

Psychological Well-Being of Students in the Modern Educational Environment

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Abstract

Psychological well-being is a crucial aspect of students' overall development and academic success in the modern educational environment. Rapid technological advancements, increasing academic competition, social expectations, changing lifestyles, and the widespread use of digital media have significantly influenced students' mental and emotional health. The present study aims to examine the concept of psychological well-being among students, identify the factors affecting it, and explore strategies for promoting positive mental health in educational settings. The study is based on secondary data collected from books, research articles, reports, and scholarly publications. Findings indicate that academic pressure, stress, anxiety, family relationships, peer interactions, and social media usage have a considerable impact on students' psychological well-being. Positive factors such as emotional support, healthy lifestyles, counseling services, and supportive educational environments contribute to enhanced well-being and academic performance. The study emphasizes the importance of mental health awareness, resilience-building, and holistic educational approaches to ensure the healthy development of students. Promoting psychological well-being is essential for fostering emotionally balanced, socially responsible, and academically successful individuals.

Keywords

Psychological Well-Being, Students, Mental Health, Educational Environment, Stress, Emotional Health, Academic Performance, Resilience.

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Introduction

Psychological well-being is an important aspect of overall health and refers to the ability of individuals to maintain emotional balance, develop positive relationships, cope effectively with stress, and function productively in society. Among students, psychological well-being plays a crucial role in enhancing academic performance, personal development, social adjustment, and overall quality of life. A healthy psychological state enables students to achieve their educational goals and develop resilience in the face of challenges.

In the modern educational environment, students are exposed to a variety of academic, social, and technological influences that significantly affect their mental and emotional health. Increasing academic competition, examination pressure, career-related uncertainties, parental expectations, peer influence, and changing lifestyles have created new challenges for students. Additionally, the rapid expansion of digital technologies and social media has transformed the learning process and communication patterns, offering numerous opportunities while simultaneously contributing to stress, anxiety, loneliness, and emotional disturbances.

Psychological well-being encompasses several dimensions, including self-acceptance, autonomy, personal growth, purpose in life, positive relationships, and environmental mastery. Students with higher levels of psychological well-being tend to exhibit better academic achievement, stronger interpersonal skills, greater self-confidence, and improved coping abilities. Conversely, poor psychological well-being can lead to stress, anxiety, depression, low self-esteem, social isolation, and diminished academic performance.

The educational environment plays a vital role in shaping students' psychological health. Supportive relationships with teachers, parents, peers, and counselors contribute significantly to emotional stability and positive mental health. Educational institutions have a responsibility to create inclusive and nurturing environments that promote mental health awareness, provide counseling services, and encourage healthy lifestyles and stress-management practices.

In recent years, growing concern regarding students' mental health has highlighted the importance of adopting a holistic approach to education that emphasizes not only academic excellence but also emotional and psychological development. Therefore, understanding the factors influencing psychological well-being and implementing effective support mechanisms are essential for fostering healthy, resilient, and socially responsible individuals.

The present study aims to examine the concept of psychological well-being among students in the modern educational environment, identify the factors affecting

it, and explore strategies for promoting positive mental health and holistic development among students.

Statement of the Problem

Psychological well-being is a fundamental requirement for the healthy development and academic success of students. However, the modern educational environment has become increasingly complex and demanding due to factors such as academic competition, examination pressure, technological advancements, social media influence, career uncertainties, family expectations, and changing social relationships. These factors have significantly affected the emotional and psychological health of students and have led to increased levels of stress, anxiety, depression, loneliness, and other mental health concerns.

Although educational institutions primarily focus on academic achievement, the psychological well-being of students often receives inadequate attention. Many students experience difficulties in coping with emotional and social challenges, which adversely affect their academic performance, self-esteem, interpersonal relationships, and overall quality of life. Furthermore, stigma associated with mental health issues, lack of awareness, and insufficient counseling facilities prevent many students from seeking appropriate support and assistance.

