

A Case Study Exploring the Psychological Well-Being of a Medical Student

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Abstract

This case study explores the psychological well-being of a 21-year-old female medical student from Bhopal, Madhya Pradesh. Through a structured analysis of demographic, educational, medical, and familial background, as well as personal aspirations and psychological assessment, the study examines various factors influencing her mental health. The subject exhibits a strong sense of independence, resilience, and motivation, yet experiences challenges such as adjustment difficulties, anxiety, and a history of clinical depression. The Psychological Well-Being Scale (PWS) assessment indicates a moderate level of well-being, highlighting areas for potential growth, including self-acceptance, purpose in life, and emotional regulation. The findings suggest that while the subject possesses strong coping mechanisms and social support, targeted interventions such as structured goal-setting and emotional regulation strategies could enhance overall psychological well-being. The study provides insights into the mental health concerns of medical students and emphasizes the importance of psychological resilience in academic and professional success.

Keywords

Psychological well-being, medical student, resilience, adjustment disorder, mental health, self-acceptance, stress management, coping mechanisms, autonomy, personal growth.

Introduction

Psychological well-being is a crucial aspect of an individual's overall health, especially among medical students who experience high academic and psychological stress. This case study examines the psychological well-being of a third-year MBBS student by assessing personal history, family background, medical and psychological conditions, and test-based evaluations. The study employs the Psychological Well-being Scale (PWS) to quantitatively measure the subject's psychological well-being.

Demographic Data

Name : XYZ

Age : 21

Date of birth : 20/06/03

Gender : Female

Address : 51 Rajat Nagar behind Sonagiri, Piplani, Bhopal

Occupation : Student

Religion : Muslim

Mother Tongue: Urdu

Marital/Relationship Status: Unmarried Locality: Bhopal,
Madhya Pradesh

Educational Background

Current Qualification/Class: Third year MBBS

Area of Education: Medicine

Institute associated with: GMC Shahdol

Overall academic performance: above average

Satisfaction in Education status: High

Medical Background

Height: 165 cm

Weight: 55 kg

BMI: 20

Past medical condition (If any): Thyroid, Migraine

Present medical condition (If any): GERD, IBS, PCOS, Allergic rhinitis Psychiatric history (If any): moderate clinical depression and adjustment disorder

Satisfaction in physical health: Average

Habits, Interests, and Talents

Paragraph about what she wants to do in the future, bring any particular change in life, standout interests

Well, I want to pursue my residency in paediatrics from UK. Then once I get the degree, I want to move to the Emirates to continue my practice. That's just what I have planned for myself, I don't know how much of it will actually happen but I would at least try.

Coming to bringing any change, well, I believe becoming a doctor and saving lives already brings about a lot of change in the overall wellness sector of the society but if asked individually then, I guess my area of interest would not be bringing change in the lives of parents as that is my career. My goal is to help Indian students like me, to make their med school journey easier. I think my academic and communication skills are pretty well developed already so I do that on a small scale currently as well, but I want to do it on a larger scale later maybe through blogs or seminars or social media. But that's all too far sighted.

My current ambition is to become a successful doctor first and then think on all these grounds later.

Birth history

Type of birth : normal vaginal delivery (institutional)

Term of delivery : full term

Birth Cry : present

Birth injury : N/A

Complications: meconium

Birth order : first

Mother's illness during pregnancy : N/A

Mother's illness after pregnancy : N/A

Child illness after delivery: meconium aspiration leading to SNCU admission for 72 hours

Proper feeding during neonatal period: present

Others: N/A

Family History

- Family Tree
- Family arrangement: nuclear family as there is privacy and focus on all members equally
- Income of the family : 24 LPA approx.
- Economic status : middle class (not sure)
- Past medical ailments in family: Diabetes and hypertension

- Name of the father: PQR
- ❖ Age: 54
- ❖ Qualification: M tech electrical engineering
- ❖ Occupation: electrical engineer
- ❖ Designation: additional general manager
- ❖ Relationship with father: good
- Name of the mother: ABC
- ❖ Age: 43
- ❖ Qualification: B Com
- ❖ :Occupation: Housewife
- ❖ Designation: NA
- ❖ Relationship with mother: good
- Number of siblings:1
- Name of sibling/s: EFG
- Qualification: 12th pass
- Occupation: Student
- Designation: N/A
- Relationship with sibling/s: good
- Relationship with family: good
- ❖ Grown with parents or away: with parents
- ❖ Relationship with parents: good
- ❖ Relation with siblings : good
- ❖ Relationship with family: good

Interview Responses

- **Self-Perception:** XYZ perceives herself as independent, emotionally strong, and optimistic. However, she acknowledges her tendency to panic and get emotionally attached to people.
- **Family Relationships:** She has a deep connection with her mother and a positive bond with her father, whom she considers a role model.
- **Motivations:** Her late grandfather's wish for her to pursue medicine and the desire to maintain her family's comfortable lifestyle.
- **Living Arrangements:** Prefers living alone, citing enhanced independence and personal growth.

Behavioral Observations

During the interview, XYZ demonstrated a calm and composed demeanor. She exhibited self-awareness regarding her strengths and weaknesses. However, a moment of emotional distress was noted when recalling past depressive episodes related to her school experiences.

Psychological Well-Being Assessment

XYZ was assessed using the **Psychological Well-Being Scale (PWS)** (Sisodia & Choudhary, 2012), which is widely validated for evaluating overall psychological health.

Test Results: XYZ scored **168**, indicating a **moderate level** of psychological well-being. This suggests that while she generally experiences stability and contentment, she could benefit from strategies aimed at enhancing emotional regulation and goal fulfillment.

Interpretation and Discussion

The findings indicate that XYZ maintains a moderate level of psychological well-being. While she exhibits strong career aspirations, resilience, and emotional independence, she also faces challenges in managing interpersonal relationships and stress. The subject's history of moderate depression and adjustment disorder highlights the need for continued psychological support, particularly in managing anxiety related to academic and personal challenges. Her preference for living alone reflects an inclination toward independence, which may aid her personal growth but also necessitates mechanisms for social and emotional support.

Conclusion and Recommendations

To enhance XYZ's psychological well-being, the following strategies are recommended:

1. **Cognitive-Behavioral Techniques (CBT):** To manage anxiety and attachment-related distress.
2. **Mindfulness and Relaxation Techniques:** To improve emotional regulation.
3. **Social Support Networks:** Strengthening peer interactions and mentorship.
4. **Professional Counseling:** Periodic mental health check-ins to monitor well-being.
5. **Structured Academic Planning:** To reduce academic stress and improve coping mechanisms.

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