



Effect of Social Internship on Quality Of Life

Roshni Modi¹ & Dr. Manoranjan Tripathy²

¹ BA(Psychology)-Sem-VI, Dept. of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

² Assistant Professor, Dept. of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

Received 28-03-2023	Abstract: Social internship provide us an holistic approach to develop our quality of life and gave us a chance to increase the quality of life of others too by performing Yagya, yoga, deepyagya, lectures on time management, life-management, women- empowerment, De-addiction and holistic mental health. The research study sought to examine whether or not social internship of dev Sanskriti Vishwavidyalaya impact on the student's quality of life where students improve others quality of life. For this research 80 students of Dev Sanskriti Vishwavidyalaya age between 20-24 in which 40 are those who went for social internship and 40 who are not gone yet were selected by the simple random sampling method and ex-post facto design was applied. Researcher have included only Dev Sanskriti Vishwavidyalaya students of and students who did not participate in full internship are excluded. For collecting the data, researcher applied Quality of Life Scale (QLS) developed by c(1932) and independent t-test was applied for statistical analysis. Research shows significant difference between social internship students and non-social internship students at both (0.005 and 0.001) confidence level. Thus, null hypothesis is rejected. Result reveals a positive relationship of social internship on students' quality of life.	Keywords: Social internship, Quality of life.
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INTRODUCTION:

Recognizing the significance of bridging classroom education with real-world practical experience, integrating the two has become an essential facet of student engagement and personal growth. In contemporary times, the pursuit of a high-quality life has gained paramount importance. The quality of life refers to the extent to which an individual's existence fulfills their desires and needs, encompassing both physical and psychological aspects. Positive psychology, for instance, focuses on cultivating human virtues and fostering a well-rounded quality of life. One influential model introduced by Seligman, known as PERMA, emphasizes the importance of positive emotions, engagement, meaningful relationships, a sense of purpose, and personal achievements. However, despite the universal yearning for optimal well-being, many individuals encounter obstacles and face a lack of societal support, hindering them from attaining a fulfilling and meaningful existence.

In this context, a social internship serves as a remarkable opportunity for individuals to gain practical experience within non-profit organizations or socially responsible companies, specifically in fields related to social work, community development, advocacy, and public service. As defined by the American Psychological

Association (APA), quality of life encompasses an individual's overall sense of well-being and satisfaction with life, influenced by diverse factors such as physical health, emotional and mental well-being, social connections, financial status, and access to fundamental necessities and opportunities. It is crucial to note that quality of life remains subjective, varying from person to person and influenced by cultural, social, and economic aspects. Consequently, quality of life serves as an invaluable metric for assessing the efficacy of healthcare interventions, social policies, and economic development strategies.

Attaining a high quality of life entails freedom from mental illness and a commitment to cultivating happiness, satisfaction, and overall well-being. The social internship offered by Dev Sanskriti Vishwavidyalaya exemplifies this pursuit, as final-year students venture to different states to engage in various forms of social work. Through delivering insightful lectures in schools, teaching yoga, performing sacred fire ceremonies (yagya), and discussing topics such as time and life management, these students actively contribute to enhancing the quality of life for many individuals. The objective of my study is to examine whether participating in this internship has an impact on the students' own quality of life. To assess this, a quality of life questionnaire will

be utilized to determine if there is an observable increase in their overall well-being, thus reinforcing the transformative power of this social internship program.

The idea of intertwining quality of life with the social internship program at DSVV is rooted in the recognition that certain key elements contribute to an elevated sense of well-being. These elements, as elucidated by Deepak Bajaj, encompass a range of factors that directly correspond to the transformative activities undertaken during the internship. The holistic nature of the social internship experience aligns with the principles set forth by Bajaj, seamlessly integrating aspects that elevate the quality of life for individuals involved.

