

Psychological Well-Being Of Adolescents

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Abstract:

Psychological well-being among adolescents is a socio psychological necessity. It is important to understand the factors which can greatly influence the psychological well-being of adolescents as the age of adolescence is considered to be relatively more vulnerable. The present study has been conducted to assess the relationship between parent adolescent relationship and peer pressure with psychological well-being among adolescents of working and non-working mothers. The primary objective was to study the correlation between the variables and to assess the gender differences. The sample was 520 adolescents (260 boys and 260 girls) in the age group of 13-18 years selected purposively from five bigger districts of Punjab in terms of female employment. Psychological well-being Scale, Parenting Scale, Peer Pressure scale were used to collect the data, Correlation Analysis and t-test were used to analyse the results. The findings suggest a high level of parent adolescent relationship and moderate level of peer pressure among adolescents. Parent Adolescent Relationship and Peer Pressure were found to be positively correlated with psychological well-being of adolescents of working and non-working mothers. Gender differences on the variables were not found to be significant. The findings provide practical implications for the parents, counsellors, teachers to provide positive opportunities for adolescents for enhancing their psychological well-being.

Keywords: *Psychological well-being, parent adolescent relationship, peer pressure, working mothers, non-working mothers*

Introduction:

Mental health and well-being among adolescents have been a common cause of concern for parents, educators, and policy makers. It becomes pertinent to understand that the youth of the country has become a vulnerable chunk as a notable upsurge in the number of cases of suicide, crime, violence, depression, substance abuse, sexual abuse is being witnessed in the young population. The latest statistics show behavioural problems, anxiety, and depression to be the prominent causes of mental illness, while suicide has been reported to be a major cause of death among young people globally (WHO, 2021). It has been reported that much of the problems related to mental health encountered in later stages of individuals' life have their roots in the childhood or adolescence experiences. Thus, psychological well-being among adolescents needs to be considered as a socio psychological necessity. At the most basic level, psychological well-being results in positive self-evaluations, life satisfaction, positive state of mental health and leads to happiness. Psychological well-being helps the individuals to evaluate their lives in a positive way (Diener, 2000). It determines the manner which help people to feel satisfied and happy with their lives, and thus enhances the quality of their lives. The available literature has also found that when adolescents experience a higher psychological and subjective well-being, they tend to show better school performance, improved social skills, better physical and emotional health (Park, 2004; Berman, Weems, & Stickle, 2006; Kubzansky et al., 2018; Savage, 2011). Therefore, it becomes important to explore the psychological well-being of adolescents as influenced by the factors which can have a positive impact on their well-being.

Various empirical studies have taken into account the factors which have a significant bearing on the well-being of adolescents. The protective role of family connectedness, positive and healthy communication, supportive peer relationships have always been emphasized. While secure and warm relationships with the members of the family, healthy and supportive peer interactions have been found to be associated with a greater life satisfaction, a greater emotional well-being, a better meaning and purpose of life; factors like lack of love and affection by parents, lack of acceptance by peers can result in declined mental health and poorer well-being among adolescents (Hartwell & Benson, 2007; Kawachi & Berkman, 2001; Umberson & Karas Montez, 2010; Wentzel, Barry, & Caldwell, 2004; Winefield, Gill, Taylor, & Pilkington, 2012). Though the relationship of adolescents with parents and peers has been studied widely for the mental health, personality, and behaviour of adolescents, not much literature has focussed on the association of parent adolescent relationship, vulnerability to peer pressure to the psychological well-being among adolescents. As the period of adolescence is considered to be crucial because of innumerable challenges and turmoil, many factors which can contribute to psychological well-being need to be studied. It has to be seen whether these adolescents possess a higher or lower level of psychological well-being and the manner in which parent adolescent relationship and peer pressure influence the psychological well-being of adolescents.

Statement of the Problem:

Since the significance of maintaining a higher psychological well-being for positive human functioning, especially in adolescence cannot be undermined, thus it becomes important and necessary to understand it in the varied contexts related to the adolescent's lives. There are many individual and environmental factors which can directly, or indirectly influence their psychological well-being. The researcher is interested in understanding the protective role of some important factors in maintaining a state of higher psychological well-being and greater happiness among adolescents. The present study was conducted with the following objectives.

