

9.0 REFERENCES

- Aideyan, D.O. (2016). Psychological health and wellbeing. In O., G., Oshodin & C.O. Idehen, (Eds.), *Ecleptic concepts in health education*. Benin, Root & Associates.
- Anand, Bhaskar, R., Shejwal, & Godse, A., A. (2015). Effects of Surya namaskar on relaxation among college students with high stress in Pune, India. *International Journal of Yoga*. 8(1), 15–21. doi: 10.4103/0973-6131.146049
- Allison, R., & Risman, B. J. (2013). A double standard for “Hooking Up”: How far have we come toward gender equality? *Social Science Research*. 42 (5), 1191–1206 doi: 10.1016/j.ssresearch.2013.04.006
- Abbott Rosemary, George B. Ploubidis, Felicia A. Huppert, Diana Kuh & Tim J. Croudace (2010). An Evaluation of the Precision of Measurement of Ryff’s Psychological Well-Being Scales in a Population Sample. *Social Indicators Research Journal*. 97(3), 357–373. <https://doi.org/10.1007/s11205-009-9506-x>
- Abbott, R. A., Ploubidis, G. B., Huppert, F. A., Kuh, D., Wadsworth, M. E., & Croudace, T. J. (2006). Psychometric evaluation and predictive validity of Ryff’s psychological well-being items in a UK birth cohort sample of women. *Health and Quality of Life Outcomes Journal*. 4(76), <https://doi.org/10.1186/1477-7525-4-76>
- Andrews, F. M., & McKennell, A. C. (1980). Measures of self-reported well-being. *Social Indicators Research*. 8 (2), 127–156. doi: <http://dx.doi.org/10.1007/BF00286474>
- Andrews, F. M., & Withey, S. B. (1976). *Social indicators of well-being: America's perception of life quality*. New York: Plenum.
- Baker, & Frank, B. (2001). *The basics of item response theory*. ERIC publication.

- Baker, F., & Kim, S. (2004). *Item response theory: Parameter estimation techniques*. New York: Taylor & Francis.
- Banth,S.,& Talwar, C. (2012).Anasakti, the Hindu ideal, and its relationship to well-being and orientations to happiness. *Journal of Religion and Health*. 51(3), 934–946. doi: 10.1007/s10943-010-9402-3
- Bartholomew, D.J.,& Knott M. (1999). *Latent variable models and factor analysis*. London: Arnold Publishers.
- Buhler, C. (1935). The curve of life as studied in biographies. *Journal of Applied Psychology*.19, 405–409.
- Bradburn, N., M. (1969). *The structure of psychological well-being*. Chicago: Aldine
- Bryant, F. B., &Veroff, J. (1982). The structure of psychological wellbeing: A sociohistorical analysis. *Journal of Personality and Social Psychology*.43, 653–673.
- Brim, O., Ryff, C., D., &Kessler R., C. (2004). *How healthy are we?* Chicago: The University of Chicago Press.
- Burris, J.L., Brechting, E.H., Salsman, J. & Carlson, C.R. (2009). Factors associated with the psychological well-being and distress of university students. *Journal of American College Health*.57 (5), 536–543.
- Burns, R. A., & Machin, M. A. (2009). Investigating the structural validity of Ryff's psychological well-being scales across two samples. *Social indicators research*.93 (2).359–375. <https://doi.org/10.1007/s11205-008-9329-1>
- Campbell, A., Converse, P. E., & Rodgers, W. L. (1976). *The quality of American life: Perceptions, evaluations, and satisfactions*. New York: Russell Sage Foundation.

