



## A study of subjective well-being among general and OBC community

Pandey Asmita<sup>1</sup>, Tripathi HGR<sup>2</sup>

<sup>1</sup> Research Scholar, Department of Psychology, A.P.S. University, Rewa, Madhya Pradesh, India

<sup>2</sup> Professor, Department of Psychology, Govt. Girls P.G. College, Rewa, Madhya Pradesh, India

### Abstract

Efforts to measure wellbeing especially in western countries were based on assumption that it is dependent upon a set of needs which are common to all people. In a study, Personal wellbeing questionnaire was administered on 80 male (40 Rural & 40 Urban) and 80 Females (40 Rural & 40 Urban) of general & OBC community. 2X2X2 factorial analysis revealed that Rural people of reported more well-being than urban people. Similarly females reported more wellbeing than males.

**Keywords:** western countries, personal wellbeing

### Introduction

Well-being is assessed through the quality of life, living standards and human development, social welfare, utility, life satisfaction, prosperity, need fulfillment, happiness etc. S.W.B. started in 20<sup>th</sup> century. Flugel (1925) studied emotional reaction which was pioneer work in the area of S.W.B. Diener (2000) indicated the requirement of national index through which S.W.B. can be updated time to time. According to McGillivray (2005) <sup>[8]</sup> well-being is understood as quality of human life, human development and basic human need fulfillment. Subjective wellbeing is a broad category of phenomena that includes people's emotional responses, domain satisfaction and global judgments of life satisfaction (Diener 1999). Subjective wellbeing (SWB) consists of two distinctive components, affective which emphasize on positive affect and the absence of negative affect and evaluative guided by emotions and feelings.

Experiencing pleasant emotions low level of negative mood, high life satisfaction are often termed as SWB. Bentham (1948) argued that presence of pleasure and absence of pain are the defining quality of good life. People who have important goals tend to be more energetic, experience more pleasant emotions and feel that life is meaningful, (McGregor and little 1998). Subjective well-being judgments reflect cognitive and emotional reactions to life circumstances. Differences in subjective well-being also result from individual differences in a way, people think about the world. Demographic factors like sex and income were noted as directly related to SWB. S.W.B. includes life satisfaction positive feeling and happiness in one's life. It is also related with the individual health, activity, personality and in broader sense social contact. Well-being is always referred as a happiness which is highlighted in various theoretical approaches like telic theory, associationistic model, activity theory, judgment approaches and top down versus bottom up connection. Subjective well-being is considered as the individuals cognitive and affective evaluation about his life. Bradburn (1969) advocated that pleasant and unpleasant feeling should be studied separately with a view to find out a complete picture of one's well-being.

Studies in the area of wellbeing were not successful in getting the difference between man and woman (OKun & George, 1984) <sup>[9]</sup>. In most of the studies general difference was found in opposite direction (Stevenson & Walfors, 2009, Haring, stock & Okun 1984, Fujita, Diener & Sandvick, 1991) <sup>[4]</sup>.

In a study Batz, C. and Tay L. (2018) <sup>[2]</sup> studied wellbeing in man and woman on the basis of three components i.e. life satisfaction, positive effect and negative effect. In a review of literature regarding gender studies Wilson (1967) <sup>[11]</sup> reported that sex was not found associated with happiness & wellbeing. In a study Lucus and Gohm (2000) <sup>[7]</sup> reported that women experience more negative affect than man. In a study Wood, W Rhodes, N., & Whelan, M. (1989) <sup>[12]</sup> found that older women as compare to older man, reported slightly lower levels of happiness and wellbeing.

The main objective of the present study was to see the effect of background (Rural/Urban) gender (Male/Female) and type of community (General/OBC) on personal wellbeing. It was hypothesized that both the rural and Urban male and Female of general & OBC community would show similar pattern of.

### Method

**Sample:** The present study was conducted over 160 students. 80 rural (40 males and 40 females) and 80 urban (40 males and 40 female). The age of male and female participants ranged between 25 to 40.

