

Effect of Conflict on Psychological Well Being and Academic Performance of Under Graduate Students



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Abstract

The proposed paper examines the concept of Conflict on Psychological well-being and academic performance of students. The nature of the conflict has its effect on the students because they are easily being exposed to any type of exploitation. The paper highlights the importance of psychological well-being and academic performance for the students. PW (Psychological well-being) concern is about the realization of potentials and strengths of human's in the form of creativity and novelty. Psychological well-being acts as a key position, as it focuses on the goals and aims, which is the last goal of students in the field of academics.

Keywords: Conflict, Psychological Well-Being Academic Performance & Under Graduate Students.

Introduction

Well-being of the students largely depends on the better family relations and predictable environment. War destroys everything, homes, breaks the communication process, and breaks down the firm belief of trust among people- undermining the foundation of the youth. In conflict regions the social fabric of the society is targeted like schools, health care centers and Teachers and community leaders. In war zones health and nutrition among students get deteriorated which effects on the potential to gain in the academic field (Justin, 2014). Conflict decrease the enrolment ration (Lai &Thyne, 2017). Youth plays an important role in the betterment and advancement of the society. Development and personal growth is the need of the hour. It is responsibility of every stakeholder who play significant role in the process such as family, teachers and policy makers etc.

Review of Literature

Brrera& Ibenez (2004) Conducted cross sectional survey in Colombia. They mentioned in the study that rise in homicide rates and decrease in the enrolment ration of students. USECO also conducted a study on this particular issue they stated that education can become an important tool which will help to ease the tension between the communities and will help in to prevent the conflict in future (Sinclair, 2002).

Chamarbugwala& Moran (2011) conducted a study on Guatemala used the time series dataset to assess the effect of wars. The finding of the study reveals that negative correlation was found between the war and the enrolment ratio of students in rural areas.

Singh &Shemyakina (2013) investigated a study in Punjab state during the period of insurgency by using Indian Human Development survey they find significant negative effect on schooling, the study also shows that decrease in the expenditure in households.

Calm (2017) conducted a study on public health implications and risks for children's after exposure to armed conflict. The finding suggest that wars have long term effect on physical health. The long-term wars show in the study that children were having multiple traumas and continuing stress.

Kadir (2019) investigated a study on effects of armed conflict on health. Investigator used databases of the papers which was published in January 1945 to 25 April 2017. Investigator included studies on developmental and physical outcomes associated with armed conflict. Data was extracted on health outcomes, social isolation and access to basic needs. The study suggested that armed conflict effect heavily on mental health and academic performance of the students.

Aim of the Study

Academic performance has been affected by a lot of factors and conflict is one of the factors that affects the academic performance of the students. In good atmosphere the students are psychologically fit and they were having good academic performance. However, in the conflict ridden zone like Kashmir the students were getting mentally disturbed and their academic performance comes to jolt. So, it is here necessary to address the issue how the conflict affects the psychological wellbeing and the academic performance of undergraduate students of Kashmir.

In conflict zones people have significant effect on their family which in turn results in tussles and any type of aggression are the offshoot of psychological trauma. Sleeplessness, fear, depression and suicide are the associated with psychosocial and mental disorders. Kashmir has been a major issue in South Asia between the India and Pakistan. Students are contemplated future of nation. So far constructive approach plays an important role for the development of nation. But the terrorizing atmosphere filled with conflict, results in loss of students, which resulted in medical as well as psychosocial problems. This type of environment has heavily impact on the psycho-social developments of students and also ruined the social and cultural ethics of the society. In ongoing conflict countries, the cultural heritages are being targeted as symbolic act in conflict like the symbolic violence of Israel on the Palestinian including the destruction of fine arts degrees and research centers (Barkat, 2008). Student community is more vulnerable to depression, they face problems related to conflict which in turn effects on their academic performance and psychological well-being.

Academic success of students is considered a major achievement and key goal of life. During their academic journey student face various challenges this becomes the primary source of their anxiety and stress. In most cases students are able to cope up with the problems which they face, but most of cases it has serious impact on the psychological well-being. It is necessary for the students to be psychologically fit in order to achieve their goal and obtain success in the academics. But stressful environment may hamper psychological distress and may affect on their academic performance (Dwyer & Cumming, 2001).

