

Conference Paper

Personal Meaning and Psychological Well-Being of Senior College Students of Pup College of Social Sciences and Development

Nicolas T. Mallari

Polytechnic University of the Philippines

Abstract

This research study attempted to determine the personal meaning and psychological well-being of selected senior college students of the College of Social Sciences and Development. It also sought to establish whether a relationship exists between the two personal meaning and well-being of the respondents. The descriptive-correlation was employed as the research methodology of the present study. The method is appropriate since it aimed to describe the present condition of the two variables. To measure personal meaning and psychological well-being of the respondents, standardized instruments such as the Personal Meaning Profile (PMP) and Well-Being Manifestation Measurement Scale (WBMMS) were administered among the respondents. The respondents were 258 students from the five Departments of the College of Social Sciences and Development (History, Cooperatives, Economics, Psychology, and Sociology). They were chosen randomly using the stratified sampling procedure. To interpret the data of the study, both the descriptive statistics (ranking and arithmetic mean), and inferential statistics (Pearson-r) were used. Based on the findings, the respondents showed positive personal meaning with respect to the variables achievement, relationship, religion, and self-transcendence. The respondents, however, manifested moderately high personal meaning with respect to intimacy and fair treatment. The findings also revealed that the overall psychological well-being of the respondents is positive as revealed in their responses to the well-being variables control of self and events, happiness, social involvement, self-esteem, mental balance, and sociability. The relation between the personal meaning and psychological well-being of the respondents was also tested. Based on the findings, there is a significant association between personal meaning and the variables control of self and events, happiness, social involvement self-esteem, mental balance, and sociability. The findings clearly revealed that the well-being of the respondents depends partly on their positive perception of their personal meaning which is measured using such aspects of the respondents' lives as their relationship with others, their sense of being intimate with others which may be personal or private in nature, their sense of accomplishment, their religious orientation, their sense of purpose and direction, and sense of satisfaction or happiness with themselves.

Corresponding Author:

Nicolas T. Mallari
ntmallari@pup.edu.ph

Received: 23 April 2018

Accepted: 8 May 2018

Published: 4 June 2018

Publishing services provided by
Knowledge E

© Nicolas T. Mallari. This article is distributed under the terms of the [Creative Commons Attribution License](#), which permits unrestricted use and redistribution provided that the original author and source are credited.

Selection and Peer-review under the responsibility of the IRCHE 2017 Conference Committee.

 OPEN ACCESS**Keywords:** Achievement, Happiness, Personal meaning, and psychological well-being

1. Introduction

In recent years, there has been increasing research activity in the study of personal meaning across the life span (Reker & Chamberlain, 2000). Personal meaning is defined as the cognizance of order, coherence, and purpose in one's existence, the pursuit and attainment of worthwhile goals, and the accompanying sense of fulfillment (Reker & Wong, 1988). A person high on personal meaning has a clear life purpose and a sense of direction, strives for goals consistent with life purpose, feels satisfied with past achievements, and is determined to make the future meaningful. Research largely shows that personal meaning has a positive correlation to psychological well-being of individuals. Lexical meaning of psychological well-being is "a contented state of being happy, healthy and prosperous" and it refers "optimal psychological experience and functioning" (Deci & Ryan, 2008).

Wong (1998) developed a theory known as Personal Meaning which suggests that it is "an individually constructed, culturally based cognitive system that influences an individual's choice of activities and goals, and endows life with a sense of purpose, personal worth, and fulfillment". Thus the role of meaning in an adolescent's life can be a central point for a successful transition into adulthood. And an adolescent may derive meaning from a variety of sources.

Ryff (1989a) in her theory conceived psychological well-being as being from eudemonic keys, such as personal development and commitment to existential challenges of life, and built the psychological well-being scales, which include six dimensions: self-acceptation, (positive valuation of oneself and of one's past life), positive relations (quality of interpersonal relationships), autonomy (sense of self-determination), environmental mastery (ability to effectively manage one's own life and the world around), and personal growth (sense of development as a person).

Singh et al (2014) initiated a study on "Meaning in Life as a correlate of Mental Health". This study investigated the associations between mental health (which was measured in terms of emotional, psychological and social well-being) and meaning in life. A sample of 100 boys and girls in the age range of 18-21years was taken. Two measures namely Mental Health Continuum Short Form (MHC-SF) and Meaning in Life questionnaire (MLQ) was administered. Results indicate a significant positive correlation between mental health and presence of meaning.

Santos et al., (2012) initiated a research study on "Meaning in life and subjective well-being: Is a satisfying life meaningful?" The aim of the study was to determine the relationship of meaning in life and subjective well-being among Filipino college students.

The results of the study showed that meaning in life and subjective well-being had a significant positive relationship. A better understanding of the relationship between meaning in life and subjective well-being has implications relative to developing and achieving a greater sense of happiness and satisfaction in living.

According to Schnell (2010), "sources of meaning represent generalized and relatively stable orientations towards life... sources of meaning motivate commitment, give direction to life, and increase its significance."

