

Research Communication

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WELL-BEING, SATISFACTION WITH LIFE, SUBJECTIVE HAPPINESS AND MINDFULNESS ACROSS EDUCATIONAL GROUPS: A COMPARATIVE ANALYSIS

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Introduction: The well-being of students has become a critical concern in recent times, with a perceived decline in their holistic development and a prevailing sense of malaise. Despite having access to a wide range of resources, modern students appear to be unfocused, dissatisfied, and lacking happiness compared to previous generations. This study aims to assess the levels of satisfaction with life (SWL), subjective happiness (SH), and mindfulness (MAA) in students, as well as explore how these factors predict overall well-being (WB). Standardized tests, including the SWL scale, SH scale, MAAS, and WHO WB scale, were administered to a sample of 123 school students and 100 university students, with the goal of devising effective interventions.

Results: The findings revealed a significant difference in SWL and WB between the two groups. The regression analysis, with WB as the criterion, demonstrated a statistically well-fitted model with an R^2 value of 0.52. The regression estimates indicated that SWL, SH, and MAA significantly predict WB, with SH and MAA showing positive associations, while SWL displayed a negative relationship with WB.

Conclusion: This research effectively achieved its objective by establishing relationships among the mentioned variables. It was found that WB is negatively correlated with SWL but positively correlated with SH and MAA. Moreover, a distinction was observed between school and university students regarding SWL and WB, while no significant difference was noted for MAA and SH. Specifically, school students exhibited higher levels of SWL, whereas university students displayed higher levels of WB.
