



## Perceived Stress and Psychological well-being among College Students

**S.Sridevi**

Ph.D. scholar, Department of Psychology,  
Annamalai University, Email -  
[sridevisivakumar1973@gmail.com](mailto:sridevisivakumar1973@gmail.com)  
Chidambaram, Tamil Nadu, India

**Dr. K.Govind**

Assistant Professor, Department of  
Psychology, Annamalai University,  
Chidambaram, Tamil Nadu, India

### Abstract

*Perceived stress and psychological well-being is important in the life of college students. The purpose of the study was to examine the perceived stress and psychological well-being among college students. The present study constituted sample of 100 with equal number of boys and girls selected through simple random sampling method from different departments in Annamalai University. Perceived stress scale Cohan [1985] and Ryffs Psychological well-being [1995] scale was used to collect the data. Simple Random technique was used to select the samples for data analysis. For statistical analysis of Mean, Standard deviation, t-test and Carl Pearson correlation was done by using SPSS 16.0 versions. The results demonstrated that girls have higher perceived stress psychological well-being than boys. To sum up on the basis of the present study it is revealed that there is significant gender difference found in psychological well-being and there is no significant difference with respect to age. It is also confined that perceived stress is not significantly differs with respect to age and gender. Further it is also revealed that there is significant relationship between perceived stress and psychological well-being.*

*Keywords: Age, gender, perceived stress, psychological well-being.*

### Introduction:

Psychological well-being is beneficial for adults to live a healthy life, making it an important aspect of one's life in the college years [molina-Garcia, Castilo & Queralt [2011]. College life can frequently be chaotic and psychological well-being viewed in different ways. One view is according to the hedonic and eudemonic approaches of early philosophers. Psychological well-being is said to be more stable than the subjective well-being .Which could fluctuate with life experiences. It is also argued that psychological well-being could lead to adaptive human function.

Human beings are constantly dealing with various stresses (Nehra, Sharma, Kumar & Nehra, 2013), it may be hectic lifestyle, intense work pressure, under we live today. In short it can be said that there is no society and strata that are immune to stress; student population is not also exception. As per Springer Reference perceived stress is defined as the feelings or thoughts that an individual has about how much stress they are under at a given time period. It is assumed that perceived stress leads to poor out comes as it increases level of depression, relationship difficulties, anxiety

and even suicide (Moffat, McConnachic, Ross et al 2004, Shapiro, Schwartz,2000).

As a general agreement excessive perceived stress in the student’s population is associated with decrease in academic performance where as psychological well-being has been related to higher academic achievement. It seems that increase stress can decrease psychological well being can help via improved coping ability or high psychological well-being can decrease stress. Hence the study is planned to assess the Perceived stress and Psychological well-being in this college students.

Problem of study: Perceived stress and psychological well- being among college students.

**Objectives:**

1. To assess the perceived stress of college students.
2. To identify the psychological well-being of college students.
3. To ascertain the demographic variable on perceived stress and psychological well-being among college students.
4. To find out the relationship between the perceived stress and psychological well-being among the college students.

**Hypotheses:**

Ho 1. College students do not differ in perceived on the basis of gender.

Ho 2.College students do not differ in psychological well-being on the basis of gender.

Ho 3.College students do not differ in perceived stress on the basis of age.

Ho 4.College students do not differ in psychological well-being on the basis of age.

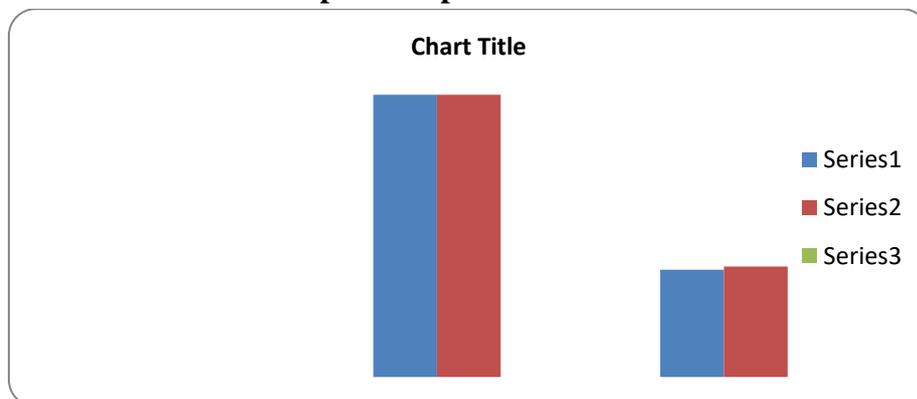
Ho 5.There is no significant relationship between perceived stress and psychological Well-being.

