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# Sadakath

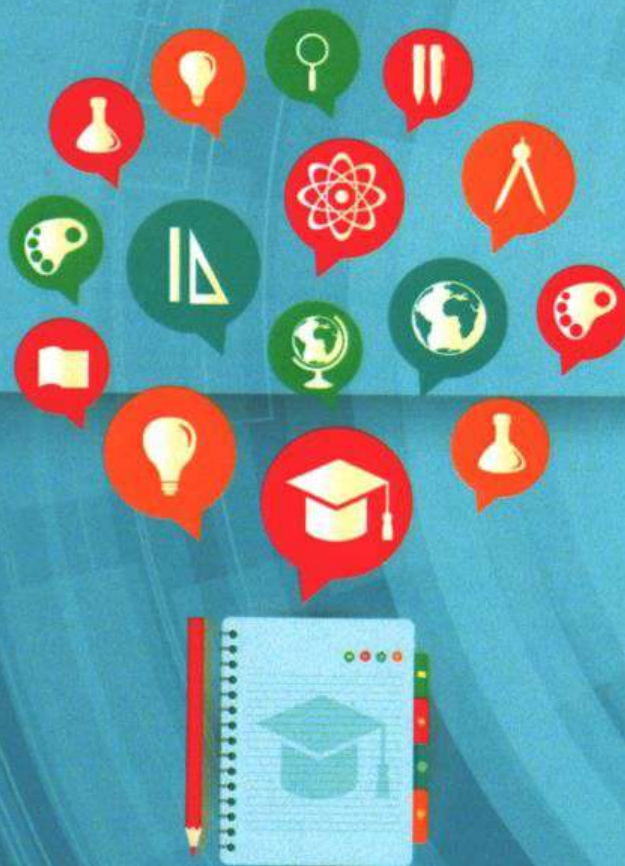
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## Psychological Wellbeing of Learners

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### **Abstract**

*Whole-person wellness embodies a comprehensive approach to wellness, which respects our complexity by acknowledging that we are multidimensional beings. It is through attention to and the development of each dimension of wellness that we can be successful in achieving whole-person wellbeing. The paper deals with whole person wellbeing that integrates the six dimensions of wellness. Mr. Jan Montague developed this six dimensional principles of whole person wellness. According to him, the personal wellness comprises of (i) physical wellness, (ii) intellectual wellness, (iii) social wellness, (iv) Emotional wellness, (v) vocational wellness and (vi) spiritual wellness. These six dimensions are interlinked and inter related. Student wellbeing is defined as a sustainable state of positive mood and attitude, resilience and satisfaction with self, relationships and experience at school. Psychological wellbeing is important in the life of a student because college life could be chaotic and full of psychological stress.*

### **Introduction:**

Psychological wellbeing is beneficial to people to live a healthy life (Garcia, Castillio & Queralt, 2011). Research shows that there are different levels of psychological disturbances in College students. When they suffer psychological wellbeing, they are more likely to engage themselves in negative activities, such as alcoholism, sedentary and sleep disturbances. Suicidal behaviour and life dissatisfaction have also been found in students who have poor support and wellbeing (Chao, 2012). The paper will help to have a better understanding of the psychological behaviour of students and the factors that influence their wellbeing.

### **Need for this Study:**

India is the home to 440 million children, of which 136 million live in poverty. The ground realities of children in India are that more than one third of its population is below 18 years, and 40% of child malnutrition in the developing world is in India. Out of every 100 children who enrol, 70 drop out of school by the time they reach secondary level; and out of every 100 children who drop out of schools, 66 are girls. 65% of girls in India are married at the age of 18 and become mothers soon after. India is home to the highest number of child

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