

A Comparative Study of Mental Health among College Students

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Abstract

The purpose research attempted to study the Male and Female college Students difference between mental health. To study by research seared independent variables of gender and dependent variables mental health sub factor. The sample has 90 college students in each 45 male college students and 45 female college students. The scale was used for data collection mental health inventory by Jagadish and Srivastava (1983). Sample design was used and data were analysis by Mean, SD and 'F' values. Results show that 1) Female College Students High Positive Self-Evaluation than Male College Students. 2) There is no significance difference between male and female College Students on Perception of Reality. 3) Female College Students High Integration of Personality than Male College Students. 4) There is no significance difference between male and female College Students on Autonomy. 5) There is no significance difference between male and female College Students on Group Oriented Attitudes. 6) Female College Students High Environment Mastery than Male College Students. 7) Female College Students High Mental Health than Male College Students.

Key words: Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group Oriented Attitudes, Environment Mastery, Mental Health.

Introduction

Mental health is a passionate and psychological prosperity wherein individual is ready to use his or her intellectual and enthusiastic capabilities; work is society and meets the common demands of regular daily existence. The idea of ideal mental health refers not to an absolute or perfect state however to the best possible state to the extent that circumstances are alterable. Mental health is viewed as a state of the individual, comparative with the capacities and social environmental setting of the person. Mental health is worldwide term which refers to that state of a person which results from the typical association and working of his brain. Mental health can also be known as the process of human self-acknowledgment, self-satisfaction and completely successful existence. Mental health of a person in addition to other things is mostly worried about his all out sense of development and improvement; adjustment and harmony; success and happiness and compelling membership of a group of network."

The term mental health represents an assortment of human aspiration; recovery of the mentally disturbed, anticipation of mental disorder, decrease of tension in a stressful world, and accomplishment of a state of prosperity in which the individual functions at a level consistent with his/her mental potential. As per the World Health Organization (WHO), mental health is a state of prosperity where the individual realizes his or her own abilities, can adapt to the ordinary stresses of life, can work gainfully and productively, and is ready to make a commitment to his or her locale.

Review of Literature

Pathak and Rai (1993) this study found that Female students were mentally healthier than male students. Aghara (1995) has showed that socio-financial status affects the mental health of students, however no significant impact of sex distinction is found on the mental health of the students. Jarraniya (1996) found a significant distinction between the ratings of mental health among the boys and girls students. Taak (1999) results uncovered that there is no significant distinction between mental health of boys and girls of same age groups. Nandana (2001) results uncovered that female students were found to have preferable mental health over male students. Students in urban, rustic and ashram schools had similar mental health; whereas female students would do well to mental health than male students in country schools. Gupta and Kumar (2010)

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revealed male students were preferable Mental Health over female. Chawla (2012) detailed that females were better in terms of their mental health. Bangale and Patnam (2013) found no significant distinction of mental health status among male and female. Gupta and Kumar (2010) detailed male students were preferable Mental Health over female. Chawla (2012) announced that females were better in terms of their mental health. Bangale and Patnam (2013) found no significant distinction of mental health status among male and female. Jarraniya (1996) depicts there that was significant variety seen among boys and girls in the matter of mental health. Vyas (2007) sees no significant distinction among boys and girls with respect of mental health. Singh (2011) found no significant sexual orientation contrast in mental health of the students.

Statement of the problem

“A comparative Study of Mental Health among College Students”

.Objectives

- To examine the Positive Self-Evaluation , Perception of Reality , Integration of Personality, Autonomy, Group Oriented Attitudes, Environment Mastery and Mental Health of College Students.

Hypotheses

- 1) There is no significant difference between Male and Female College Students with dimension Mental Health on Positive Self-Evaluation.
- 2) There is no significant difference between Male and Female College Students with dimension Mental Health on Perception of Reality.
- 3) There is no significant difference between Male and Female College Students with dimension Mental Health on Integration of Personality.
- 4) There is no significant difference between Male and Female College Students with dimension Mental Health on Autonomy.
- 5) There is no significant difference between Male and Female College Students with dimension Mental Health on Group Oriented Attitudes.
- 6) There is no significant difference between Male and Female College Students with dimension Mental Health on Environment Mastery.

