



RELATIONSHIP OF INSECURITIES AND PERCEPTION OF SELF WITH MENTAL WELLBEING

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Abstract

The purpose of the present study was to study the relationship of insecurities and perception of self with the mental wellbeing in early adults. For this study, a sample of 73 participants were taken through a random sampling method from the early adulthood age group of 20-30 years. It has been suggested that when insecurities emerge due to ecological, situational, or internal edifices, the human propensity to see oneself changes either in a positive manner or a pessimistic way, which, in one or the other case, affects the emotional well-being of the individual. The results of study showed positive correlation of perception of self with mental wellbeing whereas negative correlation of insecurities with mental wellbeing.

Keywords: Mental Wellbeing, Self-Perception, Psychological Insecurity

Perception is a circumstance influencing any or all the receptors by the method of sensation. The receptors when animated by different changes inside and outside a living being send various nerve motivations to the cerebrum tactile information, which are prepared by the mind and we wake up are being seen. Hence the way toward relegating importance to a crude sense of information is known as perception. Perception is a mental capacity which empowers the organism to receive and process the information (Eysenck, 1972). "Percept" is also a term used by Leibniz, Bergson, Delouse and Guatteri to outline belief unbiased from perceivers. Perception of self or Self-concept in simple terms refer to the collection of beliefs one has about himself. It is about how a person perceives himself to be, how highly he thinks about himself. The people convictions about oneself including the people ascribes and who and what oneself is. (Baumeister, 1999). According to a study, people who are psychologically insecure, tend to perceive the world as threatening, and see life as insecure (Maslow, Hirsh, Stein, and Honigmann 1945).

Maslow in his security-insecurity inventory stated a few characteristics of security and insecurity. He defines insecurity as the feeling of rejection and unloved, with no affection, being isolated and having the feeling of being unique with anxiety, mistrust, feeling worse about things and oneself, over thinker and having esteem complexes. Security, on the other hand, has the opposite effects. It includes the feeling of being loved, acceptance, warmth, friendly, safety, affection, trust, emotional stability, content and kindness.

In a study done on young people, it has been observed that Young people's meanings of insecurity uncover their point of view on risk society in which everybody is vulnerable against certain risks. These include some contradictory risks which are personal, local and global at the same time. Firstly, they associate insecurity with their internal sentiments and feelings. Secondly, they decipher the social connections and the regular day to day existence encounters with their insecurities. And Thirdly, insecurity is characterized by them by realities of life, for example, financial problems, sickness, fights and wars, etc (Vornanen R, Törrönen M, Niemelä P. 2009).

The self theorists such as Tesser, Felson and Suls (2000) agree that the self is multidimensional and dynamic. The psychological insecurity and interpersonal trust are two conceptual opposites and there are behaviours that can reduce psychological insecurity and increase in interpersonal trust by showing more emotional support (Robert J Taormina, Ruinan Sun, 2015). Fundamental to the theoretical assumptions is that the adaptive value of a positive or negative perception depends on the extent to which undesirable events are unavoidable. In young adults and in patients with opaque outcomes, it has been found that optimism predicts better well-being through enhanced problem-focused coping (Carver & Scheier, 2002).

Another research suggested that the depressed people are particularly sensitive to the nature of their thoughts and behaviours and it also suggests that these people develop a self structure in which it is a central organising factor. This team study also suggests that the depressed give critical information for resolving or understanding the marked discrepancy between the actual feelings and how they would like to feel about themselves (Paula R Pietromonaco, 1985).

Researchers have suggested that stress is the cause for anxiety and depression. Stress occurs due to a person's negative viewpoint about himself, due to the insecurities that he or she has, or it might also occur because of the conditions around him and his environment. Stress can also be defined as a response to a person's daily pressures and threatening situations. It is a completely normal reaction to a person's daily situations. Hans Selye (1974) suggested that there are usually 2 types of stress present. *U-stress*: This is usually the good stress and goes, once the stressor

leaves. It works as an amazing motivational factor for people. This stress also gives a sense of euphoria. *Distress*: This is the bad stress that remains for a while and instead of motivating, causes physical problems to the person responsible. Moreover, anxiety is a reaction or a product of stress. Whenever a stressful working situation arises, it is a normal reaction to get into panic mode, but when that one level of panic mode starts exceeding a person starts having panic attacks and other anxiety disorders. Relating it to the perception of self and insecurities, anxieties are another most common reaction to these. A negative perception of self and insecurities create anxiety provoking situations which usually lead to depression. A person usually gets into an extreme mode of panic when his expectations with himself aren't met.

