

## A STUDY ON HOW PSYCHOLOGICAL WELLBEING AND SELF- CONCEPT INFLUENCE THE ACADEMIC PERFORMANCE OF FEMALE STUDENTS IN COSTAL AREAS

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### ABSTRACT

The purpose of the study was to investigate how psychological wellbeing and self concept influence the academic performance of female school students in costal areas. School age is a transitional section from childhood to adulthood, characterised with the aid of various organic, mental, and social changes. adolescents residing in coastal regions are exposed to social-environmental threat factors that could affect their emotional wellness, by and large due to the traumatic and unpredictable nature of coastal communities. For the purpose of the study hundred (n = 100) female costal area high school students were selected as subjects. The subjects were aged between 13 and 17 years. The selected psychological variables are psychological wellbeing and self concept. The collected data were analysed by using the statistical treatments of Pearson product moment correlation test, to find out the relationship among psychological wellbeing, self-concept and academic performance of coastal area school students. The result showed that there was a significant relationship ( $p \leq 0.05$ ) between academic performance and psychological wellbeing and academic performance and self-concept ( $p \leq 0.05$ ) among the coastal area female students. It is concluded that the academic performance of coastal area female students are closely associated with the psychological wellbeing and self-concept.

**KEYWORDS:** Psychological wellbeing, self-concept, academic performance, coastal area, female students.

### INTRODUCTION

Academic excellence is an crucial element of college students are concerned. college students regards to instructional performance has been a giant subject of teachers, educational establishments, psychologists, different behavioral scientists, and so on. Scholar instructional final results is current subjects of now not simply research in education, or psychology but additionally in mass media, where the importance of children's exquisite educational performances is emphasised. It's far commonly assumed that the effectiveness of any education gadget to a huge extent relies upon upon the involvement of college students to achieve some thing it's far to be inside the cognitive or psycho-motor area. In coastal areas, studies suggests that notwithstanding the truth that girl college students also can experience higher emotional distress, they regularly possess high self-idea in social and ethical domain names, immediately impacting their instructional overall performance. Research show that every excessive self-idea and excessive psychological well-being independently, and collectively, notably impact academic ordinary overall performance (George et al., 2012; Sarfika et al., 2023). academic success manner, the fulfillment of a scholar made in faculty or college or university namely, his/her marks inside the examination that's the criterion for the performance of the scholars. It has been defined in a different way by using specific

professionals, good (1973) defines educational achievement as “the information attained or capabilities evolved in the college subjects, commonly designed by take a look at scores or marks assigned through teachers or both”. Whereas Howes (1982) described it as “a success accomplishment or performance particularly topics, regions or courses, usually by cause of competencies, hard work and hobby; typically summarized in diverse forms of grades, marks, scores or descriptive remark”.

The idea of properly-being could be very popular now-a-days and social scientists are plenty involved approximately the nicely-being of human thoughts. it's miles one of the most critical goals, which individuals in addition to society attempt for. The term ‘well- being’ denotes that some thing in an awesome kingdom. therefore it's far in general used for precise kind of goodness, for example, living in a good environment, being of well worth for the world, being capable of address existence, enjoying life, and so on. As far as mental well-being is concern it's miles a multidimensional idea. After element evaluation it became found out that cheerfulness, optimism, playfulness, a sense of detachment and freedom from frustration, anxiety and loneliness are signs of psychological well-being (Sinha and Verma, 1992). McCulloch (1991) has proven that pleasure, morale, advantageous have an effect on, social help and so forth, are the indicators of psychological well-being. a person high in mental properly-being not most effective consists of better stage of lifestyles pride, advantageous emotions, and attitudes, however additionally manages tensions, negative thoughts ideas and feeling extra successfully. psychological wellness can be seen as an volatile continuum, wherein an character's mental fitness may additionally have many specific feasible values (Keyes, 2002). Psychological health is commonly viewed as a fantastic attribute, such that a person can attain greater tiers of intellectual health, although the individual does now not have any identified intellectual health circumstance (Ashokan& Abraham, 2014; George et al, 2012). Mental nicely-being, alternatively, encompasses an individual's normal emotional and mental fitness, inclusive of factors together with lifestyles pleasure, self-popularity, purpose in existence, and nice interpersonal relationships. Self-idea is an critical construct in psychology and training. Byrne (1984) concluded that ‘self-idea’ is a multidimensional assemble, having one wellknown aspect and numerous precise aspects, certainly one of that is ‘academic self-concept’. The time period ‘instructional self-idea’ can be characterized with the aid of two elements steady with the Shavelson version (Strein, 1993). The secondary school college students start to broaden a clearer feel of identification, and cause. A crucial psychological concept that emerges in the course of this era is self-concept. It is an character's perception of themselves in regions including academic capacity, social relationships, and emotional manipulate (Shavelson et al., 1976). A healthful self-concept is crucial, as it impacts how kids respond to challenges, interact with peers, and look at their capacity (Marsh & Craven, 2006). Self-concept is closely related to mental properly-being (Ryff, 1989). Students with a robust and nice self-idea tend to have better psychological properly-being (Harter, 1999). Conversely, a fragmented or terrible self-concept can make individuals greater susceptible to stress, anxiety, and low (Mann et al., 2004). Self-concept is a large term generally utilized in regular language. McLeod (2008) described it as how an person thinks about, evaluates, or perceives themselves. In keeping with Baumeister (1999), it encompasses beliefs approximately one’s attributes and identity. The prevailing study became to find out the have an impact on of instructional performance with psychological wellbeing and self-concept of female school students in costal regions.

