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**Positive and Negative affects and Psychological Well-being among  
Urban and Rural Women in Khandesh**

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**ABSTRACT**

The well-being of urban and rural women is the central concept of the present study. Indian women have to deal with many psycho-social and cultural barriers which create impact their well-being. The study was conducted in Khandesh. The simple random sampling technique was used for this study. 410 women (225 urban and 185 rural, N= 410) whose age group ranged from 21 to 50 years was selected for the present study. Based on the nature of the problem and objectives for the present research, two randomized groups and correlation design was used. The tools used in the present research were PANAS inventory by Watson, Clark and Tellegen and PWBS inventory by Ryff and Keyes. Finding shows that urban women feel more negative affect than rural women. It should also be noted that although the positive affect is higher yet the negative affect is also not negligible. According to urban and rural women the term "Psychological well-being" has similar senses. Area wise PWB is also showing an average level.

**Keywords: Urban and Rural Women, Positive and Negative Affects, Psychological Well-Being, Khandesh.**

**Introduction:**

In India, women's sphere of life is very much different from that of men's. They are allocated to separate roles, and society expects them to abide by them. From all aspects of life they are underprivileged and their psychological well-being has particularly been ignored.

The concept of "well-being" is the focal point in the field of positive psychology. A combination of optimal functioning and experience is referred to as well-being (Ryan and Deci, 2000). The concept of well-being, however, tends to incorporate two approaches- hedonic (subjective well-being) and eudemonic (psychological well-being). Subjective well-being is defined as a sum of three components-life satisfactions, the presence of a positive effect, and the absence of negative effect together called "Happiness" (Diener and Lucas, 1999). On the other hand, the eudemonic view talks about psychological well-being as "engagement with existential challenges of life" (Keyes, Shmotkin and Ryff, 2002).

Hedonic/SWB is generally equated with happiness and pleasure (Kahneman, Diener and Schwarz, 1999; Ryan and Deci, 2001), eudemonic/PWB is defined as realizing one's true potential (Ryff and Keyes, 1995). Ryff (1989) conceptualized Psychological well-being as a total of six factors namely Positive Relations with Others, Self-Acceptance, Purpose in Life, Autonomy, Environmental Mastery, and Personal Growth. Psychological well-being (PW) is a wide-ranging, multifarious concept. It includes different aspects of everyday experience. According to many researchers (Andrews and Withey, 1976; Najman and Levine 1981; Campbell and Converse 1971) psychological well-being is considered to be the composite measure of physical, mental and social well-being as perceived by each individual.

**Happiness: The Science of Subjective Well-Being**

Subjective well-being (SWB) is the scientific term for happiness and life satisfaction—thinking and feeling that your life is going well, not badly. Scientists rely primarily on self-report surveys to assess the happiness of individuals, but they have validated these scales with other types of measures. People's levels of subjective well-being are influenced by both internal factors, such as personality and outlook, and external factors, such as the society in which they live. Some of the major determinants of subjective well-being are a person's inborn temperament, the quality of

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**Positive and Negative affects and Psychological Well-being among Urban and Rural Women in Khandesh**

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their social relationships, the societies they live in, and their ability to meet their basic needs. To some degree, people adapt to conditions so that over time our circumstances may not influence our happiness as much as one might predict they would. Importantly, researchers have also studied the outcomes of subjective well-being and have found that "happy" people are more likely to be healthier and live longer, to have better social relationships, and to be more productive at work. In other words, people high in subjective well-being seem to be healthier and function more effectively compared to people who are chronically stressed, depressed, or angry. Thus, happiness does not just feel good, but it is good for people and those around them.

**The three components of SWB are:**

1. Life satisfaction
2. Positive affect
3. Negative affect

These are independent factors that should be measured and studied separately (Andrews and Withey, 1976, Lucas et al., 1996). Thus, the presence of positive affect does not mean the absence of negative affect and vice versa.

**Positive and Negative Affect**

The word "affect" is a more technical way to talk about emotion and expression. It refers to the emotions or feelings that we experience and displays, especially in terms of how these emotions influence us to act and make decisions.

Positive affectivity refers to positive emotions and expression, including cheerfulness, pride, enthusiasm, energy, and joy. Negative affectivity is negative emotions and expression, which includes sadness, disgust, lethargy, fear, and distress. Positive and negative affectivity not only plays a large role in our day-to-day experience and our enjoyment, but our affectivity can also influence our opinions, thoughts, performance, abilities, and even our brain activity!

