

PSYCHOLOGICAL WELL-BEING AND RESILIENCE AMONG ADOLESCENTS DURING COVID'19

By

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Abstract

The present study examined the psychological well-being and resilience among adolescents during Covid'19. The investigator adopted survey method for the present study. The tools used for the study are psychological well-being scale (2021) constructed and validated by the investigator and resilience scale (2019) by Verlin Jose and Geetha. Data were collected from 300 adolescents of different schools in Kanyakumari District. The statistical techniques used for the present study are t- test and correlation analysis. Results showed that there is significant relationship between psychological well-being and resilience among adolescents during Covid'19. This research contributes the need of psychological well-being and resilience among adolescents to have a healthy and stable life.

Keywords: *well-being, resilience, adolescents, covid*

Introduction

Today, the world is facing the greatest pandemic in history, that is killing people, spreading human sufferings and ending people's lives. The Corona Virus disease (Covid'19), which has been characterized as a pandemic by WHO, is attacking the societies at their core with variantly mutated types. Covid'19 is an infectious disease caused by a newly discovered Corona Virus, originated from China. The

coronavirus pandemic has created a lot of chaos in the minds of every individual in all aspects of life.

Significance of the study

The term psychological well-being is used to describe an individual's emotional health and overall functioning. It should be emphasized that distress and anxiety are normal reactions to a situation as threatening and unpredictable to the coronavirus pandemic. Well-being is the experience

of health, happiness and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose and ability to manage stress. Possible stress-related reactions in response to the coronavirus pandemic may include changes in concentration, irritability, anxiety, insomnia, reduced productivity and interpersonal conflicts. This may affect the general people and there is no doubt that the threat by virus has negative psychological effects during lockdowns and quarantine. The worldwide outbreak of the coronavirus disease and its different mutations is a source of unexpected stress and adversity to many people especially among the adolescents.

Resilience is one's capacity to bounce back from negative experiences. A key requirement of resilience is the presence of both risk and promotive factors. Resilience can help us to get through and overcome hardship. They help either in bringing out a positive or in avoiding and reducing negative outcomes. The horizons of the daily lives, ability to travel and interact freely have been suddenly limited. Anxiety, depression and distress are

normal responses to such extreme circumstances. Thereby enabling humans to deal with these challenges while many were unsettled and concerned by the coronavirus pandemic and its mutated virus and strive to adapt the new reality. Nevertheless, not everybody can successfully deal and adapt easily to a new circumstances. Therefore, the pandemic will affect the psychological well-being of the people. Factors influencing this include living conditions, poverty, and poor access to healthcare, illiteracy, uncertainty about future, genetic background, previous life experiences and social support. Thus, an attempt is made to conduct a study on Psychological Well-being and Resilience among Adolescents during Covid'19.

Title of the study

The problem is entitled as Psychological Well-being and Resilience among Adolescents during Covid'19.

Objectives of the study

1. To find out whether there is any significant difference in psychological

- well-being of adolescents with regard to gender.
2. To find out whether there is any significant difference in psychological well-being of adolescents with regard to medium of instruction.
 3. To find out whether there is any significant difference in resilience of adolescents with regard to gender.
 4. To find out whether there is any significant difference in resilience of adolescents with regard to medium of instruction.
 5. To find out whether there is any significant relationship between psychological well-being and resilience among adolescents.
3. There is no significant difference in resilience of adolescents with regard to gender.
 4. There is no significant difference in resilience of adolescents with regard to medium of instruction.
 5. There is no significant relationship between psychological well-being and resilience among adolescents.

Methodology

The investigator has adopted survey method for the present study. The tools used for the study are psychological well-being scale (2021) constructed and validated by the investigator and resilience scale (2019) by Verlin Jose and Geetha. Data were collected from 300 adolescents of different schools in Kanyakumari District. The statistical techniques used for the present study are t- test and correlation analysis.

Analysis of the data

Ho:1 There is no significant difference in psychological well-being of adolescents with regard to gender.

Hypotheses of the study

1. There is no significant difference in psychological well-being of adolescents with regard to gender.
2. There is no significant difference in psychological well-being of adolescents adolescence with regard to medium of instruction.

Table 1. Difference in psychological well-being of adolescents with regard to gender

Variable	Gender	N	Mean	Standard Deviation	Calculated 't' Value	Remarks at 5% Level
Psychological Well-being	Male	83	87.05	9.950	2.668	S
	Female	217	90.26	9.073		

S – Significant (The table value of 't' at 5% level of significance is 1.96)

It is inferred from the above table that the calculated 't' value is greater than the table value at 5% level of significance. Hence there is significant difference in psychological well-being of adolescents with regard to gender and the null hypothesis is rejected.

Ho:2 There is no significant difference in psychological well-being of adolescents adolescence with regard to medium of instruction.

Table 2. Difference in psychological well-being of adolescents with regard to medium of instruction

Variable	Medium of Instruction	N	Mean	Standard Deviation	Calculated 't' Value	Remarks at 5% Level
Psychological Well-being	Tamil	54	87.50	10.410	1.616	NS
	English	246	89.78	9.157		

NS – Not Significant (The table value of 't' at 5% level of significance is 1.96)

It is inferred from the above table that the calculated 't' value is less than the table value at 5% level of significance. Hence, there is no significance difference in psychological well-being of adolescents with regard to medium

of instruction and the null hypothesis is accepted.

Ho:3 There is no significant difference in resilience of adolescents with regard to gender.