**Measure:** A five point likert type scale attached with 10 bipolar adjectives was constructed. The scores on scale could range between minimum (10) to maximum 50. The scale was anchored in a way that higher the score greater the subjective wellbeing.

**Procedure:** All the participants were individually contacted at their residences. Instructions were redout and subjects were asked to put a trick mark (✓) against their choices.

### Statistical Analysis

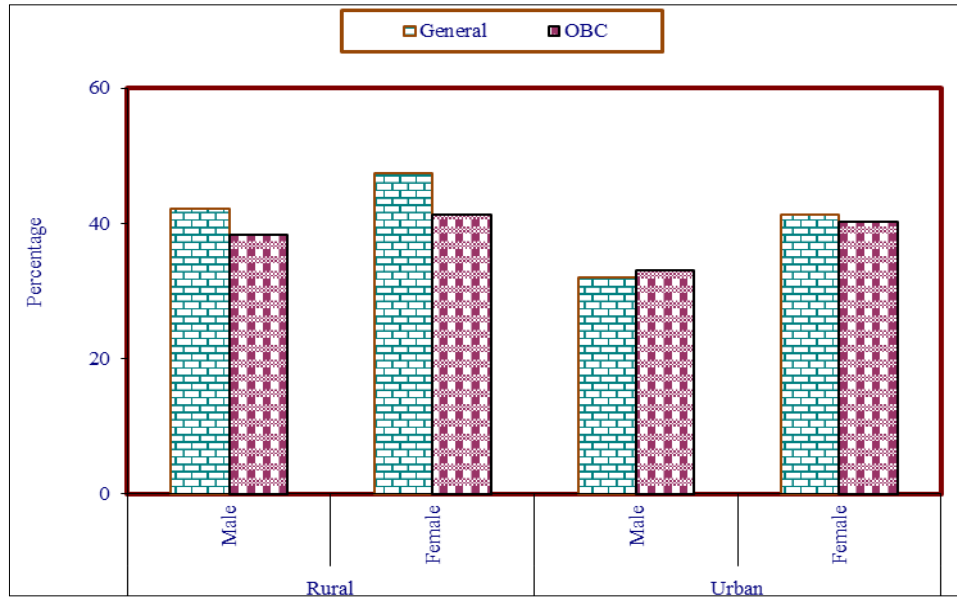
2X2X2 Factorial ANOVA was used to analyze the data.

**Results and Discussion**

Obtained Results are evident in Table-1

**Table 1**

Type of Community	Rural		Urban		Total
	Male	Female	Male	Female	
General	42.2	47.4	31.95	41.3	162.85
OBC	38.3	41.25	33.05	40.25	152.80
Total-	80.5	88.65	65.00	81.55	315.65



**Fig 1:** wellbeing pattern among rural and urban male and female across general and OBC community

As evident from the table that in both the general and OBC community Rural males and Females showed higher mean ratings on personal well-being measure than their counterpart urban males and females. Results are given in fig. no. 1. Females consistently showed higher mean ratings on well-

being scale in both the rural and urban areas than their counterpart males. Data were subjected to 2x2x2 Factorial ANOVA, Results are given in table-2. Table No.2:- Wellbeing among General & O.B.C. community among rural and Urban Males and Females.

**Table 1**

S. No.	Source & Variable	Sum of Square	df	Variable Estimate	F Ratio	Significant Level
1.	Background (Rural/Urban (C)) SS	1276.9	1	1276.9	136.85	<.01*
2.	Gender (Male/Female) (R) SS	1525.23	1	1525.23	163.47	<.01**
3.	Type of Community (L) SS (General & OBC)	250	1	250	26.79	<.01**
4.	Background x Gender (CxR)	176.4	1	176.4	18.91	<.01**
5.	Background x Community (CxL)	255.03	1	255.03	27.33	<.01**
6.	Gender x Community (RxL)	48.4	1	48.4	5.19	<.05
7.	Background x Gender x type of Community (C) (R x L)	.025	1	.025	0.27	NS
8.	Within Treatment	1417.8	1	152	9.33	
	Total SS-	4949.785	N-1 159			

\*\*Greater than .01 Level of Significance, \*Greater Than 0.05 Level of Significance. N.S. – Not Significance.