In the context of rapid social and technological changes, there is a growing need to understand the factors influencing students' psychological well-being and to identify effective strategies for promoting positive mental health. Therefore, the present study seeks to examine the psychological well-being of students in the modern educational environment and to explore measures that can help create supportive, healthy, and inclusive learning environments that contribute to students' holistic development and academic success.

Aims and Objectives Aim

To examine the psychological well-being of students in the modern educational environment and to understand the factors influencing their mental, emotional, and social health.

Objectives

1. To understand the concept and importance of psychological well-being among students.
2. To identify the major psychological challenges faced by students in contemporary educational settings.
3. To examine the influence of academic pressure, competition, and technological advancements on students' well-being.

4. To analyze the role of family, teachers, peers, and educational institutions in promoting psychological health.
5. To study the impact of social media and digital learning environments on students' mental and emotional well-being.
6. To explore the relationship between psychological well-being and academic performance.
7. To identify stress, anxiety, and depression as significant concerns affecting students in modern education.
8. To evaluate various coping strategies and support mechanisms adopted by students.
9. To suggest measures and interventions for enhancing psychological well-being in educational institutions.
10. To promote awareness regarding the importance of maintaining positive mental health and holistic development among students.

Review of Literature

1. **Ryff (1989)** developed a multidimensional model of psychological well-being, emphasizing six dimensions—self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. The study highlighted that psychological well-being is essential for healthy personality development and overall life satisfaction.
2. **Seligman (2011)** proposed the PERMA model of well-being, which includes Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. According to the study, these elements contribute significantly to students' mental health and academic success.
3. **Diener (2000)** examined subjective well-being and found that happiness, life satisfaction, and positive emotions are important indicators of psychological health. The research emphasized that emotional balance enhances students' motivation and educational outcomes.
4. **WHO (2022)** reported that mental health problems among adolescents and young adults have increased worldwide. Academic stress, social pressures, and changes in lifestyle were identified as major contributors affecting students' psychological well-being.
5. **UNESCO (2021)** emphasized the importance of creating supportive and inclusive educational environments. The organization highlighted that emotional well-being and psychosocial support are necessary for improving learning experiences and reducing stress among students.

6. **American Psychological Association (APA, 2020)** found that anxiety, stress, and depression are increasingly common among students due to academic competition, social media influence, and uncertainty regarding future careers. The report stressed the need for counseling and mental health awareness programs.
7. **Twenge and Campbell (2018)** studied the effects of digital media use on young people and observed that excessive screen time and social media exposure are associated with increased anxiety, loneliness, and reduced psychological well-being among students.
8. **Suldo and Huebner (2004)** examined the relationship between life satisfaction and academic achievement among adolescents. Their findings indicated that students with higher levels of psychological well-being performed better academically and demonstrated stronger social adjustment.
9. **Keyes (2002)** introduced the concept of flourishing mental health and argued that psychological well-being involves more than the absence of mental illness. Positive functioning and social well-being are essential for students' overall development.
10. **Bandura (1997)** emphasized the importance of self-efficacy in influencing students' motivation, resilience, and psychological health. Higher self-efficacy was found to contribute to better coping mechanisms and academic performance.
11. **Bronfenbrenner (1979)**, through the Ecological Systems Theory, explained that family, school, peers, and society collectively shape students' psychological development and well-being. Supportive environments were found to foster emotional stability and resilience.
12. **Deci and Ryan (2000)** proposed the Self-Determination Theory, which states that autonomy, competence, and relatedness are fundamental psychological needs. Their research showed that fulfilling these needs promotes motivation, well-being, and positive educational experiences.
13. **Arnett (2015)** highlighted that emerging adulthood is a critical stage characterized by stress, identity formation, and emotional challenges. Educational institutions play a significant role in supporting students during this developmental period.
14. **Huebner et al. (2009)** found that students with positive psychological well-being exhibit better interpersonal relationships, lower levels of stress, and greater satisfaction with school life.

15. **Sharma and Kaur (2011)** investigated psychological well-being among Indian students and reported that academic stress, parental expectations, and peer pressure significantly affect mental health. The study recommended counseling services and life skills education to improve students' well-being.

