

Comparative study on Well-belling among Tribal and Non-Tribal College Student in Dantewada, Chhattisgarh, India

Dinesh Kumar Lahari¹, Usha Kiran Agrawal² and Shailesh Chandrakar³

¹Assistant Professor, Psychology, Govt. Danteshwari P.G. College, Dantewada C.G., India

²Principal, Chandulal Chandrakar Govt. Arts & Commerce College Dhamdha, C.G. India

³Research Scholar, Department of Psychology, Pt. Ravishankar Shukla University, Raipur, C.G., India

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Abstract: *Purpose:* This comparative study aims to explore and analyse the differences in the well-being of tribal and non-tribal college students in Dantewada, a region in Chhattisgarh known for its unique demographic composition and socio-economic challenges.

Introduction: Well-being is a multifaceted concept that encompasses the physical, mental, social and emotional health of individual. It goes beyond the absence of disease, emphasizing a holistic approach to health. According to the World Health Organization (WHO), Well-being is defined as the “state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

Methods: Using standardized well-being assessment tools, data were collected from a sample of both tribal and non-tribal students to evaluate their physical, emotional, social, and psychological well-being.

Results: Results indicate that tribal students often face more challenges related to academic pressure, cultural integration, and resource availability compared to their non-tribal peers. However, resilience factors such as strong community bonds and traditional coping mechanisms play a significant role in influencing their well-being.

Discussion: well-being of college students is influenced by a range of socio-cultural, economic, and psychological factors. highlighting the impact of cultural identity, economic conditions, social support, and access to educational resources.

Conclusions: The findings of this study emphasize the need for culturally sensitive mental health support, inclusive educational policies, and targeted well-being interventions to bridge the gap between tribal and non-tribal student experiences. Addressing these disparities is critical for ensuring holistic development and equitable educational outcomes in the region.

Keywords: Well-being, Emotional well-being, college student, socio-economics status,

Objective: To compare and assess the well-being of tribal and non-tribal college students, focusing on dimension like mental, emotional, social, and academic well-being.

Introduction

Psychological well-being refers to a state of mental health in which individuals feel good about themselves, function effectively, and experience a sense of purpose, life satisfaction, and resilience. It encompasses the ability to manage emotions, maintain positive relationships, cope with life's challenges, and achieve personal growth. Psychological well-being goes beyond the absence of mental disorders, focusing on an individual's overall quality of life and personal fulfilment. Several factors contribute to psychological well-being. These factors can be broadly categorized into internal and external influences:

Emotional Regulation: The ability to understand, manage, and express emotions healthily is essential for maintaining balance and avoiding mental distress. **Positive Relationships:** Strong social connections and supportive relationships enhance feelings of belonging, love, and security, which are key to well-being. **Sense of Purpose:** Having goals, personal meaning, or a sense of direction in life significantly contributes to psychological resilience and fulfilment. **Autonomy and Self-Determination:** The ability to make independent decisions and feel in control of one's actions fosters confidence and well-being. **Self-Acceptance:** Acknowledging and appreciating oneself, including strengths and weaknesses, is crucial for developing a stable and positive self-image. **Resilience and Coping Skills:** The ability to bounce back from adversity or stress helps individuals maintain mental health in challenging times. **Physical Health and Lifestyle:** Regular exercise, a balanced diet, adequate sleep, and mindfulness practices directly impact mental well-being. **Environmental and Societal Factors:** Living conditions, work-life balance, cultural values, and access to healthcare can significantly affect psychological well-being.

Psychological Well-Being and Its Role in Personal Development

Psychological well-being refers to the state of mental health that enables individuals to thrive, cope with daily challenges, and lead fulfilling lives. It is essential for personal development, influencing how people manage their emotions, interact with others, and achieve their goals. Psychological well-being encompasses several key components that contribute to growth, resilience, and self-actualization. The major components of psychological well-being include:

Self-Acceptance: Embracing who you are, recognizing your strengths and weaknesses, and maintaining a positive self-image. **Autonomy:** The ability to make independent decisions and stay true to personal values and beliefs despite external pressures. **Purpose in Life:** Having meaningful goals and a sense of direction, which drives motivation and personal growth. **Positive Relationships:** Building strong, supportive, and healthy connections with others, promoting emotional security and

social support. **Personal Growth:** Continuously developing one's potential, skills, and knowledge to become the best version of oneself. **Environmental Mastery:** Effectively managing everyday responsibilities and adapting to life changes or challenges.

