

सारांश

यह शोध हाई स्कूल के छात्रों के विभिन्न मूल्यों और सामान्य कुशलक्षेम (जनरल वेलबींग) का सम्बन्ध सामाजिक-जनसांख्यिकीय कारकों-छात्रों के निवास और माता-पिता की कामकाजी स्थिति/रोजगार से निर्धारित करता है।

वर्तमान समय में मूल्यों का पतन हो रहा है तथा छात्रों के उपर मानसिक व अन्य दबावों के कारण उनकी सामान्य कुशलक्षेम में भी ह्रास हुआ है। समाज के किशोरवय छात्रों के नैतिक मूल्य भी उतना ही महत्व रखते हैं जितना कि वैज्ञानिक व तकनीकी विकास। हाल ही में गुरुग्राम में रेयान इन्टरनैशनल स्कूल में हुआ हादसा किशोर वय छात्रों में मूल्यों और सामान्य कुशलक्षेम की स्थिति को प्रदर्शित करता है। जैसा कि समाचार पत्रों में बताया गया है कि सिर्फ परीक्षा टालने की खातिर एक किशोर वय छात्र ने अपने ही विद्यालय में एक सात वर्षीय छात्र की हत्या कर दी। इस तरह की घटनाएँ यह संकेत देती हैं की हमारे समाज को मूल्यों को तेजी से पतन हो रहा है तथा अपने स्वार्थ साधने के लिए व्यक्ति इन्हें ताक पर रख रहा है। यह इस बात का संकेत है छात्र विभिन्न दबावों से ग्रसित हैं जिसके कारण उनकी मनोवैज्ञानिक स्थिति सन्तुलित नहीं है। जिसका असर उनकी सामान्य कुशलक्षेम पर पड़ रहा है। इन सभी घटनाओं को देखते हुए वर्तमान समय में छात्रों के मूल्यों और कुशलक्षेम की स्थिति का अध्ययन और उसमें सकारात्मक परिवर्तन करने की आवश्यकता है। किशोरवय छात्रों में इस तरह की घटनाएँ समाज तथा विद्यालयों के लिए एक खतरे में घटी हैं। किशोरों द्वारा किए जाने वाले ये अपराध इस बात का निर्देश है कि समाज में मूल्यों का किस हद तक पतन हो गया है। आज के किशोर कल हमारे देश का भविष्य बनेंगे। देश का आज ऐसा है तो कल कैसा होगा, इस बात का अन्दाजा लगाया जा सकता है। अतः देश के भविष्य को सुरक्षित करने के लिए हमें देश में आज में सुधार करना होगा।

वर्तमान शोध के उद्देश्य हैं: 1) हाई स्कूल के छात्रों के बीच विभिन्न मूल्यों के संबंध में अध्ययन करने के लिए 2) पुरुष और महिला हाई स्कूल के छात्रों के बीच मूल्यों में अंतर का अध्ययन करना। 3) ग्रामीण और शहरी हाई स्कूल के छात्रों के बीच मूल्यों में अंतर का अध्ययन करना। 4) कार्यरत एवं गृहणी माताओं के हाई स्कूल के छात्रों के बीच मूल्यों में अंतर का अध्ययन करना। 5) सरकार नियोजित,

स्व-नियोजित, निजी नियोजित, और बेरोजगार पिता के हाई स्कूल के छात्रों के बीच मूल्यों में अंतर का अध्ययन करना, 6) पुरुष और महिला हाई स्कूल के छात्रों के बीच सामान्य कुशलक्षेम में अंतर का अध्ययन करने के लिए, 7) हाई स्कूल के छात्रों के सामान्य कुशलक्षेम पर निवास के प्रभाव का अध्ययन करने के लिए, 8) सरकार नियोजित स्व-नियोजित निजी नियोजित और बेरोजगार पिता के हाई स्कूल के छात्रों के बीच सामान्य कुशलक्षेम में अंतर का अध्ययन करना, 9) कार्यरत एवं गृहणी माताओं के हाई स्कूल के छात्रों के बीच सामान्य कुशलक्षेम में अंतर का अध्ययन करना, 10) हाई स्कूल के छात्रों के बीच मूल्यों और कुशलक्षेम के बीच के संबंध का अध्ययन करना।

वर्तमान शोध के लिए प्रतिचयन हरियाणा राज्य के रेवाड़ी खण्ड से चुना गया था और यादच्छिक प्रतिचयन द्वारा स्कूलों का चयन किया गया। कुल 600 छात्रों का सर्वेक्षण किया गया। रेवाड़ी खण्ड से कुल 7 विद्यालयों का चयन किया गया (3 सरकारी व 4 निजी विद्यालय)।

