PERCEIVED SELF AWARENESS IN THE PROMOTION OF HEALTH AND WELL-BEING

ABSTRACT
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Abstract

Quest for knowing self is most basic of human nature, which is long believed to be necessary for promoting good health and well-being. This research provides a theoretical and empirical examination of the role of self-awareness in health and well-being. It was proposed that self-awareness is a positivistic construct which would promote health and well-being. In order to achieve the above stated purpose, three series of study were planned. In the first study Self-awareness Measures (SAM) based on Rajayoga concept of self-awareness was developed. The second study was designed to see the pattern and contribution of self-awareness in health and well-being. Subsequently, the third study was charted out to see whether self-awareness as a goal can be enhanced to promote health and well-being. In the first study, developmental and psychometric properties of Self-awareness Measures (SAM) showed that SAM is a brief, reliable and valid tool to measure self-awareness. Using SAM, result of the second study supported the proposition of self-awareness as a positivistic construct. Positive health aspects and well-being were predicted by Inward attention whereas low self-awareness showed contribution in negative health aspects. A different pattern was found for association and prediction of health and well-being at gender level.
Results of the third study indicated a possibility that self-awareness can be cultivated, which in turn, can contribute in health and well-being. A major finding of the present study is that self-awareness is a positivistic construct which by enhancing can be further used to promote health and well-being. These studies were an attempt to unravel the nature of self-awareness, results of which can be used to direct further research which seeks to explore the same within a different paradigm and use of different methodology in order to assess its relevance for different strata in the society. A major implication of the present study is that SAM can be used as a screening tool to measure self-awareness and that an intervention program can be taken as low cost strategy to promote health and well-being of college students.