1. **The word you speak:** The students participating in the DSVV social internship engage in various activities such as performing Yagya (sacred fire ceremony) and Deep Yagya (intense meditation), as well as delivering empowering lectures. These talks focus on elevating individuals and inspiring them to embrace spirituality and achieve greater satisfaction in life. The words they express have the power to amplify life enrichment, instilling bravery to embrace spirituality and leading to enhanced contentment in life.
2. **Quality of your relationship:** The students embark on journeys to various locations, where they encounter unfamiliar faces and engage in meaningful conversations. This experience enhances their adaptability and fosters the development of robust connections with these individuals. By sharing their perspectives, the students cultivate an environment of openness, enabling them to adapt more easily and forge deep, enduring bonds with those they encounter.
3. **Your life mission:** Does your life's purpose have an impact on society? The DSVV social internship presents a plethora of opportunities to directly contribute to society through the power of positive thoughts, constructive routines, and the cultivation of healthy habits. By means of their captivating lectures, sacred fire ceremonies (Yagya), deep meditation practices (Deeptyagya), and engaging rallies, the internship inspires work engagement that exerts a positive influence on all aspects of life. This includes enhancing physical well-being, fostering psychological harmony, nurturing fulfilling social connections, and promoting environmental consciousness. Through these remarkable endeavors, participants experience a remarkable transformation that radiates profound effects on both their own lives and the broader society.
4. **Health and fitness level:** The remarkable ability to carry out daily activities with utmost efficiency, resilience, and vigor, while effectively managing ailments, exhaustion, and minimizing inactive behavior, is of utmost importance. Within the DSVV social internship, students engage in the practice of yoga on a daily basis, both for their own well-being and for sharing their knowledge with others. This dedication to the transformative art of yoga empowers individuals to reach new heights of physical prowess, mental endurance, and emotional balance. It enables them to gracefully navigate the challenges posed by illness, fatigue, and sedentary lifestyles. Through their incredible commitment, these students inspire others to embark on a journey of holistic well-being, experiencing the extraordinary benefits that arise from the profound integration of mind, body, and spirit.
5. **Your work ethic:** Within the realm of professional environments, a profound and pragmatic framework of principles guides the conduct of employees. When social internship students embark on their noble journey, they shoulder a substantial ethical obligation, driven by their unwavering commitment to serving society. This sacred responsibility underscores their dedication to uplifting communities and fostering positive change. With every step they take, these remarkable individuals exemplify the epitome of integrity, compassion, and selflessness, embodying the highest ideals of service to humanity. Their presence and actions inspire and transform, leaving an indelible mark on the world while exemplifying the true essence of ethical leadership.
6. **Self love:** The pursuit of life satisfaction revolves around understanding one's own strengths and weaknesses, fostering a profound sense of self-worth. Through the platform of social internships, individuals are presented with unparalleled opportunities to delve deep into their inner selves, uncovering hidden potentials and areas for growth. This transformative experience allows them to recognize and embrace their unique talents,

skills, and abilities, nurturing a deep sense of self-worth and personal fulfillment. By actively engaging in service to others, these individuals not only contribute to society but also gain a profound understanding of their own capabilities, further fueling their satisfaction with life. The social internship becomes a powerful catalyst for self-discovery, empowering individuals to embark on a journey of self-actualization and find true contentment in their lives.

7. Your environment: Our surroundings, encompassing elements such as the environment, people, and more, wield significant influence over our overall well-being and the quality of life we experience. Within the context of social internships, a vibrant and dynamic environment is meticulously cultivated, fostering enthusiasm and inspiring individuals to strive for the highest good. This immersive experience creates a transformative atmosphere, encouraging participants to channel their energies towards acts of kindness and benevolence. Surrounded by like-minded individuals driven by a shared sense of purpose, the social internship fosters an environment brimming with passion, dedication, and the collective desire to make a positive impact. Within this nurturing milieu, individuals are empowered to unleash their full potential, embracing the opportunity to contribute meaningfully to society and shape a brighter future for themselves and those around them.

Objective: Researcher formulated following null objective;

To see the effect of social internship on quality of life.

Hypothesis: Researcher formulated following null hypothesis;

H_{01} there is no significant difference of social internship on quality of life of dsvv students.

METHODOLOGY:

Sample and sampling technique: The sample for this study comprised a total of 80 individuals, consisting of two groups: 40 individuals who had not yet participated in a non-social internship and 40 individuals who had completed a social internship. All participants were between the ages of 20 and 24 years and were current graduating students at Dev Sanskriti Viswavidhyalaya in Haridwar, Uttarakhand. The selection of

participants for the study was conducted using a simple random sampling technique, ensuring an unbiased representation from the population of interest.

Inclusion criteria: The present study involved undergraduate final-year students in the age group of 20-24 from Dev Sanskriti Viswavidhyalaya. The participants were divided into two groups: those who had completed a social internship and those who had not engaged in any internship. The research aimed to examine the impact of social internship on various aspects of participants' lives. The inclusion of students from Dev Sanskriti Viswavidhyalaya ensured a specific context for the study, while the age range and academic level of the participants provided a relevant sample for exploring the research objectives.

Exclusion criteria: This research focused exclusively on students from Dev Sanskriti Viswavidhyalaya, excluding participants from other institutions. Additionally, students who did not fully participate in the internship were excluded from the study. By narrowing the sample to a specific institution and including only those who completed the internship program, the research aimed to provide a focused and in-depth analysis of the impact of the social internship on the selected group of participants.

Procedure of data collection:

- Researcher has used QLS scale for undergraduate students age 20-24 was collected to compare quality of life .
- Questionnaire was created on google forms and circulated by online platform.
- Simple random sampling was used but the age range lie between 20-24 years
- After data collection, scoring has been done through concerned manual.

Research design: The current study employed an ex post facto design, comparing the quality of life between students who participated in a social internship and those who did not engage in any internship. The research aimed to examine the potential differences in quality of life outcomes based on the presence or absence of a social internship experience. By utilizing this design, the study sought to explore the impact of social internship participation on the participants' overall well-being and satisfaction with life.