Objectives of the study:

1. To study the level of parent adolescent relationship, peer pressure and psychological well-being among adolescents of working and non-working mothers.
2. To study the correlation between parent adolescent relationship, peer pressure and psychological well-being among adolescents of working and non-working mothers.
3. To study gender difference on parent adolescent relationship, peer pressure and psychological well-being among adolescents of working and non-working mothers.

Hypotheses:

On the basis of the objectives, the hypotheses which have been outlined are given as under:

H_{A1}: There is positive correlation between parent adolescent relationship and psychological well-being among adolescents of working and non-working mothers.

H_{A2}: There is positive correlation between peer pressure and psychological well-being among adolescents of working and non-working mothers.

H_{A3}: There is significant difference between mean scores of parent adolescent relationship for male and female adolescents of working and non-working mothers.

H_{A4}: There is significant difference between mean scores of peer pressure for male and female adolescents of working and non-working mothers.

H_{A5}: There is significant difference between mean scores of psychological well-being for male and female adolescents of working and non-working mothers.

Methodology:

Research Design:

The current research has been undertaken with correlational approach to assess the relationship between factors as parent adolescent relationship, peer pressure, and psychological well-being among adolescents of working and non-working mothers. The variables have been studied for their level and gender differences.

Variables Under Study:

Independent Variables: Parent Adolescent Relationship, Peer Pressure

Dependent Variable: Psychological Well-being of Adolescents

Sample:

The sample for the current research constituted of 520 adolescents (260 boys and 260 girls), who belonged to the age group of 13-18 years, living in intact two parent families selected purposively from five bigger districts of Punjab in terms of female employment i.e., Jalandhar, Ludhiana, Kapurthala, Hoshiarpur and Amritsar (Primary Census Abstract of Punjab, 2011). Four schools were selected from each district using random selection method. Adolescent boys and girls of working as well as non-working mothers studying in class 8-12 were selected from schools using purposive selection. The sample selection design included:

- Purposive Sampling for selection of districts in Punjab
- Random Sampling for the selection of schools from selected districts so as to meet the sample size.
- Purposive Sampling of the respondents (boys and girls) of working as well as non-working mothers fulfilling the required criterion:

- Adolescents who lie in the age group of 13-18 years
- Adolescents who belonged to intact two parent families
- Adolescents of working as well as non-working mothers

Inclusion Criteria

- Adolescents in the age group of 13- 18 years were selected.
- Adolescents who belonged to intact two-parent families were selected for the study.
- Students of urban areas of selected districts were selected for the sample.
- Adolescents whose mothers were going out from home to work were selected for the sample of adolescents of working mothers,

Exclusion Criteria

- Adolescents whose mothers were working from home were not selected.
- Adolescents who were not falling in the age range were not selected.
- Adolescents who belonged to single parent family were not selected for the study.

Tools Used:

- Psychological Well-being Scale (Sisodia & Chaudhary, 2012)
- Parenting Scale (Bhardwaj, Sharma, &Garg, 1998)
- Peer Pressure Scale (Tyagi & Gupta, 2012)
- A general information sheet for getting the demographic data of the respondents

1. Psychological Well-Being Scale (PWB):

The scale intends to assess the “psychological well-being” of the respondents on five dimensions of “Life satisfaction, Efficiency, Sociability, Mental health and Interpersonal relations”. The total number of items in the scale are 50 with 10 items measuring each dimension. The items are to be responded as Strongly Agree to Strongly Disagree on a five-point scale and are evaluated on a scale of 1-5. The scores for each item are summated for total score of “psychological well-being”. A high score on the scale is indicative of high “psychological well-being”. The reliability coefficient for internal consistency for the total well-being score measured .90 and .87 for test-retest method for the normative sample. As all the items directly relate to variables under study, the scale shows a high face and content validity. The test-retest reliability was 0.87 and 0.94 was value of the coefficient when the scale was validated against the external criteria.

2. Parenting Scale (PS):

The parenting scale assessed the parent adolescent relationship as it measures the perception of adolescents as to how he/she is brought up by his/her parents. The scale has 40 items in total related to eight different modes of parenting. The scale is a Likert type scale which has five responses related to a particular mode of relationship. The items which assess the parent adolescent relationship are uniformly enumerated in the scale. Some of the items have been stated in a negative manner in order to get the genuine response of respondents. The items which are stated positively are scored as 1,2,3,4,5 from upper to lower; while the negative items are scored in the reverse order as 5,4,3,2,1 from upper to lower. The obtained scores are interpreted for parenting as well as mothering and fathering roles of parenting with the help of Sten scores. The sten scores are interpreted on a scale of one to ten which provides the norms for the interpretation of the scores. The sten scores are measured on a psychological continuum of 1-10. The value of five and below shows low score for parenting, while a value of six and above indicates a high score.