Psychological Well-Being Among College Students

The transition to college represents a pivotal time in a young person's life, marked by significant personal growth, academic challenges, and social adjustments. While this period offers many opportunities for development, it can also be accompanied by stress, anxiety, and uncertainty. Psychological well-being refers to an individual's overall emotional, mental, and social health, encompassing aspects such as self-acceptance, resilience, personal growth, and the ability to cope with daily life stressors.

For college students, maintaining psychological well-being is crucial for academic success, personal fulfilments, and healthy social relationships. Factors such as academic pressure, financial concerns, social dynamics, and the challenges of newfound independence can strain students' mental health. Understanding and promoting psychological well-being in college students not only supports their academic performance but also fosters long-term personal and professional success. This introduction highlights the importance of mental health support systems, coping strategies, and institutional efforts in cultivating a positive and healthy college experience.

Psychological Well-Being in College Students: Effective Factors - The transition to college marks a significant period of personal growth, learning, and independence. However, it is also a time when students face considerable stressors, including academic pressure, social changes, and future uncertainties. **Psychological well-being** refers to an individual's overall emotional state, satisfaction with life, and ability to manage stress. For college students, maintaining good psychological well-being is essential for academic success, healthy relationships, and personal development. Several **effective factors** influence the psychological well-being of college students, such as: **Academic Stress and Workload:** Heavy academic demands and competition can lead to anxiety, burnout, and decreased mental health. **Social Relationships:** Supportive friendships, family connections, and peer groups can provide emotional stability and reduce feelings of loneliness. **Financial Concerns:** Financial instability or student debt may contribute to chronic stress and anxiety. **Physical Health and Lifestyle:** Regular exercise, proper sleep, and balanced nutrition are strongly linked to mental health and stress resilience. **Coping Mechanisms:** Students who develop positive coping strategies, such as mindfulness, time management, and seeking professional help, often experience better psychological well-being. **Campus Resources and Support Systems:** Access to counselling services, mental health programs, and supportive faculty can play a significant role in student well-being.

The Importance of Psychological Well-being in Development- Psychological well-being is a fundamental aspect of overall health and plays a critical role in personal and societal development. It encompasses emotional balance, resilience, self-acceptance, and the ability to cope effectively with life's challenges. A strong sense of psychological well-being not only fosters individual growth but also promotes better interpersonal relationships, productivity, and creativity. In the context of development, whether at the individual or community level, psychological well-being serves as a cornerstone for achieving long-term success and sustainable progress. It helps individuals realize their potential, contribute meaningfully to society, and maintain a quality of life that supports continuous learning and adaptation.

Factors influencing psychological well-being include a supportive environment, access to mental health resources, personal fulfilments, and a sense of purpose. On a broader scale, societal investments in education, healthcare, and social equity significantly enhance collective psychological well-being, thereby fuelling economic, social, and cultural development. Understanding and prioritizing psychological well-being is, therefore, essential for fostering resilience and innovation in an ever-changing world.

Psychological Well-Being and the Role of Development in College Students - The transition to college is a pivotal developmental period that significantly influences psychological well-being. As students navigate academic, social, and personal challenges, they experience rapid cognitive, emotional, and social growth. This developmental phase, marked by increasing independence, identity formation, and new responsibilities, shapes their mental health outcomes. Positive psychological well-being during this period is linked to effective coping strategies, resilience, and a supportive environment, while poor development may lead to stress, anxiety, and other mental health concerns. Understanding the role of development in the psychological well-being of college students is essential for fostering environments that promote personal growth, academic success, and long-term mental health.

Psychological Well-being in Tribal and Non-Tribal Communities

Psychological well-being refers to a person's emotional, psychological, and social functioning, which affects how individuals feel, think, and behave. It includes factors like life satisfaction, resilience, self-esteem, emotional regulation, and overall happiness. However, the experience of psychological well-being can vary significantly across different cultural and community contexts, including tribal and non-tribal communities.