## **Psychological well-being**

Psychological well-being refers to positive mental health (Edwards, 2005). Research has shown that psychological well-being is a diverse multidimensional concept (MacLeod and Moore, 2000; Ryff, 1989b; Wissing and Van Eeden, 2002), which develops through a combination of emotional regulation, personality characteristics, identity and life experience (Helson and Srivastava, 2001). Psychological well-being can increase with age, education, extraversion, and consciousness and decreases with neuroticism.

### **Statement of the problem:**

What is the difference between urban and rural women in psychological well-being?

### **Objectives:**

1. To observe the differences in PANAS between urban and rural women.
2. To find out the differences in psychological well-being between urban and rural women.

### **Hypotheses**

1. There would be a significant difference between urban and rural women in positive and negative affect.
2. There would be a significant difference between urban and rural women in psychological well-being.

### **Methodology**

The selection of the sample is very important in research. The sample is a representation of the population. There is little doubt that the main problem concerning the practical formulation involves the various technique of selection. The selection procedure is called sampling. For the entire research, it is a prerequisite to have a truly representative sample of the population.

**Positive and Negative affects and Psychological Well-being among Urban and Rural Women in Khandesh**

**A) Universe:** Khandesh Division: Khandesh Division is a former administrative division of British India, which included the present-day Jalgaon, Dhule and Nandurbar districts and a portion of Nashik District in Maharashtra.

**B) Sample:** The simple random sampling technique was used for this study. 410 women (225 urban and 185 rural, N= 410) whose age group ranged from 21 to 50 years was selected for the present study. The samples have been taken from the Khandesh Division of Maharashtra State. Out of the 410 participants, 145 were from Dhule District, 140 were from Nandurbar District and 125 were from Jalgaon District respectively. All the participants were married and live with their families.

**C) Variables under Study:**

**Independent Variables –**

A. Area of residence

B. Positive and negative affect

**Dependent Variables – Psychological well-being**

**D) Design:** Based on the nature of the problem and objectives for the present research, two randomized groups and correlation design was used.

**E) Research Tools:**

- 1. The Positive and Negative Affect Schedule (PANAS)** (By- Watson, Clark and Tellegen, 1988)- Affect was assessed using the positive and negative affect schedule (PANAS), constructed by Watson et al. (1988), which treats both variables, positive affect (PA; 10 items) and negative affect (NA; 10 items), as separate dimensions rather than bipolar ends of the same scale. It uses a 5-point scale (1= very slightly or not at all, 5= extremely)to indicate the extent of generally feeling the respective mood state. Watson, Clark, and Tellegen (1984) calculated Cronbach's coefficients in different samples range from 0.90 to 0.96 for PA and from 0.84 to 0.87 for NA.

**Positive and Negative affects and Psychological Well-being among Urban and Rural Women in Khandesh**

- 2. Ryff's Psychological Well-Being Scale (PWBS)**( By- Ryff and Keyes, 1995)- A self-report measure, Ryff scale consist of a total of 6 subscales (Autonomy, Environmental Mastery, Positive Relations with Others, Personal Growth, Purpose in Life and Self-Acceptance with three-item under each). It is a six-point Likert scale with options ranging from 1 = strongly disagree to 6 = strongly agree. Score range from 18 to 108 with higher scores reflecting a greater psychological well -being have should psychometric properties (Ryff,1989 and 1995)

**Statistical Analysis:**

**Hypothesis 1:** There would be a significant difference between urban and rural women in positive and negative affect.

**Table no - 1-** Tests of Between - Subjects Effects of Positive and Negative affect.

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.
Area	Positive Emotions	46.852	1	46.852	1.155	.283
	Negative Emotions	189.661	1	189.661	<b>3.949</b>	.048
Error	Positive Emotions	16468.355	406	40.562		
	Negative Emotions	19498.705	406	48.026		
Total	Positive Emotions	461887.000	410			
	Negative Emotions	236255.000	410			

df (1,354) 0.05= 3.85, 0.01 = 6.70

Independent variable as type of area the 'F' value is (1,406) = 1.155, which is less than 0.05. Hence, this is not significant. And it is concluded that there is no difference in both urban and rural areas about their positive emotions affect. Independent variable as type of area the 'F' value is (1,406) = 3.949, which is greater than 0.05. Hence, this is significant. And it is concluded that there is a significant difference in both urban and rural areas about their negative emotions affect.