Results indicate that both the rural and urban participants significantly differ in case of reported well-being pattern. Similarly male and female subjects, also significantly differ with regard to the pattern of felt well-being. Double

interaction among background & gender, background & community Gender & community were found as significant see (Fig. 2, 3 &4).

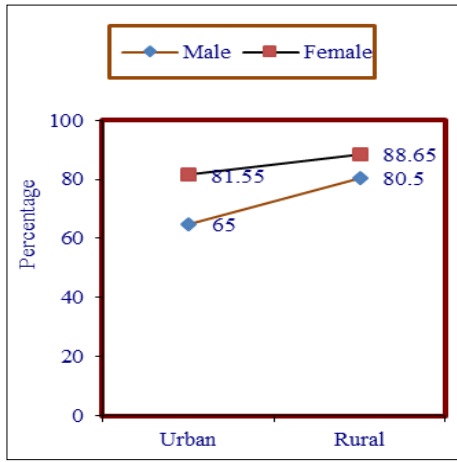


Fig 2: background

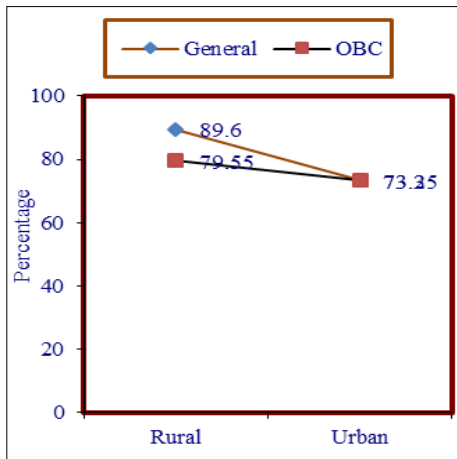


Fig 3: background

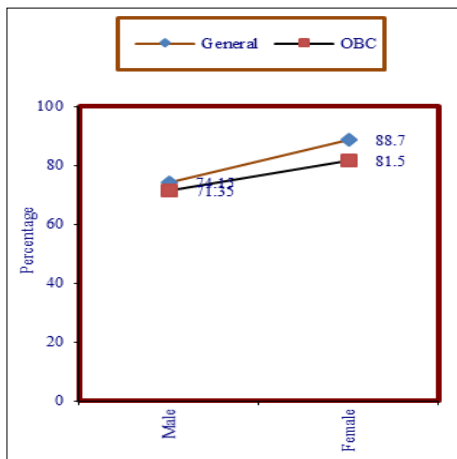


Fig 4: background

It was noticed that rural people showed significantly greater amount of wellbeing than urban people. In a study Albuquerque, Martins and Neves (2008) [1] reported that rural people may show more well-being than urban people. Because in rural setting there are more possibility of closer interpersonal relationship, than urban setting. Similarly pleasant affect, healthy relationship and emotional stability may be noted more in case of rural than urban people urban people may face more stressful situation than rural people, (Gois 2005, Simenes & Moura, J, R, 2013) [5]. The results of the present study are in line with the above findings. Females showed more positive well-being than males.

Perhaps it is due to the nature of task given to man and women in any situation. Females encounter less outside task than the males specially in their own surrounding. That is why females showed more wellbeing than males. Well-being was noted more in case of general community people while it was found at lower level in O.B.C. community. Rural male also showed greater amount of well-being than urban males. Interaction between back ground and gender was found significant, this means people of rural and urban back ground show different amount of felt well-being. Interaction between background and community was also reported as significant, that indicated that rural and urban background and level of community have a definite relationship. Triple interaction between background gender and community were not found as significant.

