

A STUDY ON SUBJECTIVE WELL-BEING OF YOUNG ADULTS IN INDIAN FAMILY STRUCTURE

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ABSTRACT

The objective of this investigation was to study the subjective well-being among young adults in Indian family structure. (Nuclear and extended family). A sample of 40 young adults comprised equal number of men and women belong to nuclear and extended families were selected for the study. To study the subjective well-being among young adults a scale was developed by Dr.H.Sell and Dr.R.Nagpal (1992). The results showed that there were extended family male and female have high mean score scores of subjective well-being. Extended family creating a favourable environment for inculcating high sense of subjective well being in both male and female adults.

KEYWORDS: Indian Family Structure, Equal Number of Men and Women, Nuclear and Extended Families

INTRODUCTION

Family is one of the main socialising institutions of the society. Since ancient times, the family has been the most important child care institute in India as children are expected to grow under the glory of family where a satisfactory rearing of child is ensured. According to Pope – “the family is more sacred than the State.” It was pointed out by Will and Ariel Durant that the family is nucleus of civilisation. The universal declaration of human rights prescribes the family as the natural and fundamental unit of society. Family is virtually a social organisation or a unit of men and women out of relationship.

The Indian family has been a dominant institution in the life of the individual and in the life of the community. For the Hindu family, extended family and kinship ties are of utmost importance. In India, families adhere to a patriarchal ideology, follow the patrilineal rule of descent, are patrilocal, have familialistic value orientations, and endorse traditional gender role preferences. The Indian family is considered strong, stable, close, resilient, and enduring. Historically, the traditional, ideal and desired family in India is the joint family. A joint family includes kinsmen, and generally includes three to four living generations, including uncles, aunts, nieces, nephews, and grandparents living together in the same household. It is a group composed of a number of family units living in separate rooms of the same house. These members eat the food cooked at one hearth, share a common income, common property, are related to one another through kinship ties, and worship the same idols. The family supports the old; takes care of widows, never-married adults, and the disabled; assists during periods of unemployment; and provides security and a sense of support and togetherness. The joint family has always been the preferred family type in the Indian culture, and most Indians at some point in their lives have participated in joint family living. A nuclear family is one which consists of husband, wife and their children. As soon as

the children get married, they leave their parental home and establish their separate household. Thus, a nuclear family is an autonomous unit free from the control of the elders.

Since there is physical distance between parents and their married children, there is minimum interdependence between them. Therefore, a nuclear family is mostly independent.

Family structure indirectly influences the psychological well-being of family members by affecting family processes, such as parent-child relationships and parental conflict, background variables, such as income, and individual characteristics, such as mother's psychological well-being. Thus, family processes and other variables are predicted to mediate the effects of family structure on psychological well-being. Furthermore, family processes are predicted to have a largest impact on children's psychological well-being (Acock and Demo, 1994). The psychological well-being of young adults is important for several reasons. First, depressed mood impacts their social relations and their performance abilities (Compas and Hammen, 1994; Peterson et al., 1993). Second, psychological well-being in youth predicts future adult well-being. Depressive episodes in youth are likely to be chronic and recurrent throughout the life course (Robins et al., 1991). Finally, depressive moods early in life are an indicator of one's potential for developing serious depressive disorders later in life (Gotlib et al., 1995).

Young Adulthood

Young adults being enthusiastic, vibrant, innovative and dynamic in nature are the most important section of the population. Young adults show strong passion, motivation and will power which also make them the most valuable human resource for fostering economic, cultural and political development of a nation. A country's ability and potential for growth is determined by the size of its productive population.

Literature Review

Gender studies on subjective well-being support males with higher well-being in life. Inglehart (2002) finds that in almost every society, men have higher incomes, more prestigious jobs and more authority than women--all links with relatively high levels of subjective well-being. Gender differences in subjective well-being and their relationships with gender Equality. Gerhard Meisenberg (2015) finds that small differences between men and women, women report slightly higher subjective well-being than men in some countries, and slightly lower subjective well-being in others. The significant influence of dynamic Indian family structure which is changing from the traditional joint household to nuclear families on the subjective feeling of well-being is witnessed in a study by Kaur et al. (2006). Subjective feeling of well-being was found significantly lower in women from nuclear families as compared to women from joint families. Also subjective feeling of well-being scores were lower among women from partially nuclear families as compared to women from wholly nuclear families. Subjective well-being in Indian family structure: A Study on middle-aged adults. Mudassir Mohi-Ud-Din and Shalini Barthwal (2015). Find that extended family provides a favourable environment for inculcating high sense of subjective well-being in both male and female adults.

Objective

To study the difference in the subjective well-being of males and females living in the nuclear and extended family

METHODOLOGY

Sampling Criteria

Young adult men and women between the age group of 21-35 years were selected for the study.

Sampling Technique

Quota sampling technique was adopted for the study (since the persons who were young adults belong to the age group of 21-35 years were selected).

Sample Size

A total of 40 young adults, consists an equal number of men and women were selected for n=20 were living in nuclear family and n=20 were living in extended family.

Measurement Tools

The subjective well-being of young adults was measured by using the subjective well-being scale developed by Dr.H.Sell and Dr.R.Nagpal (1992).

This scale consists of 11 components.(General well-being positive effect, Expectation-achievement congruence, Confidence in coping, Transcendence, Family group support, Social support, Primary group concern, Inadequate mental mastery, Perceived ill-health, Deficiency in social contacts, General well-being). Each statement has 3 alternative answers, very good, quite good, and not good excluding 14, 27, and 29 items having an extra option, not applicable with scoring of 3, 2, and 1 for positive and reverse scoring pattern for negative items.