From the aforesaid discussion, it has also been observed that whenever insecurities arise in a person, the perception of self-changes into a negative one causing the person to behave in a way where mental well-being clearly gets affected. Also, it has been observed that there is dearth of studies on insecurities and perception of self on the mental well-being. The previous studies have taken a particular portion of insecurities such as job insecurity or food insecurity, but psychological insecurity has not been taken in context to mental well-being and self-perception. Hence, the present study aims to examine the impact of insecurities and perception of self on the mental well-being.

Objectives of the Study: The objectives of the study were as follows:

1. To study perception of self, insecurities and mental health.
2. To examine the relationship of self-perception and insecurities with mental well-being.

Methods

Sample: A total of 73 participants were selected through random sampling. The participants were in the age group of early adulthood (20-30 years).

Tools used:

- *Maslow's Security-Insecurity Inventory*: The S-I inventory was developed by A. H. Maslow in 1951 at Brooklyn College. This inventory consists of 75 questions with no right or wrong answers. The 75 questions from the inventory need to be answered in either YES, NO or MAYBE. It has a good reliability of .90, with some evidence available proving its clinical validity. The lower a person scores, the more secure he is.

- *Robson’s Self Concept Questionnaire*: The SCQ was created in 1989 by Robson, which is more of a self-report scale, consisting of 30 questions with a given range of 0-7. The higher the scores an individual obtains, the higher is that person’s self-concept. This scale has a reliability of 0.89 and the clinical validity of 0.70
- *General Well-Being Schedule (GWB)*: This scale was developed to assess self-representations of subjective wellbeing and distress. The GWB was developed in 1977 by Dr. Harold Dupuy for the national centre of Health statistics. The total score ranges from 0 to 110 with lower scores indicating more severe distress. It has a validity of 0.69 and a reliability of 0.90

Result:

Table 1: Means and Standard Deviations of Insecurity, Perception of Self and Mental Well-Being in Early Adulthood (n= 73)

Variables	Mean	Standard deviation
Insecurity	10.68	9.95
Perception of self	127.42	23.58
Mental well being	94.56	17.79

Table 1 showed the mean and standard deviation of insecurity, perception of self and mental well-being in early adulthood. The mean score of insecurities was 10.68 and the standard deviation was 9.95, this indicates low insecurity in these people. The mean score of perception of self was 127.42, with the standard deviation being 23.58, which indicates a lower level of perception of self among young people. The mean of the mental well-being was 94.56 and the standard deviation was 17.79, which indicates positive well-being.

Table 2: Correlation Coefficient of Insecurity, Perception of Self with Mental Wellbeing in Early Adulthood

	Mental Well Being	Insecurity	Perception of Self
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Mental Well Being	1		
Insecurity	-0.246	1	
Perception Of Self	0.6320	-0.3176	1

To find the correlation between the independent and the dependent variables, Pearson’s Correlation has been used. The results showed a positive correlation between the mental well-being and perception of self ($r = 0.632$) which indicated that if the mental health is good, the perception of self would also be good, whereas it was found that mental well-being and insecurities was negatively correlated ($r = -0.246$), indicating that if insecurities increase in an individual, the mental health would decrease. The results also showed a negative correlation between perception of self and insecurities ($r = -0.317$), this indicated that if the perception of self is higher in an individual then the insecurities in him would be low.

Discussion:

The present research examined the relationship of insecurity and perception of self with mental wellbeing in early adulthood. The results showed a positive correlation between the perception of self and mental wellbeing, and a negative correlation was observed between the insecurities and mental wellbeing. The negative thoughts that are accompanied with depression are confined to contemplations about oneself and don't reach out to the thoughts about others (Paula R. Pietromonaco and Hazel Markus, 1985), which support the findings that showed a positive correlation between the mental wellbeing and the perception of self.

The results of the study suggests that if the perception of self is good, the insecurities would become less and the mental health would be good. A research previously conducted had similar results about the insecurities, according to it, general insecurities reflect a status where a person is usually concerned about his/her wellbeing in the society, and if that wellbeing is not reached, the mental health would deteriorate (Wengie Yuan, Lei Wang 2016). Another study showed a significantly high positive correlation between the self esteem and mental well-being. If a person achieves what he desires to achieve, he/she automatically reaches that level of satisfaction that makes him attain a good state of mental wellbeing (Hyun-Jung Jang, Mi-Kyung Jeon, 2016).

The psychological well-being of the individual relies on his perception about himself and the insecurities that he has. These insecurities are the general insecurities or the emotional insecurities that he faces in his day to day existence. These insecurities may incorporate

complexities about his looks, about his monetary prosperity, or are simply broad uncertainties or edifices, hence affecting his perception about himself. In the event that an individual is glad in his existence with what he has and isn't excessively uncertain and has great self image and a good self perception, his mental well-being would likewise be acceptable and that individual would run after his objectives and furthermore accomplish them all the more successfully, while maintaining a good relationship with others.

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