ABSTRACT

Subjective well being is unique as it captures an individual’s self-perceived life satisfaction by examining their cognitive appraisal of their own life. In the field of psychology, there has been a growing movement toward examining subjective well-being. A dearth of literature still exists within this area of research for adolescent population. Hence, the present study was carried out to find out the gender differences, level of education, income, type of college, influence of religion, impact of sleep and other demographic factors on Subjective Well-being of Adolescents. The study used a between subject survey design. Participants consisted of 500 adolescent students (15-20 years) (boys=232) (girls=268) pursuing intermediate and also from degree colleges were selected from north coastal districts of Andhra Pradesh. The north coastal districts are namely Srikakulam, Vijayanagaram and Visakhapatnam. Random sampling technique was used for collection of data. Subjective Well-Being Inventory developed by Nagpal and Sell (1992) was used as means of data collection. Demographic Data constructed by the researcher was also secured. SPSS 19 was used for analyzing the data. The findings of the study revealed that the overall subjective well-being of the adolescents did not differ with the gender, income, type of college, residence, religion and with other demographic factors. Results according to the dimensions of SWB indicated that Confidence in coping was experienced by
adolescents belonging to urban, private college 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 college and adolescents belonging to Christianity, also adolescents of Degree College. Primary group concern was found be high among adolescents of urban area and studying in private college. Transcendence significantly differed between the mean scores of Hindus and Christians. And also found among the private college students. The study implies to develop an intervention package wherein subjective well being could be enhanced among adolescents significantly differed in the low scores on the subjective well being dimensions through appropriate psychosocial interventions.