According to Westerhof, Bohlmeijer, and Valenkamp (2004), sources of meaning can come from (a) within the person (character traits, personal growth and achievement, self-acceptance, pleasure, fulfillment, tranquility), (b) relationships (sense of connectedness, intimacy, quality relationships, altruism, service, communal consciousness), (c) physical integrity (functioning, health, appearance), (d) activities (work, leisure, hedonistic activities), and (e) material needs (possessions, financial security, meeting basic needs).

The Personal Meaning Profile has been used to examine a wide variety of associations with positive and negative constructs of health and well-being. DeLazzari (2000) found that scores on the PMP (Personal Meaning Profile) were better than emotional intelligence at predicting life satisfaction among high school students.

Mascaro & Rosen (2005) indicated that in young adult population, individuals with high levels of meaning tend to have fewer symptoms of depression, to be more characterologically hopeful, and to be more likely to be experiencing states of hope than individuals with low levels of meaning.

Debats, Drost and Hansen (1995) found that undergraduates who could remember times when they had experienced their lives as meaningless were more likely to have had psychological counseling in the past and were currently less satisfied with their lives than those who could not recall times when had they felt their lives had no meaning.

A study of Rathi and Rastogi (2007) revealed that personal meaning variables (achievement, relationship, religion, self-transcendence, intimacy, self-acceptance, and fair treatment) are highly correlated to psychological well-being of adolescents. It shows that if a person perceives his or her life to be meaningful then he or she will feel more psychologically well off than those who do not perceive their life to be meaningful. This study has provided an insight of the meaning in life and psychological well-being of students of early and late adolescence period. It has been well established by prior studies in this field, that a meaningful and purposeful life enhances the psychological well-being of individuals. With a better understanding

of meaning and psychological well-being within adolescents, various counseling or educational implications can be derived for assisting adolescents to develop holistically in terms of body, mind, and spirit as they venture into the world of adulthood.

According to Ryff and Keyes (1995), the conviction and sense that life is meaningful is a critical component of both mental health and personal growth (positively related to the perception and experience of freedom, responsibility, self-determination, and the positive conception of life, future, and oneself), related to the purpose and fulfillment of existential goals, and to the inclusive acceptance of adversity, life satisfaction, and self-realization.

Garcia-Alandete (2015) conducted a study on the implication of the meaning of life and psychological well-being of Spanish College students. Spanish versions of Crumbaugh and Maholic's Purpose-In-Life Test and Ryff's Psychological Well-Being Scales were used. Analysis included descriptive statistics, the scales were tested for internal consistency, and correlations were analyzed with simple linear regression. The results showed a significant relationship between meaning in life and psychological well-being dimensions, in terms of covariance and prediction, especially with global Psychological Well-Being, Self-Acceptation, Environmental Mastery, and Positive Relations. It is, therefore, concluded that the experience of meaning in life is important for psychological well-being.

Ho, Cheung, and Cheung (2010), having a sample of 1,807 adolescents of Hong Kong and using structural equation models, found that meaning in life and optimism were significantly associated with life satisfaction.

Ryff and Keyes (1995) obtained, by means of a sample of 1108 adults, positive relationships between several variables associated with meaning in life and different indicators of psychological well-being, as well as negative correlations between these indicators and psychological discomfort.

Meaning in life may be a protective factor of mental health, enhancing the life satisfaction and the psychological well-being (Psarra & Kleftaras, 2013). A Dutch translation of the Personal Meaning Profile administered to cancer patients was found to be positively correlated with psychological well-being and negatively correlated to distress (Jaarsma, Pool, Ranchor, & Sanderman, 2007).

Weiler (2001) examined the impact of personal meaning and attitudes towards death and successful aging. Personal meaning was measured using the Personal Meaning Profile (Wong, 1998). Participants were sixty years of age or older and living independently, 136 people were included. Results were that (a) the Personal Meaning Profile subscales, fair treatment and intimacy, accounted for the most unique variance

of personal meaning on well-being; (b) fear of death and approach acceptance were significantly related to well-being; (c) the association of personal meaning with well-being was partially mediated by death attitudes and (d) self-acceptance was strongly related to fear of death, and religion was strongly related to approach acceptance.

Studies also indicated that personal meaning can be used in helping students to overcome their problems related to academic responsibilities. Adam (2012) suggested that meaning in life be included in the counseling process, to develop a meaning centered counseling, focusing on the personal positive functioning and strengths, and integrating both the personal characteristics and circumstances and the cultural values.

Bano (2014) indicated that meaning in life is a highly significant predictor of the levels of stress and psychological wellbeing; accounting for 17% of the variance in positive psychological well-being and 19% of the variance in stress. She also found that meaning in life is the same for both genders, concluding that meaning in life is a universal phenomenon independent of gender. Moreover, the results of her study supported the stated hypothesis that the perception of meaning in life will negatively predict stress and positively predict psychological well-being among university students.

Compilation of studies disclosed that optimism has a significant implication on performance and adjustment, both directly on academic performance, and indirectly on expectations of coping perceptions on classroom performance, and overall satisfaction and commitment to remain in University (Chemers, Hu, & Garcia, 2001).

Previous research has shown that well-being, resilience, and character strengths are related to greater academic success and college completion (Hartley 2011).