वर्तमान शोध में लिंग, निवास और माता-पिता का व्यवसाय स्वतंत्र चर है, और मूल्यों एवं कुशलक्षेम के प्रश्नावली द्वारा प्राप्त अंक आश्रित चर है। मूल्यों को मापने के लिए डॉ. राजकुमार ओझा और डॉ. महेश भार्गव द्वारा विकसित "मूल्यों का अध्ययन" नामक प्रश्नावली का इस्तेमाल किया गया है। इसमें मूल्यों के छः आयामों-सैद्धान्तिक, आर्थिक, सामाजिक, सौन्दर्यात्मक राजनीतिक और धार्मिक मूल्य का मूल्यांकन किया गया है। दूसरी और सामान्य कुशलक्षेम का मापन, डॉ. अशोक कुमार कालिया और डॉ. अनिता देशवाल द्वारा विकसित पांच बिन्दुओं पर आधारित लिकर्ट स्केल 'जनरल वेलबींग स्केल' पर किया गया है, जिसमें वेलबींग चार आयाम है- भौतिक, भावनात्मक, सामाजिक, और स्कूल वेलबींग। तत्पश्चात्, सामाजिक विज्ञान के सांख्यिकीय पैकेज 'स्पीड' की मदद से एकत्र आंकड़ों का विश्लेषण किया गया है। सांख्यिकीय विश्लेषण विधियाँ जैसे प्रतिशत, माध्य, आवृत्ति, मानक विचलन, टी-टेस्ट आकड़ों के विश्लेषण के लिए प्रयोग की गई हैं।

अध्ययन से पता चलता है कि हाई स्कूल के छात्रों के विभिन्न मूल्यों के बीच सहसंबंध है, छात्रों के कुछ मूल्यों के बीच सकारात्मक व कुछ के बीच नकारात्मक सहसम्बंध है। हाई स्कूल छात्रों को सैद्धान्तिक मूल्यों का आर्थिक, सौन्दर्यात्मक,

सामाजिक तथा धार्मिक मूल्यों के साथ सांख्यिकीय रूप से महत्वपूर्ण तथा नकारात्मक सम्बन्ध है। हाई स्कूल छात्रों के राजनैतिक मूल्यों का सैद्धान्तिक मूल्यों के साथ 0.01 स्तर पर सांख्यिकीय रूप से सकारात्मक सहसम्बन्ध है। इसके अतिरिक्त शोध से यह भी पता चलता है कि केवल आर्थिक मूल्य लिंग से प्रभावित होते हैं। पुरुष का आर्थिक मूल्य महिलाओं की तुलना में अधिक है आर अन्य मूल्य हाई स्कूल छात्रों के लिंग से प्रभावित नहीं होते हैं। इसके विपरीत आर्थिक मूल्यों को छोड़कर अन्य सभी मूल्यों में शहरी और ग्रामीण हाई स्कूल के छात्रों के बीच सांख्यिकीय रूप से महत्वपूर्ण अंतर है। इसके अलावा, पिता के रोजगार के आधार पर हाई स्कूल के छात्रों के बीच केवल सौंदर्य और सामाजिक मूल्यों में महत्वपूर्ण अंतर है, लेकिन उनकी माताओं की कार्यरत स्थिति के आधार पर उनके सौंदर्य, राजनीतिक और धार्मिक मूल्यों में अंतर होता है। सामान्य कुशलक्षेम के संदर्भ में यह पाया गया कि माता-पिता के रोजगार के संबंध में भौतिक, सामाजिक, भावनात्मक और स्कूल कुशलक्षेम में कोई अंतर नहीं है व्याख्यात्मक चर के रूप में हाई स्कूल के छात्रों का निवास, उनके कुशलक्षेम का प्रमाण नहीं देता।

शोध से प्राप्त परिणाम अनुसार हाई स्कूल छात्रों के विभिन्न मूल्य आपस में सहसम्बन्धित है जो यह संकेत देते हैं कि शिक्षा के क्षेत्र में पाठ्यक्रम में मूल्य शिक्षा को सम्मिलित किया जाना आवश्यक है ताकि एक सन्तुलित व्यक्तित्व का विकास किया जा सके जिसके सामाजिक, राजनैतिक, आर्थिक, धार्मिक, सौन्दर्यात्मक व सैद्धान्तिक मूल्यों का एक सन्तुलन हो व शोध परिणाम यह भी दर्शाते हैं कि विद्यालयों में मूल्य शिक्षा छात्र व छात्राओं के लिये एक समान होना चाहिए।

