

## Youth and Well Being – An Imperative Glimpse through Psychology

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**Abstract:** The latest census 2011 data released on Tuesday shows that around 41 percent of India's is below the age of 20 years. According to TOI, half the population is in the 20-59 age group while 9 percent is above the age of 60. While 41% of India's population contributes to youth, it is undoubtedly implied that the development of the country relies on this active and creative population. The drive towards the so-called positive happenings are termed as risky operations in youth's language and they dare to plunge into massive action, without caring about it's consequences, depending on one's maturity level. Yes, there are certain negative shades of youth and his wellbeing in fulfilling the required task or responsibility. Two aspects in which a wholesome youth predominantly gets affected are Psychological and Environmental. The learned ethics, principles, morals and values during their childhood are even re-valued by these youngsters now-a-days. It would be apt to set a youth as a role-model in this contemporary, satirical world. The shaping and re-shaping of youth can be better attained after understanding youth culture and their adaptive nature through academics, sports and so on. But, it is very challenging because of the invasion of media on one hand and the hi-tech communication pattern on the other. Media has attained a strong place in every youth, displacing the family members. Their priorities have changed and materialistic world and justification has become the order of the day.

**Keywords:** creative population, environmental, risky operations, maturity, psychology

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### I. Introduction

Well-being is a continuum. It is not static. It varies. There are many factors that affect the mental health of an individual. Every emotion alters the chemical balance in our brain and body. This paper is focused on the reality of the way in which youth handle different challenges in their life as matured aspirers.

Wikipedia defines well-being as a general term for the condition of an individual or group, for example their social, economic, psychological, spiritual or medical state; a high level of well-being means in some sense the individual or group's condition is positive, while low well-being is associated with negative happenings. The Times of India has revealed that half the population is in the 20-59 age groups while 9 percent is above the age of 60. The latest census 2011 data released on Tuesday shows that around 41 percent of India's is below the age of 20 years. While 41% of India's population contributes to youth, it is undoubtedly implied that the development of the country relies on this active and creative population.

### II. Inseparable social media and youth

The first and foremost recognition of youth in this contemporary world is given as and when he updates himself by approving the social media. On the other hand it is also detrimental to the individual's progress. The benefits are witnessed in the fields like education, politics, and also enhance awareness (people are being informed), provides job opportunities and enables social communication as it demands them to be hooked to the same for the purpose of communication. The demerits include more time consumption on social media than other priorities, lack of privacy; users become vulnerable to crime, cyber bullying, misinformation, advertisements as an influence to spend more money to buy their products.

Media has attained a strong place in every youth, displacing the family members. Their priorities have changed and they run the race along with the fast paced mechanical world.

#### 2.1. Learning from mistakes:

The drive towards the so-called positive happenings are termed as risky operations in youth's language and they dare to plunge into massive action, without caring about it's consequences, depending on one's maturity level. Youth take very little effort in packing their precautionary measures and implementing the same to safeguard their temptations. Life satisfaction is the cognitive component of subjective well-being and plays

an important role in positive development as an indicator, a predictor, a mediator/moderator, and an out-come. Whereas low life satisfaction is associated with psychological, social, and behavior problems, high life satisfaction is related to good adaptation and optimal mental health among youth. Life satisfaction and positive affect mitigate the negative effects of stressful life events and work against the development of psychological and behavioral problems among youth. Supportive parenting, engagement in challenging activities, positive life events, and high-quality interactions with significant others contribute to the development of life satisfaction. Yes, there are certain negative shades of youth and his wellbeing in fulfilling the required task or responsibility. Now-a-days, youth are more inclined towards happiness and luxurious life rather than life satisfaction. Two aspects in which a wholesome youth predominantly gets affected or they have to concentrate to tune their life are:

### **2.1.1 Psychological**

The quality of experience determines to what extent life was worth living. Optimal experience is the bottom line of existence it is the subjective reality that justifies the actions and events of any life history. Without it, there would be little purpose in living, and the whole elaborate structure of personality and culture would reveal itself as nothing but an empty shell.

### **2.1.2 Environmental**

The ability to predict the behaviour of others is more useful than the ability to predict their inner states. All individuals' are behaviourists when facing outwards, but turn as phenomenologists as soon as they reflect. Not only do other people's actions determine our own inner states more directly than their inner states do, but the former are also more accessible. Subjective feelings are a more reliable measure of what condition the organism is in than any observable behaviour could be. Most psychological research in this century has focused on the periphery of lived experience: on behaviour, attitudes, choices: on cognitive processes and performance viewed with a paradigm shift, abstract perspective relies on relationships between intrapersonal and external events. Environment contributes as the major cause in shaping the life of an individual. It comprises of the climatic condition (the extent to which an individual is in unison with the nature), inter personal relationship and the social media to which people react and respond rather than suppressing their thoughts and feelings. Both these unavoidable, inherent criteria of an individual play a dual role in maximizing their positive contribution to the society and vice-versa.