- 7) There is no significant difference between Male and Female College Students on Mental Health.

Methodology:-**Participants**

The present study sample was selected from college students of Aurangabad district in Maharashtra. To select the sample Gender in which students study of College Students were considered as per independent variable taken in this research stratified random sampling method was employed to select the unit of sample. Total sample of present study 90 college students, in which 45 were male and 45 females' students. The subject selected in this sample was age group of 18-21 year. The sample of present study was shown as below.

Gender

	Male	Female
Mental Health	45	45

Research Design

Simple research design used in the present study.

Variables:-**Independent Variables:-****Gender**

- 1) Male College Students
- 2) Female College Students

Dependent Variables:-**Mental Health**

- 1) Positive Self-Evaluation
- 2) Perception of Reality
- 3) Integration of Personality
- 4) Autonomy
- 5) Group Oriented Attitudes
- 6) Environment Mastery.

Research tools:-**Mental health Inventory:**

Mental health inventory developed by Jagadish and Srivastava (1983). It measures the mental health of the individual in six dimensions namely positive self-evaluation, perception of reality , integration of personality , autonomy , group oriented attitude and environmental mastery This scale consists of 54 statements with four alternative answers like always, most of times, some times and never , rated on four point scale. Out of 54 statements 23 are positive and 31 statements are negative. For positive statements the scoring is 4, 3, 2, 1 and for negative statements it is in the reverse order. The score ranges between 54-216. High scores on mental health inventory indicate better mental health and vice- versa.

Procedure

The primary information was gathered by giving personal information from to each to each student. The students were called in a small group of 10 to 15 students. To fill the inventories subjects were given general instructions belongs to each scale. The students provided the mental health Inventory.

Data Analysis

The Mean and SD with graphical representation for Gender (Male and Female College Students) on mental health Inventory was analyzed. A simple design was selected to adequate of statistical analysis of ANOVA in order to examine the roll of main as well as subsequently on student's mental health Inventory.

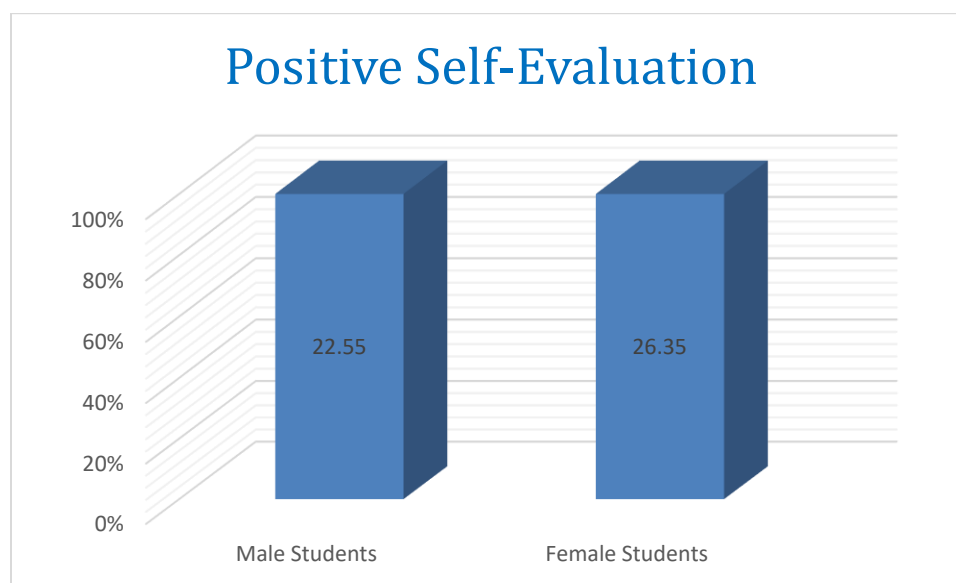
Results and Discussion

The analysis of data interpretation and discussion of the results are presented below.