शहरी व ग्रामीण हाई स्कूल छात्रों के मूल्यों में सांख्यिकीय रूप से महत्वपूर्ण अन्तर यह प्रतिष्ठित करता है कि शहरी व ग्रामीण क्षेत्र के छात्रों के लिए मूल्य शिक्षा का पाठ्यक्रम का निर्माण करते समय इस अन्तर को ध्यान में रखा जाना चाहिए।

कुशलक्षेम के संदर्भ में परिणाम यह दर्शाते हैं कि केवल 6 प्रतिशत छात्र ही उच्च कुशलक्षेम (हाई वेलबींग) की श्रेणी में आती हैं। अतः इस बात की आवश्यकता है कि हाई स्कूल छात्राओं की कुशलक्षेम बढ़ाने की दिशा में उचित कदम उठाए जाए तथा पाठ्य क्रम में संशोधन करते हुए सकारात्मक मनोविज्ञान तथा मनोवैज्ञानिक कुशलक्षेम (साइकोलोजिकरण वेलबींग) जैसी विषय वस्तु का समावेश किया जाए।

छात्रों में कुशलक्षेम के लिए प्रत्येक विद्यालय में एक कमेटी या सेल निर्धारित में जानी चाहिए जिसमें अनुभवी अध्यापकों व मनोवैज्ञानिक को सम्मिलित किया जाना चाहिए। जो कि छात्रों की कुशल क्षेत्र में तथा मानसिक स्वास्थ्य के लिये निर्देशन प्रदान करे।

वर्तमान शोध राष्ट्रीय स्तर पर शिक्षा में मूल्यों के महत्व को दर्शाता है। शिक्षा तन्त्र के लिए मूल्य शिक्षा का पाठ्य क्रम में सम्मिलित किया जाना अति आवश्यक है। मूल्य शिक्षा द्वारा एक सन्तुलित व्यक्तित्व का विकास किया जा सकता है। भारत में हमारे पास एक अलग या विशेष नीति नहीं है जो विशिष्ट रूप से बाल मानसिक स्वास्थ्य मुद्दों को संबोधित करती है। वर्तमान शोध राष्ट्रीय स्तर पर एक ऐसी एकीकृत नीति के निर्माण की आवश्यकता पर जोर देती है जो किशोर अवस्था की विभिन्न स्तर पर परेशानियां सुलझाए। स्कूलों की मदद से किशोरों की मानसिक स्वास्थ्य का जोखिम कम हो सकता है और उनके कल्याण को बढ़ावा दिया जा सकता है।

मुख्य बिन्दु : मूल्य पतन, सामान्य कुशलक्षेम, किशोर बालक, मूल्य शिक्षा, लिंग तथा मूल्य, सामाजिक— जनसांख्यिकीय कारक।

Summary

The PhD thesis entitled “**Values & General Wellbeing Among High School Students in Relation to Socio-Demographic Variables: An Empirical Study**” aims at empirically studying the values and general wellbeing among high school students in relation to their socio-demographic variables like gender, residence and occupation of their parents. The study contains five chapters in all. The first chapter entitled “**Introduction**” states the problem of the study. It includes the problems related to values and general wellbeing in high school students.

As per the statistics released by the National Crime Records Bureau, juvenile crime has increased by 47% in 5 years, i.e., between 2010 to 2014. If we consider the latest crime trends, youngsters who strive to get lavish lifestyle, for them, crime is an option for easy money. Many students hailing from well-to-do families are being arrested for getting involved in pick-pocketing, chain/mobile snatching etc. The reasons behind such cases have been found to be effects of bad company or desire of flashy lifestyle, so much so that these crimes have become their part-time jobs for getting quick pocket money to meet daily expenses and for a few it is like a lucrative job. This lust for money and luxurious lifestyle is pushing educated youth to enter criminal world. Such a materialistic mindset of the youth of the country is a horrendous issue for the whole nation. While parents are to be blamed for turning the blind eye to the issues of children, the whole existence of education system is questionable.

The core significance of the education is that it gives knowledge and develops a perspective of looking at life. While it should empower people so, that they actively participate in transforming their societies, it should also focus on values, behavior and attitudes. However, at present when the newspaper is filled with the negative news of

scams and crimes, in most cases, many educated professionals, businessmen and political leaders are on the other side of the law. This is the area of greatest concern because their education has helped them to enhance the modus operandi of the crime. Thus, in such a scenario education system should actively and predominantly focus on value education.