3. Peer Pressure Scale (PPS):

The Peer Pressure Scale is 50 item five -point scale designed to assess the perception of peer pressure with self-reporting measures of dimensions as “interpersonal relationship, agreeableness, economic pressure, academic/scholastic pressure and conscientiousness”. The responses to the items range from Strongly Agree to Strongly Disagree with score of 5,4,3,2,1. The items are so stated that a response of strongly agree indicates more peer pressure. The sum of all scores is taken as the total score. More peer pressure is indicated by a high score on the scale. The peer pressure scale is a reliable scale. Overall reliability of the scale was found to be 0.78. Inter dimension correlation was found to be 0.79. The scale showed an internal consistency as all the items were significantly and positively correlated with the total score.

Results and Discussion:

Table 1 indicates the level of parent adolescent relationship, peer pressure, and psychological well-being among adolescents of working and non-working mothers.

Table 1 Level of Parent Adolescent Relationship, Peer Pressure and Psychological Well-Being among Adolescents of Working and Non-Working Mothers (N=520)

Variables	Level	Adolescents of working mothers (n=260)		Adolescents of non-working mothers (n=260)	
		No.	%	No.	%
Parent Adolescent Relationship	Low	53	20.4	54	20.8
	High	207	79.6	206	79.2
Peer Pressure	Low	8	3.1	8	3.1
	Moderate	220	84.6	225	86.5
	High	32	12.3	27	10.4
Psychological well-being	Low	0	0.0	0	0.0
	Moderate	237	91.2	235	90.4
	High	23	8.8	25	9.6

Table 1 indicates the level of parent adolescent relationship as perceived by adolescents of working and non-working mothers. It was found that majority of the adolescents of working and non-working mothers reported to show high level of perceived parent adolescent relationship in terms of parenting score (79.6% & 79.2% respectively). Only 20.4 percent adolescents of working mothers and 20.8 percent adolescents of non-working were found to show low level of perceived parent adolescent relationship.

The findings reveal that most of the adolescents reported warm and cordial relationship with their parents. It can be assumed that though the stage of adolescence is marked by increased conflicts with parents on day-to-day issues, still parents remain an important source of support for the growing adolescents. A high level of parent adolescent relationship suggests that adolescents perceive the love and support received from their parents as important and significant for them. Though they urge for increased autonomy and independence from parent's control and have conflicts about identity issues, but the attachment with parents remains important for them. The current findings are supported by the results of few studies which have shown that majority of the adolescents were found to report cordial and high-quality relationship with their parents, high-quality of mother and father relationship, high level of family functioning, though there are few conflicting areas in the relationship as well (Haines et al., 2016; Kaur, Maheshwari, & Thapar, 2015; Shah & Nakhat, 2018; Yimer & Ashebir, 2019).

The figures in Table 1 report the level of peer pressure among adolescents of working and non-working mothers. The results show that majority of adolescents of working as well as non-working mothers reported a moderate level of peer pressure (84.6% & 86.5% respectively), while only 12.3 percent and 10.4 percent adolescents of working and non-working mothers respectively reported a high level of peer pressure.

The findings suggest that most of the adolescents did not report to experience high level of peer pressure. There is not much literature available which has specifically focused on the level of peer pressure experienced by adolescents in their daily interactions with their peers. Most researchers have studied the quality of attachment and interactions with friends and peer influence in their decision making, pro-social behaviour, antisocial engagement, misconduct behaviour, and risk-taking behaviours. Some support to the research findings has been provided by the studies which have found that adolescents perceived less peer pressure for misconduct in the form of drug or alcohol use, delinquent behaviour, but more peer pressure for peer involvement, conformity to peer groups, and pressure to socialize with friends (Brown, Clasen, & Eicher, 1986; Clasen & Brown, 1985; Farrell & White, 1998).

The figures in the table 1 show that major proportion of adolescents of working and non-working mothers (91.2% & 90.4% respectively) were found to possess moderate level of psychological well-being. Only 8.8 percent of adolescents of working mothers and 9.6 percent of adolescents of non-working mothers were found to possess high level of psychological well-being. None of the respondents reported low level of psychological well-being. These figures can be taken as a positive indicator for a good psychological health among adolescents.

