

UNDERSTANDING STUDENT WELL-BEING IN HIGH SCHOOLS

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ABSTRACT

The objective of the current study is to explore the Personal Wellness of students studying in high schools and to determine if any difference can be found with respect to gender and location of the student. By personal wellness, we refer to the well-being of an individual considering physical, environmental, social, intellectual, and spiritual dimensions of wellness. The methodology employed in the current study is a descriptive survey method. In terms of sample size and selection, a total of 300 IX standard students were selected through cluster sampling from various government, government aided, and matriculation schools in Vellore District. A personal wellness scale was used as an instrument to collect data. The analysis involved mean, standard deviation, and t-test. The results indicate that there is a difference in personal wellness in terms of gender; in other words, boys had better personal wellness than girls. Another difference noted in the research is with regard to location, wherein urban students showed higher personal wellness scores than rural students.

KEYWORDS: Personal Wellness, High School Students, Well-Being, Adolescent Health

INTRODUCTION

Personal wellness is an essential aspect of human development and plays a significant role in determining an individual's quality of life. It encompasses multiple dimensions, including physical, environmental, social, intellectual, and spiritual well-being. During adolescence, students undergo rapid physical, emotional, and social changes that influence their wellness and overall development. High school students face various academic, social, and personal challenges that may affect their personal wellness. Factors such as family environment, peer relationships, educational opportunities, access to healthcare, and recreational activities contribute significantly to students' well-being. A healthy level of personal wellness enables students to maintain positive relationships, cope with stress effectively, achieve academic success, and develop into responsible citizens. In the present educational context, understanding the personal wellness of high school students has become increasingly important. Identifying differences in wellness based on demographic factors such as gender and locality can help educators, parents, and policymakers design effective interventions to promote healthy lifestyles and holistic development among adolescents.

DEFINITION OF KEY TERMS

Personal Wellness:

Personal Wellness as consisting of physical, environment, social, intellectual and spiritual dimensions and added environment to recognize the important impact of one's surroundings.

High School Students:

High school students are students who study at the secondary school level in the grade IX and X between the ages of 13-15 years, to gain the knowledge, skills, and qualifications needed for higher education, careers, and adult life.

SIGNIFICANCE OF THE STUDY

The study is important since individual wellness forms an integral part of the growth of high school students, as it helps to shape their physical, psychological, social, emotional, intellectual, and spiritual development. High school IX standard students form an extremely important phase of adolescents, who need proper guidance to maintain good lifestyle behaviours and practices. The study will help in measuring the wellness level of the students and identifying whether there are any variations on account of gender and locality. The study will help the teachers and school management develop relevant plans and programs for improving the welfare of high school students. It also helps parents to realize the importance of contributing towards the welfare of their children in terms of health care and other aspects at home. The study will also help educational planners to develop suitable policies in this regard, especially in the rural area schools where facilities are relatively scarce.

REVIEW OF RELATED STUDIES

Drew, L., & Kulinna, P. (2023) aimed to develop, execute, and evaluate the effectiveness of a dance wellness educational curriculum implemented in a university-level dance classroom. The focus of this study involved student application of exercise science and wellness knowledge within a teaching capacity. Using a mixed methods design, this study utilized a pretest/posttest performance assessment and document analysis for qualitative data. Results showed that the (a) posttest knowledge scores were statistically significantly higher, and (b) qualitative data collected from participants indicated deep levels of meaning-making and application of course content to students' personal approaches to training and teaching. Two themes emerged from qualitative data: student growth in knowledge and understanding as well as personal/professional implementation and application. Findings suggest that incorporating a dance wellness curriculum in a university-level dance program builds knowledge in exercise science, wellness, and instructional literacy while encouraging students to apply gained knowledge in both personal and professional capacities.

Rao M.E. Rao D. M (2021) used a survey to study key stressors from 107 students during the Covid period. Online learning has affected many their mental health leaving few race-based differences. The lockdown has seen a spurt in the cases of degrading mental health cases, including high school students, a period when interacting with peers is felt more necessary; the pandemic has debarred them from physical interaction. Depression, anxiety, suicidal tendency, or attempts had risen. The current exploratory study used a survey to find the stressors, find pre-existing stress and elicit what can help decrease the pressure. The sample size was 107 high school Asian students, some attending online and others in person. Out of the two variables, i.e., online offline classes and race, offline classes (esp. the exercise time) and race showed strong indicators to mitigate the impact of stress. Homework and social isolation caused degrading mental health. Community support and social interaction during school could improve the feeling of isolation. Most of the students agreed exercise and games positively impacted mental well-being.

OBJECTIVES OF THE STUDY

- To find out whether there is any significant difference in Personal Wellness of high school students based on Gender.
- To find out whether there is any significant difference in Personal Wellness of high school students based on Locality.

HYPOTHESES OF THE STUDY

- There is no significant difference in Personal Wellness of high school students based on Gender.
- There is no significant difference in Personal Wellness of high school students based on Locality.