The present education system primarily focuses on making the children career-ready and thus, emphasis is laid on individualism, competition, acquiring knowledge and enhancing linguistic ability. On the other hand, value education is a part of the curriculum but is considered as an extra burden. Consequently, the modern education is delivering literate individuals who fail to become a good human being and responsible citizens.

The individuals today have to deal with a lot of challenges pertaining to society, environment, global competition, terrorism, etc. Everybody is striving to perform and compete, which is resulting into a dangerous increase in stress and depression. Stress causes damage that is often underestimated, taking a toll on the overall health of the person. Factors such as discord in the family, financial conditions, peer pressure, pressure to excel, bad company, etc. can as well significantly impact the life of a high school student. Contingent upon the increasing stress levels, it is crucial that youngsters are resilient and hopeful in order to enhance and maintain overall wellbeing.

Therefore, the study also anticipates the importance of general wellbeing along with value education as both of these are to be embraced lifelong and students should acknowledge that success in life goes beyond the classroom and career. Wellbeing is a dynamic approach that includes subjective, social, psychological and physical measures. Thus, it is crucial in students' life and schools should pay attention

on it. The process of schooling is not just about academic outcomes, but about the overall personality development of the child. Thus, it is very important that schools should promote students' wellbeing in all their learning experiences by providing an environment and curriculum that backs them to develop knowledge and manage their own health. Students with higher levels of wellbeing tend to perform better in academics. Most researchers have argued that physical and mental health of the students has great impact on their academic performance. Wellbeing facilitates students to get direction in life and realize their full potential.

As per the latest data revealed by the Ministry of Home Affairs, in India, one student commits suicide in every 55 minutes. It is evident that students have been exposed to a stressful environment in Indian households and schools. There are studies that highlight the problems and logical causes like fear of failure, general stigma, forced career choices, but, there are hardly any studies that focus on the socio-demographic aspect of the problem.

This study has been carried out with the aim of analyzing the role of socio-demographic variable on values and general wellbeing of the high school students and improving the scenario that persists in schools of Haryana. Apart from the Ryan International School murder case, a few recent cases validate the selection of adolescent students. In October 2017, a 12th class student studying in the private school of Bahadurgarh town attacked his teacher after scoring low in the exam. The teacher had serious head injuries. In January 2018, a principal was shot dead by a student of class 12th in Yamunanagar because she did not accept his project report. Same week, in January 2018, a girl studying in, MNSS, a well-prestigious co-educational residential school of Haryana government, committed suicide, reportedly because of her poor performance in mathematics. In spite of the presence of house

mistresses who are suppose to provide psycho-social counseling to girls for their wellbeing, such an unfortunate incident occurred. Recently, the state has witnessed a string of incidents related to rapes, deaths, fatal physical assaults on students and suicides by young students in all hues of schools including the reputed ones. In this respect, both parents and sociologists discern that that it is a primary responsibility of the schools to have a systematic system in place for students' physical safety, psychological wellbeing, and academic support. When schools have a screening process, only after which they admit the child, pressurizing the child for performance and pushing them towards fear and anxiety reflects poor quality of teaching and management.

In addition to this, the performance of the students of Haryana in board exams has been very poor in the past few years because of which the education department decided to test the knowledge of government school teachers in the year 2016.

The study was conducted by taken into account the following objectives:

- To study the relationship in different values among high school students.
- To study the difference in values between male and female high school students.
- To study the difference in values between rural and urban high school students.
- To study the difference in values between high school students of employed and home maker mothers.
- To study the difference in values among high school students of government employed, self-employed, private employed and unemployed fathers.
- To study the difference in general wellbeing between male and female high school students.

- To study the effect of residence (rural and urban) on general wellbeing of high school students.
- To study the difference in general wellbeing among high school students of government employed, self-employed, private employed and unemployed fathers.
- To study the difference in general wellbeing between high school students of employed and home maker mothers.
- To study the relationship between values and general wellbeing among high school students.

Consecutively, the following hypotheses were formulated to attain above objectives:

- There exists no significant relationship in different values among high school students.
- There exists no significant difference in values between male and female high school students.
- There exists no significant difference in values between rural and urban high school students.
- There exists no significant difference in values between high school students of employed and home maker mothers.
- There exist no significant difference in values among high school students of government employed, self-employed, private employed and unemployed fathers.
- There exists no significant difference in general wellbeing between male and female high school students.
- There exists no significant effect of residence (rural and urban) on general wellbeing of high school students.

