



A Study of Mental Health among College Going Students

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Abstract

The purpose this study the Mental Health on Male and Female college Students. **Objectives:-**To Study the Male and Female College Students on Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, and Group Oriented Attitudes, Environment Mastery and Mental Health. **Hypotheses:-**There will be no significant difference between male and female College Going Students with Mental Health dimension on Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group Oriented Attitudes and Environment Mastery. **Sample:**Total sample of present study 100 College Going Students, in which 50 were male (25 Urban 25 Rural Students) and 50 females (25 Urban 25 Rural Students) College Going Students. The subject selected in this sample was used in the age group of 18 years to 21 years (Mean – 19.16, SD- 2.01.) and Ratio 1:1. Non- probability purposive Quota Sampling will be used. **Variables-** The independent variables are Gender. Dependent variables are Mental Health(Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, and Group Oriented Attitudes, Environment Mastery). **Research Design:**2x2 Factorial research design used. **Research Tools-** 1mental health Inventory (1983) by Dr.Jagadish and Dr.Srivastava. **Statistical Treatment:**Mean, SD and ANOVA. **Conclusions:** - No significant difference between male and female College Going Students on Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group Oriented Attitudes and Environment Mastery, Mental Health.

Key words: - Positive Self-Evaluation, Perception of Reality, Mental Health.

Introduction

Mental health is an indicator of the public activity of a populace and the rising degree of grimness and mortality is an indication of social just as individual sickness.

Mental health is having the ability to think soundly, having extraordinary self-respect, and getting a charge out of general conclusion thriving. It consolidates innovativeness, basic reasoning capacities, and energetic trustworthiness. It is also depicted without any other individual information affirmation, receptiveness to new musings, and a general "sturdiness" of character.

American Heritage Dictionary (2006) that mental health is a condition of enthusiastic and mental prosperity where an individual can utilize their subjective and passionate capacities, work in the public eye, and satisfy the customary needs of regular day to day existence.

The World Health Organization (WHO) characterizes mental health as a positive feeling of prosperity enveloping the physical, mental, social, essential financial, and otherworldly parts of life; not simply the nonappearance of sickness.

Survey of writing:-

Nandana (2001),Chawla (2012), Pathak and Rai (1993) this examination found that Female understudies Better Mental Health than male understudies. Gupta and Kumar (2010) revealed male understudies were preferable Mental Health over female. Chawla (2012) revealed that females were superior to male on mental health. Bangale and Patnam (2013), Vyas (2007) Aghara(1995),Taak (1999), Bangale and Patnam (2013),and Singh (2011) found no critical distinction of mental health status among male and female. Rizwan Hassan Bhatand and Jahangeer Majeed,(2015) this examination found that there exists no huge contrast between autonomy of youth young men and young ladies. Pathak and Rai (1993) this investigation found that Female understudies were mentally healthier than male understudies. Sharma (2006) showed that No critical distinction was found in autonomy and mental health among male and females adolescents.Waghmare, R.D (2019) this investigation found that Male Adolescence high Autonomy than female Adolescence and Female Adolescence preferred mental health over male

Adolescence. Sharma (1979) who have announced that young men in late teenagers show preferred mental health over young ladies.

Statement problem of the Study

“A study of Mental Health among College Going Students.”

Objectives

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

Hypotheses

- There will be no significant difference between male and female College Going Students with Mental Health dimension on Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group Oriented Attitudes and Environment Mastery.

Methods

Participants

Total sample of present study 100 College Going Students, in which 50 were male (25 Urban 25 Rural Students) and 50 females (25 Urban 25 Rural Students) College Going Students. The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.16, SD- 2.01.) and Ratio 1:1. The sample of present study was shows as below.

Table No.01

Mental Health among College Going Students

Gender		Male	Female	Total
Living of Area	Urban	15	15	30
	Rural	15	15	30
Total		30	30	60

Research Design

2x2 Factorial research design used in the present study.

Table No.02

A		A1	A2
B	B1	25	25
	B2	25	25

A- Gender A1- Male Students A2- Female Students

B- Gender B1- Urban Students B2- Rural Students

Variables of the Study**Table No.03**

Variable	Type of variable	Sub. Variable	Name of variable
Gender	Independent Variables	02	1) Male Students 2) Female Students
Mental Health	Dependent variables	06	1) Positive Self-Evaluation 2) Perception of Reality 3) Integration of Personality 4) Autonomy 5) Group Oriented Attitudes 6) Environment Mastery.

Research tools:-

Table No.04

Aspect	Name of the Test	Author	Item	Reliability Validity	Sub Factor
Mental health	Mental health inventory, (1983)	Dr.Jagadish Dr.Srivastava	Item-56.	Reliability-0.073. Validity-0.54.	1) Positive Self-Evaluation 2) Perception of Reality 3) Integration of Personality 4) Autonomy 5) Group Oriented Attitudes 6) Environment Mastery.

