

Relationship between Self-Reliance and Psychological Well – being Among Adolescents

Nagasani Rashmithanath^{1*}, G. Swarupa Rani², P. Sreedevi³ and M. Prasuna⁴

¹M.Sc. Research Scholar, Department of Human Development and Family Studies, College of Community Science, PJTSAU, Hyderabad (Telangana), India.

²Assistant Professor, Department of Human Development and Family Studies, College of Community Science, PJTSAU, Hyderabad (Telangana), India.

³Assistant Professor and Head, Department of Human Development and Family Studies, College of Community Science, PJTSAU, Hyderabad (Telangana), India.

⁴Professor, Department of Extension Education and Communication Management, College of Community Science, PJTSAU, Hyderabad (Telangana), India.

(Corresponding author: Nagasani Rashmithanath*)

(Received: 23 August 2023; Revised: 25 September 2023; Accepted: 04 October 2023; Published: 15 October 2023)

(Published by Research Trend)

ABSTRACT: The study was aimed to investigating the relationship between self-reliance and psychological well-being among rural and urban adolescents in Warangal District of Telangana State. Self – reliance is a significant and robust predictor of psychological health. Whereas, self- reliant adolescents with better psychological well-being are essential for the future development. This study consists the sample of 90 adolescent girls and 90 adolescent boys belonging to the age group of 10 – 19 years were selected purposively. Self-reliance and Psychological Well -Being (Ryff's, 1989) Scale was used to collect data. Self – reliance scale assess independent thinking, assertiveness, goal setting, decision making, problem solving, emotional controlling and personal care. The Psychological well-being scale assess autonomy, environmental mastery, personal growth, positive relations, purpose in life and self – acceptance of adolescents. After conducting correlation analysis between self-reliance and psychological well – being of adolescents, self-reliance was significantly and positively related with the psychological well-being. Specifically, the correlation coefficient was calculated to be $r=0.804^{**}$ at 0.01 level of probability. According to the results, the present study concludes that as self-reliance practices increase, the psychological well – being of the rural and urban adolescents also increases. It helped the adolescents to have the ability take own decisions, increase their self – confidence, develop problem solving skills and recognize their strengths and weaknesses. The idea that self-reliance is essential for promoting excellent psychological well-being in adolescents is supported by the consistency of our findings across the research.

Keywords: Self – reliance, Psychological well – being, Rural and Urban adolescents.

INTRODUCTION

Adolescence comes from the Latin word “Adolescere” which means grow to maturity. Adolescence is the time span that separates childhood from adulthood. This has historically been defined as the period between the start of puberty (i.e., particular hormonal changes) and guardian independence, which roughly correlates to the ages of 12 to 18 (Dahl, 2014). Adolescence can be broadly categorized as three stages – early adolescence (approximation age 11 to 13 years), middle adolescence (approximation age 14 to 17 years), and late adolescence (approximation age 17 to 19 years) (Salmela-Ao and Katariina 2011).

It's common knowledge that adolescents may be rude, uncommunicative, sullen, argumentative and flippant all at once. Because being a teenager is challenging, such tendencies may be typical for teens when observed occasionally. These changes—which are physical,

social, and emotional—could provide difficulties and roadblocks in a young individuals life (Choudhury *et al.*, 2008). The developmental activities that characterize this life period include defining identity, attaining emotional stability, focusing on goals, starting a career, and learning how to handle challenges. In this phase, their abilities are at the height of their strength and skill and are capable of responding on their own.

In recent years, several theoretical perspectives have arisen, promoting a positive attitude towards adolescence as a developmental stage signified by flexibility, competence acquisition, reaching acceptable well-being levels and positive adjustment (Almerigi *et al.*, 2013). Self – reliance is being true to oneself and avoid conformity, false consistency and follow one's own instincts, ideas and talents. It is about pursuing one's own thoughts and trusting on their intuitions rather than adhering to public norms. It is making the best of one's own abilities. Being self-reliant is

essential to fulfill the needs and desires of on self, to make their own decisions, solve problems on their own, to secure good psychological health and to become a productive member of society.

With the development and growth of this field of positive psychology, psychological well-being has emerged as the main goal of psychological research. According to studies, adolescents have low levels of autonomy, which adversely affects the problems they face in life. It is crucial to support adolescents in becoming independent, confident, and aware of how to overcome obstacles in their daily lives. They should also be encouraged to express their thoughts, and acknowledge the power of having choices to speak their opinions.

Adolescents who are more self-reliant and have improved psychological health are crucial for the growth of modern society. Planning future appropriate psychological programs will be aided by research on the levels, variations and types of relationships that now exist between psychological well-being and self-reliance. Research on the self-reliance component and its connection to psychological well-being was scarce.