Individuals with an optimistic orientation are more likely to develop problem-focused and emotion-focused coping strategies, and more likely to have lower levels of depression and anxiety (Carver and Scheier, 2005). In addition, optimism has been linked to positive coping with stressful life events in the college population (Chang 1998).

Mirowski and Ross (1989) revealed that "it is important for people to feel that they are in control of their own lives, to a large extent, because a sense of control bolsters the will to think about problems and do something about them."

Masse (1998) indicated that, in post-modern societies, aside from happiness, well-being can be measured in terms of sociability, mental balance, control and self-esteem of individuals.

Snyder, Cheavens, & Sympson (1997) found that hope predicted higher GPA, greater likelihood of graduation, and lower likelihood of being dismissed from college due to poor grades. Therefore, hope may be an essential aspect of covitality as it is integral in helping college students reach their academic pursuits.

Stevic & Ward (2008) examined the mediating role of life satisfaction between positive recognition and levels of personal growth initiative in college students. Results indicated that life satisfaction enhances the relationship between receiving positive recognition and undergraduate students' development as individual.

1.1. Objectives of the study

Using empirical literature and studies that were cited above, the present study sought to determine the relationship between the personal meaning and psychological well-being of selected senior college students of the College of Social Sciences and Development during the second semester of school year 2016-2017.

Specifically, the study aimed to provide answers to the following questions:

1. What is the manifestation of personal meaning of the respondents in terms of the following subscales:
 - 1.1. Achievement
 - 1.2. Relationship
 - 1.3. Religion
 - 1.4. Self-Transcendence
 - 1.5. Self-acceptance
 - 1.6. Intimacy
 - 1.7. Fair Treatment
2. What is the well-being manifestation of the respondents in terms of the following variables:
 - 2.1. Control of Self and Events
 - 2.2. Happiness
 - 2.3. Social Involvement
 - 2.4. Self-esteem
 - 2.5. Mental Balance

2.6. Sociability

3. Is there a significant relationship between the personal meaning subscales and the psychological well-being subscales of the respondents?

Ho: There is not significant relationship between the personal meaning variables and the psychological well-being manifestations of the respondents.

2. Materials and Methods

The descriptive-correlation method of research was utilized in this study. This method is used to describe characteristics of a population or phenomenon being studied. It does not answer questions about how, when or why the characteristics occurred. To be able to gather the necessary data for this research study, the researcher employed the Personal Meaning Profile developed by Dr. Paul Wong in 1998. The PMP is a 57-item instrument designed to help identify and measure the respondent's sources of personal meaning (i.e. what the respondent values most in his or her life. Inspired by the work of Victor Frankl, the personal meaning profile is grounded in the premise that higher levels of perceived meaning help people cope with sufferings, difficulties, and other aspects of life. Specifically, the instrument measures overall life meaning, as well as, as the individual sources of meaning; achievement, relationship, religion, self-transcendence, self-acceptance, intimacy, and fair treatment. In terms of reliability of the instrument, evidence of adequate to high internal consistency was reported for the entire scale ($\alpha = .93$) and the individual subscales (self-acceptance $\alpha = .54$, fair treatment $\alpha = .54$, intimacy $\alpha = .81$, relationship $\alpha = .81$, sel-transcendence $\alpha = .84$, religion $\alpha = .89$, and achievement $\alpha = .91$). Evidence for content and construct validity was presented by multiple studies. Scale items were developed using a qualitative, heuristic method then further refined through several developmental generations. Factor analysis of the final scale revealed a seven-factor solution, which is evidence of construct validity (Lang, 1994). In addition, the instrument consistently correlates with instruments measuring similar constructs, including (but not limited to) measures of spiritual well-being, perceived well-being (Lang, 1994), and meaning of work (Giesbrecht, 1997), and negatively correlates with dissimilar constructs such as job stress (Giesbrecht, 1997). To measure the psychological well-being of the respondents, the Well-being Manifestations Measurement Scale (WBMMS) developed by Masse, Poulin, Dassa, Lambert, Belair, and Battaglini in 1998 was used. The six factors are control of self and event, happiness, social involvement, self-esteem, mental balance, and sociability. Masse et al (1998) found an overall Cronbach alpha of $0.93 = .85$ and a

range of .71 on the subscales. They also found that the item explained 52% of the variance in psychological well-being. Participants of the research study were two hundred fifty eight (258) senior college students who were randomly selected from the five departments (Economics, Cooperatives, History, Psychology, and Sociology) of the college. The study was undertaken during the first semester, school year 2016-2017. To interpret the quantitative data, the researcher utilized ranking, weighted mean, and Pearson product-moment correlation coefficient.

3. Results and Discussion

TABLE 1: Manifestation of Personal Meaning of the Respondents in terms of Achievement Subscale.