Table No.01 Show the Mean, SD and F Value of Gender on Positive Self-Evaluation

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Positive Self-Evaluation	Male Students	22.55	5.50	45	88	11.05	0.01
	Female Students	26.35	5.97	45			

(Critical value of “F” with df 88 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.01

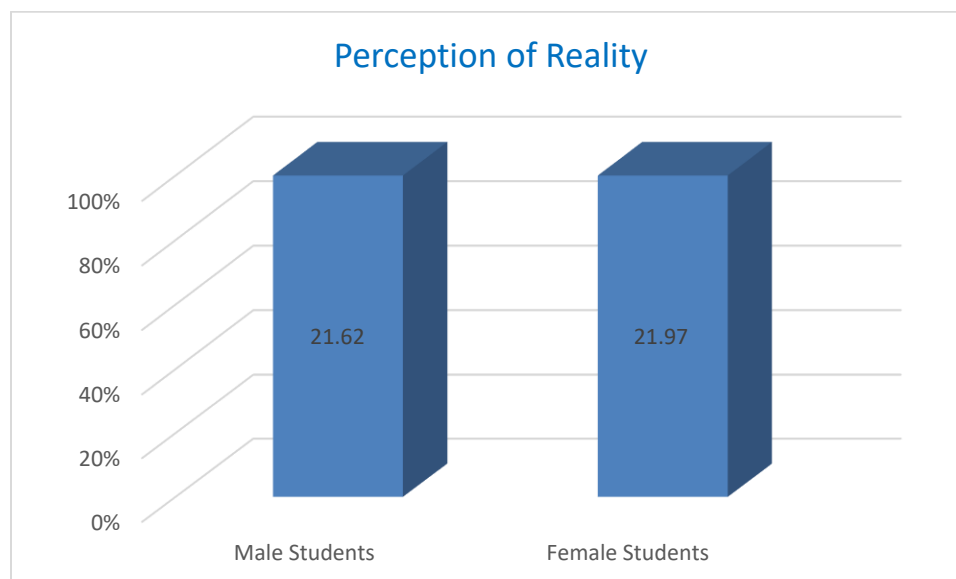
Observation of the table No.01 and Figure No. 01 indicated that the mean value of two classified groups seems to differ from each other on Positive Self-Evaluation. The mean and SD value obtained by the male college students 22.55, SD 5.50 and Female College students was 26.35, SD 5.97, and 'F' ratio was 11.05 at a glance those female college students show a high score than Male college students.

In the present study, the first hypothesis related to Positive Self-Evaluation and Gender. It was "There is no significant difference between Male and Female College Students with dimension Mental Health on Positive Self-Evaluation." Gender effect represents the Positive Self-Evaluation was significant ($F = 11.05$, 1 and 89, $P = 0.01$). This is significant at 0.05 and 0.01 levels because they obtained 'F' values are higher than table values at 0.05 and 0.01. In the present study, it was found that male and female college students differ from Positive Self-Evaluation. The findings of the study supported the first hypothesis; they are first hypothesis rejected in the present study. Finding was found that there is a significant difference between male and female on Positive Self-Evaluation. It means that Female College Students have a higher Positive Self-Evaluation than Male College Students.

Mental Health among College Students**Table No.02 Show the Mean, SD and F Value of Gender on Perception of Reality**

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Perception of Reality	Male Students	21.62	4.66	45	88	0.161	NS
	Female Students	21.97	4.56	45			

(Critical value of “F” with df 88 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.02

