

Psychological Well-Being of Students: Role of Depression and Self Esteem

Akhilendra K. Singh* and Sadhana Singh**

Abstract

Within the realm of psychology, human well-being has been the focus of substantial and ongoing research. Topics within this domain include happiness, unhappiness, positive and negative affect, subjective well-being and psychological well being. Researchers have organized the literature of well being into two major orientations: hedonic (subjective) well-being and eudemonic (psychological) well-being. Well-being may be defined as psychological well-being, the actualization of one's true potential. By using scale of Psychological Well-Being, the Beck Depression Inventory (BDI) and the Rosenberg Self-Esteem Scale (RSES) we have endeavor to identify role of depression and self esteem in psychological well-being, among students of professional courses. The study was conducted on 200 students' selected on the basis of non-random incidental sampling basis. Data were analyzed by using Pearson correlation and hierarchal regression analysis. The result revealed that depression and self esteem significantly affect the psychological well-being of students.

Key words: Psychological well-being, depression, self esteem.

* Akhilendra K. Singh, Ph.D., Assistant Professor, Department of Psychology (DAV-PGC), Banaras Hindu University, Varanasi-221005

**Sadhana Singh, Research Scholar, Department of Psychology, Banaras Hindu University, Varanasi-221005