Achievement	Weighted Mean	Verbal Interpretation	Rank
1. I engage in creative work.	3.68	Very often	10
2. I am successful in achieving my aspirations.	3.47	Occasionally	15
3. I pursue worthwhile objectives.	3.60	Very often	12
4. I strive to achieve my life goals.	4.08	Very often	1
5. I believe in the value of my pursuits.	3.72	Very often	8
6. I seek to actualize my potentials.	3.79	Very often	7
7. I like challenges.	3.71	Very often	9
8. I take initiatives.	3.58	Very often	13
9. I am able to make full use of my abilities.	3.50	Very often	14
10. I strive to do my best in whatever I am doing.	3.87	Very often	5
11. I am committed to my work.	3.88	Very often	4
12. I am enthusiastic about what I do.	3.67	Very often	11
13. I do not give up when I encounter setbacks or obstacles in my life.	3.82	Very often	6
14. I am persistent and resourceful in attaining my goals.	3.91	Very often	3
15. I value my work.	4.06	Very often	2
Total Weighted Mean	3.76	Very often	

Table 1 reveals the manifestations of personal meaning of the respondents with respect to achievement subscale. The table shows that the respondents rated majority of the indicators in the achievement subscale as “very often.” The findings revealed that 14 out of the 15 indicators were found to be supporting the positive personal meaning of the respondents toward the “achievement” which denotes involvement of feelings of attainment of significant life goals and the fulfillment of aspirations.

The indicators “I strive to achieve my life goals” (weighted mean = 4.08), “I value my work (weighted mean = 4.06), “I am persistent and resourceful in attainment in attaining my goals (weighted mean = 3.91)”, all manifest the favorable assessment of the respondents with regards to their sense of achievement.

TABLE 2: Manifestation of Personal Meaning of the Respondents in terms of Relationship Subscale.

Relationship	Weighted Mean	Verbal Interpretation	Rank
1. I care about other people.	4.16	Very often	1
2. I relate well to others.	3.64	Very often	6
3. I have a number of good friends.	3.93	Very often	2
4. I am trusted by others.	3.88	Very often	3
5. I am highly regarded by others.	3.46	occasionally	9
6. I am altruistic and helpful.	3.74	Very often	5
7. I am liked by others.	3.52	Very often	7
8. I bring happiness to others.	3.79	Very often	4
9. I contribute to well-being of others.	3.50	Very often	8
Total Weighted Mean	3.74	Very Often	

Table 2 discloses the manifestations of personal meaning of the respondents in terms of relationship subscale. As seen in the table, the respondents rated 8 out of the 9 indicators in the relationship subscale as “Very Often.” The findings reveal the positive personal meaning of the respondents as to the relationship subscale of the survey questionnaire. This clearly indicates that the respondents think that that they have the right attitudes and necessary skills to build relationship and cooperation with others. The positive personal meaning of the respondents in manifested in the following indicators, “I care about other people”, with a weighted mean of 4.16, “I have a number of good friends”, with 3.93 as its weighted mean, and “I am trusted by others”, with a weighted mean of 3.88.

Table 3 discloses the manifestations of personal meaning of the respondents in terms of the religion subscale. The findings show that 9 indicators were rated “very often” by the student-respondents. The findings disclose the positive personal meaning of the respondents as indicated in their belief that life has a meaning and a purpose, and that they have personal relationship with God. The findings also reflect the belief held of the respondents that there is order and purpose in the Universe. Religion subscale provides the respondents with an integrated set of beliefs, goals, and meanings which can be used in explaining intricacies of the world and dealing with personal situations and problems.

TABLE 3: Manifestation of Personal Meaning of the Respondents in terms of Religion Subscale.

Religion	Weighted Mean	Verbal Interpretation	Rank
1. I am at peace with God.	3.94	Very often	3
2. I believe that life has an ultimate purpose and meaning.	4.26	Very often	1
3. I have a sense of mission or calling.	3.43	Very often	10
4. I seek to do God’s will.	3.60	Very often	8
5. I believe that human life is governed by moral laws.	3.82	Very often	4
6. I seek to glorify God.	3.73	Very often	6
7. I believe in afterlife.	3.62	Very often	7
8. I believe that one can have a personal relationship with God.	3.98	Very often	2
9. I believe that there is order and purpose in the universe.	3.81	Very often	5
Total Weighted Mean	3.80	Very Often	

TABLE 4: Manifestation of Personal Meaning of the Respondents in terms of Self-Transcendence Subscale.

Self-Transcendence	Weighted Mean	Verbal Interpretation	Rank
1. I believe I can make a difference in the world.	3.69	Very often	3
2. I strive to make this world a better place.	3.60	Very often	6
3. It is important to dedicate my life to a cause.	3.57	Very often	7
4. I have a purpose and direction in my life.	3.82	Very often	1
5. I seek higher values—values that transcend self-interest.	3.81	Very often	2
6. I have a sense of coherence and continuity in my life.	3.52	Very often	8
7. I make a significant contribution to society.	3.47	Occasionally	9
8. I attempt to leave behind a good and lasting society.	3.62	Very often	4
Total Weighted Mean	3.64	Very Often	

Table 4 discloses the manifestations of personal meaning with respect to self-transcendence subscale. The table reveals that 7 out the 8 indicators were given “very often” rating by the respondents. This indicates that as far as self-transcendence, the respondents have a positive personal meaning as shown in their favorable responses to the indicators of the questionnaire. The indicators “I have a purpose and direction in my life”, with a weighted mean of 3.82, “I seek higher values—values that transcend

self-interest”, with 3.81 being the weighted mean, and “I believe I can make a difference in the world”, with 3.69 as its weighted mean, demonstrate that the participants see themselves as having a meaningful life which involves a sense of purpose and personal significance.

