The Effect of Psychological Well Being on Academic Achievement of Arts and Science College Students in Virudhunagar District

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Abstract

This study attempted to identify the factors that influence the academic achievement of arts and science college students in virudhunagar district.Student's performance is measured by CGPA.Even they have other talents,CGPA is considered for getting jobs.The researcher considerPsychological well being, self efficacy and emotional intelligence affects academic achievement.If a studenthave high score in Psychological well being,self efficacy and emotional intelligence scores high CGPA.Regression analysis and factor analysis are done to identify relationship between Independent Variables Psychological well being ,self efficacy and emotional intelligence and dependent variable academic achievement .Among

13 factorsonly 3 factors such as Factor1:self confidence , Factor 2:Energy, Factor8:Empathy contributes academic achievement.

Keywords: Psychological well being ,self efficacy , emotional intelligence,academic achievement

Introduction

Emotional Intelligence The term first appeared in the paper by Michael Beldoch.The book was written by Daniel Goleman,Psychologist. Emotional Intelligence EI is defined as our emotions and others.Mixed model of Emotional Intelligence consists of trait model and ability model.This model was proposed by Daniel Goleman.Mixed model has five dimensions.They are self awareness,self regulation,social skill,empathy and motivation. (Goleman 1998).

Self-efficacy: Self efficacy is defined as judgement of a person about his capabilities in organization and action to attain favourable performance. (Bandura, 1986). Self-efficacy beliefs determine how a human being behave on the basis of his thinking ,feeling and motivation.It can be established through Mastery experiences,Vicarious experiences,Social persuation ,Somantic and emotional states.Student's self efficacy can be improved by self regularity process.It is key element for achieving academic goals.(K.Vijayalakshmi,2020)

Psychological well being

Psychological well being is a multi dimensional concept(emotional and cognitive).How people imagine and handle their own environment to achieve success in their goal.(K.Vijayalakshmi,2017)The Ryff's Scale of Psychological Well-Being basedon

1. self-acceptance

2.Thought about others action

3.The ability to manage complex environments to

4.To obtain goals

5.Continue growth and development.

Review of Literature

Emotional intelligence increases life satisfaction and optimistic approach .Females scored high in Emotional intelligence than males.

Hamdys&co[2014] conducted research among nursing faculty and the results shows that Emotional intelligence is positively related to self efficacy and both of these variables can predict each other.

Madhavi & vijayalakshmi[2010] done research among 200 post graduate students and the output is dayscholar have high EI than hosteler.First born female have lower self efficacy and first born male have higher self efficacy.

Ivan Robertson[2013] People who have higher psychological well being shows greater flexibility and originality and they are more productive and shows higher level of engagement in work.They are likely to live longer ,sick less often and have happier work and home life.

Dr.S.Chamundeswari[2013] conducted research among 321 students and the results suggest that emotional health is fundamental to effective learning.

Udhayakumar and Illango[2018] conducted research among 100 undergraduate students and the result is rural students posses low psychological well being and urban students possess high psychological well being .No significant difference

between male and female students in Psychological well being. Good physical health leads to good mental health and it leads to better performance.

Statement of theproblem

Now a days younger generation is unable to cope up with the situation where they are? Handling their friends and society members and maintaining relationship with them is a big challenge for youth as they live in nuclear family.We spend more money as well as time on education.One of the outcome is Cumulative Grade Point Average.CGPA is considered while recruiting.Academic achievement is important to get a job.By review of literature the factors .Emotional intelligence , Psychological environment,self efficacy affects academic achievement.

Objectives

1.To identify the major factors of Self efficacy,Psychological Wellbeing and emotional intelligence.

2.To identify significant factors linearly related to academic achievement.

Research Methodology

Descriptive Research

This study is a descriptive research which attempts to describe systematically a situation,problem or attitude towards an issue.

Type of data used

Primary data is used to collect data from the respondents. Questionnaire is used to collect data.Secondary data is also used.