Results and Discussion**Table No.05**

Table No.	Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Table No. 05 (A)	Positive Self-Evaluation	Male Students	31.90	4.11	40	78	1.76	NS
		Female Students	30.70	3.88	40			
Table No. 05 (B)	Perception of Reality	Male Students	24.70	2.61	40	78	0.80	NS
		Female Students	24.90	4.10	40			
Table No.	Integration of	Male Students	40.55	1.75	40	78	2.73	NS

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05 (C)	Personality	Female Students	40.02	0.94	40			
Table No.	Autonomy	Male Students	19.12	3.01	40	78	1.66	NS
05 (D)		Female Students	18.20	3.39	40			
Table No.	Group Oriented Attitudes	Male Students	33.15	2.48	40	78	1.36	NS
05 (E)		Female Students	32.32	3.68	40			
Table No.	Environment Mastery	Male Students	29.17	2.79	40	78	0.19	NS
05 (F)		Female Students	28.92	3.70	40			
Table No.	Mental health	Male Students	176.57	11.62	40	78	0.73	NS
05 (G)		Female Students	173.57	18.59	40			

Results shown in Table 05 (A) indicated that mean and SD values of Positive Self-Evaluation obtained were 31.90 ± 4.11 by the Male College Students and 30.70 ± 3.88 by Female College Students. It is observed that the calculated F value 1.76 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female College Going Students on Positive Self-Evaluation.

Results shown in Table 05 (B) indicated that mean and SD values of Perception of Reality obtained were 24.70 ± 2.61 by the Male College Students and 24.90 ± 4.11 by Female College Students. It is observed that the calculated F value 0.80 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female College Going Students on Perception of Reality.

Results shown in Table 05 (C) indicated that mean and SD values of Integration of Personality obtained were 40.55 ± 1.75 by the Male College Students and 40.02 ± 0.94 by Female College Students. It is observed that the calculated F value 2.73 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female College Going Students on Integration of Personality

Results shown in Table 05 (D) indicated that mean and SD values of Autonomy obtained were 19.12 ± 3.01 by the Male College Students and 18.20 ± 3.39 by Female College Students. It is observed that the calculated F value 1.66 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female College Going Students on Autonomy. An Similar Studies found that Sharma (2006), Rizwan Hassan Bhatand and Jahangeer Majeed, (2015) and Deepti Dhurandher and Alka Agrawal, (2015) this study found that that there exists no significant difference between autonomy of youth boys and girls. An Opposite finding was found that Waghmare, R.D., (2019) this study found that Male Adolescence high Autonomy than Female Adolescence

Results shown in Table 05 (E) indicated that mean and SD values of Group Oriented Attitudes obtained were 33.15 ± 2.48 by the Male College Students and 32.32 ± 3.68 by Female College Students. It is observed that the calculated F value 1.36 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female College Going Students on Group Oriented Attitudes.

Results shown in Table 05 (F) indicated that mean and SD values of Environment Mastery obtained were 29.17 ± 2.79 by the Male College Students and 28.92 ± 3.70 by Female College Students. It is observed that the calculated F value 0.19 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female College Going Students on Environment Mastery.

Results shown in Table 05 (G) indicated that mean and SD values of Mental Health obtained were 176.57 ± 11.62 by the Male College Students and 173.57 ± 18.59 by Female College Students. It is observed that the calculated F value 0.73 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female College Going Students on Mental Health. An Similar Studies found that Bangale and Patnam (2013), Vyas (2007) , Taak (1999) , Deepti Dhurandher and Alka Agrawal, (2015) , Waghmare, R.D., (2019), Sharma (2006), Rizwan Hassan Bhatand and Jahangeer Majeed, (2015) this study found that no significant difference

between Mental health of youth boys and girls. An Opposite finding was found that Pathak and Rai (1993) and Nandana (2001) both Study found that Female students were mentally healthier than male students. Jarraniya (1996) this study found that significant difference between mental health than the boys and girls students.

Delimitations of the study

1. The finding of the study is based on 80 sample.
2. The sample was restricted to Aurangabad Dist. Only in Maharashtra.
3. The study was restricted to only arts college students only.

Conclusions:

- 1) No significant difference between male and female College Going Students on Positive Self-Evaluation
- 2) No significant difference between male and female College Going Students on Perception of Reality.
- 3) No significant difference between male and female College Going Students on Integration of Personality.
- 4) No significant difference between male and female College Going Students on Autonomy.
- 5) No significant difference between male and female College Going Students on Group Oriented Attitudes.
- 6) No significant difference between male and female College Going Students on Environment Mastery.
- 7) No significant difference between male and female College Going Students on Mental Health.

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