## MATERIALS AND METHODS

The aim of the study was to investigate how psychological wellbeing and self concept influence the academic performance of female school students in costal areas. For the purpose of the study hundred female costal area high school students from Neendakara, Kollam District, Kerala were selected as subjects. The subjects were aged between 13 and 17 years. The selected psychological variables are psychological wellbeing and self concept. The collected data were analysed by using the statistical treatments of perason product moment correlation test, to find out the relationship among psychological wellbeing, self-concept and academic performance of coastal area school students. The academic performance was assessed by average of three terms of exam marks of the students. The psychological wellbeing was assessed by the Peter Becker (1989) - Questionnaire and the self-concept was assessed by the Academic Self-Concept Questionnaire(ASCQ).

The collected data were analysed by the statistical treatments "perason product moment correlation" test to find out the relationship between mental health, self-concept and academic performance of coastal area school students. The significance level was fixed at 0.05 for all the cases.

## RESULTS

**Table – I Mean and Standard Deviation on Academic Performance, Psychological Wellbeing and Self-Concept of Coastal Area Students**

Variables	No	Mean	SD
Academic Performance	100	63.26	4.13
psychological Wellbeing	100	45.72	7.72
Self-concept	100	59.71	5.39

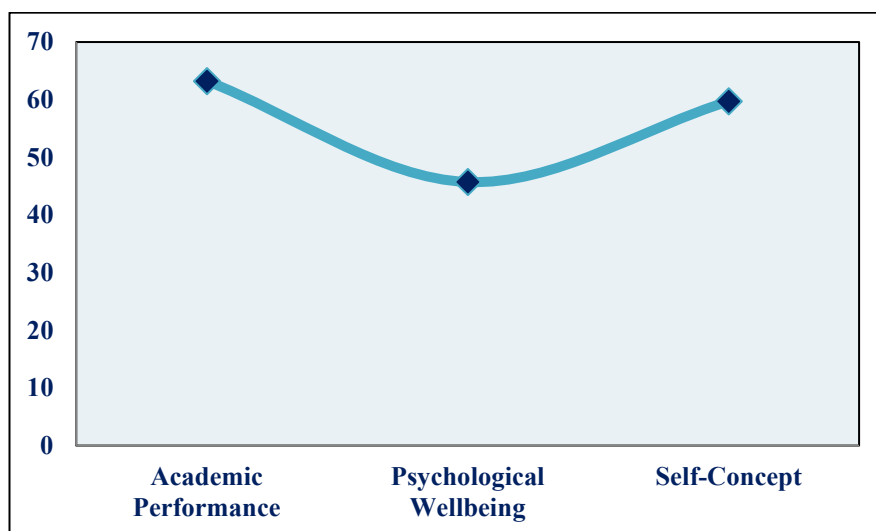
Table – 1 shows that the mean and standard deviation (SD) values on academic performance, psychological wellbeing and self-concept are 63.26+4.13, 45.72+7.72 and 59.71+5.39 of coastal area school students respectively.

**Table – II Inter Correlation Matrix on Academic Performance, Psychological Wellbeing And Self-Concept of Coastal Area Students**

	Academic Performance	Psychological Wellbeing	Self-concept
Academic Performance	1	0.24*	0.23*
Psychological Wellbeing		1	0.25*
Self-concept			1

(The required table value for significance at 0.05 for 100 level of confidence 0.19)

Table –II reveals that the obtained correlation coefficient values between the criterion and the determinate variables. The correlation coefficient between academic performance with psychological wellbeing; academic performance with self-concept and psychological wellbeing with self-concepts are 0.24; 0.23 and 0.25 respectively. There is a significant relationship between the academic performance with psychological wellbeing; academic performance with self-concept and psychological wellbeing with self-concepts. The mean values of academic performance, psychological wellbeing and self-concept are presented in the figure 1.