TABLE 5: Manifestation of Personal Meaning of the Respondents in terms of Self-Acceptance Subscale.

Self-Acceptance	Weighted Mean	Verbal Interpretation	Rank
1. I have learned that setbacks and disappointments are an inevitable part of life.	4.20	Very often	1
2. I am at peace with myself.	3.48	Occasionally	5
3. I accept my limitations.	3.80	Very often	4
4. I am at peace with my past.	3.44	Occasionally	6
5. I accept what cannot be changed.	3.81	Very often	3
6. I have learned to live with suffering and made the best of it.	3.88	Very often	2
Overall weighted Mean	3.77	Very often	

Table 5 shows the manifestation of personal meaning with regards to self-acceptance subscale. The table reveals that out of the 6 indicators, the respondents rated 4 indicators as “very often” which shows the positive personal meaning of the respondents. The findings strongly indicate the belief of the respondents that they are able to confront and accept their limitations and weaknesses and that they are capable of acknowledging their vulnerabilities and finiteness as inevitable aspects of the human condition.

TABLE 6: Manifestation of Personal Meaning of the Respondents in terms of Intimacy Subscale.

Intimacy	Weighted Mean	Verbal Interpretation	Rank
1. I have good family life.	3.49	Occasionally	2
2. I have someone to share intimate feelings with.	3.44	Occasionally	4
3. I have confidants to give me emotional support.	3.66	very often	1
4. I have a mutually satisfying love relationship.	3.06	Occasionally	5
5. I have found someone I love deeply.	3.46	Occasionally	3
Overall weighted Mean	3.42	Occasionally	

Table 6 exhibits the manifestation of the personal meaning of the respondents in the aspect of intimacy. As seen in the table, the personal meaning of the respondents is neither high nor low as far as the subscale “intimacy” is concerned. This may be due

to the fact that their responses to the indicators “I have someone to share intimate feelings with, with a weighted mean of 3.44”, and “I have a mutually satisfying love relationship with a weighted mean of 3.06.” Both indicators show that the respondents may be having emotionally close and loving relationships.

TABLE 7: Level of Personal Meaning of the Respondents in terms of Fair Treatment Subscale.

Fair Treatment	Weighted Mean	Verbal Interpretation	Rank
1. I have found that there is rough justice in this world.	3.76	Very Often	1
2. Life has treated me fairly.	3.37	Occasionally	3
3. I am treated fairly by others.	3.33	Occasionally	4
4. I have received my fair share of opportunities and rewards.	3.48	Occasionally	2
Total Weighted Mean	3.48	Occasionally	

Table 7 exhibits the manifestation of the personal meaning of the respondents with regards to the fair treatment subscale. As seen in the table, the personal meaning of the respondents is neither high nor low with respect to fair treatment subscale. This may be explained in their rating of the indicators “Life has treated me fairly with a weighted mean of 3.37”, and “I am treated fairly by others with a weighted mean of 3.33.” Both were having a verbal interpretation of “Occasionally.”

TABLE 8: Manifestation of Psychological Well-Being of the Respondents in terms of Control of Self and Events Subscale.

Control of Self and Events	Weighted Mean	Verbal Interpretation	Rank
1. I was able to face difficult situations.	3.66	Very Often	1
2. I was able to clearly sort things out when faced with complicated situations.	3.62	Very Often	2
3. I was able to find answers to my problems without trouble.	3.40	Occasionally	4
4. I was quite calm.	3.54	Very Often	3
Total Weighted Mean	3.56	Very Often	

Table 8 shows the Manifestation of Psychological Well-being of the Respondents in terms of Control of Self and Events Subscale. As shown in the table, 4 out of the 5 indicators were rated “very often”, which may indicate the positive well-being of the respondents. The findings demonstrate that the respondents are able to handle problems and difficult situations.

Table 9 shows the Manifestation of Psychological Well-being of the respondents in the “Happiness” aspect of the questionnaire. As shown in the table, 5 out of the 5

TABLE 9: Manifestation of Psychological Well-Being of the Respondents in terms of Happiness Subscale.

Happiness	Weighted Mean	Verbal Interpretation	Rank
1. I had the impression of really enjoying and living life to the fullest.	3.84	Very Often	2
2. I felt good, at peace with myself.	3.65	Very Often	4
3. I found life exciting and I wanted to enjoy every moment of it.	3.92	Very Often	1
4. My morale was good.	3.75	Very Often	3
5. I felt healthy and in good shape.	3.51	Very Often	5
Overall Weighted Mean	3.73		

indicators were rated “very often” by the respondents. The ratings present a strong indication of the positive well-being of the student-respondents with respect to happiness subscale. This is supported by the favorable assessment made by the respondents to the following indicators, “I found life exciting and I wanted to enjoy every moment of it, with a weighted mean of 3.92,” I had the impression of really enjoying and living life to the fullest with 3.84 as its weighted mean,” and “my moral was good, with 3.75 as being the weighted mean.” The results further reveal that the respondents very often show an emotional state of well-being by having positive or pleasant emotions ranging from contentment to intense joy.