**Result and discussion:**

**Table 1: Showing the mean, Standard Deviation, Standard Error measurement and Mean difference and degrees of freedom and t-value of participants with respect of perceived stress on the basis of gender.**

Perceived stress	N	Mean	S.D	SEM	M.D	df	t-value
Male	50	18.98	3.06	.43	0.58	98	0.70
Female	50	19.56	4.92	.69			

**Graphical represent of table 1**



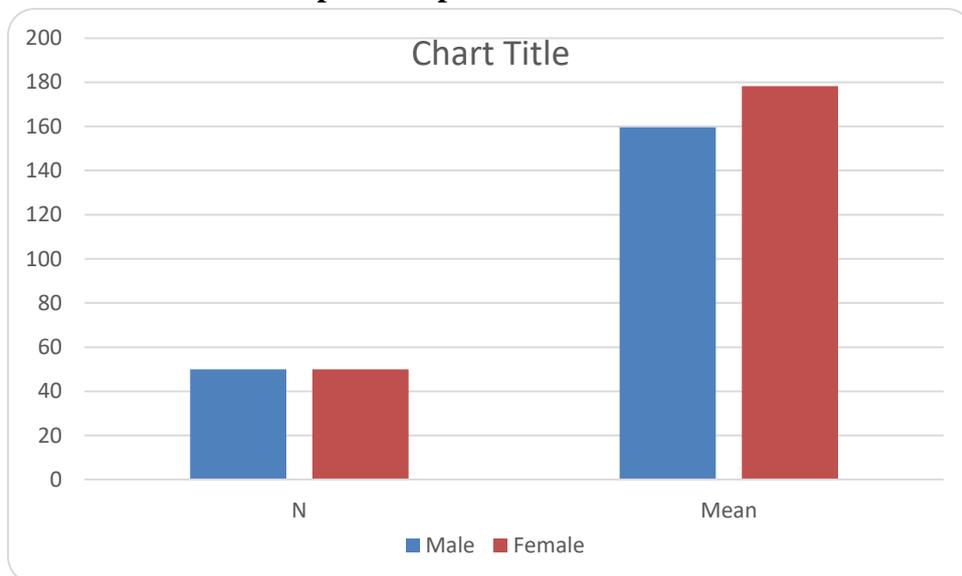
**Figure: 1**

The above given table shows the Mean, S.D, SEM and t-value of the perceived stress with respect to gender. The mean S.D & SEM of the male group was found (m=18.98, S.D=3.06, SEM .43) female (m=19.56, S.D=19.56, SEM=.69) and t-value 0.70. therefore the findings shows that there is not significant gender difference with respect to perceived stress. Hence the first hypothesis is accepted.

**Table 2: Showing the mean, Standard Deviation, Standard Error measurement, Mean difference, degrees of freedom and t-value of participants with respect of psychological well-being on the basis of gender.**

Psychological well-being	N	Mean	S.D	SEM	M.D	df	t-value
Male	50	159.54	17.68	2.50	18.78	98	5.29*
Female	50	178.32	17.77	2.57			

**Graphical represent of table 2**



**Figure: 2**

The above given table shows the Mean, S.D, SEM and t-value of the psychological well-being with respect to gender. The mean S.D & SEM of the male group was found (m=159.54, S.D=17.68, SEM 2.50) female (m=178.32, S.D=17.77, SEM=2.57) and t-value 5.29. Therefore the finding shows that there is not significant gender difference with respect to psychological well-being. Hence the second hypothesis is rejected.