Table 3. Difference in resilience of adolescents with regard to gender

Variable	Gender	N	Mean	Standard Deviation	Calculated 't' Value	Remarks at 5% Level
Resilience	Male	83	125.11	16.618	2.452	S
	Female	217	130	14.973		

S – Significant (The table value of 't' at 5% level of significance is 1.96)

It is inferred from the above table that the calculated 't' value is greater than the table value at 5% level of significance. Hence there is significant difference in resilience of adolescents

with regard to gender and the null hypothesis is rejected.

Ho:4 There is no significant difference in resilience of adolescents with regard to medium of instruction.

Table 4. Difference in resilience of adolescents with regard to medium of instruction

Variable	Medium of Instruction	N	Mean	Standard Deviation	Calculated 't' Value	Remarks at 5% Level
Resilience	Tamil	54	133.31	15.074	2.455	S
	English	246	127.62	15.522		

S – Significant (The table value of 't' at 5% level of significance is 1.96)

It is inferred from the above table that the calculated 't' value is greater than the table value at 5% level of significance. Hence there is significant difference in resilience adolescents

with regard to medium of instruction and the null hypothesis is rejected.

Ho:5 There is no significant relationship between psychological well-being and resilience among adolescents.

Table 5. Relationship between psychological well-being and resilience among adolescents

Variables	N	Calculated 'r' Value	Remarks at 5% level
Psychological Well-being and Resilience	300	0.209	S

S – Significant (The table value of 'r' at 5% level of significance is 0.113)

It is inferred from the above table that the calculated 'r' value is greater than the table value at 5% level of significance. Hence, there is significant relationship between psychological well-being and resilience of adolescents and the null hypothesis is rejected.

Findings and Interpretations

1. Significant difference is revealed between male and female adolescents in their psychological well-being. Female adolescents possess more psychological well-being than male adolescents. This may be due to the fact that girls spend most of their time at home and they may get more care and protection from their parents than boys. Hence, there is the best time for parents to model the most important life skills i.e. coping with

stress, coping with emotions and problem-solving with their children. Due to the cancellation of exams, they handle disappointments and uncertainties more positively. Moreover, to inculcate a sense of control in female adolescents whenever possible, parents include in the decision-making process especially in matters related to them, thus possessing good psychological well-being.

2. No significant difference is revealed between adolescents of Tamil and English medium in their psychological well-being. This may be due to the fact that irrespective of medium they are able to focus on their goals to develop their personal and social identities, regulate complex emotions and behaviours appropriately, improve their perspective-taking skills for

interpreting social cues accurately, effectively negotiate relationships and conflicts with peers and adults and make ethical decisions about daily challenges contributing to one's own well-being.

3. Significant difference is revealed between male and female adolescents in their resilience. Female adolescents are more resilient than male adolescents. This may be due to the fact that female adolescents have the ability to overcome any situations with their inner strengths and are capable of undergoing any difficulties. They have the tendency to learn from mistakes which was a significant predictor of coping and confidence, tenacity and adaptation, and tolerance to negative situations.
4. Significant difference is revealed between adolescents of Tamil and English medium in their resilience. Adolescents with Tamil as medium of instruction are more resilient than their counterparts. This may be due to the fact that the adolescents with Tamil as medium of instruction, learn through their mother tongue have the ability to understand the concepts very

easily and able to control their thoughts, emotions, impulses and behaviour which encourages positive adaptation, and makes it easier to attain a happy and healthy life.

5. Significant relationship is revealed between psychological well-being and resilience among adolescents during Covid'19. This may be due to the fact that resilience serves to protect and promote individuals' psychological well-being mitigating the negative effects of stressful events, accelerating the recovery, and reducing the risk of developing mental health problems. In adolescence, key assets for resilience include coping skills, stress management, and self-efficacy, which can help deal with adversities and setbacks, rejection, family conflict, loss, bullying and peer conflicts, life changes and life transitions while protecting young people from the negative consequences associated with exposure to risk situations. Though resilience is a widely used construct, the relationship between resilience and psychological well-being among adolescents has been

scarcely explored in healthy adolescents.

Educational Implications

Based on the light of findings the investigator has made the following implications for the study:

- Female adolescents possess more psychological well-being than male adolescents. Adolescent males should be made to involve in meditation, visualization and deep breathing which can help to face adversity and foster well-being. Also teachers can assist them in teaching simple exercises, including muscle relaxation, distraction, and positive self-talk.
- Female adolescents are more resilient than male adolescents. As students move through our educational system, adolescent males will face adversity at one time or another, whether it is social or academic in nature. Thus, a central task for parents and educators is to prepare students to respond resiliently when these inevitable challenges arise.
- Adolescents with Tamil as medium of instruction are more resilient than English. Teachers teaching

English as medium of instruction should create a positive learning environment and teaching methods, provision of explicit social and emotional skill programmes and involve them in decision making.

- Teachers can devote some time related to educating about Covid'19 and preventive health behaviour by using the guidelines of the international organizations, according to the maturity level of the students. They can explain to the students about the need to act with responsibility during the current pandemic in order to make them psychologically well.
- Teachers have a role to play in the promotion of psychological well-being among adolescents. They can discuss what is well-being and how it is important for them. Virtual workshops can be conducted in which life skills related to coping in stress can be in focus by using more practical examples.
- Teachers can play an important mediating function in minimizing risk or vulnerability and maximizing resources that can

serve to enhance adolescent's development and to promote resilience.

- Teachers can foster resilience by providing adolescents with opportunities to set realistic expectations, and by helping them to master new experiences. Teachers who work to develop their adolescent's ability to be active learners help to strengthen their ability to overcome adversity.

Conclusion

Based on the results of the study, significant relationship is revealed between psychological well-being and resilience among adolescents during Covid'19. A resilience focus, taken alongside a wellbeing lens, can help us predict future risks. Thus psychological well-being and resilience provides a useful lens through which to understand how people feel and think about their lives and what is happening in our communities.

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