**Figure 1: The mean values on academic performance, Psychological wellbeing and self-concept of coastal area students.**

## DISCUSSION

The result of the study indicated that there was a significant relationship between the academic performance with psychological wellbeing; academic performance with self-concept and psychological wellbeing with self-concepts of the coastal area female school students. The following studies are assisting the results. Kaur and Arora (2014), Suriyakumaret al (2016) and Kumar & Abraham (2018) have a look at outcomes certainly indicated that there may be a rather sizeable relation between academic overall performance and positive dimensions of mental wellbeing. Puskar and Bernardo (2007) look at confirmed that the mental health issues can affect college performance and educational achievement.

Ryff (2006) introduced a multidimensional model of mental well-being that is going past the absence of intellectual illness. factors like autonomy, environmental mastery, and advantageous relationships at once are expecting higher instructional overall performance. Conversely, bad mental nicely-being leads to lower academic performance. A high quality self-concept comprising physical, social, and educational self belief is definitely correlated with educational success. In coastal areas, studies shows that even though girl college students may experience better emotional distress, they regularly possess excessive self-concept in social and moral domain names, without delay impacting their educational performance. Research display that each excessive self-concept and excessive psychological properly-being independently, and collectively, notably impact academic performance (Chaudhry et al., 2024). The social and temperamental aspects of nicely-being did not end up promoters of nicely-being. on the other hand, moral and highbrow factors of nicely-being emerged big promoters. These findings are supportive and in consonance with previous researches. Shikhaet al (2025) found that the self-idea variability undoubtedly pertains to a experience of getting a motive in lifestyles and persona increase.

King and Chi (2017) carried out 4 cross-sectional and one longitudinal look at on chinese university college students. They discovered that, whilst controlling for personal self esteem and relational self esteem were changed into related to more life satisfaction, fine affect, meaning in existence, happiness, and subjective power, however collective was not. In addition, Ritcheet al (2011) tested the extent to which self-concept clarity mediates the relation between one-of-a-kind types of demanding existence activities and subjective nicely-being, independently of neuroticism. It was located that self-idea clarity absolutely mediated the relation among stress from numerous assets and subjective properly-being. Agrawal and Teotia (2015) take a look at result discovered that significant relationship between the 2 variables of self-concept and educational success. Nimmi (2015) and Abhinav& Abraham (2022) look at end result showed that there has been big correlation among self-idea and academic success of better secondary college students. Parvinder (2015) and Smitha (2019) take a look at determined a relationship among self-concept and look at habits with academic achievement.

Several research advocate that children with a superb self-concept are much more likely to revel in higher tiers of psychological nicely-being, as they tend to view challenges with greater resilience and hold more healthy social relationships (Kaushik & Abraham, 2024; Thomas et al., 2024). Conversely, a poor self-idea may also contribute to emotional misery, low self esteem and accelerated vulnerability to intellectual health problems. Given the rising worries about the intellectual fitness of youngsters, specially in educational settings, it will become imperative to explore the dynamic interaction between selfconcept and psychological nicely-being. Research consistently show that a self-concept with perfect content material is related to higher mental and physical fitness (Vedagnanam& Abraham (2022) and Taylor et al.,(2003). We can clearly found out the relationship of academic performance with psychological wellbeing, academic performance with self-concept and psychological wellbeing with self-concepts of the coastal area female school students through this study.

## CONCLUSION

The study found that the positive relationship between the academic performance with psychological wellbeing and academic performance with self-concept. Further it is claely shown that the positive relationship of psychological wellbeing with self-concepts of the coastal area female school students. Sociodemographic factors which includes gender, class level, age, discern's marital reputation, dad and mom' education, family earnings, and residence reputation impact self-idea and its domains amongst college college students even in costal regions. Students with sturdy highbrow and ethical self-concept have been much more likely to experience autonomy, self-attractiveness, and nice relationships. These outcomes help the view that a nicely-incorporated and wonderful selfconcept complements emotional and psychological resilience, which in turn promotes mental health and lifestyles pleasure. Common, this examine highlights the significance of nurturing a wholesome and effective self-idea and psychological properly-being in female school to support their academic overall performance in costal areas. Those findings have practical implications for educators, school counsellors, and policymakers. packages that foster highbrow engagement, moral improvement, and emotional recognition ought to function powerful interventions to beautify students' psychological health and standard nice of life. Further research would be needed to examine the generalizability of the findings to non coatel areas of the school education domain and in other states of India as well.

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