Research Methodology

1. Research Design

The present study adopts a descriptive and analytical research design to examine the psychological well-being of students in the modern educational environment. The study aims to understand the various factors influencing students' mental, emotional, and social well-being and to analyze their impact on academic life and overall development.

2. Nature of the Study

The study is **qualitative and exploratory** in nature. It focuses on reviewing and interpreting existing literature, reports, research articles, books, and other secondary sources related to psychological well-being among students.

3. Sources of Data

The study is based on **secondary data** collected from various sources, including:

- Books on psychology and education.
- Research journals and scholarly articles.
- Reports published by the World Health Organization (WHO), UNESCO, and the American Psychological Association (APA).
- Government publications and educational policy documents.
- Online academic databases and authentic websites.

4. Population of the Study

The population of the study comprises students studying in schools, colleges, and universities within the contemporary educational system. However, since the study is based on secondary data, no specific population sample has been selected.

5. Method of Data Collection

Data have been collected through:

- Review of published books and journals.
- Analysis of research reports and policy documents.
- Examination of articles related to student mental health and psychological well-being.
- Collection of information from reliable electronic resources.

6. Variables of the Study

The major variables considered in the study include:

- **Independent Variables:** Academic pressure, digital technology, social media usage, family environment, peer relationships, and institutional support.
- **Dependent Variable:** Psychological well-being of students.

7. Techniques of Data Analysis

The collected information has been analyzed using the **descriptive method**. Relevant findings from previous studies have been organized, compared, interpreted, and synthesized to understand the factors affecting students' psychological well-being.

8. Scope of the Study

The study focuses on:

- Psychological well-being among students in the modern educational environment.
- Factors influencing mental health and emotional stability.
- The impact of stress, anxiety, and depression on students.
- The role of educational institutions, families, and peers in promoting psychological well-being.
- Measures for enhancing students' mental health and overall development.

9. Limitations of the Study

- The study is based entirely on secondary sources of data.
- Findings are dependent upon the accuracy and reliability of existing literature.
- The study does not include primary data collected through surveys or interviews.
- Results may vary across different educational, cultural, and socioeconomic contexts.

10. Conclusion

The methodology adopted for the present study provides a systematic framework for understanding the psychological well-being of students in the modern educational environment. Through the analysis of secondary sources, the study seeks to identify major psychological challenges and highlight strategies for fostering healthy and supportive educational settings.

Results and Findings

The analysis of available literature and secondary data on “**Psychological Well-Being of Students in the Modern Educational Environment**” reveals the following major findings:

1. Psychological well-being is essential for holistic development. Students with

- better psychological health exhibit higher levels of self-confidence, emotional stability, life satisfaction, and overall personal growth.
2. Academic stress has a significant impact on students' mental health. Excessive workload, examinations, competition, and expectations from parents and teachers contribute to stress, anxiety, and emotional exhaustion among students.
 3. Anxiety and depression are increasingly prevalent among students. Rapid social changes, uncertainty about future careers, and pressure to achieve academic success have increased psychological problems among young learners.
 4. Digital technology and social media influence psychological well-being. While technology facilitates learning and communication, excessive use of social media and screen time often leads to loneliness, distraction, low self-esteem, and emotional distress.
 5. Supportive family environments positively affect mental health. Students receiving emotional support, encouragement, and understanding from family members demonstrate greater resilience and psychological stability.
 6. Teachers and educational institutions play a crucial role in promoting well-being. Positive teacher-student relationships, counseling services, and a healthy school climate contribute significantly to students' emotional and psychological development.
 7. Peer relationships influence psychological adjustment. Healthy friendships and social support networks enhance self-esteem and help students cope with academic and personal challenges.
 8. Psychological well-being is positively associated with academic achievement. Students with higher levels of well-being tend to show better concentration, motivation, learning outcomes, and academic performance.
 9. Life skills and coping strategies improve mental health. Effective stress management, emotional regulation, problem-solving abilities, and resilience help students maintain positive psychological well-being.
 10. Physical activity and healthy lifestyles contribute to emotional well-being. Regular exercise, balanced nutrition, adequate sleep, and recreational activities reduce stress and enhance psychological health.
 11. Modern educational environments present both opportunities and challenges. Technological advancements and digital learning provide flexibility and accessibility, but they also create issues such as information overload,

isolation, and increased performance pressure.