- There exists no significant difference in general wellbeing among high school students of government employed, self-employed, private employed and unemployed fathers.
- There exists no significant difference in general wellbeing between high school students of employed and home maker mothers.
- There exists no significant relationship between values and general wellbeing among high school students.

In the second chapter reviews related to the study are discussed. The second chapter entitled **“Review of Related Literature”** includes the conceptual framework and the work that has been done on values and wellbeing. It comprises the research gaps related to study. The research gaps were identified after critically reviewing the available literature. A detailed study of values and general wellbeing in high school students of Haryana has not been done by other researchers to the best of the researcher knowledge.

The third chapter presenting the methodology used for the research entitled **“Research Design of Study”** includes the description of population, sample, collection of data and the statistical techniques used for analyzing the data. The sample for the study was selected from Rewari block of Haryana State. Schools are selected by simple random sampling. The sample consists of 600 high school students (300 males and 300 females). The study was confined with respect to the six dimensions of values-theoretical, economic, aesthetic, social, political and religious. In terms of general wellbeing the study was delimited to four dimensions of general wellbeing- physical, emotional, social and school wellbeing. Furthermore, the study was delimited to socio-demographic variables- gender, locality and working status of the parents of high school students only. With respect to the working status of fathers

the four groups were divided (govt. employed, private employed, self-employed and unemployed). Here govt. employed means who were working in govt. sector, private employed means who were working in private sector under some employer, self-employed were related to the employment where there was no employer and unemployed means not having any employment. For mother working status two groups were divided, homemaker mothers and working mothers. Home maker mothers were considered who were staying at home and not earning money, working mothers were considered who were earning money with their work.

In the present study, the independent variables include- gender, residence (rural/urban), occupation of parents. Dependent variables of the study are values and general wellbeing scores. For measuring values the researcher has used “study of values test” developed by Dr. Raj Kumar Ojha and Dr. Mahesh Bhargava (2012) consisting of six dimensions of values- theoretical, economic, social, aesthetic, political and religious. General wellbeing was measured on a five point Likert scale, “general wellbeing scale” developed by Dr. Ashok K. Kalia and Dr. Anita Deswal (2011) consisting of four dimensions-physical, emotional, social and school wellbeing.

The primary data collected for this research study were collected through the structured questionnaires as mentioned above. Prior to data collection, proper meeting with the school authorities was held to secure cooperation and ensure quality control. Despite this, many schools did not allow the survey to be conducted in their school. With rigorous effort and tenacity, the data were collected from the agreed schools. The collected data have been analyzed with the help of statistical package for social sciences (SPSS). Statistical methods like percentage, frequency procedure, mean score, standard deviation, t-test, ANOVA, Post-hoc, correlation, regression, Levene’s

test and Mann-Whitney U test were conducted. Descriptive statistics and charts (bar graph and pie chart) were used to summarize the sample.

The fourth chapter of the study entitled “**Analysis, Interpretation and Discussion of Data**” includes the interpretations drawn after application of the statistical tools, explained in chapter three. It is inferred that most values are correlated, either positively or negatively. There is a significant correlation between different values among high school students and certain values of high school students negatively affect the other set of values. While there is statistically significant difference only in the economic values between male and female high school students, males’ economic value is higher than females’. Other values are not affected by the gender of the high school students.

Furthermore, it was analyzed that, except economic values all the other values have significant difference between urban and rural high school students. The research further highlights that there is statistically significant difference in aesthetic, political and religious values among high school students on the basis of working status of their mothers. On the basis of occupation of the fathers only aesthetic and social values have significant difference. Difference in aesthetic value was statistically significant between high school students of self employed and government employed fathers. Also, there is statistically significant difference between social values of the students whose fathers are self employed and government employed.

In context of general wellbeing, like a few studies in the past, the results break the prejudice that children of working mothers have low wellbeing. The results state that there is no significant difference in the physical, social, emotional and school and general wellbeing of high school students with respect to the occupation of their

parents. In addition to this, results of the study also highlights that the percentage of the high general wellbeing of female high school students is 6% and no male high school student has high general wellbeing. Whereas, it is other way round in the case of low general wellbeing percentage, it is higher in female than their counterparts.

The study also reflects that there is a very low correlation between residence and general wellbeing. Residence as an explanatory/predictor variable does not predict the general wellbeing significantly well.