**Table 3: Showing the mean, Standard Deviation, Standard Error measurement, Mean Difference, degrees of freedom and t-value of participants with respect of perceived stress on the basis of age.**

Variable	Age	N	Mean	S.D	SEM	M.D	df	t-value
Perceived stress	17-19	61	19.59	3.80	.48	0.82	98	0.97
	20-22	39	18.77	4.51	.72			

Graphical represent of table 3

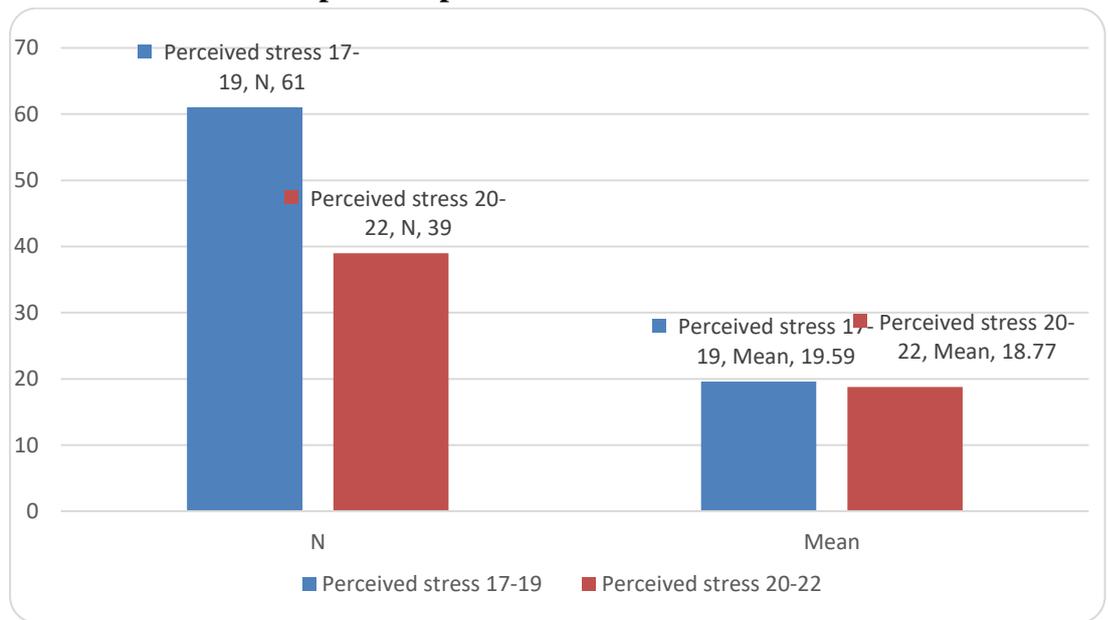


Figure: 3

The above given table shows the Mean, S.D, SEM and t-value of the perceived stress with respect to age. The mean S.D & SEM of the male group was found (m=19.59, S.D=3.80, SEM .48) female (m=18.77, S.D=4.51, SEM=.72) and t-value 0.97. Therefore the finding shows that there is not significant gender difference with respect to perceived stress. Hence the third hypothesis is accepted.

Table 4: Showing the mean, standard deviation and t-value of participants with respect of psychological well-being on the basis of age.

Variable	Age	N	Mean	S.D	SEM	M.D	df	t-value
Psychological well-being	17-19	61	168.64	18.31	2.34	0.74	98	0.18
	20-22	39	169.38	22.64	3.62			