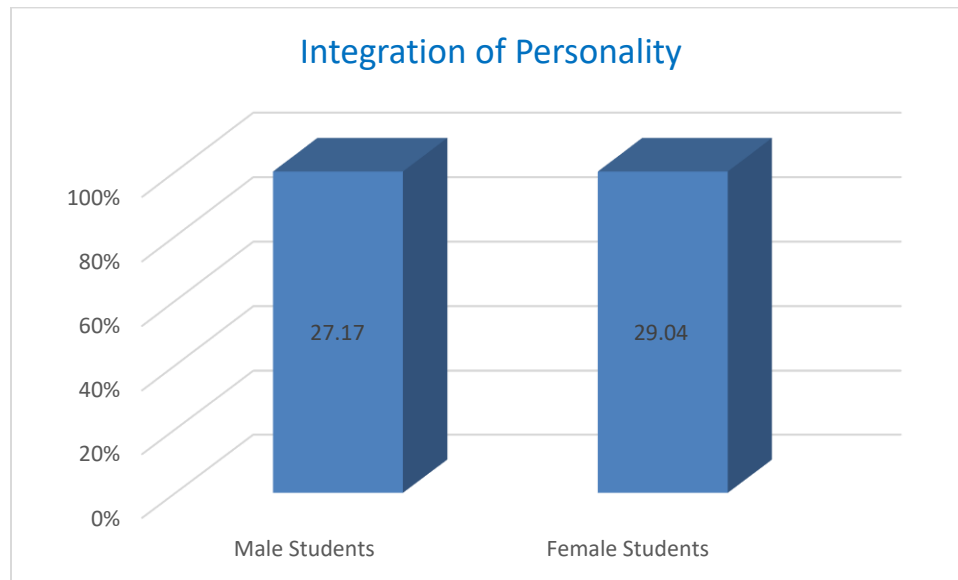
Observation of the table No.02 and Figure No.02 indicated that the mean value of two classified group seems to differ from each other on Perception of Reality. The mean and SD value obtained by the male college students 21.62, SD 4.66 and Female College students was 21.97, SD 4.56, and ‘F’ ratio was 0.161 at a glance those female college student shows high score than Male college students.

In the present study was 2nd hypothesis related Perception of Reality and Gender. It was “There is no significant difference between Male and Female College Students with dimension Mental Health on Perception of Reality.” Gender effect represent the Perception of Reality was no significant (F- 0.161, 1 and 89, P- NS). This is not significant 0.05 and 0.01 levels because they obtained ‘F’ value are Low than table values at 0.05 and 0.01. In the present study was found that male and female college students not differ from Perception of Reality. The findings of the supported the 2nd hypothesis Accepted the present study. Finding was found that there is no significance difference between male and female College Students on Perception of Reality.

Mental Health among College Students**Table No.03 Show the Mean, SD and F Value of Gender on Integration of Personality**

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Integration of Personality	Male Students	27.17	4.22	45	88	5.01	0.05
	Female Students	29.04	4.24	45			

(Critical value of “F” with df 88 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.03

Observation of the table No.03 and Figure No.03 indicated that the mean value of two classified group seems to differ from each other on Integration of Personality. The mean and SD value obtained by the male college students 27.17, SD 4.22 and Female College students was 29.04, SD 4.24, and ‘F’ ratio was 5.01 at a glance those female college student shows high score than Male college students.

In the present study was 3th hypothesis related Integration of Personality and Gender. It was “There is no significant difference between Male and Female College Students with dimension Mental Health on Integration of Personality.” Gender effect represent the Integration of Personality was significant (F- 5.01, 1 and 89, P- 0.05). This is significant 0.05 levels because they obtained ‘F’ value are high than table values at 0.05. In the present study was found that male and female college students differ from Integration of Personality. The findings of the supported the 3th hypothesis, they are 3th hypothesis rejected the present study. Finding was