TABLE 10: Manifestation of Psychological Well-Being of the Respondents in terms of Social Involvement Subscale.

Social Involvement	Weighted Mean	Verbal Interpretation	Rank
1. I had goals and ambitions.	4.23	Very Often	1
2. I was curious and interested in all sort of things.	4.03	Very Often	2
3. I had lots of “get up and go”, I took on a lot of projects.	3.59	Very Often	3
4. I felt like having fun, doing sports and participating in all my favorite activities and past-times.	3.57	Very Often	4
Overall Weighted Mean	3.86	Very Often	

Table 10 illustrates the manifestations of psychological well-being in the aspect of social involvement. All of the statements were assessed favorably by the respondents. This evidently shows the optimistic attitude of the respondents toward social involvement. This also indicates the active participation of the respondents to their personal as well as community activities. The findings also indicate that the student-respondents have positive involvement with others and within their society. It means further that

the participants are well-adjusted as they maintain good relations to their close circles of friends and that they are socially involved and motivated.

TABLE 11: Manifestation of Psychological Well-Being of the Respondents in terms of Self-Esteem Subscale.

Self-Esteem	Weighted Mean	Verbal Interpretation	Rank
1. I had self-confidence.	3.49	Very Often	3
2. I felt that others loved me and appreciated me.	3.40	Very Often	4
3. I felt satisfied with what I was able to accomplish, I felt proud of myself.	3.69	Very Often	1
4. I felt useful.	3.50	Very Often	2
Overall Weighted Mean	3.52	Very Often	

Table 11 exposes the manifestations of psychological well-being of the respondents as far as self-esteem subscale is concerned. The table further divulges that the four indicators were assessed approvingly by the respondents as the four receives “very often” rating. The results provide an information that the respondents do have a positive self-esteem as shown in their positive responses to the indicators, “I felt satisfied with what I was able to accomplished with a weighted mean of 3.69, “I felt useful, weighted mean is 3.50.” and “I had self-confidence, with 3.49 as its weighted mean.” The findings reflect the respondents’ positive overall subjective emotional evaluation of their own worth and their confidence to their own values or abilities.

TABLE 12: Level of Psychological Well-Being of the Respondents in terms of Mental Balance Subscale.

Mental Balance	Weighted Mean	Verbal Interpretation	Rank
1. I felt emotionally balanced.	3.53	Very often	3
2. I was true to myself, being natural at all times.	3.60	Very Often	2
3. I lived at normal pace, not doing anything excessively.	3.63	Very Often	1
4. My life was well-balanced between my family, personal and school activities.	3.49	Occasionally	4
Overall Weighted Mean	3.56	Very Often	

Table 12 tells the manifestation of psychological well-being of the respondents with regards to mental balance subscale. The table also reveals that the respondents rated three out of the four indicators as “very often.” This shows that the respondents have positive attitudes toward the mental balance subscale. The indicators, “my life was well-balanced between my family, personal and school activities”, with a weighted mean of 3.49, “I was true to myself, being natural at all times,” 3.60 as its weighted

mean, and “I felt emotional balanced”, with 3.53 as its weighted mean, illustrate that the respondents are psychologically well-adjusted. This also indicates the psychological state of the respondents who are functioning at the optimal level of emotional and behavioral adjustment.

TABLE 13: Level of Psychological Well-Being of the Respondents in terms of Sociability Subscale

Sociability	Weighted Mean	Verbal Interpretation	Rank
1. I smile easily.	3.95	very often	2
2. I had a good sense of humor, easily making friends laugh.	3.90	Very Often	3
3. I was able to concentrate and listen to my friends.	4.06	Very Often	1
4. I get along with everyone around me.	3.71	Very Often	4

Table 13 presents the manifestation of psychological well-being of the respondents with respect to sociability subscale. As shown in the table, the respondents rated the four indicators as “very often” which indicate the favorable attitude of the respondents to the sociability subscale. The findings clearly suggest that the respondents can relate well with others as evident to their positive responses to the indicators “I was able to concentrate and listen to my friends”, with a weighted mean of 4.06, “I had a good sense of humor, easily making friends laugh”, with 3.90 as its weighted mean, “I get along with everyone around me”, with a mean of 3.71.

TABLE 14: Test of Significant Relationship between Personal Meaning Subscales And Psychological Well-being Subscale.