Tribal Communities: Tribal communities are typically characterized by a close-knit, culturally rich, and traditionally based social structure. The psychological well-being of individuals within these communities is often shaped by: **Cultural Practices and**

Traditions: In tribal communities, well-being is frequently linked to the preservation and practice of traditional customs, rituals, and community-based support systems. These practices provide individuals with a sense of belonging, identity, and spiritual connection, all contributing to mental health and emotional balance. **Social Support and Cohesion:** Tribal communities often emphasize collective well-being, where social support is highly valued. Individuals are generally surrounded by extended family and the broader community, providing a strong safety net for emotional and mental health. **Challenges:** Despite the strong sense of community, tribal communities may face unique challenges, such as displacement, cultural erosion, and limited access to healthcare and education. These factors can impact psychological well-being, leading to higher vulnerability to stress, anxiety, and depression. **Connection to Nature:** Many tribal cultures maintain a close relationship with nature, which can contribute positively to psychological well-being. Activities like traditional hunting, fishing, or farming provide not only physical sustenance but also emotional grounding, fostering a sense of purpose and belonging.

Non-Tribal Communities

Non-tribal communities often reflect more urbanized, modernized settings with diverse, individualistic social structures. Psychological well-being in these communities can be shaped by different factors: **Individualism and Autonomy:** Non-tribal societies may place greater emphasis on individualism, independence, and personal achievement. While these values can lead to greater opportunities for personal growth and self-actualization, they can also result in higher levels of stress, isolation, and mental health challenges when social support systems are weak. **Access to Resources:** In many non-tribal settings, individuals typically have greater access to mental health services, education, and economic opportunities. This can enhance overall psychological well-being but can also contribute to feelings of disconnection and competition, leading to issues like burnout, anxiety, and depression. **Cultural Diversity and Stress:** The high diversity in non-tribal communities can contribute to increased social stress, discrimination, and identity struggles. People from minority backgrounds may experience additional challenges related to cultural assimilation and belonging, impacting their psychological well-being. **Technology and Connectivity:** Modern technology and social media can both enhance and hinder psychological well-being in non-tribal communities. While connectivity can foster communication and support, it can also lead to feelings of inadequacy, comparison, and cyberbullying, particularly among younger populations.

Comparative Analysis

Support Systems: Tribal communities often emphasize collective well-being and support, fostering close-knit relationships. Non-tribal communities may provide

more individual autonomy but can suffer from isolation and a lack of cohesive social structures. **Cultural Connection:** The preservation of cultural heritage and traditions in tribal communities can significantly contribute to psychological well-being, whereas non-tribal communities may have to navigate a mix of traditions, leading to potential identity struggles. **External Stressors:** Both community types face external challenges, but the nature of these stressors can differ. While tribal communities may struggle with cultural erosion and marginalization, non-tribal communities might face issues like social fragmentation, competition, and mental health stigma.

In the data of January (2022) with reference to district Dantewada Chhattisgarh India, is known for its predominantly tribal population, including various tribal communities like Gond, Muria, Maria, Halba, and other. Given the distinct cultural and social context of tribal communities in this region, it's crucial to consider specific factors that may influence their well-being. While I may not have access to the most recent studies, here are some general aspects to consider in the context of tribal communities in Dantewada:

- **Cultural Identity:** Explore how tribal communities in Dantewada perceive and maintain their cultural identity. Investigate the impact of cultural practices, traditions, and language on their sense of well-being.
- **Education and Literacy:** Assess the state of education among tribal population in Dantewada. Examine literacy rates, access to schools, and the quality of education. Educational factors often play a significant role in influencing well-being.
- **Healthcare Access:** Investigate the availability and accessibility of healthcare services for tribal communities. Consider factors such as healthcare infrastructure, awareness, and the prevalence of health issues impacting their well-being.
- **Social and Community Structure:** Explore the social dynamics within tribal communities, including community support systems, governance structure, and interpersonal relationships. These factors can significantly contribute to or influence overall well-being.
- **Land and Resource Rights:** Examine land ownership and resource rights within tribal communities and their environment, which is often crucial for their well-being, particularly in regions with a significant tribal population.
- **Cultural Practices and Well-being Rituals:** Investigate traditional healing practices, rituals, and ceremonies that contribute to the mental and emotional well-being of tribal communities. Understanding these cultural aspects is essential for a holistic view of well-being.