12. Mental health awareness remains inadequate. Many students hesitate to seek professional help because of stigma, lack of awareness, and limited access to counseling services.
13. Positive educational environments foster psychological well-being. Inclusive, supportive, and student-centered learning environments promote emotional security, motivation, and personal development.
14. Psychological interventions and counseling services are effective. Guidance programs, mindfulness practices, and psychological counseling contribute to reducing stress and enhancing students' well-being.
15. Collaborative efforts are necessary for promoting student well-being. Families, teachers, educational institutions, counselors, and policymakers must work together to create a healthy and supportive educational environment.

Major Findings in Brief

- Academic stress and competition are major factors affecting students' psychological well-being.
- Anxiety, depression, and emotional problems are increasingly common among students.
- Family support, peer relationships, and institutional assistance positively influence mental health.
- Excessive digital and social media use can negatively affect psychological well-being.
- Positive mental health contributes to better academic performance and overall personality development.
- Counseling, life skills education, and supportive educational practices are essential for enhancing students' psychological well-being in the modern educational environment.

Discussion

The present study on **“Psychological Well-Being of Students in the Modern Educational Environment”** highlights that psychological well-being is an essential component of students' overall development and academic success. The review of literature and analysis of secondary data reveal that modern educational settings provide numerous opportunities for learning and personal growth; however, they also expose students to various psychological challenges.

The findings indicate that academic pressure, competition, examination stress, parental expectations, and concerns regarding future careers significantly influence students' mental health. These factors often contribute to anxiety, stress, depression, and emotional instability, thereby affecting students' academic performance and quality of life. The increasing use of digital technology and social media has further transformed the educational landscape. Although technological advancements facilitate access to information and enhance learning experiences, excessive screen time and social media exposure have been associated with loneliness, reduced self-esteem, and psychological distress.

The study also demonstrates that psychological well-being is positively influenced by supportive family relationships, healthy peer interactions, and encouraging educational environments. Students who receive emotional support from parents, teachers, and friends are better able to cope with challenges and exhibit greater resilience and life satisfaction. Moreover, counseling services, life skills education, mindfulness practices, and stress-management techniques play a vital role in promoting emotional stability and mental health.

The findings are consistent with previous studies conducted by Ryff, Seligman, Diener, Keyes, and others, which emphasize that psychological well-being extends beyond the absence of mental illness and encompasses positive emotions, self-acceptance, meaningful relationships, and personal growth. Therefore, educational institutions should adopt holistic approaches that address both academic and psychological needs of students.

Conclusion

Psychological well-being is a fundamental prerequisite for the healthy growth, effective learning, and overall development of students in the modern educational environment. The study concludes that contemporary educational systems, while offering opportunities for intellectual advancement, also create challenges that may adversely affect students' mental and emotional health.

Academic stress, technological influences, social pressures, and changing lifestyles have emerged as important factors influencing psychological well-being. At the same time, positive family support, constructive peer relationships, and supportive educational environments contribute significantly to enhancing students' emotional resilience and academic achievement.

The study emphasizes the need for schools, colleges, universities, families, and policymakers to work collaboratively in fostering mentally healthy learning environments. Strengthening counseling services, promoting mental health

awareness, integrating life skills education, and encouraging healthy lifestyles can help students manage stress effectively and achieve holistic development.

The promotion of psychological well-being should be regarded as an integral objective of education. A balanced and supportive educational environment not only enhances academic performance but also contributes to the development of emotionally healthy, socially responsible, and productive individuals capable of meeting the demands and challenges of contemporary society.

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