CHAPTER VI

SUMMARY AND CONCLUSIONS

SUMMARY:

The present study sought to investigate the relation between modernity, subjective well-being and self-esteem of college students. Further, the study was also expected to examine the occurrence, or otherwise, of any influence of demographic variables: gender, level of education, faculty of education, S.E.S, religion and area of domicile of the students on the three variables under study. Further, it sought to investigate the existence of inter-relation between the three variables.

The sample for the study was selected from the student population of aided and non-aided non-professional colleges, from Hubli-Dharwad City of the state of Karnataka. The sample consists of 500 male and 500 female students pursuing their studies in non-professional colleges of arts, commerce, and science faculty from the first year PUC to third year of degree course. The students were in the age range of 17 to 23 years.

The sample for the study was selected based on the inclusion criteria and the willingness of the subjects to respond to the scales and inventory. The personal information of the college students was procured by way of proforma and by administering individual modernity scale, subjective well-being inventory and self-esteem scale.

After the selection of sample and the completion of other preliminary formalities, scales were administered in groups. The researcher explained the purpose of the study and distributed the proforma to record personal information. Following the general instructions, three tests were administered. Subjects were asked to read the instructions individually and to respond. No time limit was set, but they were advised to answer promptly. Guarded and continuous supervision was provided so as to assist the subject/s to complete the tests. Any difficulty and doubt vis-à-vis the test were adequately dealt with. After the completion of the test, the subjects were required to read through the responses to detect any lapse while responding to the test material.
The data that was obtained by various scales and inventories was subjected to statistical analysis. Statistical tests were used to examine and compare the impact of independent variables on individual modernity, subjective well-being and self-esteem of non professional college students. Also, appropriate tests were used to analyse the relation between individual modernity, subjective well-being and self-esteem of college students. All the hypotheses were tested using independent samples $t$-test. And pearson’s product moment correlation to test the relationship of individual modernity, subjective well-being and self-esteem of college students.

Finally, from the results obtained from the present study, the following conclusions were drawn based on the selected variables:

**CONCLUSIONS:**

**I. Individual-Modernity:**

1. Female students have significantly higher Individual-Modernity than male students.
2. Students studying at Degree level have significantly higher Individual-Modernity than PUC students.
3. Arts faculty (Stream of education) students have significantly low individual-modernity than commerce and science faculty students. And commerce and science faculty students did not differ significantly in their modernity.
4. High socio-economic status group of students have significantly higher individual modernity than low and middle socio-economic status group of students.
5. Hindu and non-hindu religious group of students do not differ significantly on individual-modernity.
6. Urban students are more modern than rural students. But it is not significant in case of modernity dimensions such as Socio-cultural modernity, Political modernity and Health modernity.

**II. Subjective Well-being:**

1. Female students have significantly higher Subjective Well-being than male students.
2. Students studying at Degree level have significantly higher Subjective Well-being than PUC students.

3. Arts faculty (Stream of education) students have significantly low Subjective Well-being than commerce and science faculty students. And commerce and science faculty students did not differ significantly in their Subjective Well-being.

4. High socio-economic status group of students have significantly higher Subjective Well-being than low and middle socio-economic status group of students.

5. Hindu and non-hindu religious group of students do not differ significantly on subjective well-being.

6. Urban students had higher Subjective Well-being than rural students. But the difference is not significant.

III. Self-Esteem:

1. Female students have significantly high Self-esteem than male students.

2. Students studying at Degree level have significantly higher Self-esteem than PUC students.

3. Arts faculty (Stream of education) students have significantly low Self-esteem than commerce and science faculty students. And commerce and science faculty students did not differ significantly in their Self-esteem.

4. High socio-economic status group of students, have significantly higher Self-esteem than low and middle socio-economic status group of students.

5. Hindu and non-hindu religious group of students do not differ significantly on Self-esteem.

6. Urban students had significantly high Self-esteem than rural students.

IV. Individual modernity is significantly related to subjective well-being.

V. Individual modernity is significantly related to self-esteem.

VI. Subjective well-being is significantly related to self-esteem.

Implications of the Present Study:

Most human problems arise from within the person and they are reflected in life situations. The rapid change that is brought about during this transition period leads adolescents to serious ‘at-nots’ with themselves and with society at large. During this
period, social change continue to exert influence on adolescents’ lives, especially, in the challenge of finding themselves, adjusting to complex psychological demands, setting targets and achieving them.

The finding of the study will assist law makers, Educationalists, pedagogue and civil authorities in framing and guiding policies for those, under whose care, the college students live.

The investigation aims to create awareness of the various important dimensions that will enable college students to develop a healthy and holistic personality, thereby bringing about social change.

The findings will provide the parents and the teachers a greater opportunity to know their adolescents better and their needs which in turn may lead to better adjustment with changing society among college students.

**Suggestion for further Study:**

For further research, the following recommendations are proposed:

1. The researcher strongly recommends that the present study be conducted along with a cross-cultural comparison study.
2. The scope of the present study could be extended to professional college students.
3. The researcher recommends to go for action research through intervention programmes to enhance the modernity, subjective well-being and self-esteem of college students.