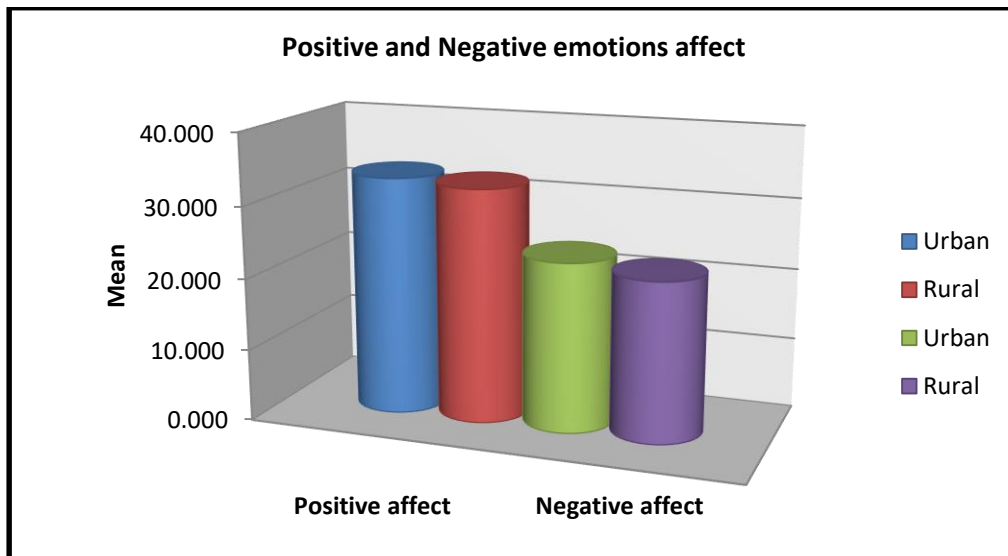
**Positive and Negative affects and Psychological Well-being among Urban and Rural Women in Khandesh**

**Table no - 2-** Table showing mean and SD difference between urban and rural in terms of positive and negative affect.

	Area of Residence	N	Mean	SD
<b>Positive emotions affect</b>	<b>Urban</b>	220	33.268	5.851
	<b>Rural</b>	190	32.600	6.890
<b>Negative emotions affect</b>	<b>Urban</b>	220	23.622	7.094
	<b>Rural</b>	190	22.221	6.763

The table no.2 shows the mean and SD difference between the groups of urban and rural on the positive emotions affect. The mean of urban women is 33.268 and SD is 5.851 and the mean of rural women is 32.600 and SD is 6.890. Therefore, the negative emotions affect the mean of urban women's is 23.622 and SD is 7.094 and the mean of rural women is 22.221 and SD is 6.763. Thus, the results partially support hypothesis stating that "There would be a significant difference between urban and rural women in positive and negative affect." Then, this hypothesis is *partially accepted*. This analysis is showing in the following graph clearly.

**Graph no- 1-** The showing means the difference of PANAS concerning the area of residence.



**Positive and Negative affects and Psychological Well-being among Urban and Rural Women in Khandesh**

**Justification of the Result:** It can be observed that the positive affect is significantly more than the negative affect as the total positive affect score is significantly higher than the total negative affect score. Also, there is no significant difference between the positive affect of urban and rural women. But urban women have felt more negative affect than rural women. It should also be noted that although the positive affect is higher yet the negative affect is also not negligible and still there is a need to turn the women with negative affect towards a positive attitude.

**Hypothesis 2:** There would be a significant difference between urban and rural women in psychological well-being.

**Table no - 3-** Tests of Between - Subjects Effects of psychological well-being.

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Area	1213.127	1	1213.127	1.777	.183
Error	277182.822	406	682.716		
Total	12171064.000	410			

df (1,354) 0.05= 3.85, 0.01 = 6.70

Independent variable as type of area the 'F' value is (1,406) = 1.777, which is less than 0.05. Hence, this is not significant. And it is concluded that there is no difference in both urban and rural areas about their psychological well-being.

**Table no - 4-** Table showing mean and SD difference between urban and rural in terms of total Psychological Well-being.

