

Psychological Well Being in Adolescence

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ABSTRACT

Adolescence is the period during which a young one develops from child into an adult. It is transitional period from childhood to adulthood. In adolescence period there is rapid development occur in Physical, Psychological and Cultural aspect of the individual. Several Bio-behavioural researchers laid emphasis that pubertal change in brain structure affect on social relations among individual. Adolescence period bring up several issues related to teenage problems. These problems not only confined to high pace of competitions but also physical and psychological weakness. Psychological well being is a state of happiness, life satisfaction and self-growth. Happiness is the key to success in life and it deals to personal benefits to better relationship and high order performance. Psychological well being is a feeling of happiness, interest, positive moods, high physical and mental health and elimination from anxiety, depression, frustration, negative moods, and dissatisfaction from life. So that teaching positive psychology to adolescents can develop knowledge, skills in them and have long lasting impact on their lives. In adolescence period physical, cognitive and socio-cultural changes take place and make them self-conscious in their success and setbacks and tend to incorporate with their

negative orientations and affect their well being. Psychological well being may be those that can help the adolescents to buffer against negative tendencies and make their life happy and healthy.

INTRODUCTION

Adolescence is the period during which a young one develops from child into an adult. It is transitional period from childhood to adulthood. In adolescence period there is rapid development occur in Physical, Psychological and Cultural aspect of the individual. Several Bio-behavioural researchers laid emphasis that pubertal change in brain structure affect on social relations among individual. Biological changes in the adolescence occur at different rates which leads high potential risks to well being. Historically adolescence is the period of storm and stress and characterized by difficulties with parents and social life. Adolescence strives to achieve sense of identity through emotional development by relating the other around them and learning how to adjust with the environment. According to Piaget (1976) changes in cognitive structure of adolescence can increases their abilities to make decisions and hypothetical thinking. It is the pivot change in the adolescence that makes them to set future goals. Adolescence increasingly influence by their parents and peer groups. When adolescent with the lack of social support and meaningful friends have poorer psychological well being and high range of psychological problems. At the time of maturation adolescence has number of psychological and behavioural problems. Many studies suggested that rate of clinical depression increasing from 3% to 18% between the ages of 15 to 18 years. In this period many types of conflict occur between the adults and adolescent because adolescent over estimate their ability to solve the environmental problems with success. Parents support plays an important role in maintaining self potential, personal growth and positive relation with others in adolescence. So that more positive aspect such happiness and psychological well being has been emphasized in adolescent development. To study the psychological well being in adolescent is essential because it provide an opportunity for intervention and early identification of risk and some protective factors.

ADOLESCENCE PERIOD

Adolescence is the most crucial period of human life. In adolescence period physical and psychological changes occurs at the age of 9 to 12 years. Adolescence may be defined as the period of disorientation and discovery. In this period an individual trying to understand the

reality of the world and wanted the independence from their parents and social groups. In adolescence period many adolescents faces challenges and choices regarding independence, self identity, drugs, alcohol, school activity, personal and social life. Adolescence period bring up several issues related to teenage problems. These problems not only confined to high pace of competitions but also physical and psychological weakness. In adolescence period an individual have multiple transitions including education, employment, unemployment and transition from one living condition to another. In transition period there is termination of physical, cognitive, abstract and multiple thinking. In adolescent development major changes occur in height, weight, muscles and brain structure. According to the sociologist adolescent mostly focus on social relations but these relations varies according to the social condition and developmental psychologist focuses on the changes with the parents and peer groups. The average time for puberty is at 11 years in girls and 12 years for boys. For every adolescent the time of puberty is affected by heredity and environmental factors. In adolescents perceived decision making skills just an adult. These young people required the support from their parents to buffer against indifferent challenges and circumstances.

PSYCHOLOGICAL WELL BEING

To make the positive quality of life well being is essential and it can be achieve through the complete absence of emotional and behavioural difficulties. Psychological well being included number of terms such as life satisfaction, quality of life, happiness and positive and negative effects. Simply well being defined as living well, feeling good and functioning effectively. Psychological well being is the ability to feel calm, happy, absence of distress, negative effects, personal development and positive relations with others. To understand the well being as living accordance with the value and doing meaningful activities to engaged oneself. This idea generated the more and multidimensional aspect called Ryff's (Ryff, 1989) concept of psychological well being. Ryff's psychological well being included the six factors- autonomy (ability of self determination, self regulation and independence), positive relations (ability to feel affection with family and friends and positive relation with others), environmental mastery (ability to change and interact with the environment physically and mentally), personal growth (developing self potential), purpose in life (ability to work more productively and creatively) and self acceptance (ability to accept one's potential, both in the past and present). The

dimension of psychological well being shows different correlations with the individual age. Purpose in life and personal growth decreases with the age, on the other hand autonomy and environmental mastery increased with the age (Ryff and Singer 2008). Ryff and Singer (2006) high level of autonomy, self acceptance and environmental mastery were correlated with low negative future thinking whereas high level of positive relationship, personal growth and sense of purpose were correlated with positive future thinking. Psychological well being is a state of happiness, life satisfaction and self-growth. So that teaching positive psychology to adolescents can develop knowledge, skills in them and have long lasting impact on their lives.