RESULTS AND DISCUSSION

Table 1: The data was Processed using the Statistical Technique of Mean, SD and T-Test

S. No	Dimensions of Subjective well-Being	Adult Males				T-Value
		Nuclear Family		Extended Family		
		Mean	S.D	Mean	S.D	
1	General well-being positive affect	7.4	1.71	5.2	1.61	0.85**
2	Expectation-achievement congruence	7.5	1.08	5.8	1.75	0.01*
3	Confidence in coping	6.5	1.50	6.8	1.22	0.63
4	Transcendence	7.1	1.72	6	1.82	0.18
5	Family group Support	6	1.82	7.7	1.63	0.04*
6	Social support	7.2	1.47	6.2	1.47	0.14
7	Primary group concern	5.6	2.75	4.3	2.11	0.25
8	Inadequate mental mastery	16.1	3.47	12.7	2.86	0.02*
9	Perceived ill-health	15.6	2.45	11.5	2.63	0.20**
10	Deficiency in social contacts	7.4	1.17	5.9	2.13	0.06*
11	General well-being-negative affect	7.5	1.64	7.7	0.94	0.74
	Total	84.2	13.86	100.4	12.85	0.14*

The data was processed using the statistical technique of mean, SD and t-test. Table 1 shows the scores of Subjective Well- Being of adult males living in nuclear and extended family. The result reveals that a significant difference is present between the adult males of nuclear and extended family on the overall Subjective Well Being. The mean difference was found to be significant at $t(20) = 0.14$, $p < .01$. The mean scores of total Subjective Well Being for adult males in nuclear family is 84.2 with $SD = 13.86$ and mean score of total Subjective Well Being for adult males in

extended family is 100.4 with SD= 12.85. Adult males living in nuclear family obtained significant high scores on General well-being positive affect and inadequate mental mastery. The reason could be compare to joint family in nuclear family men might had more feelings of well-being generated by achieving the standard of living, social status, success and freedom as per one's expectations or what may be called satisfaction. Inadequate mental mastery nuclear had scored high mean score. The reason might be during these days we can find the in nuclear families are more of dual-earning families. For both men and women career is very important so that they have more roles and responsibilities, these roles sometimes create lot of stress and may lose emotional balance often.

The dimension of perceived ill-health, deficiency in social contacts adult males living in nuclear family had high scores. Deficiency in social contacts implies missing of personal relations or friends. This might be due to that in nuclear family male person has to move another place for his careers. So that they might have feeling worried about their close relations.

Table 2

S. No	Dimensions of Subjective Well-Being	Adult Female				T-Value
		Nuclear Family		Extended Family		
		Mean	S.D	Mean	S.D	
1	General well-being positive affect	8.1	1.19	6.1	2.07	0.16*
2	Expectation-achievement congruence	7.3	1.56	5.3	1.15	0.45**
3	Confidence in coping	6.8	1.22	6.9	0.96	0.88
4	Transcendence	6.3	1.82	6.6	1.17	0.66
5	Family group Support	12.7	2.35	14.7	2.40	0.76*
6	Social support	6.8	1.22	6.9	1.79	0.88
7	Primary group concern	3.5	2.06	4.4	2.22	0.36
8	Inadequate mental mastery	15.7	3.49	12.8	3.88	0.96*
9	Perceived ill-health	7.5	1.26	8.2	1.31	0.24
10	Deficiency in social contacts	5.9	1.79	7.8	1.13	0.11*
11	General well-being-negative affect	6.7	1.49	7.1	1.37	0.54
	Total	87.7	6.183	95.9	12.33	0.76*

Table 2 shows the scores of Subjective Well Being of adult females living in nuclear and extended family. The results reveals that a significant difference is present between the adult females of nuclear and extended family on the overall Subjective Well-Being. The mean difference was found to be significant at $t(40) = 0.76, p < .01$. The mean scores of total Subjective Well Being for adult females in nuclear family is 87.7 with SD= 6.183 and mean score of total Subjective Well Being for adult females in extended family is 95.9 with SD= 12.33. The findings of adults female dimensions of subjective wellbeing were found to be significantly different for living in nuclear and extended family.

On the dimensions of General well-being positive effect, Expectation-achievement congruence extended family female had low mean scores compare to nuclear family. The reason might be women entering into extended family their priorities will change and they may not achieve standard of living, social status of life by their own.

The dimension of Family group Support, Deficiency in social contacts extended family had high mean scores compare to nuclear family. The reason could be extended family members can provide the emotional and physical support they need and it also helps children to build a strong and healthy family, extended family female getting into new marital relationships and they may feel of missing family and friends or worrying about being disliked.

Inadequate mental mastery nuclear family had high mean score compare to extended family. Inadequate mental mastery implies a sense of insufficient control over, or inability to deal inefficiently with, certain aspects of everyday life that are capable of disturbing the mental equilibrium. Low score inadequate mental mastery indicates in extended family people have more emotional and attachments between the family members.

CONCLUSIONS

Subjective well-being refers to how people evaluate their lives and includes variables such as life satisfaction, environmental mastery, and lack of depression, anxiety and positive moods. The needs, problems and adjustment patterns may vary according to their age, socio-economic status, health and living status. The aim of the current study was to understand the subjective well-being of young adults in terms of Indian Family Structure. The results showed that there were extended family male and female have high mean score scores of subjective well-being and also in few area like General well-being positive effect, Expectation-achievement congruence nuclear family young adults have high mean score of subjective well-being.

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