Total Psychological Well-being	Area of Residence	N	Mean	SD
	Urban	220	172.000	25.572
	Rural	190	168.316	26.888

The table no.4 shows the mean and SD difference between the groups of urban and rural on the total psychological well-being. The mean of urban women is 172.000 and SD is 25.572

**Positive and Negative affects and Psychological Well-being among Urban and Rural Women in Khandesh**

and the mean of rural women is 168.316 and SD is 26.888. Thus, the results do not support hypothesis stating that "There would be a significant difference between urban and rural women in psychological well-being."

**Table no - 5-** Table showing mean, SD and 't' value between urban and rural in terms of area wise psychological well-being

Areas of PWB	Area of Residence	N	Mean	Std. Deviation	t
Autonomy	Urban	220	25.146	5.716	1.298
	Rural	190	25.874	5.609	
Environmental Mastery	Urban	220	27.882	5.177	1.388
	Rural	190	27.116	5.997	
Personal Growth	Urban	220	30.373	6.189	2.210
	Rural	190	28.968	6.670	
Positive Emotions	Urban	220	29.655	6.374	0.602
	Rural	190	29.263	6.768	
Purpose in Life	Urban	220	29.332	5.864	1.180
	Rural	190	28.647	5.848	
Self -Acceptance	Urban	220	29.614	6.324	1.182
	Rural	190	28.447	6.694	
PWB Total	Urban	220	172.000	25.572	1.423
	Rural	190	168.316	26.888	

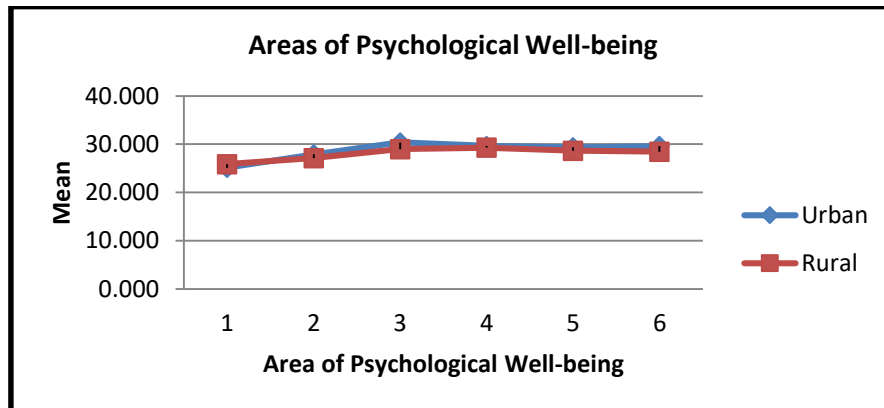
df=408, 0.01=2.59, 0.05=1.97

\*\*P < 0.01, \*P < 0.05 significant

The above table shows the difference between the groups of urban and rural areas in the various areas of the psychological well-being of women. There are no significant differences found between two groups at the 0.05 and 0.01 levels respectively. This analysis is showing in the following graph clearly.

**Positive and Negative affects and Psychological Well-being among Urban and Rural Women in Khandesh**

Graph no.- 2. Showing area wise mean difference in psychological well-being.



**Justification of the Result:** It can be observed that the total PWB is at an average level the score ranges from 42 to 252. The area-wise PWB also shows the average level of the score ranges from 7 to 42. According to the urban and rural women, the term "well-being" was similar to senses of achievement (which was further related to a birth of son in the family, employment of the spouse and marriage of the daughter), harmonious relationship within the family, living condition of the family and contentment with life satisfaction. Factor qualifying as facilitators of well-being was the fulfillment of all basic needs, socialization, healthy interpersonal relationships.

**Conclusion:**

1. Urban women feel more negative affect than rural women. It should also be noted that although the positive affect is higher yet the negative affect is also not negligible.
2. According to urban and rural women the term "Psychological well-being" has similar senses. Area wise PWB is also showing an average level.

**Limitations:**

1. This study was done exclusively in Khandesh Division in Maharashtra. Hence the above results cannot be generalized.
2. Numerous factors influencing psychological well-being, however in the present investigation taken into limited variables i.e. positive and negative affects, area of living.

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**Positive and Negative affects and Psychological Well-being among Urban and Rural Women in Khandesh**

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3. The sample size was small. There were two categories were taken into the urban and rural area however, the suburban area was not integrated into the study.
4. The study was restricted only adult and middle-age women, hence, we cannot obtain results generalizes to other developmental stages.

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