- Carr, D. (1997). The fulfillment of career dreams at midlife. Does it matter for women's mental health? *Journal of Health and Social Behavior*. 38(33).1–344.
- Card, D. (2001). Estimating the return to schooling: Progress on some persistent econometric problems. *Econometrica Journal*.69 (5), 1127–1160.
- Cheng,S.T.,& Chan, A.C. (2005). Measuring psychological well-being in the Chinese. *Personality and Individual Differences Journal*. 38(6), 1307–1316. doi: 10.1016/j.paid.2004.08.013
- Chekola, M. (1974). *The Concept of Happiness*. Doctoral Dissertation, Michigan University.
- Clarke, P.J., Marshall, V.W., Ryff, C.D. & Wheaton, B. (2001). Measuring psychological well-being in the Canadian study of health and aging. *International Psychogeriatrics Journal*. 13(Suppl.1):79–90. doi: 10.1017/S1041610202008013
- Curhan, B., Katherine, Cynthia, S., Levine, Hazel, Rose Markus, Shinobu Kitayama, Jiyoun Park, Mayumi Karasawa,....Carol, D. Ryff (2014). Social Psychological and Personality Science -Subjective and Objective Hierarchies and Their Relations to Psychological Well- Being: A U.S./Japan Comparison. *Social Psychological and Personality Science Journal*.5 (8), 855–864. doi: 10.1177/1948550614538461
- Datey, K. (1977). *Stress and heart diseases and how to control it with newer techniques - biofeedback and Savasana*. Paper presented at the International seminar on stress in Health and Diseases. Varanasi: Banaras Hindu University.
- Dierendonck,D.(2004). The construct validity of Ryff's scales of psychological well-being and its extension with spiritual well-being. *Personality and Individual Differences*. 36, 629–643. doi: 10.1016/S0191-8869(03)00122-3
- Dierendonck, D., Dario,Di'az D., Rodrí'guez-Carvajal, R., Blanco, A.,& Moreno- Jimenez, B. (2008). Ryff's six-factor model of psychological wellbeing, A Spanish exploration. *Social Indicators Research*. 87(3), 473–479.doi: 10.1007/s11205-007-9174-7

- Deb, S., Thomas, S, Bose,A.,&Aswathi, T. (2019). Happiness, Meaning, and Satisfaction in Life as Perceived by Indian University Students and Their Association with Spirituality.*Journal of Religion and Health*. <https://doi.org/10.1007/s10943-019-00806-w>
- Deci, E.L., & Ryan, R., M. (1985). *Intrinsic motivation and self-determination in human behavior*. New York: Plenum.
- Deci, E., L, & Ryan, R., M. (2000). The “what” and “why” of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*. 11:227–268. doi: 10.1207/S15327965PLI1104_01.
- Delrooz, K. & Farahani, H., A. (2011). The moderating effect of achievement motivation on relationship of learning approaches and academic achievement. *Social and Behavioral Sciences*.28, 486-488.
- Dolan, P, & White, M. (2007). How can measures of subjective well-being be used to inform public policy? *Perspectives on Psychological Science*. 2(1), 71–85. doi: 10.1111/j.1745-6916.2007.00030.x
- Dorothy, A. Sisk (2017). Mindfulness and Its Role in Psychological Well- Being. *Psychology Research*. 7(10), 530-535, doi: 10.17265/2159-5542/2017.10.002
- Erikson, E. (1959). Identity and the life cycle. *Psychological Issues*.1, 18-164.
- Erum,Shahzadi& Zahoor Ahmad (2011).A Study on Academic Performance of University Students. 8th International Conference on Recent Advances in Statistics, Lahore.255–268.
- Fariba, T.,Bordbar, MaliheNikkar,Fatane Yazdani,& Ahmad Alipoor (2011). Comparing the psychological well-being level of the students of Shiraz Payame Noor University in view of demographic and academic performance variables. *Procedia - Social and Behavioral Sciences*.29.663–669.

Fava, G., A., Ruini C, Rafanelli, C., Finos L., SalmasoL.,&Mangelli, L. (2005). Well- being therapy of generalized anxiety disorder. *Psychotherapy and Psychosomatics*. 74(1), 26-30. doi: 10.1159/000082023

Gaiswinkler,L.,&Unterrainer, H., F.(2016).The relationship between yoga involvement, mindfulness and psychological well-being. *Complementary Therapies in Medicine*.26:123-127. doi: 10.1016/j.ctim.2016.03.011

Gaiswinkler, L., Unterrainer, H., F., Fink,A,&Kapfhammer,H.,P. (2015). The relationship between Yoga Immersion, psychological well-being and psychiatric symptoms. *Neuropsychiatr*. 29(1), 29-35. doi: 10.1007/s40211- 015-0139-9

Ganguly, S., Kulkarni, M., & Gupta, M. (2017). Predictors of academic performance among Indian students.*Social Psychology of Education: An International Journal*.20 (1), 139–157.

Huppert, F., A., Keverne, B.,& Bayliss, N., (2005). *The science of well-being*. Oxford: Oxford University Press.

Huppert, F., A., Marks N., Clark, A., Siegrist J., Stutzer A., VittersøJ.,& Wahrendorf, J. (2009). Measuring well-being across Europe: Description of the ESS well-being module and preliminary findings. *Social Indicators Research*. 91(3), 301–315. doi: 10.1007/s11205-008-9346-0

Impact of media use on children and youth (2013). The National Center for Biotechnology Information: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2792691/>

Jeong. S., & Cooney, T. M. (2016). Psychological well-being in mid to late life: The role of generativity development and parent–child relationships across the lifespan. *International Journal of Behavioral Development*.30, 410–421.