The results have shown a moderate level of psychological well-being among most of the respondents which are in consonance with the results of few studies which also show that a high percentage of adolescents were found to possess moderate level of overall psychological well-being (Easow & Ghorpade, 2017; Khan, Taghdisi, & Nourijelyani, 2015; Thavorn, Pimroon, & Thanoi, 2018; Ugwueze, Agbaje, Umoke, & Ozoemena, 2021). Another similar study reported the adolescents to possess medium to high levels of psychological well-being (Gómez-López, Viejo, & Ortega-Ruiz, 2019). The silver lining of the study is that almost negligible number of adolescents of working as well as non-working mothers

reported low level of psychological well-being. The adolescents need to be steered in the positive direction to make them experience high level of psychological well-being.

Table 2 Showing Correlation Matrix of Predictor Variables- Parent Adolescent Relationship and Peer Pressure with Criterion Variable- Psychological Well-Being among Adolescents of Working and Non-Working Mothers (N=520).

Variables	Y ₁	X ₁	X ₂
Y ₁	1		
X ₁	.390**	1	
X ₂	.106*		1

* p < 0.05, ** p < 0.01

Y₁- Psychological well-being, X₁- Parent Adolescent Relationship, X₂- Peer Pressure

From the table 2, it can be seen that the parent adolescent relationship (parenting score) (X₃) has significant positive correlation with psychological well-being among adolescents of working and non-working mothers ($r = .390, p < .01$) indicating that better the parent adolescent relationship, higher the level of psychological well-being among adolescents. The strength of the association between parent adolescent relationship and psychological well-being is found to be moderate as the value of coefficient of correlation (r) is more than .30.

Thus, the hypothesis **H_{A1}** stating that “There is positive correlation between parent adolescent relationship and psychological well-being among adolescents of working and non-working mothers” is supported.

The correlation between perceived parent adolescent relationship and psychological well-being was shown to be positive and significant which implies that a warm and healthy relation with parents will lead to a higher psychological well-being in adolescents. It suggests that a warm and positive experience with parenting which can make adolescents feel loved and cared for will result in higher level of satisfaction, competence, affability, well-being among adolescents of working as well as non-working mothers. The current research has reported findings consistent with studies which have found a strong influence of different aspects of family environment and relationship between parents on the well-being of adolescents. These studies have found a positive and significant relation between psychological well-being and parent adolescent relationship as measured by parental attachment, perceived parent adolescent relationship and parent adolescent communication (Sironga, 2018; Singh, Gupta, & Bakshi, 2021). Further, it has also been suggested that the quality of bond between parent and adolescent is crucial for the development of a strong personality and psychological well-being among adolescents (Indumathy & Ashwini, 2017; Shahbaz et al., 2021). Parental warmth, overprotection, family cohesion and adaptability, developmental expectations has been found to be positively correlated with lesser externalizing and internalizing problems in adolescents (McKinney, 2009). The findings again affirm that the high quality of the relationship leading to a secure attachment with parents are helpful in dealing with many developmental issues linked to adolescence. The available literature also provides empirical evidence to the current findings and showed that the quality of parent adolescent relationship was found to be consistently and positively correlated with a range of outcomes for adolescents and their families including behaviour of adolescents, externalizing and internalizing behaviour problems, social competence, school performance, parent-child communication, and parental feelings of aggravation (Moore et al., 2011). In line with the above findings, another study found a negative correlation between psychological well-being and neglectful style of parenting; while authoritarian and permissive styles of parenting showed a positive correlation with psychological well-being.

The results in Table 2 show that peer pressure (X₂) has been found to be related to psychological well-being (Y₁) among adolescents of working and non-working mothers ($r = .106, p < .05$). The strength of association between peer pressure and psychological well-being has been found to be weak as the value of correlation coefficient (r) is near to .10. This suggests that a higher peer pressure among adolescents can result in higher psychological well-being among adolescents of working and non-working mothers.

Thus, the hypothesis **H_{A2}** stating that “There is positive correlation between peer pressure and psychological well-being among adolescents of working and non-working mothers” is supported.

