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Positive Youth Development and Psychological Well Being among Youths

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Abstract: Purpose of present research is to examine the positive youth development and psychological well being among youth. The sample of the study consisted of two groups (male and females) each group is having 50 sample. Positive Youth Development Inventory and Ryff Scale of Psychological well being were used for this study. The result revealed no significant difference between male and female in three domains of positive youth development inventory (Character, Connection and Contribution), but the males have higher level of competence and confidence than their counterparts. On other hand females have shown higher level of caring than male. There are no significant differences between male and female in any dimensions on psychological well being scale except the Autonomy. The male have higher level of Autonomy than their counterparts.

Introduction:

Positive Youth Development-The traditional medical model of health focuses on the absence of psychological distress and disorder. However, equal attention needs to be paid to the other side also, focusing on the

psychological well-being and positive functioning of individuals. Thus, positive youth development brings in a balanced perspective by emphasizing the positive attributes in the youth and highlighting the person context interaction in helping the youth to excel and thrive. It acknowledges assets along with problems, that is, takes into account the risk factors but at the same time capitalizes on the protective factors in the life of the youth. As Damon (2004) has stated, positive youth development recognizes the good in young people, focusing on each and every child's unique talents, strengths, interests, and future potential. It aims mainly at understanding, educating, and engaging children in productive activities rather than at correcting, curing, or treating them for maladaptive tendencies or so-called disabilities (Seligman et. al., 2005). Positive youth development (PYD) thus derives from positive psychology.

Thus, positive youth development is based on building up of positive experiences and positive traits in the youth, and creating a positive culture in major socio-cultural institutions in the life of the youth such as family and school. In line with the principles of positive psychology, PYD includes not only the at-risk young people, but also all adolescents and youth. It aims at achieving the potential for all, providing positive experience and creating a positive relationship and a positive environment to the individual.

Well being: Well being is a dynamic concept that includes subjective, social and psychological dimensions as well as health related behaviours (Ryff & Keyes, C., 1995). Psychological well being refers to how people evaluate their lives. According to Diener (1997), these evaluations may be in the form of cognitions or in the form of affect. If a society regularly assesses well being, people will provide their attention on it and learn more about its causes. Psychological well-being is therefore valuable not only because it assesses well-being more directly but it has beneficial consequences.

Objective: To study the state of Positive Youth Development domains and Psychological well being domains among the youths of Patna district.

Hypotheses:

1. There will be no significant difference on gender basis over Positive-Youth-Development domains among the youths.
2. There will be no significant difference on gender basis over Psychological Well Being domains among the youths.

Methodology: In this study sample has been chosen from different colleges of Patna district which are situated across rural and urban areas by purposive sampling method. Total 100 literate youths of 15 to 24 age range have been selected (50 male and 50 female) through purposive sampling method. The students were being instructed to complete the questionnaire fully.

Tools:

1. **Positive Youth Development Inventory full version (Arnold, Nott, Meinhold, 2012):** This 55-item scale is used to assess aspects of positive youth development in the youths. It is the gold standard instrument used worldwide to assess the domains of Positive Youth Development. Items are measured on a 4-point scale from 1(strongly disagree) to 4 (strongly agree).
2. **Ryff Scale of Psychological Well Being, (Ryff, C., 1989):** Well being is a dynamic concept that includes subjective, social, and psychological dimensions as well as health-related behaviours. The Ryff Scales of Psychological Well being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well being. These facets include the following:
 - Self-acceptance
 - The establishment of quality ties to other
 - A sense of autonomy in thought and action
 - The ability to manage complex environments to suit personal needs and values
 - The pursuit of meaningful goals and a sense of purpose in life

- Continued growth and development as a person

This straightforward inventory is easy to access and administer. The medium form consisting of 54 items is used here. Both the long and medium forms consist of a series of statements reflecting the six areas of psychological well being: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Respondents rate statements on a scale of 1 to 6, with 1 indicating strong disagreement and 6 indicating strong agreement. Internal consistency of 20 item parent scale ranges from 0.87 to 0.93, test retest reliability of 20 item parent scale is 0.81 to 0.85.