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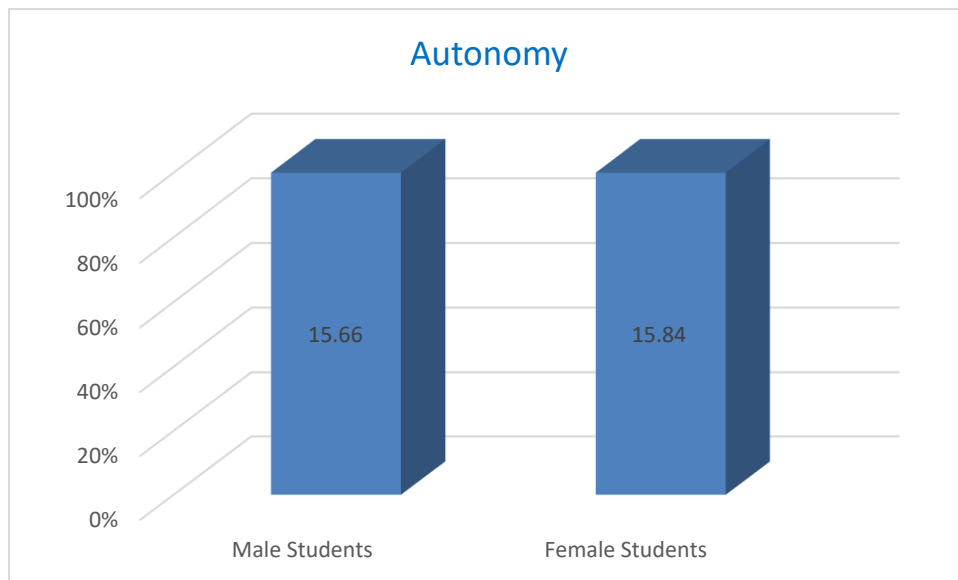
found that there is significance difference between male and female College Students on Integration of Personality. Its means that Female College Students High Integration of Personality than Male College Students.

Table No.04 Show the Mean, SD and F Value of Gender on Autonomy

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Autonomy	Male Students	15.66	3.52	45	88	0.68	NS
	Female Students	15.84	3.35	45			

(Critical value of “f” with df 88 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.04



Observation of the table No.04 and Figure No.04 indicated that the mean value of two classified group seems to differ from each other on Autonomy. The mean and SD value obtained by the male college students 15.66, SD 3.52 and Female College students was 15.84, SD 3.35, and ‘F’ ratio was 0.68 at a glance those female college student shows minor high score than Male college students.

In the present study was 4th hypothesis related Autonomy and Gender. It was “There is no significant difference between Male and Female College Students with dimension Mental Health on Autonomy.” Gender effect represent the Autonomy was no significant (F- 0.68, 1 and 89, P- NS). This is not significant 0.05 and 0.01 levels because they obtained ‘F’ value are Low than table values at 0.05 and 0.01. In the present study was found that male and female college

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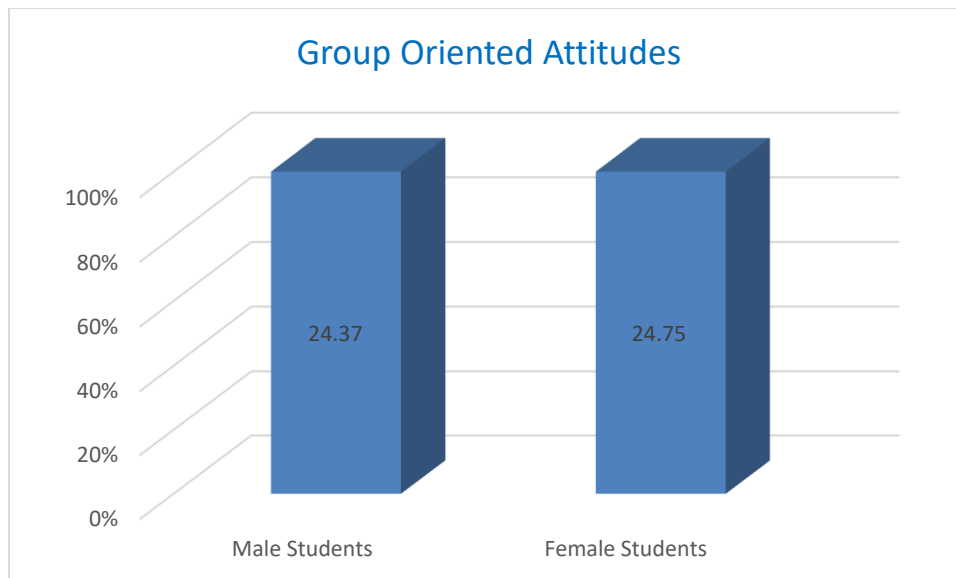
students not differ from Autonomy. The findings of the supported the 4th hypothesis Accepted the present study. Finding was found that there is no significance difference between male and female College Students on Autonomy.

