PERSONALITY CORRELATES AND PSYCHIATRIC MORBIDITY IN UNIVERSITY GOING STUDENTS- AN EXPLORATORY STUDY

URBI MUKHERJEE*; SHUVABRATA PODDAR**

*PHD SCHOLAR AND GUEST LECTURER, DEPARTMENT OF APPLIED PSYCHOLOGY, UNIVERSITY OF CALCUTTA.

**ASSISTANT PROFESSOR OF CLINICAL PSYCHOLOGY, DEPARTMENT OF CLINICAL PSYCHOLOGY, CENTRAL INSTITUTE OF PSYCHIATRY.

ABSTRACT

Objectives: The present study firstly aimed to investigate the level of general well-being of university students and secondly, to specify the level of their well-being in terms of selected life skill attributes- perception of academic stress, degree of suicidal ideation and identity style.

Method: Data were collected from purposively stratified random sample of 200 students selected from different departments of Calcutta University by using four tools [General Health Questionnaire, Stress Inventory for Students of Higher Education, Adult Suicidal Ideation Questionnaire, and Identity Style Inventory (Version-3)]. Data were statistically treated for Mean, SD, Percentage and Co relational analysis etc.

Results:

i. The trend of well-being was moderately high among university students.

ii. The status of well being of students had marked specificity with respect to their perceptual skill of academic stress, suicidal ideation and identity style.

iii. The nature of distress of both information and normative oriented students were associated with their level of academic stress and career competition.

Conclusion: The present study indicated a trend of positive health and attitude of university students towards life including their tendency of optimum utilization of life skills.

KEY WORDS: Well-being, Life skills, Academic Stress, Suicidal ideation, Identity Style.

REFERENCES


