



Relationship between Psychological Well-Being and Family Relationship of College Girls

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ARTICLE DETAILS	ABSTRACT
Research Paper	The current study was conducted to study the relationship between Psychological Wellbeing and Family Relationship of college going girls.
Received: 21-06-2026	A total of 40 college girls with the mean age of 18.87 participated in the current study. Pearson Product Moment Correlation was used to find the correlation among the variables. Findings from the study indicated that psychological wellbeing do not have a significant correlation with family relationship. This implies that Family Relationship does not play a significant role in determining Psychological Wellbeing of college girls of UG level.
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INTRODUCTION

Family Relationship

Family relationship is essential part of every person's life. When life gets hard and starts to grip down from your control, the kind words of our mother, father, partner or siblings calm our soul and give us the strength and courage to take on life hand on. A family constitutes people who are related to each other and partake an emotional bond and analogous values. Immediate family include parents, siblings, partner and children and extended family include people who are related, similar as grandparents, relatives, aunts and uncles, whoreson, whoresons etc. A family relationship is important because our internal growth, wellbeing and stability.

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Psychological Well-Being

A state of positive mental health, psychological well-being (PWB) includes both feeling good (happiness, life satisfaction) and functioning well (purpose, personal growth, resilience). It goes beyond simply being free from distress to include thriving, purpose, strong relationships, and self-acceptance. It's a complex idea that represents a person's general mental state, flexibility, and ability to realize their full potential while overcoming obstacles in life.

Carol Ryff and her associates have developed a model of psychological well- being.

- Self-acceptance is having a positive outlook on oneself, accepting different facets of oneself, and feeling good about previous lives.
- Personal Growth: a sense of ongoing improvement and efficacy, receptive to novel experiences and obstacles.
- Purpose in life: A sense of meaning and purpose in life is derived from having objectives and convictions that give life direction.
- Environment Mastery: feel capable of managing a complex environment and creating a living condition that suits you.
- Autonomy: possess internal norms, feel at ease with self-direction, and fend off harmful social demands from others.
- Positive partnerships: warm, fulfilling, and trustworthy partnerships that allow for closeness and empathy.

Rationale

The present study aims to study the relationship between psychological wellbeing and family relationship of college girls. It could serve the purpose of understanding the role of family relationship in shaping the levels of psychological wellbeing of college girls. Once understood, efforts can be made to enhance these factors by creating better family relationships which would ultimately help the young college going girls to lead a better life.



Review of Literature

Manal Othman Al-Smadi and colleagues (2024) sought to determine the connections between psychological resilience and family climate traits among (female) counselling students at a single Jordanian university. The findings showed significant levels of psychological resilience and a favourable family environment; birth order or academic year did not appear to have any effect on family climate. Psychological resilience showed differences based on the birth order variable, favouring the family's oldest girl, and the academic year variable, favouring fourth-year students. Psychological resilience was favourably connected with a supportive family environment.

Mustafa N. K., et al. (2015) examined the subjective well-being, resilience, and hope of a group of teenage girls enrolled in college. Descriptive statistics like mean and SD were utilized to assess the data, and correlational analysis was employed to look at the connections between the variables. The results show a strong positive correlation between the factors.

Research Gaps

There are many studies that aim to understand the relationship between Psychological Well-being and Family Relationships individually. There was no single study that considered the relationship between the psychological well-being and family relationship among college girls. Also, Psychological Wellbeing has six variables, namely, Autonomy, Environmental mastery, Personal Growth, Positive relations with others, Purpose in life and Self- acceptance and Family Relationships has three, namely, Accepted, Concentrated and Avoided. The studies found earlier did not emphasized on the subscales much.

Research Methodology

Objectives of the study

1. To study the relationship between Psychological Well-being and Family Relationship of college girls.

Hypothesis

- A. There would be significant positive relationship between Psychological Well-being and Family Relationship of college girls.

Research design

The present research study is a correlational research design with the aim of understanding the relationship between psychological wellbeing and family relationship of college girls.

Variables

Major variables selected for this study are as follows:



Operational definitions of the variables

- **Psychological Wellbeing.** It refers to the score of the participants on Autonomy, Environmental mastery, Personal Growth, Positive relations with others, Purpose in life and Self- acceptance dimension of the Ryff's PWB Scale.
- **Family Relationship-** It refers to the total score of the participants on Accepted, Concentrated and Avoided dimension of Family Relationship Inventory by Sherry and Sinha.