Table No.05 Show the Mean, SD and F Value of Gender on Group Oriented Attitudes

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Group Oriented Attitudes	Male Students	24.37	3.19	45	88	0.297	NS
	Female Students	24.75	3.62	45			

(Critical value of “F” with df 88 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.05



Observation of the table No.05 and Figure No.05 indicated that the mean value of two classified group seems to differ from each other on Group Oriented Attitudes. The mean and SD value obtained by the male college students 24.37, SD 3.19 and Female College students was 24.75, SD 3.62, and ‘F’ ratio was 0.297 at a glance those female college student shows minor high score than Male college students.

In the present study was 5th hypothesis related Group Oriented Attitudes y and Gender. It was “There is no significant difference between Male and Female College Students with dimension Mental Health on Group Oriented Attitudes.” Gender effect represent the Group Oriented Attitudes was no significant (F- 0.297, 1 and 89, P- NS). This is not significant 0.05 and 0.01 levels because they obtained ‘F’ value are Low than table values at 0.05 and 0.01. In the

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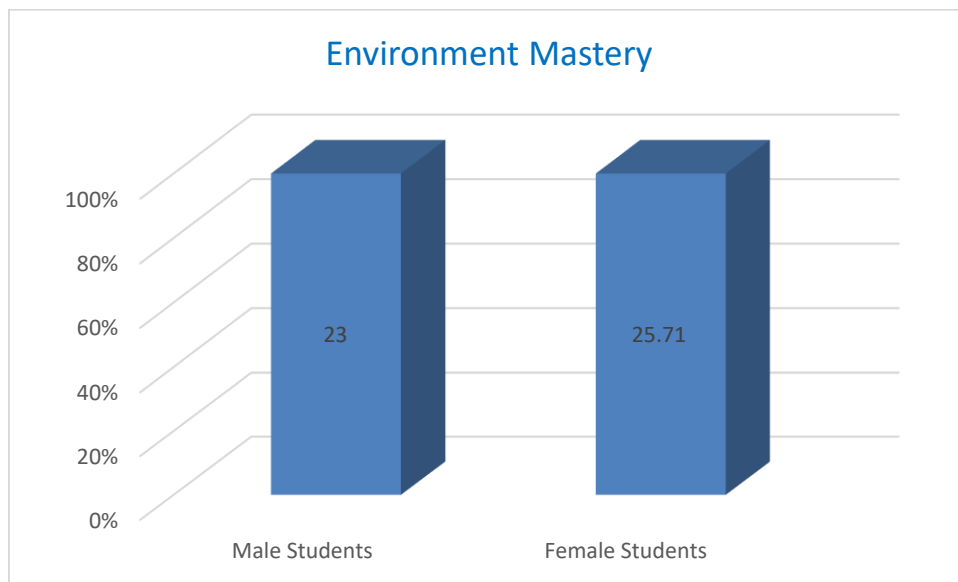
present study was found that male and female college students not differ from Group Oriented Attitudes. The findings of the supported the 5th hypothesis Accepted the present study. Finding was found that there is no significance difference between male and female College Students

Table No.06 Show the Mean, SD and F Value of Gender on Environment Mastery

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Environment Mastery	Male Students	23.00	4.18	45	88	10.16	0.01
	Female Students	25.71	5.61	45			

(Critical value of “f” with df 88 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.06



Observation of the table No.06 and Figure No.06 indicated that the mean value of two classified group seems to differ from each other on Environment Mastery. The mean and SD value obtained by the male college students 23.00, SD 4.18 and Female College students was 25.71, SD 5.61, and ‘F’ ratio was 10.16 at a glance those female college student shows high score than Male college students.

