

Trait Hope, Depression and Psychological Well Being: A study Amongst University Students of Professional Courses

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Abstract

The aim of this study was to assess hope depression and well being in university students of professional courses. The psychological well-being and trait hope of professional students is a very important component in the training and development of present and in future for their career. The present study investigated the relationship between psychological well-being, trait hope and Depression of students of BHU (professional courses of RGSC). The age and gender effect was also examined. The sample of study consists of 100 students of professional courses (M.B.A., M.C.A., M.T.A) from BHU (35 male and 65 female) in the age range of 20 to 28 years. Psychological well-being (PWB), The Trait Hope Scale and Beck Depression inventory (BDI) were administered. The data were analyzed using coefficients of correlation and t test. Findings revealed negative relation between psychological well-being, trait hope with depression. Further the female students were found to have better psychological well-being compared to male students.

Key words: Psychological well being, depression, trait hope

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