- **Security and Conflict Context:** Consider the historical and contemporary context of security and conflict in the region. Tribal communities may be affected by issues related to displacement, violence, or conflict, impacting their well-being.
- **Participation in Decision – Making:** Explore the level of participation of tribal communities in local decision -making processes. Inclusion in governance and decision -making can have a positive impact on the well-being of these communities.
- **Youth and Education Aspiration-:** Investigate the aspirations of tribal youth regarding education and career opportunities. Understanding their goals and challenges can provide insight into the factors influencing their well-being. When conducting research on tribal well-being in Dantewada, its essential to approach the study with sensitivity to the cultural, involve community members in the research process, and consider the implications of findings for policy and intervention strategies aimed at improving the well-being of tribal communities. For the most recent and specific information, consider consulting local academic institution, NGOs government agencies working in the region. Psychological well-being refers to an individual’s overall mental and emotional state characterized by positive feelings, satisfaction with life, a sense of purpose, and the ability to effectively manage stress and scope with challenges. It encompasses various dimensions of mental health and reflects an individual’s subjective experience of their own life. Several key components contribute to psychological well-being:
- **Positive Emotions:** Experiencing positive emotions such as joy, gratitude, contentment, and love contributes to psychological well-being. Cultivating a positive emotional state enhances overall mental health.
- **Life satisfaction:** Feeling satisfied with one’s life as a whole, including various domains such as work relationships, and personal achievements, is a crucial aspect of psychological well-being.
- **Meaning and Purpose:** Having a sense of meaning and purpose in life provides individual with direction and a reason for their actions. Feeling that one’s life is linked to higher level of psychological well-being.
- **Autonomy:** Autonomy refers to a sense of independence and the ability to make choices that align with one’s values and desires. Having Control over one’s life and decisions contribute positivity to psychological well-being.
- **Personal Growth:** The pursuit of personal growth, self -improvement, and the realization of one’s potential contribution to psychological well-being. Continuous learning and development foster a positive mental state.

- **Positive relationship:** Maintaining healthy and supportive relationship with family, friends, and community members is essential for psychological well-being. Social connections and strong support system contribute positively to mental health.
- **Resilience:** Resilience refers to the ability to bounce from adversity, cope with stress, and adapt to challenging situations. Developing resilience is crucial for maintaining psychological well-being in the face of life's ups and downs.
- **Self -Acceptance:** Accepting one, including one's strengths and weaknesses, is an integral component of psychological well-being. Self -compassion and a positive self -image contribute to overall mental health.

Environmental Mastery

A sense of control and competence in managing ones environmental contributes to psychological well-being. Being able to meet the demands of daily life and navigate challenges enhances mental health.

Mindfulness and Present Moment Awareness: Being mindful, or fully engaged in the present moment, is associated with psychological well-being. Mindfulness practices, such as meditation, can promote emotional balance and mental clarity. Psychological well-being is a dynamic and multifaceted concept that varies among individual. It involves a balance between positive emotions, a sense of purpose, and effective coping strategies to navigate life complexities. Promoting psychological well-being is a holistic approach that encompass mental, emotional, and social aspects of an individual's life.

Introduction well-being – Well-being is a multifaceted concept that encompasses the physical, mental, social and emotional health of individual. It goes beyond the absence of disease, emphasizing a holistic approach to health. According to the World Health Organization (WHO), Well-being is defined as the “state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (WHO,1948). Well-being is crucial for the overall development of individual, particularly during formative year such as adolescence and young adulthood, when college students typically experience a variety of stressor related to academic performance, social life, and career planning.

