

A Correlational Study between Stress And Psychological Wellbeing Among Under Graduate Students

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ABSTRACT- Present study was conducted to study the relationship between stress and psychological well-being among under graduate students of Bihar. There were 200 participants (100 male and 100 female). Participants of the study were drawn from different districts of Bihar using Purposive sampling technique. To measure the Stress, Stressful life events scale developed by Venkatesh Kumar (1995) and psychological well-being, Ryff's Psychological Well-being Scale developed by Carol Ryff (Ryff and Singer, 1998) were administered. Data were analyzed by Pearson's Products Moment Correlation was applied to study the correlation between stress and psychological well-being. Results show that stress and psychological well-being were negatively and significantly correlated with each other.