Participants of the study

1. For the present study, 40 college girls aged 18 to 21 were selected. Girls of UG level college were selected. Purposive sampling technique was used.
2. Participants younger than 18 years and older than 21 of age were excluded from the study.

Psychological tools

1. Family Relationship Inventory (Sherry, G.P., Sinha, J.C., 1987)
2. Psychological Well-being Scale (Carol D. Ryff, 2007)

Statistical Analysis

In order to find the relationship between Psychological Wellbeing and Family Relationship of college girls, Pearson Product Moment Correlation was used.

Results

Table 1



Pearson Correlation between Family Relationship Dimensions and Psychological Well-being Dimensions
(N = 40)

Family Relationship Dimension	Autonomy	Environmental Mastery	Personal Growth	Positive Relations	Purpose in Life	Self-Acceptance
Acceptance	.28	-.01	.07	.08	.12	.28
Concentration	.27	-.01	.02	-.12	.01	-.26
Avoidance	.05	-.11	.07	-.34	-.16	-.15

Note. $N = 40$. Pearson product-moment correlation coefficients are reported. None of the correlations were statistically significant at the .05 level.

Variables	R	Df	P	Interpretation
Family Relationship & Psychological Well-being	.01	38	> .05	Not Significant

Note. $N = 40$, $df = 38$. Pearson product-moment correlation coefficients are reported. All correlations were non-significant ($p > .05$).

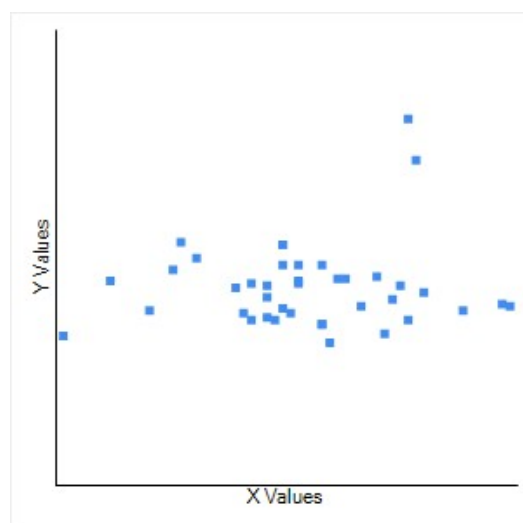


Fig 1. Relationship between family relationship and psychological wellbeing



Discussion

The aim of the study was to find the relationship between Psychological Wellbeing and Family Relationship of college girls. It was hypothesized that there would be significant positive relationship between Psychological Well-being and Family Relationships among college girls. Total 40 college girls of UG level were selected by Purposive Sampling technique. Correlation Coefficient r , was calculated.

The r value was found between Family Relationship and Psychological Well-being which was found not significant at 0.05 level. However, the r value was found between Acceptance, Concentration, Avoidance dimension of Family Relationship and Autonomy dimension of PWB which was found not significant at 0.05 level. The r value was found between Acceptance, Concentration, Avoidance dimension of Family Relationship and Environmental Mastery dimension of PWB which was found not significant at 0.05 level. The r value was found between Acceptance, Concentration, Avoidance dimension of Family Relationship and Personal Growth dimension of PWB which was found not significant at 0.05 level. The r value of was found between Acceptance, Concentration, Avoidance dimension of Family Relationship and Positive Relationship with others dimension of PWB which was found not significant at 0.05 level. The r value was found between Acceptance, Concentration, Avoidance dimension of Family Relationship and Purpose in life dimension of PWB which was found not significant at 0.05 level. The r value found between Acceptance, Concentration, Avoidance dimension of Family Relationship and Self Acceptance dimension of PWB which was found not significant at 0.05 level.

From tables, it can be observed that there is no significant relationship between Psychological Wellbeing and Family Relationship of college girls of UG level (age group – 18-21 years). This gives an opportunity to future researchers to dwell deeper in the area and work with a larger sample and both sexes to find gender differences, if any.

Conclusion

The Pearson Product Moment Correlation Coefficient value derived statistically and computed reflects that there exists no significant relationship between Psychological Wellbeing and Family Relationship. This implies that Family Relationship does not play a significant role in determining Psychological Wellbeing of college girls of UG level. Hence, our hypothesis have been disproved.

Limitations of the study

- A. The study included only 40 girls. The sample size is small.



- B. Only female were selected as sample. Gender differences were not studied.
- C. The sample was selected on the basis of purposive sampling. Thus, the results are not generalizable.

Suggestions for the future research

1. Large sample size should be considered.
2. Both gender should be included.
3. More variables can be considered.
4. To make the study more effective and valid, the random sampling method should be use.

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