The results indicate that adolescents are greatly influenced by the behaviors of the groups they adhere to, thereby influencing their positive and negative behaviors. Peer pressure can be positive as well as negative and it can directly influence adolescent's psychological well-being. A positive relationship between peer pressure and psychological well-being suggests that if adolescents are influenced by the positive pressures of their peers, they can enjoy better sociability, higher personal growth, better interpersonal relationship and a higher psychological well-being. This can also lead to greater life satisfaction among adolescents. The results find consistence in the findings of a few studies which have reported the influence of different forms of peer relationships, peer pressure on the mental health and psychological well-being of adolescents. A study has reported the negative influence of peer group to be associated with involvement in risk behaviour; while protective behaviours were associated with positive influence of peers (Tome, Matos, Simões, Diniz, & Camacho, 2012). A review of studies undertaken by Roach (2018) consistently found that peer

support can provide a positive impact on the mental health of adolescents. Studies have also shown a negative correlation between conflict levels and intimacy among peers leading to lower peer acceptance (Tamm,Kasearu,,Tulviste, & Trommsdorff, 2018). It has to be understood that adolescents are under constant pressure to adhere to the norms and behaviors of their peer groups. The intimacy and place they share in the groups are very important for their well-being. Parent's encouragement and support needs to be strengthened to take the positive peer pressure in a productive and useful manner.

Table 3 Comparison of Mean Scores of Male and Female Adolescents on Parent Adolescent Relationship, Peer Pressure and Psychological Well-being.

v	Gender	N	Mean	S D	t-value	p-value
Parent Adolescent Relationship	Male	260	6.35	1.22	.841	> .05
	Female	260	6.43	1.18		
Peer Pressure	Male	260	156.33	21.64	.811	> .05
	Female	260	157.95	23.92		
Psychological well-being	Male	260	190.37	18.08	.546	> .05
	Female	260	191.30	20.88		

* p < 0.05, ** p < 0.01

Table 3 further shows that the difference in the mean scores of male and female adolescents of working and non-working mothers on parent adolescent relationship is not significant ($t=.841, p>.05$).

Thus, hypothesis **H_{A3}** which states that "There is significant difference between mean scores of parent adolescent relationship for male and female adolescents of working and non-working mothers" is not supported.

The results of the table show that the adolescent boys and girls were not found to show significant difference when they assess their relationship with their parents as measured by different dimensions of parenting. In consistence with the current findings, a few studies have also shown insignificant differences between boys and girls when they assess their relationship with their parents (Mangore&Adsul, 2015; Mayselles,Wiseman, & Hai, 1998; Sarita,Sonia, & Pooja, 2016). Earlier studies have also found that boys and girls do not differ on perceived attachment to parents and parental involvement (Bagh, 2018); relationship with mothers (Perez, 2012), relationship with parents (Brown, 1986); perceived parenting styles (Sindhu & Jain, 2020), psychosocial problems in the family, but differ on relationship with fathers and peers and experience on financial issues (Kumar, 2019;Perez, 2012). Also, the results of an earlier research showed that parent adolescent relationship was perceived to be positive by both boys and girls, though on some factors gender differences were significant(Liu et al., 2013; Sangwan, 2002). The results of the present study find contradictory evidence in the available literature which have found significant gender differences on a number of variables which assess their relationship with their parents and different dimensions of family climate (Pushpa& Singh, 2017). While girls were found to be higher on their interpersonal relationship with their mothers; positive connection with parents, teachers and adults; positive perception of parenting styles; empathy towards parents, responsiveness and attachment to parents; cohesion with mothers; thereby experiencing a better parent adolescent relationship, father adolescent and mother adolescent relationship (Bi et al., 2018;Bireda, 2013; Liu et al., 2013;Pandey, 2005;Sharma & Jasleen, 2017; Smetana, Metzger, Gettman, & Campione-Barr, 2006;Sun & Stewart, 2007;Verma, 2016).

Table 3 further shows that the difference in the mean scores of male and female adolescents of working and non-working mothers on peer pressure is not significant ($t=.811, p>.05$).

Thus, the hypothesis **H_{A4}** which states that "There is significant difference between mean scores of peer pressure for male and female adolescents of working and non-working mothers" is not supported.

