

Social Bonding and Psychological Wellbeing Among Adolescents

Matrika Singh* and Madhu Jain**

Abstract

Present study was carried out to find the relationship between social bonding and psychological wellbeing among adolescents. A sample of 100 participants (males and females) was chosen from the various private and government schools of Jaipur with mean age of 16.32 years. Systematic random sampling was used to select the schools as well as the students of the respective schools. They were administered the Hirshi's Social Bonding Questionnaire and the Ryff Psychological Wellbeing Scale. The results indicated that there is a significant relationship between Social Bonding and Psychological Wellbeing. Psychological wellbeing in terms of environmental mastery was found significantly correlated with attachment and commitment of the domain of social bonding. Further, personal growth, positive relationship with other purpose in life and self- acceptance as domains of psychological wellbeing was found significantly related to belief as domain of social bonding.

Keywords: social bonding, psychological wellbeing, adolescents

* Research Scholar, Department of Psychology, University of Rajasthan, Jaipur.

** Associate Professor, Department of Psychology, University of Rajasthan, Jaipur