Personal Meaning Subscales	Psychological Well-being Subscales					
	Control of Self and Events	Happiness	Social Involvement	Self-Esteem	Mental Balance	Sociability
Achievement	0.680*	0.660*	0.712*	0.659*	0.454*	0.556*
Relationship	0.654*	0.622*	0.620*	0.645*	0.450*	0.694*
Religion	0.518*	0.504*	0.418*	0.512*	0.470*	0.468*
Self-Transcendence	0.668*	0.646*	0.670*	0.632*	0.510*	0.508*
Self-Acceptance	0.687*	0.590*	0.580*	0.438*	0.598*	0.435*
Intimacy	0.454*	0.464*	0.401*	0.436*	0.516*	0.398*
Fair Treatment	0.669*	0.619*	0.526*	0.610*	0.570*	0.520*
* Correlation is significant at 0.05 level						
** Correlation is significant at 0.01 level						

Table 14 shows the relationship between the personal meaning subscales and psychological well-being of the respondents. As shown in the table, the seven subscales of the personal meaning are all positively correlated with the six subscales of the psychological well-being. The findings obviously support the hypothesis that personal meaning subscales such as achievement, relationship, self-transcendence, self-acceptance, intimacy, and fair treatment are all predictors of psychological well-being of the student-respondents.

4. Conclusion and Recommendation

The present study intended to determine the manifestations of personal meaning and the psychological well-being of the student-respondents. It also attempted to establish whether the seven personal meaning subscales have a significant relationship to the five psychological well-being subscales. Results demonstrated that the respondents rated 6 of the 7 personal meaning subscales favorably indicating that their personal meaning in life is characterized by cognizance of order, coherence, and purpose in one's existence, the pursuit and attainment of worthwhile goals, and the accompanying sense of fulfillment (Reker & Wong, 1988). The findings also support most of the previous research findings that indicate that adolescents do have positive personal meaning. The findings evidently support the work of Schnell (2010), who intimated that "sources of meaning represent generalized and relatively stable orientations towards life. He said that sources of meaning motivate commitment, give direction to life, and increase its significance."

The present study also revealed that the respondents are well-adjusted, psychologically speaking, as evident to the high rating they gave to the five subscales of the Well-being Manifestations Measurement Scale.

Results here are convergent with the proposition of Mirowski and Ross (1989) as far as the control of self and events subscale is concerned that "it is important for people to feel that they are in control of their own lives, to a large extent, because a sense of control bolsters the will to think about problems and do something about them."

The findings of the present study also support the work of Masse (1998), which shows well-being is manifested through happiness, sociability, mental balance, and control and self-esteem of individuals.

The results of the study also confirmed the hypothesis that personal meaning is positively correlated to psychological well-being of the respondents. These results corroborate most of previous findings that indicate significant positive relationship between

the two variables (personal meaning and psychological well-being). For example Rathi and Rastogi (2007) reveal personal meaning variables (achievement, relationship, religion, self-transcendence, intimacy, self-acceptance, and fair treatment) are highly correlated to psychological well-being of adolescents. In addition, scores on the personal meaning profile were better than emotional intelligence at predicting life satisfaction among school students (De Lazzari, 2000). Moreover, Ho, Cheung, and Cheung (2010) revealed that meaning in life and optimism were significantly associated with life satisfaction. Positive relationships between several variables associated with meaning in life and different indicators of psychological well-being were also disclosed in the study by Jaarsma, Ranchor, & Sanderman, 2007. Bano (2014) also indicated that meaning in life is a highly significant predictor of the levels of stress and psychological well-being. The possible reason of the present research findings is that personal meaning seems to promote growth initiative and promote better well-being.

The findings of the present study also have positive implications to the participants of the study as well as to the practitioners of counseling profession. In this study it was found that meaning in life is correlated with psychological well-being. This shows that if the participants perceive their lives to be meaningful then they will feel more psychologically well off. The participants showed positive personal meaning in all aspects of the personal meaning questionnaire, thus they were also found to be psychologically well off in all aspects of the psychological well-being questionnaire.

Meaning in life may be a protective factor of mental health, enhancing the life satisfaction and the psychological well-being. It is essential to include the meaning in life in the counseling process to develop a meaning centered counseling, focusing on the personal positive functioning and strengths, and integrating the personal characteristics and circumstances and the cultural values of the participants. A meaning centered counselling needs to deepen the understanding of the fundamental human motivation which is the meaning of life, and the cognitive behavioral process involved in meeting it. The findings also have significant implications to faculty members of the college. The positive meaning and the psychological well-being of the respondents may also be attributed to their sharing of knowledge as well as their guidance to the graduating students of the college. The teachers will have to be encouraged to sustain their commitment to the college by helping the students to establish a positive meaning in life and a positive psychological well-being.

It is also recommended that further studies be conducted to determine the implications of personal meaning and psychological well-being to other groups of respondents such as counseling professionals, teachers, and/or police or military personnel.

