

## Mental health of college students

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### ABSTRACT

This study was conducted to investigate the difference in Mental Health among College Students. Total 60 Samples of Boys and Girls Students were taken from Samaldas Arts College from Bhavnagar City (Gujarat). Their Samples were also taken the data was collected with the help of 'Mental Health Inventory' Developed by Dr. D. J. Bhatt and G. R. Gida (2006). The Data was used to obtain the Mental Health Measurement of the Subjects. The collected data was statistically analyzed with the help of 't' test. The results Mental Health for Perception of Reality of the Boys and Girls Students were not significant ( $t = 0.28$ ). The Mental Health for Integration of Personality of the Boys and Girls Students were not significant ( $t = 0.71$ ). The Mental Health for Positive Self Evaluation of the Boys and Girls Students were not significant ( $t = 1.58$ ). The Metal Health for Group – Oriented Attitude of the Boys and Girls Students were not significant ( $t = 1.91$ ). The Mental Health for Environmental Mastery of the Boys and Girls Students were significant ( $t = 2.47$ ). The overall Mental Health of the Boys and Girls Students were significant ( $t = 9.47$ ).

**Keywords:** *Mental Health, Student*

**M**otion is the aim of Society. Obstruction is not acceptable to it. Change is the essence element of it. Society has never remained motionless. Otherwise, its existence could not be there. But the speed and direction of change continuously change. Compared to earlier time, today the society has become speedier. Change is taking place in each area; the said change is in both-physical area. In physical and non-physical state, the change in human psychology takes place so that mental balance is maintained. In changing time and developing always requires changing as per new situation.

In India it is difficult to convince the people the concept of mental health, where the problem of physical health has not yet been solved to sufficient level. The problem of physical health has been solved to some extent in India among the people of the literate society, but the picture of mental health is not yet satisfactory. We can say that awareness to some extent has come among the literate group towards the mental problems. But utter neglect is seen to words the solution of such problems. One fact is worth drawing attention to that many problems of the Indian culture can be saved by itself, if sufficient attention is given to it. We

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## Mental Health of College Students

should not forget that mental health plays an important role on the individual's creativity, productivity, socialization and efficiency.

### ***What is the mental health?***

Since a last few years the concept of mental health has been accepted at the international level. The definition of 'Health' as given in the constitution of World Health Organization in 1946 is as follows.

*"Health is not the absence of diseases, weakness only but is a situation created from the whole and completed physical, mental and social adequacy."* -**WHO**

*"Mental health may be defined as the adjustment of individual to them selves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and society considerate behavior and the abilities of facing and accepting the realities of life."* -**White House Conference (1929)**

William Osler has told that: "There is good or bad effect of mental health of individual on almost all illnesses" (Supra - Bhavana Thummar- 2007).

Mental health is today's great problem. Many persons are 43% of troops developed in Iraq and Afghanistan and in 2.3% if none developed troops. Deployment itself health includes our emotional psychology and social well-being. It effects how we think, fall and act. It also helps to determine how we handle stress. Related to others and make choice mental health is important at every stage of life from childhood and adolescence through adulthood.

Mental health is everyone's business. We all have times we feel down or stresses or frightened most of the time those feeling pass. But sometimes they develop into a more serious problem and that could happen to anyone of us.

Everyone is different. You may bounce back from a setback while someone else may feel weighed down by it for a long time. Your mental health does not always stays the same. It can change as circumstances change and as you move through different stages of your life.

## **METHODOLOGY**

### ***Hypothesis***

The following things of hypothesis have been formulated for the investigation. Here, researcher builds a null hypothesis.

1. There will be no significant effect of Perception of Reality difference boys and girls students.
2. There will be no significant effect of Integration of Personality difference boys and girls students.
3. There will be no significant effect of Positive Self Evolution difference boys and girls students.
4. There will be no significant effect of Group – Oriented Attitude difference boys and girls students.
5. There will be no significant effect of Environmental Mastery difference boys and girls students.
6. There will be no significant effect of Mental Health difference boys and girls students.

## Mental Health of College Students

### Sample

The sample was stratified random method total 60 samples of Samaldas arts college students from Bhavnagar city (Gujarat). Including 30 boys and 30 girls.

### Tools

For collecting the student's data, the following tools were used.

- 1. Personal Information Schedule:** The main purpose of this schedule is to collect certain student's data regarding the variables of the study, type of Gender; Types of area and level of education are collected through this schedule.
- 2. Mental Health Inventory:** The inventory was developed by Dr. D. J. Bhatt and G. R. Gida (1992). This Scale revised by Siddhapura (2006). This scale contains 40 items. With 3 alternative response varying from Agree, Neutral and Disagree. Each to be rated on 3-point scale. The minimum and maximum score obtained in the scale are 40 and 120 respectively. There reliability is  $r = 0.94$  and validity is  $r = 0.63$ .

### Procedure

The Mental Health Inventory has five areas (1) Perception of Reality (2) Integration of Personality (3) Positive Self Evaluation (4) Group-Oriented Attitude (5) Environmental Mastery. To ask him to tick mark (✓) before the question if they agree with this Mental Health Inventory is to measure the three options Agree, Neutral and Disagree 40 questions and Positive and Negative Questions included in the Inventory. Positive is to be Scored 3, 1, 2 and Negative is to be Scored as 2, 1, 3. The maximum is arrived at 120 and minimum score of 40 in this Inventory. It is interpreted that higher the area of value attained, the quantum of Mental Health is less and the lower the area of value attained, the quantum of Mental Health is more.

