Chapter-7

Conclusion
CONCLUSION

The study can be concluded that all the demographic factors did not differ with the subjective well-being of adolescents. However, the dimensions wise results indicated that Confidence in coping was experienced by adolescents belonging to urban, private colleges those with 30,000 and above income group and in non hostellers as well. Social support was found to be high among adolescents belonging to urban, private colleges and adolescents belonging to Christianity, also adolescents of Degree College. Primary group concern was found to be high among adolescents of urban area and studying in private colleges. Transcendence significantly differed between the mean scores of Hindus and Christians. Transcendence was also found among the private college students.

Implications of the study

The study helps to understand that SWB is a very important psychological correlate among adolescents. It further helps us to develop an intervention package wherein adolescents subjective well being could be enhanced by helping them through appropriate life skills interventions. The study also helps us to know that demographic factors contributed to SWB.
Limitations of the study

Family environment was not considered in the study. SWB was measured using a single questionnaire. Other psychological factors such as depression, stress and anxiety could have been used along with SWB.

Future Directions

The study could be extended to different age groups and even different professions. The study also needs to be explored in parenting styles, parental separation and SWB of adolescents. As the family environment plays a major role in determining the subjective well being of the adolescents the study could also be extended to explore the demographic factors along with SWB and Life skills interventions to adolescents.