Tool: Researcher applied quality of life developed by B.L. Dubey, Padma Dwivedi, S.K. Verma(1932)

Statistical analysis:For the analysis of data in the present study, an independent t-test was utilized. This statistical test was employed to examine and compare the mean differences in quality of life between two distinct groups: students who underwent a social internship and those who did not participate in any internship. By applying the independent t-test, the study aimed to determine if there were significant variations in quality of life

outcomes between these two groups of participants.

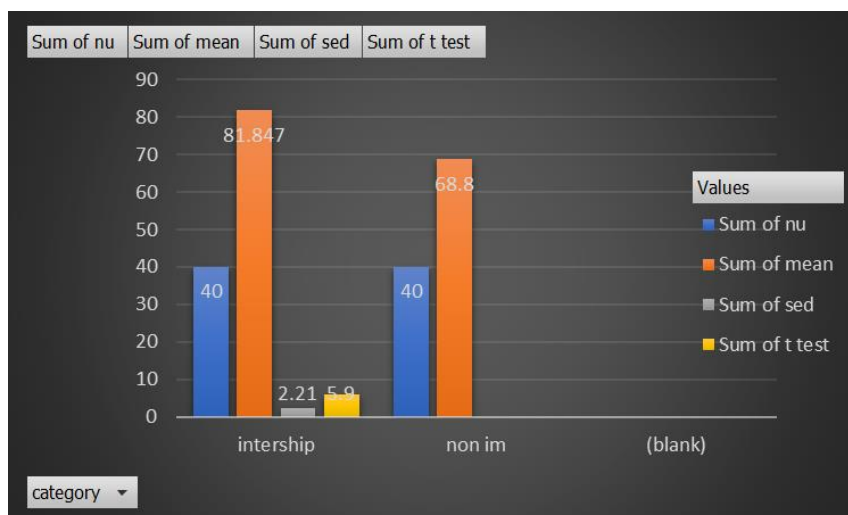
RESULTS:

The data obtained from the administered inventories were subjected to statistical analysis, including calculations of means, standard deviations, and t-tests. The findings of the analysis have been organized and presented in tabular form to provide a clear representation of the results.

Table: Significant difference of social internship on quality of life of DSVV students

Category	N	M	SE _D	t-value	Level of significance
Social internship Students	40	81.85	2.21	5.90	Significant at both (.05 & .01) level
Non-social internship students	40	68.80			

df= 78



The main objective of this study was to compare the quality of life between students who participated in a social internship and those who did not. The results, along with accompanying graphs, demonstrated a significant difference in the quality of life experienced by these two groups of students.

The findings of this study provide compelling evidence that engaging in social activities has a positive impact on one's quality of life and overall well-being. By actively participating in social activities, individuals are exposed to a holistic approach that encompasses various aspects of life. This involvement allows them to develop a broader perspective and gain valuable insights from society. As a result, their quality of life is enhanced, leading to a more fulfilling and satisfying existence.

DISCUSSION AND INTERPRETATION:

The primary objective of this study was to compare the quality of life between students who participated in a social internship and those who did not. The results revealed a significant difference in quality of life between these two groups, affirming the impact of engaging in a social internship program. A study conducted by Alnajjar (2020) supports these findings, indicating that joining an internship program has a profound effect on students' personal, academic, occupational, and civic development. This aligns with the criteria of quality of life and contributes to the enhancement of overall well-being.

Furthermore, an article by HamedZahda et al. (2019) highlights the widespread popularity of internships due to their ability to provide valuable opportunities for various stakeholders,

including scholars, academic institutions, and employers. The research findings demonstrate that factors such as training planning, implementation, and student commitment significantly correlate with the outcomes of the internship experience. This suggests that a well-structured social internship program can positively influence multiple dimensions of students' lives and contribute to their overall quality of life.

Internships play an increasingly significant role in business higher education as they bridge the gap between academic studies and the practical business environment. This study focuses on analyzing internships within an international study program, specifically focusing on German-speaking countries, with the aim of identifying factors that contribute to a valuable internship experience. Drawing upon the principles of experiential education, the findings of the study highlight certain characteristics that enhance the perceived effectiveness of internships, taking into account factors such as employment status and gender. These results serve as a foundation for designing successful internship programs within business universities, ensuring that students can benefit from meaningful and impactful experiences in the professional world (Ivana, 2019).

CONCLUSION:

In conclusion, the comprehensive study indicates that social internships have a significant impact on individuals' quality of life. The findings suggest that engaging in social internship programs positively influences various aspects of well-being and overall life satisfaction. By actively participating in social activities, individuals can enhance their personal growth, academic development, occupational prospects, and civic engagement. This study underscores the importance of social internships in promoting a higher quality of life for individuals, highlighting their potential for fostering positive change and personal fulfillment.

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