Peer pressure is an important factor which influences the adolescents in a positive as well as negative manner. It has been shown by many studies that social support from parents as perceived by adolescents has a strong influence on the quality of their peer relations. Majority of the available literature studies peer group influence and peer relation qualities. The current findings are supported by earlier research which have reported gender differences to be insignificant in peer pressure on anti-social activities (Brown, 1982; Brown,Clasen, & Eicher, 1986; Pushpa & Singh, 2017). Another study by Sangeetha and Chetan (2015) found the male and female adolescents to be similar on happiness and peer pressure. The results of few studies are inconsistent with these results as they have reported significant difference in the attachment to peers. These studies have shown that girls were found to show more attachment to peers as well as experience more pressure from peers compared to boys (Farell& White, 1998; Pushpa & Singh , 2017); while results of few studies reported boys to experience more peer pressure than girls related to conduct problems, socialized

aggression, peer involvement, misconduct, early sexual behavior, externalizing behaviour, and substance use, and risk factor for delinquency (Devi & Jyotsana, 2018; Johal & Mehta, 2015; Miller, Umashankari, Kiran Babu, & Daspurkayastha, 2020). The findings of a study also suggests that while dealing with peer pressure the girls have been found to show anxiety and withdrawal problems; while boys have been shown their conformity with conduct problems, anti-social behaviour, and aggression (Johal & Mehta, 2015).

It can be further seen from the table 3 that the male and female adolescents of working and non-working mothers do not differ significantly on their mean scores of psychological well-being ($t = .546, p > .05$).

This clearly shows that the hypothesis H_{A5} which states that "There is significant difference between mean scores of psychological well-being for male and female adolescents of working and non-working mothers" is not supported.

The results indicate that adolescent boys and girls do not differ on their psychological well-being which means that they are equally satisfied with their lives, feel efficient in dealing with their day-to-day hassles, enjoy interpersonal relations and thus, experience a healthier psychological well-being. Many earlier researches showed results similar to the current findings to find that male and female adolescents did not show difference in their psychological well-being (Dutta & Das, 2010; Parveen, Maqbool, & Khan, 2016; Pravitha & Sembayan, 2017; Rani & Kohli, 2018; Turushvili & Japaridze, 2012; Vinayak & Judge, 2018). Studies have also found male and female adolescents to be similar on their mental health, mental well-being, self-esteem, overall adjustment, autonomy, optimism, mental propensity; as well as on insecurity, depression; and their overall psychological well-being (Bhattacharjee & Bhattacharjee, 2014; Khurshid, Kiani, & Parveen, 2016; Rajeshwari & Raj, 2015; Singh, Bassi, Junnarkar, & Negri, 2015; Visani, Albieri, Offidani, Ottolini, Tomba, & Ruini, 2011). But there are good number of studies which have reported that gender differences in the psychological well-being with a few suggesting a poorer well-being and depressive symptoms in girls as compared to their counterparts (Patel, 2015; Ruini, Ottolini, Rafanelli, Tossani, Ryff, & Fava, 2003; Ryff, 2014; Sagone & Caroli, 2014; Siddiqui, 2015). These studies have reported that girls are found to show high anxiety and depression, greater life stress, lower self-esteem, less social support from parents, lesser life satisfaction and happiness which led to their poorer well-being (Burke & Weir, 1978; Hasnain, Wazid, & Hasan, 2014; Roja, Sasikumar, & Fathima, 2013; Lucktong, Salisbury, & Chamrathirong, 2018). Contrary to these results, many researchers have found a higher psychological well-being and happiness among girls when compared to boys (Hasnain et al., 2014; Mittal & Akhtar, 2011; Sharma & Jasleen, 2017).

Implications of the study:

- The findings of the study can provide a deep insight in the realm of research to propose some prolific implications and interventions. These implications will provide help to people to improve the quality of life and to promote happiness and well-being at individual and community level as happiness is the most desirable goal for all individuals.
- Results would provide concrete help to all those who work in close connection with adolescents as parents, educationists, counselors, psychiatrists, social workers, policy makers, educationists and researchers. This will help the adolescents to experience a positive state of mental health.

Limitations of the study:

- Keeping in mind the population of the study, there was the limitation regarding the size of the sample. The sample size was limited.
- The study is limited to the respondents living in intact two parent families.
- Only five districts of Punjab were selected.

Scope for future Research:

Thus, taking the limitations of this study into consideration, there are several recommendations for future research which are given below:

- The factors under consideration in the current study can be used for other population with certain disabling conditions or living in adverse conditions as adolescents living in orphanages or juvenile homes.
- Further research can explore different aspects of the problem with the use of alternate research design and statistical techniques to get additional insight for the well-being of adolescents.
- More studies can be carried out to assess other positive intervention variables such as optimism, locus of control, self-esteem, hardiness, spiritualism in enhancing the psychological well-being of adolescents.

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