The fifth chapter entitled **“Findings, Educational Implications and Suggestions Further Research”** explains the main findings their educational implications and recommendation for the further research. The present study found that there is neither positive nor negative statically significant correlation between any value set and general wellbeing.

As most values are correlated negatively or positively, it is very important for the education system to incorporate value education in the curriculum stringently so as to raise a balanced individual who is practical yet empathetic, religious yet intellectual. The values of culture and science should be integrated proportionately so that culture stimulates the scientific temperament of the nation’s youth. The education system should ensure aesthetic and qualitative life to its citizen besides achieving the economic goals and thus, emphasis on the arts and its importance should be taught to students.

While values had no significant difference in male and female high students, the findings question the stereotypical mindset of perceiving the personality of an individual on the basis of their gender. For instance, female students can have the same level of political values than male students and male students can have the same level of aesthetic and social values than female students which is not generally

anticipated. This stays for all the values except economic values, which further implies that schools will not have to consider the gender of the students while designing the value education course for their curriculum and they need not to treat the students differently on the basis of their gender while inculcating the values.

The study also identified that the general wellbeing of the students is not related to their values, so, teachers and parents can address both the subjects separately with different processes and activities. This implies that although value education is implemented in schools by adding subjects related to value education in curriculum, for wellbeing, each school should have a separate dedicated cell/committee comprising of experienced teachers and psychiatrists. The students and parents should be made aware of the activities and objectives of the cell in the orientation program. The culture of private reporting of any behavioral discrepancies of the student to this cell should be developed in the school. Along with students, other teachers and parents should be encouraged to discuss the overall general wellbeing and issues of the students.

In India, we do not have a separate comprehensive policy that addresses the child mental health issues. The present policies like National Health Policy, Integrated Child Development Scheme, National Youth Policy and National Mental Health Program for India emphasize the need for developing an integrated child mental health program and services at different levels. Intervention by schools possesses a great possibility of reducing the risks and increasing the protective factors to promote the mental health and well-being of adolescents. A timely action with the help of a comprehensive program in the schools is required, where teachers can facilitate and coordinate to uplift the wellbeing of the students. Many of the mental, behavioral and

psychological problems, among children and adolescents can be prevented if it is intervened at an early stage.

In addition to this, with no significant difference in values of male and female high school students there lies a further scope of analyzing the differences in the values of male and female students in rural India alone. Furthermore, it was found that there is a difference in the theoretical, social, political, religious and aesthetic values of urban and rural high school students. But they do not have significant difference when it comes to economic values. This may depend upon various reasons like quality of education, extracurricular activities of the school, environment at home, etc. There lies a further scope of analyzing the reasons behind the significant differences in values of urban and rural high school students. Also, as the study found significant difference in values of rural and urban high school students. Thus the value education course and its implementation process should take into account the differences for urban and rural high school students while designing the course.

It is also recommended that the other socio-economic factors like qualification, status, income and lifestyle of the parents and time spent with the children should be considered to draw more specific observations, because occupation of parents alone cannot be a measure of effectiveness of values and general wellbeing. The study questions another stereotype that states that the general wellbeing of the children is affected if the mother is working as the finding of the study contradicts this stereotype. This subject has a conventional and feminist view highlighted in most studies. Most working mothers either feel guilty or are made feel guilty stating that the wellbeing of the child is negatively affected if the mother is not around. However, like a few studies in the past, this study observed that physical, emotional, social,

school and general wellbeing of children of working and home maker mothers do not differ significantly.

Thus, there is further scope of analyzing if the general wellbeing is affected by education, income, and lifestyle, status of the parents and the amount or quality of time children/adolescents spend with their parents. Most importantly, the study has not taken into consideration the role of social media in the values and wellbeing of high school students. However, as per the current scenario, it is anticipated that social media may have a significant impact on attitude, behavior and beliefs of adolescents. Hence, for future reference it is recommended that impact of social media should also be analyzed and considered.

To sum it up, in the current scenario when the students have to deal with the double-edged sword of external challenges and internal dilemma, teachers and parents should join hands to establish a harmony in the upbringing of a child. Youth is the future of the nation and thus, quality of youth determines the kind of future nation will witness. It is very important for any nation to invest in youth for its future. So that the foundation become strong enough to bear the potential challenges. To ensure the safe and promising future, we should safeguard the values and strengthen the wellbeing of our children and adolescents so, that we can deliver empowered individuals who are a perfect blend of knowledge, wisdom and humanity.