Psychological well-being is considered as a significant factor for enhancing success, quality in education and students learning (salami, 2010). Psychological well-being is one of the important factors which help students to adopt the changes in their surrounding and make progress towards their goals. PWB helps to predict attitude and academic achievement of students in institutions of higher education (Williams, Gordeeva, sarrnio, & Khramtsova 2007).

Indicators of material success which includes social status, income and physical health, academic success impacts on these parameters a lot (Johnson et al. 2010; Steinbach 2006).

Psychological Wellbeing

Psychological well-being (PW) is a multi-dimensional concept, which includes experience of everyday life. Psychological wellbeing is the combination of mental, physical and social wellbeing perceived by each individual (Andrew & withey, 1976). Well-being is important for all people to flourish in their lives. Well-being equals to happiness, purposeful living, growth of a person etc. It is that dynamic state in which a person is able to develop his/her potential, produce work effectively and creatively, having strong and positive relations with others, which in turn contributes to society. It is very important aspect in humans as it is most desirable state in humans. People with good well-being, do better and, having a more desirable life. Ryan and Deci (2001) advocate well-being defines by society has effect on teaching, government, therapy, parenting, as all these endeavors aim to change in people's life for better. Well-being is associated with how and why people experience their lives in more positive ways including cognitive functioning, decision making and judgment, effective performances and affective reactions. World Health Organization (World Health Organization, 1952) defines well-being as "a state of complete physical mental and social well-being and not merely the absence of disease or infirmity." Bradburn (1969) expressed that well-being is related to people's feeling about their daily lives.

The two important approaches which are being used in the positive psychology that is Hedonic and Eudaimonic approach. First approach which deals with the happiness only and absence of negative impact (Kahneman et al., 1999). Diner a leading psychologist in (1984) worked on subjective wellbeing which is related to happiness, because in subjective well-being an individual evaluates themselves on the basis what they experience of wellness.

Second approach which is concerned with the total life of an individual or human life. wellness has been taken from the Aristotle's philosophy of Nicomachian Ethics which indicates that "living well and doing well". It implies that good life functioning and excellence of humans. It has been rightly said that for the effective functioning of life, one has to function and perform well in his life. According to Aristotle the ultimate goal of life is the human realization. It clearly indicates that this approach is closely related to efforts by humans.

What is Psychological wellbeing?

In current years there is addition of a new form well-being to subjective well-being has been emerged from the work of great positive psychologists Deci and Ryan (Ryan & Deci, 2000, 2001) and Ryff (1989). This perspective of psychological well-being is based on humanistic theories of positive functioning. According to Ryff psychological well-being is concerned with lives going well. It is the combined form of feeling good and functioning purposefully and effectively. Her psychological well-being is multi facet model. Ryff (1989) model of psychological well-being includes six dimensions i.e. Personal growth, self-

acceptance, Environmental mastery, Positive relation with others, Autonomy and Purpose in life.

These six dimensions originated from the covering theoretical literature (Ryff & Singer, 1996). Maslow theory of self-actualization, Erickson's model stage and work of other personalities who have contributed to the concept of well-being. There are also some other aspects which are included in the idea of feeling good, these are emotions, affection, motivation. Smooth functioning of life implies that person's goals of life in which a person having self-control, self-determination and positive relationships which adds glory to the life of an individual.

Academic performance

Academic Performance which includes multidimensional concepts which is the combination of inter-relations of variables (Gupta 1993). Most frequently associated are cognitive factors (Badenhorst, 1993). Aptitude, competence, intelligence are the common cognitive factors which influence on the academic performance of students. Psychological well-being which influences heavily on the academic performance help the students to utilize their cognitive potentials in the academics, this will help in them to promote intellectual growth (Mayer & Salovey, 1997). Students possessing good mental health are likely to gain success in academic field (Carmeli, 2003). It also helps the students to improve personal as well as organizational success.

Conclusion

For growth of any nation wellbeing is very important factor which enhances the students to perform better in the academic sphere. Psychological wellbeing is considered as indicator of happiness. Conflict ridden atmosphere hinders in the overall process of life which effects on the social and personal life. Furthermore, in conflict zones students do not excel in the academic pursuits which pushes them in the mental disorders and students fall trap in the frustration which heavily effects on their overall wellbeing and academic performance.

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