METHODOLOGY

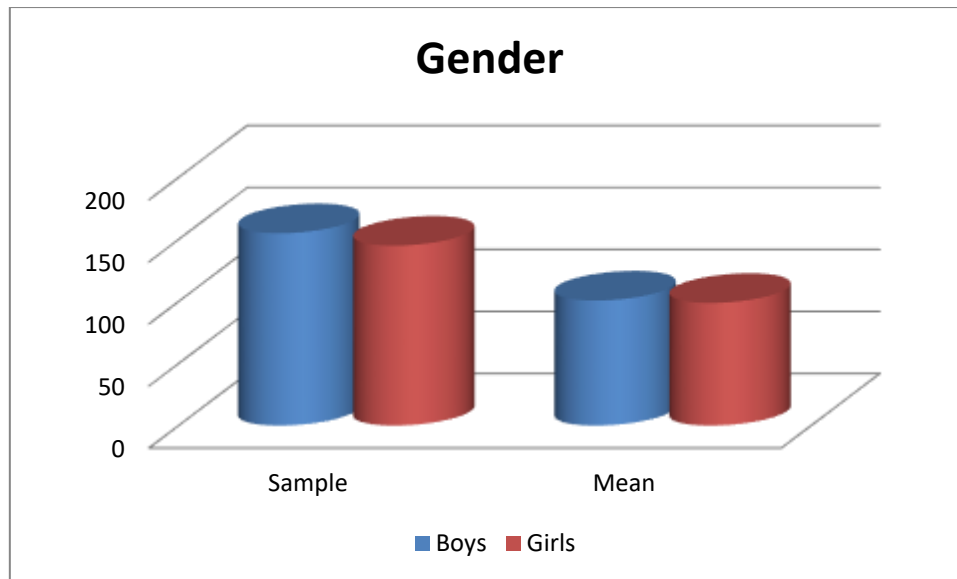
A Descriptive Survey Method was adopted for this study. Data was collected from the IX standard students using cluster sampling method. The total sample size was 300 students and 3 schools were selected for the present study belonging to different types of students like government, government aided, and matriculation school in Vellore District.

ANALYSIS

Hypothesis 1: There is no significant difference in Personal Wellness of high school students based on Gender.

Personal Wellness of IX standard students based on Gender

Variable	Gender	N	Mean	Standard Deviation	Calculated 't' value	Remarks (@95%)
Personal Wellness	Boys	155	100.76	3.703	4.392	Significant
	Girls	145	98.83	3.994		



From the above table shows that the Personal Wellness mean score of boys (100.76) is greater than the Personal Wellness mean score of girls (98.83). The calculated t-value (4.39) is greater than the table value (1.96) at 0.05% level of significance. Boys may report higher levels of personal wellness due to greater participation in outdoor activities, sports, and recreational pursuits, which can positively influence overall well-being. Thus, there is a significant difference in Personal Wellness between boys and girls of high school students. Hence, the null hypothesis is rejected.

Hypothesis 2: There is no significant difference in Personal Wellness of high school students based on Locality.

Personal Wellness of IX standard students based on Locality

Variable	Locality	N	Mean	Standard Deviation	Calculated 't' value	Remarks (@95%)
Personal Wellness	Rural	107	99.14	4.16	1.980	Significant
	Urban	193	100.26	3.52		



From the above table shows that the Personal Wellness mean score of rural (99.14) is lesser than the Personal Wellness mean score of urban (100.26). The calculated t-value (1.98) is greater than the table value (1.96) at 0.05% level of significance. Urban students often have greater exposure to wellness-related information, healthcare services, and extracurricular activities that can contribute to higher levels of personal wellness compared to rural students. Thus, there is a significant difference in Personal Wellness between rural and urban of high school students. Hence, the null hypothesis is rejected.

MAJOR FINDINGS

- There is a significant difference in Personal Wellness between boys and girls of high school students. Boys may report higher levels of personal wellness due to greater participation in outdoor activities, sports, and recreational pursuits, which can positively influence overall well-being.
- There is a significant difference in Personal Wellness between rural and urban of high school students. Urban students often have greater exposure to wellness-related information, healthcare services, and extracurricular activities that can contribute to higher levels of personal wellness compared to rural students.

RECOMMENDATIONS

- Schools should organize regular wellness education programs to promote healthy lifestyles among students.
- Physical education and sports activities should be encouraged to improve students' physical and mental well-being.
- Guidance and counselling services should be strengthened to help students manage academic and personal stress.
- Parents should be educated about the importance of supporting their children's wellness at home.
- Schools in rural areas should be provided with adequate health, recreational, and counselling facilities.
- Awareness programs on nutrition, hygiene, emotional health, and stress management should be conducted periodically.
- Teachers should monitor students' wellness needs and provide appropriate support and encouragement.

DELIMITATIONS OF THE STUDY

- The sample of the study has geographical limitation. Only Vellore District school children were selected.
- The study has been confined to a total of 300 students.
- Only IX standard students were taken.
- The investigation was limited to the demographic variables of gender and locality.

CONCLUSION

In order to measure the extent of personal wellness amongst high school students residing in the district of Vellore, the current research was conducted. The impact of variables such as gender and locality on the same is also highlighted in this research work. Personal wellness is a combination of different elements such as physical, environmental, social, intellectual and spiritual wellness, and contributes significantly to the overall development of adolescence.

In conclusion, from the findings of the research, it is evident that personal wellness of high school students depends on demographic factors such as gender and locality. It calls for both educational institutions and families to create a conducive environment for developing healthy habits among young children. Guidance and counselling must be made available to all high school students to boost their personal wellness.

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