In urban area competition for the available resources is high where as in rural area there is no such competition and struggle for available resources. Therefore it appears that rural people enjoy life more happily than urban people. This point needs detailed research.

The second hypothesis of the study indicated that there will be no significant difference between male and female with regard to reported well-being. The main effect of gender was found significant female consistently showed higher degree of reported wellbeing in both the rural and urban areas. In a study woman were reported with higher level of S.W.B. than man (Fujita et. al. 1991) [4]. Findings of the present study are in line with the above researches. In most of the studies woman’s were reported as having higher level of positive affect or happiness as compared to man (Wodd. Rhodes & Whelan 1989, Lee, Seccombe, & Shehan 1991) [12].

It was also hypothesized that there will be no significant difference between general and O.B.C. Community. General participants showed significantly higher level of wellbeing than participants of OBC community. Although reservation has uplifted the living conditions of OBC community but interestingly is was noted that general community reported higher wellbeing pattern than the participants of OBC community. It may be because of the fact that general people belongs to the privileged class of society since longer period of time that may have resulted in a form of higher degree of reported wellbeing as compared to the participants of OBC Community. Interaction effect in case of background and gender was found significant indicated that gender and background jointly influence the level of experienced wellbeing. Interaction between background and community was found as significant both the variable jointly influenced the pattern of wellbeing. Interaction between gender and community was noted as significant; however gender in different communities influenced the pattern of wellbeing. Results displayed insignificant interaction among background, gender and community. Triple interaction indicated that all the three variables did not contribute jointly to the state of reported wellbeing pattern. In sum, we can say that rural people showed more wellbeing then the urban people. Similarly females reported greater amount of life satisfaction then the males. People of general community also showed more S.W.B. than the O.B.C. community.

References

1. Albuquerque FJB, Martins CR, Neves MTS. Bem – estar subjectivo emocional e coping em adultos de baixa

- renda de ambientes urbano e rural. [Subjective well-being and coping in adult with low income in urban and rural environments] *Estudos de psicologia (campinas)*. 2008; 25(4):509-516 doi: 10.1590/s0103-166x2008000400005.
2. Batz C, Tay L, Kuykendall L, Cheung H. (Under Review) The role of gender inequality in explaining gender differences in subjective well-being.
  3. Bentham J. Introduction to the principles and morals of legislation. London: University of London Athlone Press, 1948.
  4. Fujita F, Diener E, Sandvick E. Gender differences in negative affect wellbeing, The case far emotional intensity. *Journal of Personality and Social psychocology*. 1991; 61(3):427.
  5. Gois CWL. *Psicologia comunitaria: Atividade e consciencia (Community Psychology: Activity and Conscience)* Fortaleza, Braxil: Publicacoes Instituto Paulo Freire, 2005.
  6. Haring M, Stock W, Okum M. A Research synthesis of gender and social class as correlates of Subjective Well-being. *Human Relations*. 1984; 37(8):645-657.
  7. Lucas RE, Goham CL. Age and sex differences in subjective well-being across cultures. *Culture and subjective well-being*. 2000; 3(2):91-317.
  8. Gillivray M. Measuring Non-Economic wellbeing Achievement, *Review of Income and wealth*. 2005; 51(2):337-64.
  9. Okum MA, George LK. Physician-and self-rating of health, neuroticism and subjective well-being among men and women. *Personality and individual Differences*. 1984; 5(5):533-539.
  10. Stevson B, Wolfers J. The Paradox of declining female happiness (No.w 1469). National Bureau of Economic Research, 2009.
  11. Wilson W. Correlates of avowed happiness. *Psychological Bulletin*. 1967; 67:294-306.
  12. Wood Rhodes W, Whelan NM. Sex differences in positive well-being: A Consideration of emotional style and marital status. *Psychological Bulletin*. 1989; 106(2):249.