In the present study was 6th hypothesis related Environment Mastery and Gender. It was “There is no significant difference between Male and Female College Students with dimension Mental Health on Environment Mastery.” Gender effect represent the Environment Mastery was significant (F- 10.16, 1 and 89, P- 0.01). This is significant 0.05 and 0.01 levels because they

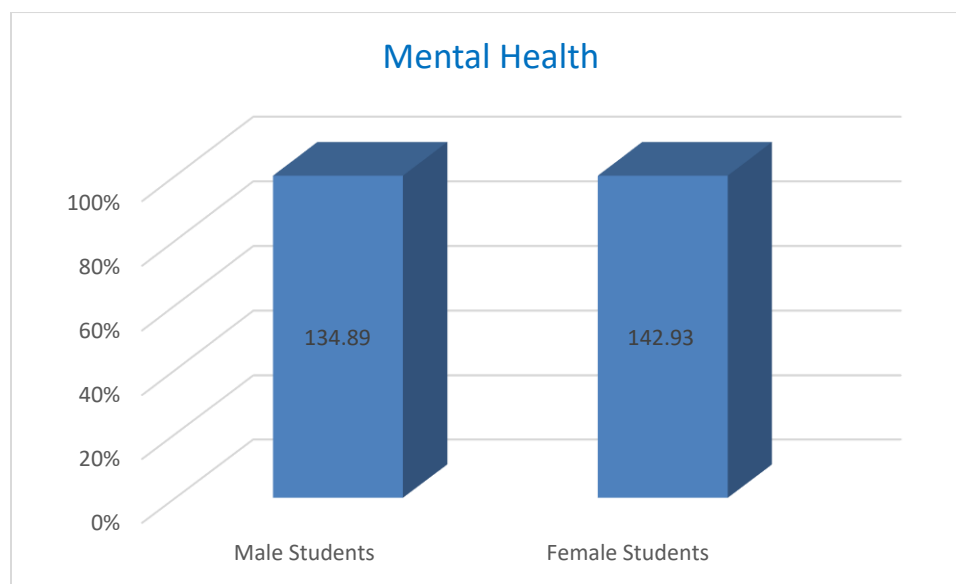
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obtained 'F' value are high than table values at 0.05 and 0.01. In the present study was found that male and female college students differ from Environment Mastery. The findings of the supported the 6th hypothesis, they are 6th hypothesis rejected the present study. Finding was found that there is significance difference between male and female on Environment Mastery. Its means that Female College Students High Environment Mastery than Male College Students.

Table No.07 Show the Mean, SD and F Value of Gender on Mental Health

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Mental Health	Male Students	134.89	14.61	45	88	10.15	0.01
	Female Students	142.93	19.50	45			

(Critical value of "F" with df 88 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Figure No.07

Observation of the table No.07 and Figure No.07 indicated that the mean value of two classified group seems to differ from each other on Mental Health. The mean and SD value obtained by the male college students 23.00, SD 4.18 and Female College students was 25.71, SD 5.61, and 'F' ratio was 10.16 at a glance those female college student shows high score than Male college students.

In the present study was 7th hypothesis related Mental Health and Gender. It was "There is no significant difference between Male and Female College Students on Mental Health."

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Gender effect represent the Mental Health was significant (F- 10.16, 1 and 89, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value are high than table values at 0.05 and 0.01. In the present study was found that male and female college students differ from Mental Health. The findings of the supported the 7th hypothesis, they are 7th hypothesis rejected the present study. Finding was found that there is significance difference between male and female on Environment Mastery. Its means that Female College Students High Mental Health than Male College Students.

CONCLUSIONS

- 1) Female College Students High Positive Self-Evaluation than Male College Students.
- 2) There is no significance difference between male and female College Students on Perception of Reality.
- 3) Female College Students High Integration of Personality than Male College Students.
- 4) There is no significance difference between male and female College Students on Autonomy.
- 5) There is no significance difference between male and female College Students on Group Oriented Attitudes.
- 6) Female College Students High Environment Mastery than Male College Students.
- 7) Female College Students High Mental Health than Male College Students.

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