John, J., Sosik, J., U.K. Chun, & Ravinder Koul (2017). Relationships between psychological wellbeing of Thai college students, goal orientations, and gender. *Psychology in the school*.

<https://doi.org/10.1002/pits.22024>

Johnson. (2018); Factors affecting the Academic performance of the Indian college students: A case study. *Dr.M.G.R PLANETM Online Journal of Mathematical Sciences*.

Jöreskog, K., G., (1990). New developments in LISREL: Analysis of ordinal variables using polychoric correlations and weighted least squares. *Quality & Quantity*.24,387–404. doi: 10.1007/BF00152012

Jyotika, S., & Geetika, T. (2014). Psychological Well-Being of First Year Male Students of Science and Commerce Faculty. *Research Journal of Social Science and Management*.4 (7), 62–70.

Kafka, G., J., & Kozma, A. (2002). The construct validity of Ryff's scales of psychological well-being (SPWB) and their relationship to measures of subjective well-being. *Social Indicators Research*. 57,171–190. doi: 10.1023/A:1014451725204

Kahneman, D., Diener, E., & Schwarz, N. (1999). *Well-being: the foundations of hedonic psychology*. New York: Russell Sage Foundation.

Keyes, C. L. M., Shmotkin, D., & Ryff, C. D. (2002). Optimizing well-being: The empirical encounter of two traditions. *Journal of Personality and Social Psychology*.82, 1007–1022.

Keyes, D., L. & Haidt, J. (2003). *Flourishing: Positive Psychology and the Life well-lived*. American Psychological Association.

Kumar, S., Nagendra, H.R., Manjunath, N.K., Naveen, K., V., & Telles, S. (2010). Meditation on OM: Relevance from ancient texts and contemporary science. *International Journal of Yoga*. 3(1), 2–5. doi: 10.4103/0973- 6131.66771

Layard, R. (2005). *Happiness: lessons from a new Science*. London: Penguin.

- Lindfors, P., Berntsson, L., & Lundberg, U. (2006). Factor structure of Ryff's psychological well-being scales in Swedish female and male white-collar workers. *Personality and Individual Differences*. 40(6), 1213–1222. doi: 10.1016/j.paid.2005.10.016
- Luana Giatti, Lidiane, do Valle Camelo, Jôsi Fernandes de Castro Rodrigues & Sandhi Maria Barreto (2012). Reliability of the MacArthur scale of subjective social status – Brazilian Longitudinal Study of Adult Health. *BMC Public Health Journal*. 12(1), 1096. doi: 10.1186/1471-2458-12-1096
- Mahalingam, Craighead J, & Gomathi (2015). Yoga Practices and Psychological Well-being of Student Nurses. *Nursing Journal of India*. 106(2), 84-87.
- Mahesh Narain Tripathi, Sony Kumari, & Tikhe Sham Ganpat (2018). Psycho physiological effects of yoga on stress in college students. *Journal of Education and Health Promotion*. 7(1). doi:10.4103/jehp.jehp_74_17
- Mahesh Narain Tripathi, Sony Kumari, & Tikhe Sham Ganpat (2019). Yoga for Stress Management in Environmental Health Engineering Students. *Open Access Journal –Life*. doi: <http://dx.doi.org/10.18282/ile.v1i1.203>
- Marks, N., & Shah, H. (2004). A well-being manifesto for a flourishing society. *Journal of public mental health*. 3(4), 9–15. <https://doi.org/10.1108/17465729200400023>
- McDonald, R., P. (1999). *Test theory: a unified treatment*. Mahwah: Lawrence Erlbaum Associates.
- McGregor, I., & Little B.R. (1998). Personal projects, happiness and meaning: On doing well and being yourself. *Journal of Personality and Social Psychology*. 74, 494–512. doi: 10.1037/0022-3514.74.2.494
- McKinley, N.M. (1999). Women and objectified body consciousness: Mothers' and daughters' body experience in cultural, developmental, and familial context. *Developmental Psychology*. 35(3), 760–769. doi: 10.1037/0012-1649.35.3.760.

Meenu, Dev (2016). Factors Affecting the Academic Achievement: A Study of Elementary School Students of NCR Delhi, India; *Journal of Education and Practice*.7 (4), 70–74.

Miles, C., Tait, E., Schure, M.B., & Hollis, M. (2016). Effect of Laughter Yoga on Psychological Well-being and Physiological Measures. *Advances in mind- body medicine journal*.30(1), 12-20.

Moirá Cachia, Siobhan Lynam & Rosemary Stock (2018). Academic success: Is it just about the grades? *Higher education Pedagogies*.3(1), 434–439.