Instruments used

1. Wong's Emotional Intelligence Scale (WEIS)2007
WEIS is a scale based on the four ability dimensions described in the domain of EI:
(1) appraisal and expression of emotion in the self
(2) appraisal and recognition of emotion in others
(3) regulation of emotion in the self
(4) use of emotion to facilitate performance

2.General self efficacy scale[1995]- Schwarzer.R ,Jerusalem.M

3.Psychological well being scale–Ryff[1995]It consists of self acceptance,positive relations ,autonomy,environmental mastery,life's purpose and personal growth.

4.Academic achievement by CGPA of the student

Sampling method and sample size

Simple random sampling is used to collect data from the population.The population for the study consists of the students of autonomous arts and science college in virudhunagar district .100 students were taken as sample.

Data analysis

To answer the research questions,Factor analysis and regression are used to analyses the data,which was collected by the researcher.

Factor analysis

Table:1

	Factor Name	Item
Factor 1	Self confidence	1,2.3,4,6, 7
Factor 2	Energy	8
Factor 3	Solution and satisfaction	5,14,15,16,17,18
Factor 4	Optimistic	11,12,19,20,21,36
Factor 5	Tolerance	10,22,23,24,25,9
Factor 6	Trouble hunt	29,13,26,27,28
Factor 7	Own emotion	31,32,33
Factor8	Empathy	34,35
Factor9	Understanding emotion	37,38
Factor10	Competent	39
Factor11	Self motivated	4
Factor12	Self Control	41,42
Factor13	Balancing emotions	43,44

Table 1 shows the name of the factors after data reduction by data analysis.

Table:2 Total variance Explained

	Eigen value	%of variance	Cumulative Variance
Factor 1	3.476	8.083	8.083
Factor 2	3.170	7.371	15.454
Factor 3	2. 844	6.614	22.069
Factor 4	2.452	5. 701	27. 770
Factor 5	2.418	5.624	33.394
Factor 6	2.357	5.482	38. 876
Factor 7	2.180	5. 071	43.947
Factor8	2. 058	4. 786	48. 732
Factor9	1. 927	4.482	53.214
Factor10	1. 912	4.448	57.662
Factor11	1. 842	4.285	61.947
Factor12	1. 766	4.107	66. 053
Factor13	1.509	3.509	69.503

Table 2 explains 13 factors are formed by 43 variables and 69.50% of the total variance is explained by 13 factors.All these factors have a eigen value is more than 1.

