

## **SUMMARY AND CONCLUSION**

## CHAPTER V

### SUMMARY AND CONCLUSION

This chapter provides a nutshell about major findings, status of the hypotheses, implications, limitations of the study and scope for future research.

In general, college students face enormous hurdles to establish their identity and role in education, career, relationships and much more. College students cannot be grouped into complete adults or complete teens, they occupy the creamy layer, where the transformation and metamorphosis into a matured adult is essential. This stressful and sometimes traumatic process requires adequate support, care, and compassion. In the families of single parents, the environment is entirely different.

Single parent family may have formed due to the dead, divorced or separated state of either father or mother. College students from these single parent families have to go through usual metamorphosis process and create stable education, career, relationship and much more. They have to achieve all these in the absence of the guidance, care, support, and modeling of a parent. It is not that all the college students from single parent family are successful and not all of them are failures. Researchers have noted more relationship, moral, addiction, suicidal issues in the children from single parent family. Same way, there were research pointing out the interventions of adults like grandmother, teacher, uncle and sometimes peer group has completely changed the direction of college students from single parent family into positive and healthy way.

So, to create a positive and healthy intervention in the lives of college students from single parent family, positive psychology interventions was chosen. Positive psychology concepts like resilience, mindfulness, grit and psychological well-being were included in the intervention program to cater their specific needs of development and cure. This whole empirical research main objective was to enhance the psychological well-being of the college students from single parent family through positive psychology interventions and proving the interventions efficacy statistically.

## **Objectives**

The objectives of this study were:

- To find out the significant difference among College Students of Single Parent Family in enhancing Psychological Well-being, Grit, Resilience, and Mindfulness
- To find out the efficacy of Positive Psychology Interventions among College Students of Single Parent Family

## **Hypotheses**

- There will be a significant change in the Psychological Well-being among College Students of Single Parent Family Before, After and Follow-up of Positive Psychology Interventions.
- There will be a significant increase in the level of Grit among College Students of Single Parent Family Before, After and Follow-up of Positive Psychology Interventions.
- There will be a significant enhancement in the Resilience among College Students of Single Parent Family Before, After and Follow-up of Positive Psychology Interventions.
- There will be a significant improvement in the Mindfulness among College Students of Single Parent Family Before, After and Follow-up of Positive Psychology Interventions.
- Positive Psychology Interventions will enhance Grit, Resilience, Mindfulness and Psychological Well-being among College Students of Single Parent Family Before, After and Follow-up phases.

## **Method**

The research design used in this research was before after and follow-up without control group. Purposive sampling was used to select college students from single parent family. One hundred and five college students from single parent family with the age range of 17-21 years from a pioneered Engineering University in Coimbatore participated in the study. Demographic data was collected from all the participants. Grit Scale, Brief Resilience Scale, Mindfulness Attention Awareness Scale and Psychological Well-being Scale was used to collect the data. Purposive Sampling was used to select the participants. Participants were given Positive Psychology Interventions for twenty sessions, each session comprises two

hours and their responses were recorded for the same assessments used initially. After three months gap, a Follow-up session was initiated and they were assessed again with the same tools.

### **Statistical Analysis**

The data collected using various instruments were coded and computed using SPSS 19.0 version. Percentage analysis was used to show the nature and changes in the variables throughout the study. Repeated measures ANOVA were calculated for each variable to identify the significant changes in the variables during Before, After and Follow-up phases. Repeated measures MANOVA was calculated to understand the holistic change happened during the Positive Psychology Interventions. Bonferroni's Post hoc analysis was computed to confirm the differences in Before, After and Follow-up phases.

### **Results**

The results of the study indicated that there is significant change in the levels of Psychological Well-being, Grit, Resilience and Mindfulness among the College Students from Single Parent Family. There is a significant enhancement in Resilience. The findings depict the difference in Psychological Well-being, Grit, Resilience and Mindfulness after the Positive Psychology Interventions.

### **Conclusions**

Children experience family as their first interaction to outside world. When parents are not happy, children will feel insecure. Losing one significant person completely or partially will create long-term problems to the children. Gaining a proper tool to handle the adversity of life will increase the Well-being level of the individuals. Thus, a scientific attempt was made to enhance the Psychological Well-being of the college students from single parent family through positive psychology interventions. Positive psychology interventions had created an impact on the psychological well-being, grit, resilience, and mindfulness among the college students from single parent family.

### **Implications**

College Students have to go through many difficulties to turn into a responsible citizen. Accumulating essential resource to ease the process is essential. College students from single parent families goes through struggle in a different dimension. Thus, identifying

them and helping them without disclosing their issues are essential. To assist the development process of these students' maintaining confidentiality is mandatory. Properly trained psychologists, social workers can be used to train the college students from single parent families in positive psychology concepts. Thus, Government can device bill and plans to allocate budget to create a separate department in Psychology and assign Counsellors in schools and colleges.

### **Limitations**

Purposive sampling was used and the data was collected only in a University and that too only on engineering students. Other than Grit, Resilience and Mindfulness many other factors contribute to the psychological well-being and this study was not accommodating any other contributors. College students from different forms of single parent family like one parent dead, separated and divorced all were included in the study. Focusing only one specific form of Single Parent Family may generate effective results. In this study, follow up was conducted only once, more Follow-ups with long gaps would have proved the efficacy of intervention effectively.

### **Recommendations**

From learning of present study, future researchers can include following points in their research to gain improved results: Counselling services to be arranged for all schools and colleges and special recognition and attention have to be given to at-risk students like single parent family. Teaching and non-teaching staffs in both colleges and schools needed to train to identify the students who needed care and support and help them to recover. Positive Psychology interventions can be given as training programs so that they will act as a preventive measure and improve mental strength. Positive Psychology concepts can be included in curriculum of school and colleges, so that students will evolve and develop themselves systematically. Positive Psychology can be trained to all people workers like Psychologists, Counsellors, Social workers, Nurses and so on. The same study can be made into a longitudinal research and measure different dimensions of an individual like career, relationships, well-being and more.