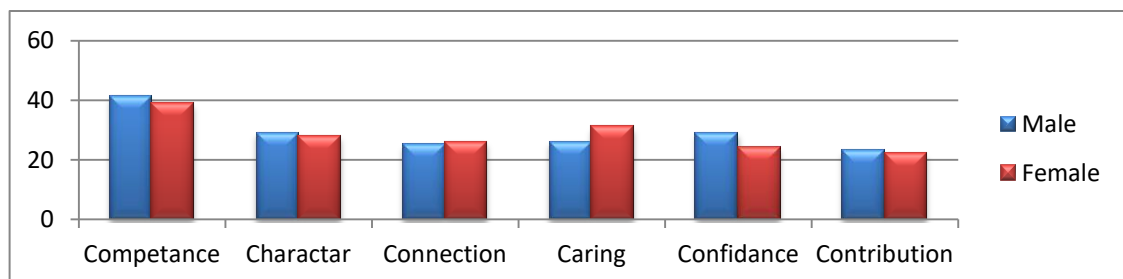
3. Result and Discussion:

Table-1

Comparison between Male and Female on Domains of Positive Youth Development

Domains of Positive Youth Development	Male		Female		t-ratio
	Mean	SD	Mean	SD	
Competence	41	3.25	39	3.16	3.11**
Character	29	3.28	28	3.35	1.50 NS
Connection	25	3.56	26	3.12	1.14 NS
Caring	26	1.81	31	2.52	11.39**
Confidence	29	3.19	24	3.17	7.86**
Contribution	23	3.19	22	3.21	1.56 NS

Graph-1



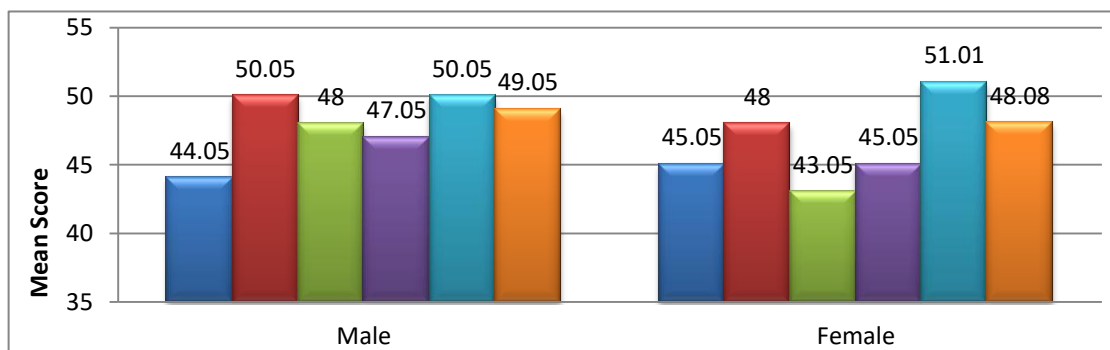
Above data shows that there are no significant difference between male and female in three domains of positive youth development scale (Character, Connection and Contribution). But the males have higher level of competence and confidence than their counterparts. This result is supported by Salleh and Mustaffa, (2016), also. This finding is also supported by a very well known theory called “Glass ceiling effect” (An unacknowledged barrier in front of women and minority from rising to any responsibility and design within an organisation). On other hand, female have shown higher level of caring than male.

Table-2

Comparison between Male and Female on Psychological Well being Score

Dimensions	Male		Female		t- ratio
	Mean	SD	Mean	SD	
Self acceptance	44.05	14.16	45.05	15.55	1.25 NS
Positive relations with others	50.05	14.62	48	15.38	1.92 NS
Autonomy	48	15.50	43.05	14.37	2.67**
Environmental mastery	47.05	15.12	45.05	14.09	1.82 NS
Purpose in life	50.05	14.43	51.01	15.12	1.97 NS
Personal growth	49.05	14.13	48.08	15.09	1.67 NS

Graph-2



Above data shows that there are no significant difference between male and female in any dimensions on psychological well being scale accept the autonomy. The male have higher level of autonomy than their counterparts.

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