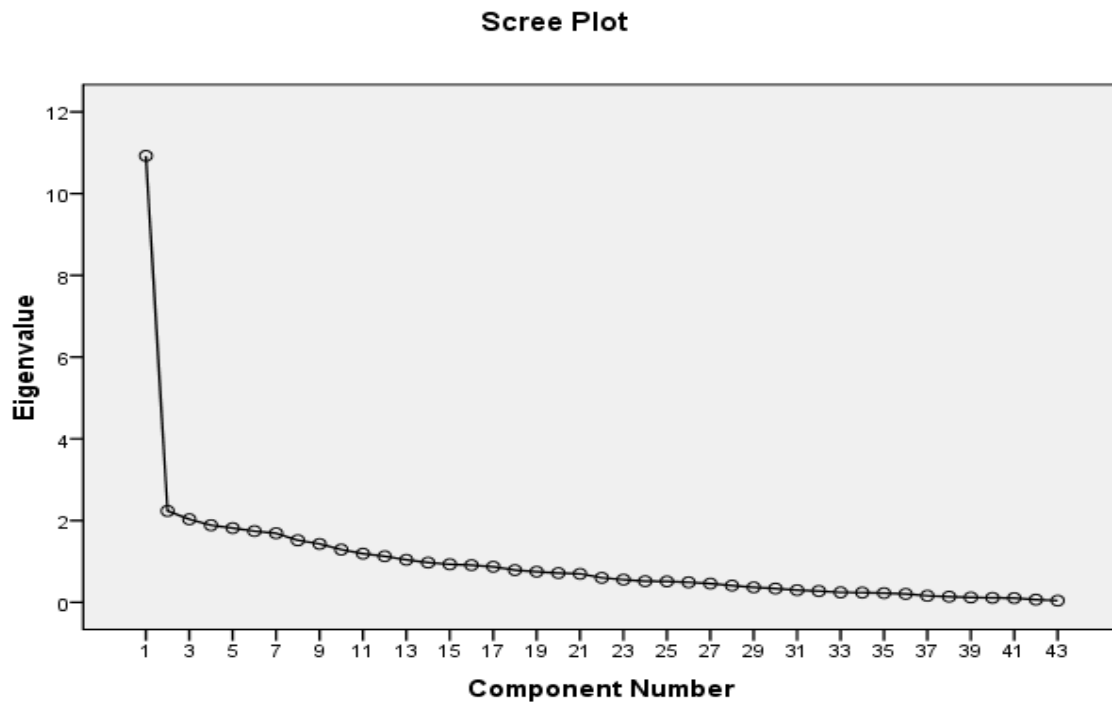**Table:3**

KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.654
Bartlett's Test of Sphericity	Approx. Chi-Square	2154.356
	Df	903
	Sig.	.000

Table 3 explains KMO is an index used for measuring appropriateness of factor analysis.KMO value is 0.6 it is above 0.5.So the sample size is adequate.The correlation between the variables can be explained by other variables.Bartlett's Test of Sphericity refers to the statistics for determining the correlation between variables.

Figure:1

Scree plot is the plot of eigen values against the number of factors,in order of extraction.The scree plot show that 13 factors are extracted as their eigen values are more than 1.

Regression

Table:4

Model Summary[b]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.485[a]	1.235	.120	9.49721

a.
Predictors:F1,F2,F3,F4,F5,F6,F7,F8,F9,F10,F11,
F12,F13
b. Dependent Variable: GPA

Table 4 explains the R value represents the simple correlation and value is .485

medium degree of correlation.The R Square value indicates how muchof the total

variation in the dependent variable-GPA because of independent variables Self

efficacy,Psychological Wellbeing and emotional intelligence which is 23.5%.The

Adjusted R Square value is0 .120.It reveals that 12% of the variance is explained

in the dependent variable.

Table:5
ANOVA[b]

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	2388. 773	13	183.752	2. 037.	0.27[a]
	Residual	7756. 9 37	86	90.197		
	Total	10145.701	99			

a. Predictors: F1,F2,F3,F4,F5,F6,F7,F8,F9,F10,F11,F12,F13
b. Dependent Variable: gpa

Table 5 explains Significance value is 0.27.It is less than 0 . 05 .The regression

model statistically predicts the outcome variable.So the model is fit.

Table:6

Factor	B value	Significance
Constant	75.230	0. 000
Factor 1	-2.582	0. 008
Factor 2	2.692	0. 006
Factor 3	1.093	0.255
Factor 4	-0.275	0. 774
Factor 5	0. 013	0.989
Factor 6	0. 031	0.974
Factor 7	-0. 778	0.417
Factor8	-1. 739	0. 072
Factor9	-1.560	0.106
Factor10	1.340	0.164
Factor11	-0.985	0.322
Factor12	-0.423	0.659
Factor13	-0. 001	0.999

Dependent variable:GPA @90% confidence level

Table 6 explains

$Y=a+b1x1+b2x2+b3x3$

GPA=75.23-2.582 Factor 1+ 2.692 Factor 2 -1. 739 Factor8

Factor 1:self confidence , Factor 2:Energy ,Factor8:Empathy at 90% confidence level,they are found to be significantly influence the dependent variable GPA.Other factors does not influence the dependent variable GPA at90% confidence level.

Conclusion

The present study concludes that only three factors such as self confidence, Energy and Empathy contributes to academic achievement. Many of the factors taken for research does not contribute to Academic achievement.The future research may be done with other variables and identify whether it contribute to academic achievement.By concentrating on academic achievement many psychological factors plays vital role.Maintaining good psychological mood enhances academic achievement.

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