Molina, Garcia J. J., Castillo, I. I., & Queralt, A. A. (2011); Leisure-time physical activity and psychological well-being in university students. *Psychological Reports*.109(2), 453- 460.
doi:10.2466/06.10.13.PR0.109.5.453-460

Muthén, B. (1984). A general structural equation model with dichotomous, ordered categorical and continuous latent variable indicators. *Psychometrika journal*.49,115–132. doi:
10.1007/BF02294210

Nagendra, H.R., & Nagarathna, R. (1977). *New Perspective in stress management*. Bangalore, India: Vivekananda Kendra Prakashana.

Navjot Bhullar, Donald, W., Hine, & Wendy J. Phillips (2014). Profiles of psychological well-being in a sample of Australian university students. *International Journal of Psychology*.49(4), 288-294. doi: 10.1002/ijop.12022

Narasimhan, L., Nagarathna R., & Nagendra, H. (2011). Effect of integrated yogic practices on positive and negative emotions in healthy adults. *International Journal of Yoga*. 4(1), 13-9. doi:
10.4103/0973-6131.78174

Neugarten, Bernice L. (1973). Personality change in late life: A developmental perspective. In C. Eisdorfer & M. P. Lawton (Eds.), *The psychology of adult development and aging* (pp.311-335). Washington, DC: American Psychological Association.

O'Neill, R. (2001). An exploratory study that analyzes the viability of Hatha-Yoga as preventive health care in the managed care environment. *International Journal of Yoga Therapy*.11, 35–48.

Panguluri Pallavi (2018). Psychological wellbeing concepts and Hindu epics- Ramayana and Mahabharata. *Journal of Emerging Technologies and Innovative Research*.5 (4), 23–25.

Punia Namrata & Renu Malaviya (2015). Psychological Well Being of First Year College Students. *Indian Journal of Educational Studies*. 2(1).

Rafael, A. Calvo & Dorian Peters (2013). Promoting Psychological Wellbeing: Loftier Goals for New Technologies. *IEEE technology and society magazine*.32 (4), 19–21. doi:

10.1109/MTS.2013.2286429

Rai, L., & Ram, K. (1993). Energy Expenditure and Ventilatory Responses during Virasana- a Yogic Standing Posture. *Indian Journal of Physiology and Pharmacology*.37(1), 45-50.

Rai, L., Ram K., Kant, U., Madan, S.K., & Sharma, S.K. (1994). Energy Expenditure and Ventilatory Responses during Siddhasana - A Yogic Seated Posture. *Indian Journal of Physiology and Pharmacology*.38(1), 29-33.

Ryff, C. D. (1985). Adult personality development and the motivation for personal growth. In D. Kleiber & M. Maehr (Eds.), *Advances in motivation and achievement*. Vol. 4. Motivation and adulthood (pp. 55-92). Greenwich, CT: JAI Press.

Ryff, C.D. (1989a). Beyond Ponce de Leon and life satisfaction: New directions in quest of successful aging. *International Journal of Behavioural Development*.12, 35–55. doi:

10.1177/016502548901200102

Ryff, C.D. (1989b). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*.57, 1069–1081. doi:

10.1037/0022-3514.57.6.1069

Ryff, C. D. (1995). Psychological well-being in adult life. *Current directions in psychological Science*.4, 99–104.

Ryff, C.D, Dienberg Love G., Urry H.L., Muller D., Rosenkranz M.A.,& Friedman, E.M. (2006). Psychological well-being and ill-being: Do they have distinct or mirrored biological correlates? *Psychotherapy and Psychosomatics journal*.75, 85–95. doi: 10.1159/000090892

Ryff, C.D.,& Keyes C.L. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*. 69(4), 719–727. doi: 10.1037/0022-3514.69.4.719

Ryff, C. D., Keyes, C. L. M., & Hughes, D. L. (2003). Status inequalities, perceived discrimination, and eudaimonic well-being: Do the challenges of minority life hone purpose and growth? *Journal of Health and Social Behavior*.44(3), 275-291.

Sarokhani, D., Delpisheh, A., Veisani Y., Sarokhani M. T., Manesh R. E. & Sayehmiri, K. (2013). Prevalence of depression among university students: a systematic review and meta-analysis study. *Depression Research Treatment*.doi: 10.1155/2013/373857

S. Roslan, N. Ahmad, N. Nabilla & Z. Ghiami(2017).Psychological Well-Being among Postgraduate Students.*Acta Medica Bulgarica*.44 (1), 35–41.doi: 10.1515/amb-2017-0006