References

- [1] Adams, C. M. (2012). Calling and career counseling with college students: Finding meaning in work and life. *Journal of College Counseling*.
- [2] Bano, A. (2014). Impact of Meaning in Life on Stress and Psychological Well-Being *International Journal of Humanities and Social Sciences* Vol:1, No:1, 2014
- [3] Carver, C. S., & Scheier, M. F. (2005). Optimism. In C. R. Snyder & S. J. Lopez (Eds.), *The handbook of positive psychology* (pp. 303–311). New York, NY: Oxford University Press.
- [4] Chang, E. C. (1998). Does dispositional optimism moderate the relation between perceived stress and psychological well-being?: A preliminary investigation. *Personality and Individual Differences*, 25, 233–240.
- [5] Chemers, M., Hu, L., & Garcia, B. F. (2001). Academic self-efficacy and first year college student performance and adjustment. *Journal of Educational Psychology*, 93, 55–64.
- [6] Debats, D. L., Drost, J., & Hansen, P. (1995). Experiences of meaning in life: A combined qualitative and quantitative approach. *British Journal of Psychology*.
- [7] Deci, E. L. & Ryan, R. M. (2008). Hedonia, eudaimonia, and well-being: An introduction. *Journal of Happiness Studies*.
- [8] DeLazzari, S. A. (2000). Emotional intelligence, meaning, and psychological well-being: A comparison between early and late adolescence. (Unpublished master's thesis). Trinity Western University, Langley, BC, Canada.
- [9] Garcia-Alandete, J. (2015). Does Meaning in Life affect psychological well-being. *European Journal of Counseling Psychology*.
- [10] Giesbrecht, H. A., (1997). Meaning as a Predictor of Work Stress and Job Satisfaction. Unpublished master's thesis. Trinity Western University, Langley, BC, Canada.
- [11] Hartley, M. T. (2011). Examining the relationships between resilience, mental health, and academic persistence in undergraduate college students. *Journal of American College Health*, 59, 596–604.
- [12] Ho, M. Y., Cheung, F. M., & Cheung, S. F. (2010). The role of meaning in life and optimism in promoting well-being. *Personality and Individual Differences*, 48, 658–663.
- [13] Jaarsma, T. A., Pool, G., Ranchor, A. V., & Sanderman, R. (2007). The concept and measurement of meaning in life in Dutch cancer patients. *Psycho-Oncology*, 16, 241–248.

- [14] Lang, J.M. (1994). Does Religiosity Provide a Buffer Against Uncontrollable Life Stress. Unpublished Honor's thesis, University of Petersborough, ON, Canada.
- [15] Mascaro, N. & Rosen, D. (2005). Existential Meaning's Role in the Enhancement of Hope and Prevention of Depressive Symptoms. *Journal of Personality*.
- [16] Masse, R. (1998). The Structure of Mental Health: Higher-Order Confirmatory Factor Analyses of Psychological Distress and Well-Being, *Social Indicators Research*.
- [17] Mirowski, J., & Ross, C.E. (1989). *Social Causes of Psychological Distress*, Aldyne de Gruyter, New York.
- [18] Psarra, E., & Kleftaras, G. (2013). Adaptation to physical disabilities: The role of meaning in life and depression. *The European Journal of Counseling Psychology*, 79-99.
- [19] Rahti, N., & Rastogi, R. (2007). *Journal of the Indian Academy of Applied Psychology*, January 2007, Vol. 33, No.1, 31-38. Indian Institute of Technology, Roorkee.
- [20] Reker, G. T., & Chamberlain, K. (Eds.). (2000). *Exploring existential meaning: Optimizing human development across the life span*. Thousand Oaks, CA: SAGE
- [21] Reker, G. T., & Wong, P. T. P. (1988). Aging as an individual process: Toward a theory of personal meaning. In J. E. Birren & V. L. Bengtson (Eds.), *Emergent theories of aging* (pp. 214-246). New York, NY: Springer
- [22] Ryff, C.D. (1989a). Happiness in everything, or is it? Exploration of the meaning of psychological well-being. *Journal of Personal and Social Psychology*.
- [23] Ryff, C. D. & Keyes, C. L. M. (1995). The Structure of Psychological Well-Being Revisited. *Journal of Personality and Social Psychology*.
- [24] Schnell, T. (2010). Existential indifference: Another quality of meaning in life. *Journal of Humanistic Psychology*, 50(3), 351-373.
- [25] Santos, M.C.J., Jr, C.M., Jr, F.O & Paat, J.J. (2012). "Meaning in life and subjective well-being: Is a satisfying life meaningful?". *Journal of Arts, Science & Commerce*, Vol.-III, Issue- 4 (1).
- [26] Singh, S., & Khandelwal, S. (2014). "Meaning in Life as a correlate of Mental Health". *Indian Journal of Psychological Science*, V-5, No. 1 (P. 50-58).
- [27] Snyder, C. R., Cheavens, J., & Sympson, S. C. (1997). Hope: An individual motive for social commerce. *Group Dynamics: Theory, Research, and Practice*.
- [28] Stevic, C. R., & Ward, R. M. (2008). Initiating personal growth: The role of recognition and life satisfaction on the development of college students. *Social Indicators Research*, 89, 523-534.

- [29] Weiler, P.D. (2001). *Aging with Success: Theory of Personal Meaning as a Model of Understanding Death Attitudes*. Unpublished master's thesis. Trinity Western University, Langley, BC, Canada.
- [30] Westerhof, G. J., Bohlmeijer, E., & Valenkamp, M. W. (2004). In search of meaning: a reminiscence program for older persons. *Educational Gerontology*.
- [31] Wong, P. T. P. (1998). Implicit theories of meaningful life and the development of the Personal Meaning Profile (PMP). In P. T. P. Wong & P. S. Fry (Eds.), *The human quest for meaning: A handbook of psychological research and clinical applications* (pp. 111–140). Mahwah, NJ: Erlbaum