## **2.2 Family involvement**

Young adults with low psychological well-being may encounter lower levels of happiness, satisfaction, and self-esteem, while experiencing high levels of distress (Amato, 1994). Similarly, adolescents who possess low psychological well-being or psychological distress may also exhibit characteristics of low levels of happiness and self-efficacy, along with high levels of depression (Flouri & Buchanan, 2003). Furthermore, these adolescents may view social problems as being more serious than other youth (Wilkinson, 2004). In summary, adolescents with low psychological well-being tend to form less than desirable self-evaluations, which significantly affect their happiness and satisfaction. The relationship between perceived parental involvement and adolescent psychological well-being is based on two realities. The first reality, the home environment, is the initial social arena in which adolescents have remained more consistently under the influence and supervision of their parents. Later, these individuals begin to seek an alternate reality, separating from parents and seeking inclusion with peers during adolescence (Bossard & Boll, 1966; Santrock & Yussen, 1984). Adolescents begin building their own self-concept through observing the reactions directed toward them by vital individuals in their lives (Gibson & Jefferson, 2006). Personal experiences that evolve from the parent-adolescent relationship are the initial source that sets in motion the cycle of how adolescents will self-evaluate and interact with others. In other words, the type of relationship they experience with their parents is thought to foreshadow their attitudes toward themselves and the quality of relationships they will have with their peers (Gecas, 1971; Wilkinson, 2004).

## **2.3 Understanding youth culture**

Schwartz and Merten used the language of adolescents to argue for the presence of youth culture as distinct from the rest of society. Schwartz argued that high school students used their vocabulary to create meanings that are distinct to adolescents. Specifically, the adolescent status terminology (the words that adolescents use to describe hierarchical social statuses) contains qualities and attributes that are not present in adult status judgments. According to Schwartz, this reflects a difference in social structures and the way that adults and teens experience social reality. This difference indicates cultural differences between adolescents and adults, which supports the presence of a separate youth culture. Parsons (1951) posited that adolescence is a

time when young people are transitioning from reliance on parents to autonomy. In this transitory state, dependence on the peer group serves as a stand-in for parents. Burlingame restated this hypothesis in 1970. He wrote that adolescents replace parents with the peer group, and that this reliance on the peer group diminishes as youth enter adulthood and take on adult roles.

Fasick relates youth culture as a method of identity development to the simultaneous elongation of childhood and need for independence that occurs in adolescence. According to Fasick, adolescents face contradictory pulls from society. On one hand, compulsory schooling keeps them socially and economically dependent on their parents. On the other hand, young people need to achieve some sort of independence in order to participate in the market economy of modern society. As a means of coping with these contrasting aspects of adolescence, youth create independence through behavior—specifically, through the leisure-oriented activities that are done with peers. Elements of youth culture include beliefs, behaviors, styles, and interests. An emphasis on clothes, popular music, sports, vocabulary, and dating set adolescents apart from other age groups, giving them what many believe is a distinct culture of their own.

#### **2.4. Towards development**

Culture has the power to transform entire societies, strengthen local communities and forge a sense of identity and belonging for people of all ages. As a vector for youth development and civic engagement, culture plays an essential role in promoting sustainable social and economic development for future generations. Youth can act as a bridge between cultures and serve as key agents in promoting peace and intercultural understanding. The UN has invested in the creative energy of young people by engaging in numerous capacity building, policy development, and awareness raising and governance initiatives. It includes capacity building, policy development and awareness raising, employment opportunities, civic engagement, democratic participation and social innovation and so on.

#### **2.5. Adaptive mechanism**

Youths with good self-regulation had much better indices of adaptive functioning across measures of social competence, academic achievement, grades, problem behaviors, and depression and anxiety than their counterparts with more diminished self-regulatory capacities. In addition, youths with better self-regulation skills stated more adaptive responses both in terms of how they coped with past stressful life events and how they would deal with hypothetical stressors. This study indicates that self-regulation is robustly associated with a range of important indices of adaptive functioning across many domains. Findings are discussed in light of their implications for theory and intervention for children of diverse economic backgrounds.