Review of literature

Tribal population in India, including those in Dantewada, Chhattisgarh, face unique challenges such as geographical isolation, limited access to higher education, poor healthcare, and socio-economic disadvantages. Xaxa, (2008) emphasized that tribal communities often experience marginalization and exclusion from mainstream society,

which impacts their well-being negatively. A study by **Nayar (2007)** highlight that tribal students tend to have lower academic performance and well-being due to cultural alienation language barriers, and the lack of tailored educational resources. This has been particularly observed in regions like Chhattisgarh, where tribal students often feel disconnected from the non-tribal dominant educational systems. Additionally, **Kumar and Rao (2016)** found that tribal students exhibit higher levels of anxiety and stress due to socio-economic pressures, which significantly impacts their mental and emotional well-being. Non-tribal students, on the other hand, generally come from more urbanized or semi-urbanized settings with better access to resources, education, and healthcare. Studies have shown that they tend to have better well-being outcomes compared to their tribal counterparts. **Sharma and Joshi (2017)** conducted a comparative study in Central India and found that non-tribal students had higher well-being scores in dimensions of autonomy, environmental mastery, and life satisfaction due to their greater exposure to career opportunities, social networking, and educational support systems. **According to Tiwari and Yadav (2019)**. Non-tribal students tend to exhibit better social and academic well-being due to greater family and institutional support, which helps them in coping with academic pressures. This is in contrast to the relatively isolated experience of tribal students in rural areas like Dantewada, where institutional support is often lacking. **Bhattacharya (2013)**. explored how cultural identity plays a significant role in shaping the well-being of tribal and non-tribal students. For tribal students, retaining a sense of cultural identity while navigating modern educational settings can either positively or negatively affect their well-being. In some cases, maintaining cultural practices provides a strong sense of belonging and community, improving emotional well-being. In contrast, **Verma and Purohit (2018)**. suggested that cultural dissonance, where students feel pressure to assimilate into non-tribal norms, can lead to identity crises, increased stress, and poorer mental health outcomes. **Das and Mishra (2015)**. also explored the impact of socio-economic status on the well-being of students in tribal and non-tribal populations. Their research highlighted that students from wealthier, non-tribal backgrounds tend to report higher well-being levels due to better access to health care, nutrition, and educational resources. In contrast, tribal students often suffer from economic disadvantages, leading to lower life satisfaction and higher levels of emotional distress. The role of educational institutions in fostering the well-being of students is significant. **Gupta (2012)** argues that institutions should offer culturally sensitive counselling, mentorship, and support programs to help bridge the gap between tribal and non-tribal students' experiences. In regions like Dantewada, which are primarily tribal, educational institutions must adapt their curricula and teaching methods to be inclusive and supportive of tribal students' unique needs. In a study by **Patel et al. (2020)**, it was suggested that well-being interventions focused on mental health

awareness, stress management, and inclusive educational practices could improve the overall well-being of tribal students. Providing platforms for students to express their cultural identity and offering scholarships or financial assistance for underprivileged students were also seen as potential measures to reduce well-being disparities between tribal and non-tribal students. In Chhattisgarh, where tribal populations constitute a significant proportion, studies have consistently pointed out the disparities in education and health between tribal and non-tribal populations. Bera (2015) investigated the academic performance and well-being of tribal students in the Bastar region (which includes Dantewada) and found that their well-being was significantly lower than that of non-tribal students due to lack of infrastructure, poverty, and educational disparities. College students, regardless of their socio-economic backgrounds, face a range of stressors that can impact their well-being. Academic pressure, career anxiety, social relationships, and personal development are some of the key factors that affect student well-being (Arnett, 2000). Well-being during college years is particularly important as it sets the foundation for future mental and physical health. Several studies have been conducted to explore the well-being of college students in India. For example, Sharma & Malik (2018) examined the psychological well-being of students in Indian universities, finding that high academic expectations and poor coping mechanisms led to increased stress and anxiety. Similarly, Kumar et al. (2017) found that factors such as social support, self-esteem, and coping strategies played a crucial role in the mental health of college students.