## RESULT

't' value of Mental Health among college students follows as shown below.

**Table No – 1 't' value of Mental Health for Perception of Reality difference boys and girls students.**

Group	N	M	SD	df	't' value	Level of Significant
Boys	30	18.10	2.99	58	0.28	N.S.
Girls	30	17.90	2.45			

N.S. = Not Significant

**Table No – 2 't' value of Mental Health for Integration of Personality difference boys and girls students.**

Group	N	M	SD	df	't' value	Level of Significant
Boys	30	19.83	2.57	58	0.71	N.S.
Girls	30	18.60	2.89			

N.S. = Not Significant

**Table No – 3 't' value of Mental Health for Positive Self Evaluation difference boys and girls students.**

Group	N	M	SD	df	't' value	Level of Significant
Boys	30	19.23	2.53	58	1.58	N.S.
Girls	30	18.30	2.10			

N.S. = Not Significant

## Mental Health of College Students

**Table No – 4 ‘t’ value of Mental Health for Group – Oriented Attitude difference boys and girls students.**

Group	N	M	SD	df	‘t’ value	Level of Significant
Boys	30	19.67	3.27	58	1.91	N.S.
Girls	30	18.10	3.09			

*N.S. = Not Significant*

**Table No – 5 ‘t’ value of Mental Health for of Environmental Mastery difference boys and girls students.**

Group	N	M	SD	df	‘t’ value	Level of Significant
Boys	30	19.13	3.23	58	2.47	0.05
Girls	30	17.20	2.80			

**Table No – 6 ‘t’ value of Mental Health for Mental Health difference boys and girls students.**

Group	N	M	SD	df	‘t’ value	Level of Significant
Boys	30	95.97	11.01	58	9.47	0.01
Girls	30	72.20	8.22			

### **DISCUSSIONS**

The chief aim of the present research was to examine Mental Health among college students. The derived result shows that out of six hypotheses.

The difference of Perception of Reality of Mental Health between Boys and Girls students is found to be not significant. Therefore, the hypothesis is accepted. There is no difference in perception of reality between Boys and Girls students. Perhaps, because an individual becomes realistic for resolution of his issues. An individual think about true-false and loss or benefit in each situation. Simultaneously, he tries to find solution of hiss issues by making realistic evaluation of his capability to work by making his aim efforts clear and fixed. (Patel M. 1989)

The difference of Integration of Personality of Mental Health between Boys and Girls students is found to be not significant. Therefore, the hypothesis is accepted. There is no difference in Integration of Personality between Boys and Girls students. The reason is that personality is dynamic. The Personality is revolutionary. When an individual meet fatal illness, physical and behavioral changes take place in him. The effect of such change takes place on his personality. (Vohra A. 1999)

The difference of Positive Self-Evaluation of Mental Health between Boys and Girls students is found to be not significant. Therefore, the hypothesis is accepted. The Positive Self-Evaluation is a Part of daily life; i.e. there is no difference in Positive Self-Evolution between Boys and Girls students. The Constructive Self-Evaluation is individual’s own accomplishment. This is an individual matter. Each individual must Self-Evaluate personally for himself. The said Self- Evaluation constructions are separate for Boys and Girls but there is no difference in it.

## Mental Health of College Students

The difference of Group-Oriented Attitude of Mental Health between Boys and Girls students is found to be not significant, which hypothesis is accepted. There is no difference in Group-Oriented Attitude between Boys and Girls students. The constructive attitude group is the best characteristic of mental health. Here, there is no difference in attitude of both students. Perhaps, there may be a reason behind it that the body, which was working with sufficient quantum earlier, is not working during the illness. Many times, support of others is required to be taken, for which positive attitude towards others also requires to be maintained. (Vicki S. 1996)

The difference of Environmental Mastery of Mental Health between Boys and Girls students is found to be significant, which hypothesis is not accepted. There is difference in Environmental Mastery between Boys and Girls students. Will also have to be understood and will also have to be organized, let the said atmosphere may be family, professional, social or friend group. The social philosophy of life; i.e. social feeling, feeling of love is also very important matter. (Garrett- 1968)

The difference between overall Mental Health of Boys and Girls students is found to be significant, which hypothesis is not accepted. Meaning there by that there is difference in overall Mental Health between Boys and Girls students. The mental health is not a state of an individual. It is an aim to be attained by individual. The said aim is not attained easily and successfully. Once the said aim is attained, it is also not that the said state will maintain permanently. In dynamic world, an individual should make continuous active efforts to attain organization in his Environment.

### CONCLUSIONS

1. The difference in Perception of Reality between Boys and Girls Students was Not Significant.
2. The difference in Integration of Personality between Boys and Girls Students was Not Significant.
3. The difference in Positive Self Evaluation between Boys and Girls Students was Not Significant.
4. The difference in Group-Oriented Attitude between Boys and Girls Students was Not Significant.
5. The difference in Environmental Mastery between Boys and Girls Students was Significant.
6. The difference in Overall Mental Health between Boys and Girls Students was Significant.

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## Mental Health of College Students

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### ***Conflict of Interest***

The author declared no conflict of interest.

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