PARENTAL INVOLVEMENT AND PSYCHOLOGICAL WELL BEING

The relationship between parental involvement and psychological well being initially included home environment under which adolescent consistently influenced by their parents. Parent and adolescent relationship that set the motion in adolescence how to self evaluate and make the relationship with others. In adolescence psychological distress give the birth of negative thought and stress. Psychological distress not only correlated with psychological but also physical health and behavior. Adolescent with low level of psychological well being exhibit the low level of happiness, self efficacy, life satisfaction and high depression. Parenting style determined the attitude, behavior, value, social relationship in adolescence. Baumrind (1966) indentified the 3 types of parenting style that affect the parent and children relationship. These three types of parenting style are important factors that positively affect the psychological well being. In authoritarian parenting style parents demand that adolescents follow their rules but adolescents wanted to meet their standard for work and effort. In this style parents enforce strict discipline and boundaries over the adolescents and intended the complete control over their actions and behavior. This parenting style leads the anxiety, failure to initiate activity and defective social behavior. Democratic parenting style parents advocates independence along with the boundaries and discipline over the actions. This type of parenting style is more flexible in regulation of behavior. The democratic parents use the communication style that creates the healthy environment for adolescents. In laissez faire parenting style parents encourage adolescent freedom in their behavior and actions. This leads in the adolescent lack of respect and control in personal behavior.

Amato (1994) study suggested that the degree of attachment independently in both father and child and mother-child relationship were positively correlated to children psychological well being. Flouri and Buchanun (2003) study determined that parental involvement affected psychological well being in adolescence and more specifically suggested that psychological well being (happiness) positively related to self efficacy and age and negatively with depression. . Doyle and Markiewicz's (2005) conducted a study on 175 adolescents and study revealed that parenting does affect the adjustment ability in adolescents and high range of psychological control were found in adolescence to internalize the problems.

Koyla Cripp and Brett Zyomski (2009) conduct a study on adolescent's psychological well being and perceived parental involvement. The findings of the study shown that perceived parental involvement positively and negatively affect the adolescent's psychological well being. Adolescent determine personal self worth, self efficacy and self esteem based on perceptions gained from perceived parental involvement. Jeannie A. Perez (2012) conduct a study on Filipino college students and stratified random sampling was used for selection of 19 years old 588 participants. The study revealed that Filipino male and female participants are different in their dimension of psychological well being. Specially gender difference were found in term of purpose in life, social relationship with peers and father, autonomy, experience of affect relationship with mother and teacher, personal growth, environmental mastery and self acceptance. Franklin W. Glozah (2013) conducted a study on effect of academic stress and perceived social support on psychological well being of adolescents. Sample of 248 high school students were taken of the study. The results of the study there is significant effect of perceived social support indicating that psychological well being is significantly higher in those students who have moderate and low perceived support with a small effect size.

Therefore, family is the central in the development of adolescent. Adolescents grow up and develop their social interaction from the one's environment. During the transition period adolescents need social support from the family when they face the difficulties because these difficulties affect the psychological well being which leads poor academic performance and increased distress.

PSYCHOLOGICAL WELL BEING AND ADOLESCENTS

Happiness and psychological well being occupy the central palace in adolescent's success and life goals. In the majority of cases adolescents faces the number of difficulties which may have serious effect on psychological well being of adolescence. Happiness, life satisfaction and depression are important resources for enhancing students learning and success. Turashvili & Japaridze (2012) see the environment as a challenges and purpose in life, personal growth and development help them to overcome difficulties. Seligman (2008) study on positive psychology states that happiness promote success and human functioning (Sense of directness, purpose in life, personal growth and realizing his/her potential). Bakar & Sidek (2013) suggested that promotion of well being in adolescents can help in reduction of negative effect of mental illness. Psychological well being refer the term autonomy, positive relations with others, environmental mastery, purpose in life, self acceptance and personal growth are important in learning, education and sustain development and finally connected with happiness. Happiness is the key to success in life and it deals to personal benefits to better relationship and high order performance. Psychological well being is a feeling of happiness, interest, positive moods, high physical and mental health and elimination from anxiety, depression, frustration, negative moods, and dissatisfaction from life.

CONCLUSION

In adolescence period physical, cognitive and socio-cultural changes take place and make them self-conscious in their success and setbacks and tend to incorporate with their negative orientations and affect their well being. Social support can improve psychological well being which help in the physical, psychological and affective development of the individual. Parenting style plays an important role to cope with the negative and stressful situation and optimal psychological well being. Psychological well being may be those that can help the adolescents to buffer against negative tendencies and make their life happy, healthy and successful.

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