MATERIALS AND METHODS

Telangana is a state with a booming economy and a rich heritage of culture with the highest rural population of 61.12% and urban population of 136.09 lakhs as per the 2011 census. The Warangal district of Telangana is notable for having a population that comprises 28.25 percent urban and 71.75 percent rural. An Ex-post facto research design was employed and purposive random sampling technique was used to select the sample. Adolescents under the age group of 10 – 19 years were selected. The sample consist of 90 adolescent girls and 90 adolescent boys which comprises equal number of boys and girls, thus the total sample comprises of 180. To gather relevant information, a well-structured interview schedule was used to collect demographic data like adolescents' age, gender, education, place of residence as well as parent's details such as occupation, family type, and socio-economic status. Additionally, a standardized scale on psychological well-being (Ryff's, 1989) is used. The Self-reliance questionnaire was developed to evaluate the level of self-reliance among adolescents living in rural and urban areas.

RESULTS AND DISCUSSION

Table 1 indicates the relationship between self – reliance and psychological well-being in adolescents in rural and urban areas. The information in the table shows that the adolescent's self – reliance and psychological well-being are strongly and significantly correlated. Examining the details in the table, it was observed that the aspects of self - reliance encompasses independence, assertiveness, goal setting, decision making, problem solving, emotional control, personal care displays a highly positive and significant relationship with the psychological well-being of the adolescents. This shows that the aspects of self-reliance

have a major role in the development of psychological well-being in adolescents.

Table 1: Relationship between Self – reliance and psychological well-being.

Self – reliance variables	Overall Psychological well-being (r=value)
Independent thinking	0.743**
Assertiveness	0.826**
Goal setting	0.726**
Decision making	0.812**
Problem solving	0.798**
Emotion control	0.813**
Personal care	0.804**
Over all self -reliance	0.804**

Note: ** $p \leq 0.01$ level of significance, * $p \leq 0.05$ level of significance

The analysis revealed a strong and statistically significant positive relationship between overall self – reliance and psychological well - being of rural and urban adolescents ($r = 0.804^{**}$, $p < 0.01$). This significant positive correlation indicates that adolescents who exhibit higher levels of self-reliance are more likely to experience higher levels of psychological well-being. This finding aligns closely with a study conducted by Juanas *et al.* (2020) found that self-reliance was significantly linked to higher psychological well - being among adolescents.

The component “Independent thinking” exhibited a highly significant positive relationship with the psychological well – being of adolescents ($r = 0.743^{**}$, $p < 0.01$). This finding suggests a strong association between independent thinking and psychological well-being. This significant positive correlation suggests that adolescents who exhibit a higher level of independent thinking tend to demonstrate better psychological well-being. This positive correlation implies that fostering and encouraging independent thinking skills in adolescents could potentially lead to enhanced emotional and mental well-being. By empowering young individuals to develop their own thoughts, beliefs, and decision-making abilities, they may experience greater self-confidence, adaptability, and resilience, all of which are key contributors to psychological well-being. Present findings were on par with a study conducted by Parra *et al.* (2015) who stated that parents who provide independent thinking better results in adolescents psychological well – being.

It was found from the above table that, assertiveness was found to be positively correlated with psychological well-being ($r = 0.826^{**}$, $p < 0.001$). It means individuals who exhibit higher levels of assertiveness are more likely to experience better psychological well-being. Further, the positive relationship suggests that assertiveness may play a beneficial role in promoting psychological well-being. Adolescents who are more assertive may experience greater self-esteem, improved interpersonal relationships, and reduced levels of stress and anxiety (Eslami *et al.*, 2016). Being able to assert themselves

effectively can lead to a sense of control over their lives, have unique qualities and increased feelings of empowerment, contributing positively to their overall psychological well-being.

The correlation analysis revealed a strong and positive relationship between goal setting and psychological well-being ($r = 0.726^{**}$, $p < .01$). This positive relationship suggests that goal setting plays a crucial role in promoting psychological well-being. Setting goals entails deciding on specific goals, choosing realistic deadlines, and organizing the actions essential to reach those objectives. Adolescents with better goal setting abilities may experience greater in acquire new skills, establish sense of direction and develop into their best selves. This finding is on par with the study conducted by David *et al.* (2016) found that goal setting was significantly linked to higher psychological well-being among rural and urban adolescents.

The aspect of decision making had a strong, positive association with adolescents psychological well-being ($r = 0.812^{**}$, $p < 0.01$). This suggests that higher levels of decision-making behavior are associated with greater psychological well-being. By making thoughtful and proactive decisions, individual can create opportunities for self-improvement, broadening their experience, greater sense of personal control and achieving better mental health for promoting psychological health. Present findings were on par with a study conducted by Bavol and Orosova (2015) who stated that adolescence who engage in effective decision making are more likely to experience greater psychological well-being. The component problem solving had a high significant positive relationship with psychological well-being of adolescents ($r = 0.798^{**}$, $p < 0.01$). This finding suggests a strong association between problem solving and psychological well-being. It indicates effective problem-solving skills contribute to successful interpersonal interactions, conflict resolution and better psychological well-being. It was supported by a study conducted by Onder and Colakkadioglu (2013) reveals that problem-solving helps the adolescents in focusing on the problems and deciding on the best solution which in turn leads to higher psychological well-being among adolescents.

