

Determinants of Psychological Well-Being of Undergraduate Students : among State Universities

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The purpose of this research is to identify the determinants of the psychological well-being of undergraduates. In addition to that, this study intends to contribute to filling the knowledge gap by looking into the relationship between psychological well-being and undergraduate students. Although there is enough literature on Loneliness, the Internet, Family & social support, workload, and psychological well-being in the western region. There is less research context in Sri Lanka to test the psychological well-being of undergraduates, especially in the covid and crisis situation. This study explored the relationship and examined the influence of Loneliness, the Internet, Family & social support, and workload those variables among undergraduates who study in state universities in Sri Lanka. This research is deductive (theory-testing) research. This research was conducted using a survey research strategy and quantitative research method. State university students were chosen as the population of the study. The sample size was 383, data collection was done through a self-administered questionnaire and Convenience sampling technique. A Google form was created and distributed to collect data. The number of employees who responded was 160 among 383 employees. Statistical Package for Social Science (SPSS), version 23.0 was used as a tool for data analysis and both descriptive and inferential statistics, namely correlation and regression were used to analyze data. The results indicate that family and social support have a positive relationship with psychological well-being and other variables like loneliness, internet, and workload negatively impact the psychological well-being of undergraduates.

Keywords: *Psychological well-being, Loneliness, Workload, Internet, Family and Social Support*

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