Graphical represent of table 4

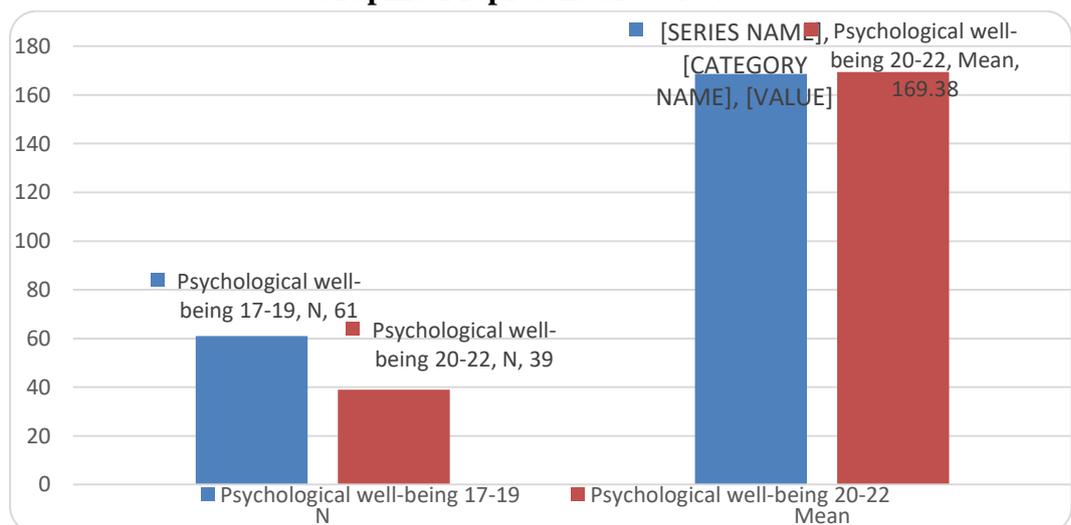


Figure: 4

The above given table shows the Mean, S.D, SEM and t-value of the psychological well-being with respect to age. The mean S.D & SEM of the male group was found (m=168.64, S.D=18.31, SEM 2.34) female (m=169.38, S.D=22.64, SEM=3.62) and t-

value 0.18. Therefore the findings shows that there is not significant gender difference with respect to psychological well-being. Hence the four hypothesis is accepted.

**Table 5: Showing correlation between Perceived Stress and Psychological well-being**

		Perceived Stress	Psychological well-being
Perceived Stress	Pearson correlation Sig.(2-tailed)	1	-0.222*
Psychological well-being	Pearson correlation Sig.(2-tailed)	-0.222*	.000
	N	100	100

\*correlation is significant at the 0.05 level (2-tailed)

The above given table shows the correlation between the perceived stress and psychological well-being the correlation between the perceived stress and psychological well-being was -0.222\*. Therefore the findings shows negative correlated between perceived stress and psychological well-being.

**Conclusion:**

On the basis of findings follows conclusions can be drawn.

1. Female have high perceived stress than males.
2. Female have better psychological well-being than males.
3. 20-22 years old college students have high perceived stress than 17-19 years old students.
4. 20-22 years old college students have better psychological bell-being than 17-19 years old students.
5. Perceived stress is negatively correlated with psychological well-being.

**References**

1. Akhtar,S. (2015) Psychological well- being in Students of Gender differences. *The Journal of Indian Psychology. Vol.2 (4),153- 161.*
2. Amponsah, M.,& Owolabi, H. O.(2011). Perceived stress level of Fresh University students in Ghana: A case study *British Journal of Educational Research, 1(2):153- 169.*
3. Aydm,D.(1999), Social network composition, Social support and Psychological well- being in first year METU students: A longitudinal investigation. Unpublished master'sthesis, Middle East Technical University,Ankara.
4. Bano, A. (2014). Impact of meaning in life on psychological well-being and stress among University students. *Existenzanalyse, GLE- International/ Wien, 21-22.*
5. Christopher, J. C(1999). Situating Psychological well- being : Exploring the cultural roots of its theory and research. *Journal of Counseling and Development, 77, 141-152.*
6. Cronbach.L. A (1951) Coefficient alpha and the internal structure of tests.*Psychometrica. 16, 297- 334.*
7. Gencoz, T. & O,(2004)Direct and indirect effects of social support on psychological well-being. *Social Behaviour and Personality, 32,(5), 449-458.*

8. Hasnain, N., Wazid, S. W.& H(2014). Optimism, Hope and Happiness as correlates of Psychological Well-being among Young Adult Assamese Males and Females. *IOSR Journal of Humanities and Social science*
9. Kausar, R. (2010). Perceived stress Academic workloads and use of coping strategies by University Students. *Journal of Behavioural sciences*, 20, 32- 45.
10. Khan , M . S. (2015). A Study og Well-being among Hindu and Muslim Students in Aligarh. *The International Journal of Indian Psychology*, Vol. 3 (3), 49-53.
11. Naidoo,s., & Pau, A.(2008). Emotional intelligence and perceived stress . *Journal of south African Dental*, Apr; 63(3): 148- 51.
12. Vinayak. M & Jadhav Psychological well- being ,gender and Optimistic Attitude among College Students. *The International Journal of Indian Psychology* (3), 174- 183.
13. Wissing, M.P.& Van Eeden, C.(1997), September). Psychological well-being: a fortigenic conceptualization and empirical clarification. *Paper Presented at the Third Annual Congress of the Psychological Society of South Africa, Durban , South Africa.*