#### **2.6. Developmental assets of youth**

Assets are crucial for the healthy development of all youth, regardless of their community size, geographic region, gender, economic status, race, or ethnicity. This report summarizes the extent to which your youth experience the Developmental Assets and how the assets relate to their behavior and overall health. 40 Developmental Assets—a research-based framework that identifies basic building blocks of human development. Youth with high asset levels are less likely to engage in high-risk behaviors (such as violence, sexual activity, drug use, and suicide), and more likely to engage in thriving behaviors (such as helping others, doing well in school, and taking on leadership roles). External assets are the positive developmental experiences that families, schools, neighborhoods, community groups, and other youth and family-serving organizations provide young people. These positive experiences are reinforced and supported by the broader efforts of society through government policy, health care providers, law enforcement agencies, civic foundations, and other community institutions. Internal assets are the positive commitments, skills, and values that form a young person's inner guidance system. Youth make personal choices and actions based upon the degree to which their internal assets are developed.

##### **2.6.1. Limitations**

Young people may face complex social forces, including:

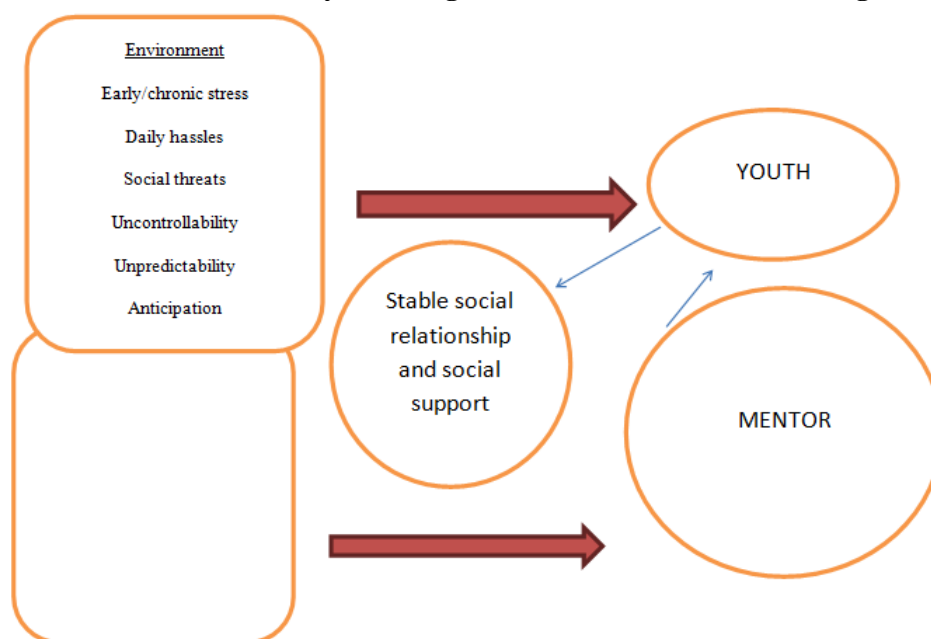
- High levels of parental absence;
- Adult silence on positive values and healthy boundaries;
- Fragmented family and community social systems;
- Neighbors who are isolated from one another and separated by age barriers;
- Adult fear of becoming involved and the sense that young people are someone else's responsibility;
- Public disengagement from the important work of building meaningful connections with youth;
- Youth overexposure to media saturated with violence and sexual situations;
- Poverty and lack of access to supportive programs and services;

- Inadequate education and poor economic opportunities that cause families to be unable to provide for their children’s needs;
- Schools, religious institutions, and other youth-serving organizations those are not adequately equipped to be supportive, caring, and challenging in a positive way.

### III. Biological process and mentoring youth

Psychobiological approach	A theoretical framework relating environmental influences on individual development by considering how context interacts with biology
Homeostasis	The stability of physiological process (i.e. optimal functioning)
Allostasis	An adaptive mechanism that allows an individual to adjust physiological process in the face of a stressor
Coristol	A hormone released whenever a stressor is perceived, social stressors result in the strongest coristol response
Oxytocin	A hormone associated with social affiliation and bonding
Allostatic Load	The wear and tear the body experiences as a result of chronic activation of allostatic mechanisms
Biological Sensitivity to context (BSC)	The idea that individuals who are biologically reactive are most likely to be negatively affected by adverse environments and most likely to flourish in supportive environments
Attunement	The ability of two individuals’ physiological processes to be in sync

### IV. The Theorized Psychobiological Benefits of Youth Mentoring



### V. Conclusion

The holistic perceived life satisfaction of youth revolves around various factors like home environment, firm and family relationship, peer groups, environment, psychological, intra personal, motivation – both intrinsic and extrinsic, social media and so on. Their responsibilities become unending when they achieve and move on to the next stage of their life span. Positive insight and outlook is implicitly a need for their well-being.

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