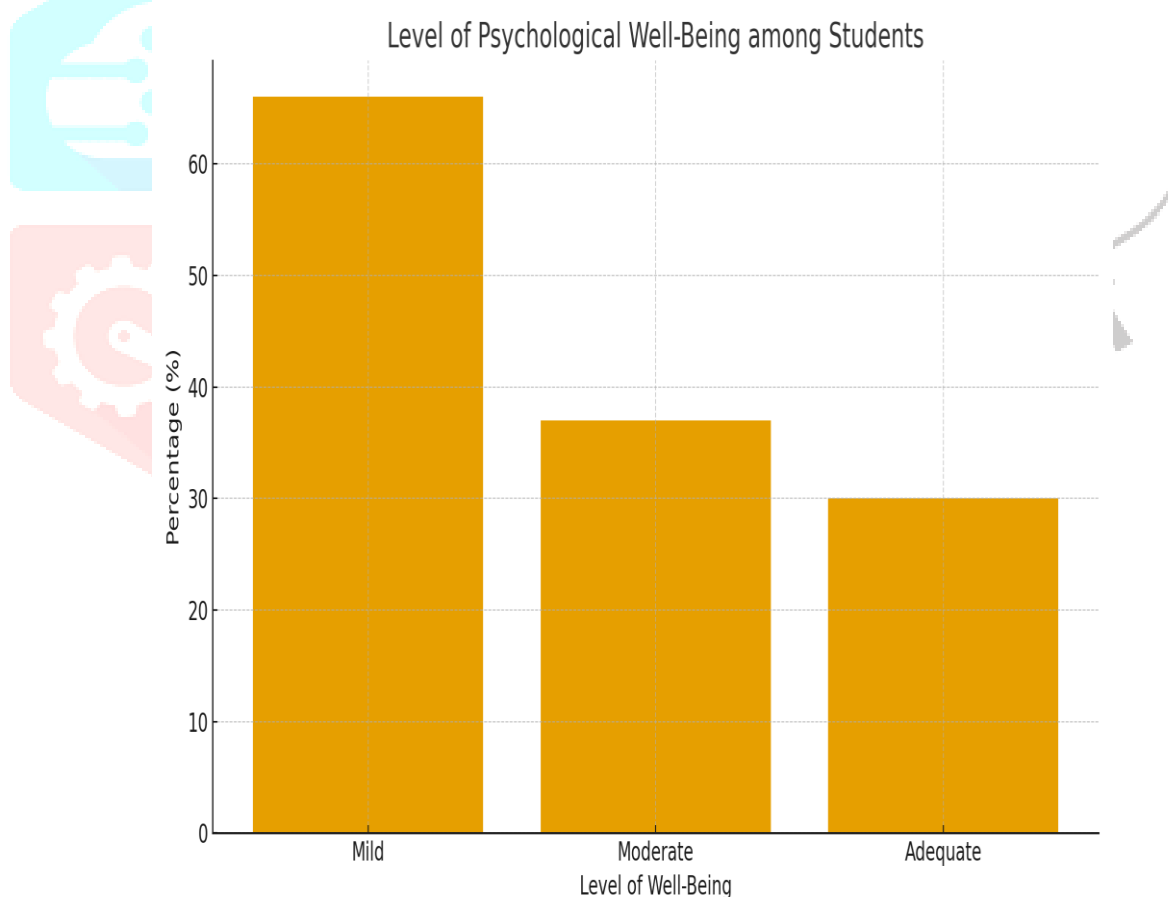
Results:

\*Regarding **Gender**, majority were females with 79% and 21% were males in the sample.

\*Regarding **Area of residence**, rural were 59% and urban were 41%.

\*In relation to **Religion**, majority of the students 85% were Hindus, 10% were Muslims and 3% were in Christians and 1% others.

Table 2 : Percentage distribution of first semester B.Sc(N) students according to level of Psychological well-being.



## Results:

out of 115 total population, 66% were with mild level of psychological well being, 37% were with moderate level of psychological well-being and 30% were with adequate level of psychological well-being.

## Discussion

The First objective of the study was to assess the level of psychological well-being of first semester of B.Sc(N) students. Among 115 students 66% had mild psychological well-being, 37% had moderate psychological well-being and 30% had adequate psychological well-being.

The present study findings were supported by the study conducted by Dr. Banashri Lata Sadhanidar, et al. (2019) Findings of the study revealed that Majority of students (61.50%) are in moderate level, 22.50% in poor state and 16% are in good state of psychological well-being.

The second objective of the study is to identify the factors associated with psychological well-being and selected socio-demographic variables of first semester B.Sc(N) Students at college of nursing SVIMS. Tirupati. The study revealed that there was statistically significant association with gender and area of residence at  $p < 0.01$  level, type of family and previous academic year achievement at  $P < 0.05$  level.

The present study findings were supported by the study conducted by **Dharshini et al. (2024)** Findings of the study revealed that A significant positive correlation between grit and psychological well-being ( $r = .289$ ,  $p < 0.05$ ), suggesting that students with higher levels of grit tend to experience greater psychological well-being.

Significant associations were observed with gender, area of residence, type of family, and academic achievement. This suggests that environmental and familial factors play a crucial role in shaping psychological health. Psychological well-being is an important aspect of mental and emotional health that requires ongoing attention and care. Individuals can promote their psychological well-being by engaging in activities that promote personal growth, maintain positive relationships, and provide a sense of purpose and meaning in life. Additionally, individuals can seek support from mental health professionals if they experience difficulties with their psychological well-being. By taking a holistic approach to promoting mental and emotional health, individuals can enhance their overall well-being and lead a fulfilling life.

## Conclusion

Psychological well-being among nursing students is essential for their academic and personal success. Promoting supportive environments, stress management programs, and counseling sessions can enhance their well-being. Several workshops and conferences should be held in order to promote psychological well-being and update their knowledge and skills. Regular review classes and frequent assessment of interpersonal relationship and academic performance.

## Recommendations

1. Conduct comparative studies between government and private colleges.
2. Extend similar research to different age groups and genders.
3. Organize workshops to promote psychological health awareness among students.
4. Conduct regular assessments to monitor well-being trends.

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