Method

- **Type of Study:** Descriptive and comparative study.
- **Approach:** Quantitative research approach, supported by qualitative insight if needed.
- **Research Setting:** Location: College campuses in Dantewada, Chhattisgarh. Population: College students from tribal and non-tribal backgrounds enrolled in local colleges.
- **Sampling:** Population: The target population is college students in Dantewada. Sampling Technique: Stratified random sampling. Sample Size: Determine the sample size based on the total number of students, ensuring equal representation from both groups. For instance, if the population size is large, a sample of 200 students (100 tribal and 100 non-tribal) could be appropriate. Inclusion Criteria: Students aged 18-25. Students not currently pursuing higher education.
- **Data collection Tools:** Well-being Questionnaire: A standardized well-being scale, such as: Ryff's Psychological Well-being Scale (For Mental and psychological

aspects). Socio-Demographic Questionnaire: To gather background information (age, gender, socioeconomic status, education level, etc).

- **Variable: Independent variable:** Tribal or Non-tribals. **Dependent Variables:** Different aspects of well-being, such as: Mental well-being, Emotional well-being, social well-being, Academic well-being.
- **Procedure:** Data collection: Distribute questionnaires to the sampled students. Ensure equal participation from both tribal and non-tribal groups. Data collection duration: Plan for 4-6 weeks of data collection.
- **Data Analysis:** Quantitative Data: Use descriptive statistics (mean, standard deviation) to summarize well-being scores. Perform inferential statistics (T-test) to compare well-being between tribal and non-tribal students.

Hypotheses

- **Null Hypothesis (HO):** There is no significant difference in the well-being of tribal and non-tribal college students.
- **Alternative Hypotheses (H1):** There is a significant difference in the well-being of tribal and non-tribal college students.

Interpretation

Table 1: The mean (M) and Standard deviation (SD) are calculated in the presented table

Group	N (Sample Size)	Mean (M)	Standard deviation (SD)
Tribal Students	100	65.26	8.4
Non- Tribal Students	100	68.20.	7.6

Significant Difference: In the p-value (0.02) is less than 0.05, indicating a statistically significant difference in well – being scores between tribal and non-tribal students.

Table 2: T- Test Result Table (for Independence Sample T-test)

Variable	Tribal (M)	Non-Tribal (M)	t-value	df	p-value	Sig.
Well-being	65.26	68.20	-2.35	198	0.02	significant

(shown table no. 02) Mean Scores: Non-tribal students report a slightly higher average well-being score (68.20) compared to tribal students (65.26) (shown table 01)

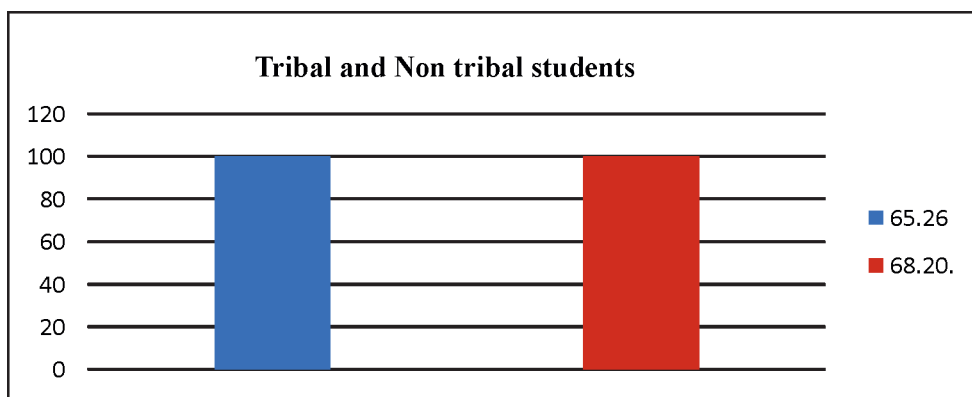


Figure 1: Tribal and non-tribal students' well-being score comparative are shown in this figure

Conclusion

The well-being of tribal and non-tribal college students in Dantewada, Chhattisgarh, is influenced by various factors such as socio-economic status, cultural identity, educational access and institutional support. Research indicates that non-tribal students often have an advantage in terms of well-being, while tribal students face numerous challenges, including cultural dissonance, economic hardships, and marginalization. Future intervention should focus on creating more inclusive education environments and offering targeted support to improve the well-being of tribal students.

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