A highly significant positive connection was found between the component emotional control and the psychological well-being of adolescents ($r = 0.813^{**}$, $p < 0.01$). This significant positive correlation suggests that adolescents who exhibit a higher level of emotional control tend to demonstrate better psychological well-being. This implies that emotional control enables individuals to navigate their surroundings, foster personal growth, and build healthy relationships—all of which contribute to increased well-being and a sense of personal fulfilment.

The above table indicates that the dimension personal care was shown to have a significant positive association ($r = 0.804^{**}$, $p < 0.01$) with the psychological well-being of adolescents. This finding suggests that the personal care tend to foster higher psychological well-being in their adolescents. This

positive correlation implies that by engaging self-care activities foster self-improvement, self-regulation and gives a positive outlook, all of which are beneficial to an individual's overall well-being and personal development.

CONCLUSIONS

The study can be concluded that self-reliance is significantly and positively related with psychological well-being of adolescents. The findings of the study suggest that self-reliance plays a pivotal role in fostering the psychological well-being of adolescents. The study underscores that adolescents who exhibit self-reliance tend to develop essential qualities such as autonomy, problem-solving skills, and the ability to make decisions independently, particularly in challenging situations. This empowerment contributes significantly to their overall psychological well-being. The findings emphasize that self-reliant adolescents not only display positive attitudes and behaviors but also assertively voice their opinions, judgments, and values. The understanding of their own emotions and feelings further enhances their psychological well-being. In essence, the cultivation of self-reliance equips adolescents with the tools needed to navigate life with confidence, resilience, and a positive mindset, ultimately contributing to their overall psychological health and a sense of well-being.

FUTURE SCOPE

Policymakers will need to consider the study's conclusions. It turns out that self-reliance is a key strategy for improving both urban and rural adolescent's psychological well-being. Adolescents who are self-reliant are more likely to be capable of making their own decisions, resolving issues on their own, maintaining good mental health, and making valuable contributions to society. Additionally, improved psychological well-being leads to develop confident, voice their opinions and understand how to overcome the challenges the face in their day-day lives.

Acknowledgement. The authors thank Honourable Vice Chancellor of Professor Jayashankar Telangana State Agricultural University, Rajendranagar for his encouragement.

Conflict of Interest. None.

REFERENCES

- Almerigi, J. B., Theokas, C. and Lerner, J. V. (2013). Positive Youth Development: A View of the Issues. *Journal of Early Adolescence*, 25, 10–16.
- Bavol, J. and Orosova, O. (2015). Decision-making styles and their associations with decision-making competencies and mental health. *Judgement and Decision Making*, 10(1), 115-122.
- Choudhury, S., Charman, T. and Blakemore, S. J. (2008). Development of the teenage brain. *Mind, Brain and Education*, 2(3), 142-147.
- Dahl, R. E. (2004). Adolescent brain development: a period of vulnerabilities and opportunities. *Ann N Y Acad. Sci.*, 1021, 1–22.
- David, E. L., Roman, N. V. and Kerchoff, L. J. (2016). Adolescent goals and aspirations in search of

- psychological wellbeing: from the perspective of self-determination theory. *South African Journal of Psychology*, 47(1), 121–132.
- Eslami, A. A., Rabiei, L., Afzali, S. M., Hamidzadeh, S. and Masoudi, R. (2016). The effectiveness of assertiveness training on the levels of stress, anxiety, and depression of high school students. *Iran Crecent Red Journal Medical Journal*, 18(1), 1-10.
- Juanas, A. De., Romero, T. B. and Goig, R. (2020). The relationship between psychological well-being and autonomy in young people according to age. *Frontiers in Psychology*, 11, 1-8.
- Onder, F. C. and Colakkadioglu, O. (2013). Decision making and problem solving as a well – being indicator among adolescents. *Education research and reviews*, 8(11), 720–727.
- Parra, A., Oliva, A. and Queija, I. S. (2015). Development of emotional autonomy from adolescence to young adulthood in Spain. *Journal of Adolescence*, 38, 57-67.
- Ryff, Carol D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069.
- Salmela-Aro and Katariina (2011). Stages of adolescence. *Encyclopedia of Adolescence*. 10.1016/B978-0-12-373951-3.00043-0.

How to cite this article: Nagasani Rashmithanath, G. Swarupa Rani, P. Sreedevi and M. Prasuna (2023). Relationship Between Self-Reliance and Psychological Well – being Among Adolescents. *Biological Forum – An International Journal*, 15(10): 1236-1239.