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A Study of Mental Health among College Going Students

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Abstract

The aim of present study was conducted to find out whether the mental health of college going students was related to their area of residence and gender. The sample consisted of 200 college going students from various colleges of Jalna district. Subject will be selected male and female as well as rural and urban area college students was 1:1 ratio. 2x2 balanced factorial design was used to analysis of data. The tool used mental health check list developed and constructed by Pramod Kumar. It was found that there was significant difference between male and female college going students. There was not found significance difference between rural and urban college going students. There was no interaction effect of area of residence and gender on mental health in college going students.

Introduction:

Education plays a vital role for the progress and welfare of the society and nation. In the education process teacher and students is the main pillar. Basically good teachers emotionally, psychologically adjust very well the emotional and psychological establishment of teachers hence comes on everlasting effect on students. The aim of education is the all round development of personality. Physical, spiritual, moral, emotional and mentally development of students by education. Now days it is supposed that present day education is doing only mental development of children. In real sense, present day education is only providing some information to students and developing very few mental abilities mental health of students in higher education is more important than other similar or dissimilar age groups of general population as they are more prone to mental illness.

Mental Health:

The world health organization defines health in terms of physical, mental and social wellbeing. Because most developed countries operate with scarce resources, they have concentrated on physical health. Mental health refers to satisfactory functionally in cognitive, emotional and social domain mental health certainly cannot be defined,

"The absence of mental disease or disability."

The concept of mental health originated early in the present century, the term mental health can be expressed in dictionary of psychology, "A state of good adjustment with a subjective state of wellbeing, rest for living and the feeling that one exercising his talents and abilities."

The term mental Health refers to those behaviours, perception and feelings that determine a person's overall level of personal effectiveness, success, happiness and excellence of functioning as a person - (Kornhouse 1965).

Horwitz and schrid :

Mental Health includes a number of dimensions: Self esteem, realization of one's potential, the ability to maintain fulfilling meaningful relationship and psychological well being.

Karl Mennigner - The Human mind (1945)

"Mental Health is the adjustment of human beings to the world and to each other with a maximum effectiveness and happiness. It is the ability to maintain an even temper on alert intelligence, socially considerate behavior and a happy disposition."

The modern age is rightly described as on age of distress. There has been an alarming rise in magnitude of mental disorder and today millions of people all over the world are adversely affected by mental health problem. W.H.O. in its world health report 2000-2001 has stated that 20-25% of the world population is effected by mental problems at some time during.

Mental health is supremely important without which one cannot call oneself a healthy person. Mental health determines ones attitude and approach towards life. Mental health is very important for college students. Because college life is very important to students' future life. This attitudes present study focused on college going students' mental health.

Aim and objectives of the study:

1. To find out the effect of gender on the mental health status of college going students.
2. To find out the effect of area of resident on the mental health status of college going students.

Hypothesis:

1. There are significant differences in between male and female college going students in respect of mental health.
2. There are significant differences in between Rural and Urban College going students in respect of mental health.

Method:

1. Design of the study:

2x2 balanced factorial design was used.

The present study was a 2x2 factorial design utilizing the variables of sex and area of resident of the college students. The two types of area of resident rural students and urban students on the basis of their area of resident males and female college students as the two levels of under variable:

A Area		
	a1	a2
b1	a1b1	a2b1
B2	a1b2	a2b2

- a1 b1 = Rural area male students
- a2 b2 = Rural area Female students.
- A2 b1 = Urban area Male students.
- A2 b2 = urban area female students.

2. Variables Under the study:

- A. Independent variables :
 - i) Area of resident - Rural and Urban
 - ii) Gender - Male and Female
- B. Dependent variables
 - i) Mental Health

3. Sample:

The purposive sampling method was adopted in selecting the sample of the study. Majority of the respondents were in the age group of 18 in 25 years. The sample consisted of 200 college going students from varies college of Jalna district. Subject from Jalna District College going students Male and Female as well as a rural and urban subject was 1:1 ratio.

A Area			
	Rural (a1)	Urban (a2)	Total
Male(b1)	50	50	100
Female (b2)	50	50	100
	100	100	200

4. The Measuring Tool:

The Hindi version of the 'Mental Health Check List is constructed and standardized by Pramod Kumar by the investigator was used for the study. It consists of 11 items presented in a 4 points rating format. The reliability of the check-list was estimated through test -retest and split half reliability method. Index of reliability consequently 0.81 and 0.83 the content validity of the mental health check list adequately assured as only those symptoms which showed 100 percent agreement amongst the judges regarding their relevance to the study of mental health were selected

5. Procedure of data collection:

All subject was cited comfortably in arrangement was made in a class room. After that Hindi version of mental health check list consisting 11 items along with instructions was administered on male and female subject. Both the resident area was subject were asked to fill the mental health check list without omitting a single item. Data was collected and the items were scored by assigning numerical values. Data was analyzed using analysis of variance.

Results:

Table No. -1 Summary of Analysis of variance for mental health in Relation to area and Gender.

Sr. No.	Source of Variance	Sum of Squares	DF	M.S.	F.	Point
1.	ASS (Aria)	40.5	01	40.5	1.82	N.S.
2.	BSS(Gender)	158.42	01	158.42	7.12	Both the level
3.	ABSS	38.62	01	33.62	1.51	N.S.
4.	Within S.S.	4360.44	196	22.25	-	-
	Total	4592.98	199			

$$F = (1, 196) = 3.89 (0.05) \\ = 6.76 (0.01)$$

The findings of the study are shown in table. ANOVA results shows that main effect of Gender came out to be significant. The effect of resident it was found non significant. However interaction of area and gender it was found non significant.

Discussion:

The results of the F-ratio for area effect are 1.82, which is less than table value of 6.76 at 0.01 level against 1/196 degree of freedom. Hence, the hypothesis No. 2 is rejected and results of the F-ratio for gender effect is 7.12 which is more than table value of 6.76 at 0.01 level against 1/196 degree of freedom. Hence, the hypothesis No.1 is accepted. F value for interaction effect between Gender and Area of resident on the variable of Mental health is 1.51 which less than table value of 6.76 at 0.01 level.

The results are found their are significant difference between male and female college going students in respect of mental health. The results that male college going students (mean value - 20.00) exhibit significantly better mental health as compared to their female counter partners (mean value = 21.78) These findings gain strength from results of studies conducted by Sarah Basu (2009), Sahoo and Lisa (2009), Nanda (2001) Srivastava (1987) and Ravichandran and Rajendran (2007). One of the possible reasons for gender difference in mental health status could be that female teachers experience the burden of dual responsibilities of home and education compare to male students because leading to greater stress and hence poor mental health. The better mental health of student the specific role of the school, family, society and teachers. It is suggested that it the teacher concentrates on the mental health of the students.

The aim of education is the all round development of personality. Aim of the education develop students physical, spiritual, moral, emotional and mental health their was college should be positive and constructive experience so that maladjustment among students can be prevented Because prevention is always better than cure, students should not be compared un necessarily. Children marks should be compared with their previous marks, not with marks of other students. Female college students should promote general adjective habits, emotional stability and awareness towards own work. There should be prevision guidance and counseling services in college level female students.

Conclusion:

1. Their was significant difference between male and female college going students in respect of mental health .Male college going students level of mental health is high than the female college going students.
2. Their was not found significant difference between rural and urban college going students in respect of mental health.
3. Their was no interaction effect of area of residence and gender on mental health in college going students.

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