

Self-Worth and Psychosocial Well-Being among Young Adults
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Abstract

In today's scenario youth are experiencing several issues which are providing rise to numerous psychological problems. Individuals are continually striving to set up a satisfactory connection with surroundings to be able to live blissfully. Positive forces are supportive for individuals to foster well-being psychologically as well as socially. Keeping in mind the close link between self-worth and well-being the present study was aimed to study the relationship between self-worth and psychosocial well-being. For this purpose, the total sample comprising of 150 subjects (75 males and 75 females) within the age range of 20 -24 years were selected. They were administrated with Contingencies of Self-Worth Scale and Mental Health Continuum-Short Form (MHC-SF). Pearson's r was computed and the results revealed that out of seven contingencies of self-worth six contingencies i.e. family love and support, competition, physical appearance, God's love, academic competence and virtue are positively and significantly related with psychosocial well-being.

Key Words: Self- worth, psychosocial well-being, young adults.

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