

# Students Mental Health and Counselling Committee

## Activity Report submitted to IQAC

---



### **Assessment of Well-being Index among college students amid covid 19 pandemic situation**

**conducted during 20/06/2021 to 25/06/2021**

---

Students Mental Health and Counselling Committee of the college is established in accordance with the UGC notification No. F. 1-1/2020 (Secy) dated 5<sup>th</sup> April 2020 regarding Mental Health and Well-being of Students during and after COVID 19 outbreak.

As a part of adhering the guidelines issued by UGC and directions given by the college Principal Dr. R. H. Satpute and IQAC of the college, this committee has conducted the programme of “Assessment of Well-being Index” of College Students during 20/06/2021 to 25/06/2021 at the time of ending of second wave of Covid 19 pandemic situation.

It is an immense pleasure for committee to submit the report of this activity of study of “Well-being Index” among B.A. and B.Sc. students of the college.

Since last one and half year due to covid 19 pandemic situation and impact of subsequent lockdown huge population got affected with psychological, social, financial spheres of life including death of loved ones to domestic violence. College going student’s life is also drastically influenced due to this sudden surge of virus. Due to online education, screen addiction, limitations in physical activity, loss of job opportunities, educational sector and teaching learning process is largely affected during this pandemic situation. The study of mental and physical health along with other spheres of students’ life is necessary for fruitful changes in teaching learning process.

This activity has been conducted to find the well-being Index among the college students specifically on the background of covid19 pandemic situation and online teaching learning process. The concept of Well-being indicates the individual’s satisfaction in different domains of one’s life. It includes the objective and subjective parameters of life. The objective components include education employment status, financial responses and comforts of modern life. The subjective component involves the overall satisfaction and well-being. The term



psychological well-being is a subjective term connoting different meaning to different people. Personal Well-being includes meaning of life, absence of somatic symptoms, self-esteem, positive affect daily activities satisfaction, absence of suicidal ideas, personal control, social support, absence of tension and general efficiency. Well-being is not just the absence of disease or illness. It is a tangible and amorphous concept and depends upon the person's perception.

### **Importance of this Psychological Assessment Programme:**

At the end point of the second wave of this covid 19 pandemic situation in Maharashtra it is important to assess the well-beingness among students, in the present scenario of covid 19 pandemic situation and residual effects due to fear of infection, illness, perhaps death of loved ones basically on the ground of online education. Results of this assessments will be helpful for students to understand and handle this stressful situation. This study is also helpful to parents to know how their children are psychologically affected amid this pandemic situation. This study is also helpful to teachers to understand the present psychological profile of their students and to handle accordingly the teaching-learning process.

### **Details of assessment process:**

Principal Dr. R.H. Satpute sir and IQAC of the college encouraged to all committee members for ensuring maximum participation from students' side in the assessment process. Committee Members had taken special efforts to ensure the involvement of maximum college students of B.A. and B.Sc. in the programme.

### **Procedure adapted and Tools used for the assessment:**

This psychological assessment has been conducted through online channel. The following well-being Index test is converted in the Google form. The involved students have to solve this test and submit it through google form. Total 229 students involved in the process.

Well-being Index –

This psychological test is developed by Prof. (Dr.) Vijayalaxmi Chouhan and Dr. Varsha Sharma. This test consists 50 statements related to emotional well-being, social well-being, psychological well-being, spiritual well-being, self-awareness and physical well-being of which 32 statements are positive and 18 are negative. This is five-point Scale. The items can be responded to by selecting from options; always, often, sometimes, rarely and never. Test-retest reliability of the scale is 0.71 and the validity of the scale is 0.85.



### Results of the assessment of well-being Index:

Following tables depicted the results of this psychological assessment.



**Table No. 1**

### Levels of well-being Index of given sample according to their raw score and Z score

Sl. No.	Raw score range	Range of Z score	No. participants came under this score range	Level of Well-being Index	Grade	Mean Score	SD
01	Above 185	+2.01 and above	166	Extremely high	A	211.97	13.78
02	165 to 184	+1.26 to 2.00	39	High	B	175.94	6.62
03	145 to 164	+0.51 to 1.25	19	Above average	C	157.14	5.54
04	116 to 144	-0.50 to +0.50	04	Average	D	132	6.73
05	Less than 116	-1.25 to -0.51	01	Below average	E	102	14.04
<b>Mean Score of total 229 participants is 199.49 and SD is 25.06</b>							

**Table No.2**

### Percentage of students in the levels of Well-being Index of given sample

Level of Well-being Index	Grade	No. participants	Percentage of participants
Extremely high	A	166	72.48
High	B	39	17.03
Above average	C	19	8.29
Average	D	04	1.74
Below average	E	01	0.43

All 229 undergraduate students were studying B.A. and B.Sc. in the Government College of Arts and Science, Aurangabad. Total 121 female students and 108 male students were solved this psychological test through google form channel.

Result of this study shown that out of total 229 students, 166 students (72.48%) are extremely high level of well-being Index, 39 students (17.03%) are having high level of Well-being Index, 19 students (8.29%) are above average, 4 students (1.74%) are on average and one student (0.43%) is below average level of well-being Index. Mean score of all participants is 229.49 with 25.06 SD.

Further the results of the study shown that the Mean score of male students is- 199.13 (SD 25.11) and Mean score of female students is- 199.81 (SD 25.16) and the t-test value is- 0.206 which is not found significant. Hence it is found that there is no significant difference among male and female college going undergraduate students in terms of Well-being Index amid covid 19 situation.


This psychological assessment programme shows that the well-being Index of undergraduate college going students are not largely affected amid covid 19 as it was anticipated by the committee members prior to this study.

Under the guidance of Principal Dr. Rajendra Satpute and IQAC of the college, all committee members have made this programme successful.

Committee members:

- 1) Dr. Pradnyashaili Sawai
- 2) Dr. Sulochana Rathod
- 3) Dr. Surendra Thakur
- 4) Smt. Vaishali Shelke
- 5) Dr. B.R. Usare
- 6) Shri U.G. Miniyar
- 7) Dr. R. S. Kale (Coordinator of the committee)



  
Dr. Ramprasad S. Kale  
Coordinator of the Committee