

Impact of Positive Psychological Capital on the Vocational Maturity and Wellbeing of Adolescents

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Abstract

The present study was an attempt to study the impact of positive psychological capital (PPC) consisting of hope, self-efficacy, optimism and resilience on the vocational maturity and well-being of adolescent boys. Taking this perspective in mind, a sample of 200 boys (belonging to an age group of 16-17 years, 100 studying in government schools and 100 studying in private/model schools) was selected from the city of Gurgaon. Positive Psychological Capital Questionnaire (Luthans, Youssef and Avolio, 2007), Vocational Maturity Scale (Mehta, 1987) and PGI Well being measure (Verma & Verma, 1989) were administered to measure these variables. Results revealed that imparting education to students pertaining to optimism, self-resilience enhanced the level of vocational maturity and well-being in adolescent boys. Moreover considerable differences were found in public vs. government schools in relation to PPC. The findings clearly revealed that the need of an hour is to impart skill development and module based class on the paradigms of hope, optimism and resilience.

Keywords: Psychological capital, Resilience, Self-Efficacy, Vocational Maturity.

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