

A comparative study of mental health among B.A, B.Com and B.Sc. college students

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ABSTRACT

The purpose research attempted to study the comparative Study of Mental Health among B.A, B. Com and B. Sc. College Students. To study by research seared independent variables of Faculty and dependent variables mental health sub factor. The sample has 90 college students in each 30 B.A. Faculty (15 Male and 15 Female) college students and 30 B. Com. Faculty (15 Male and 15 Female) college students' college students and 30 B.Sc. Faculty (15 Male and 15 Female) college students. The subject selected in this sample was age group of 18-21 year. The scale was used for data collection mental health inventory by Dr. Jagadish and Dr. Srivastava (1983). Sample design was used and data were analysed is by Mean, SD and 'F' values. Results show that B.Sc. College Students Positive Self-Evaluation, Integration of Personality, Autonomy, Group Oriented Attitudes, Environment Mastery, Mental Health. Than B.A. and B.Com College Students. Moreover, there is no significant difference between B.A, B. Com and B. Sc. College Students on Perception of Reality.

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

Mental health is global term which refers to that condition of an individual which results from the normal organization and functioning of his mind. Mental health of a person among other things is mainly concerned with his total sense of growth and development; adjustment and peace; success and happiness and effective membership of a group of community. The term mental health represents a variety of human aspiration; rehabilitation of the mentally disturbed, prevention of mental disorder, reduction of tension in a stressful world, and attainment of a state of well-being in which the individual functions at a level consistent with his / her mental potential. Mental health is a total health of an individual thought process takes place in mind, ideas originate in mind and all kinds of directions are issued from mind which guide, Counselling, shape and regulate communication, conduct and behaviour and determine personal and social functioning as well as adjustment. It must address the broader issues affecting the mental well-being of all sections of society.

Singh, (2015) this study found that Art students were found to possess good state of mental health as compared to Science College students. Naresh G. Vaghela (2013) examined that

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there was no significant mean difference between boys and girls, and there was a significant mean difference between arts and commerce college students with regard to their Mental Health. Deepti Dhurandher and Alka Agrawal, (2015) this study found that The Science students are a little in good mental health as compared to arts group. The difference is not significant at any other level of mental health and there is no significant difference between Science and art group on the basis of mental health and there was no significant mean difference between boys and girls, and there was a significant mean difference between arts and commerce college students with regard to their Mental Health.

Statement of the problem

“A comparative Study of Mental Health among B.A, B. Com and B. Sc. College Students”

Objectives

1. To examine the Positive Self-Evaluation of B.A, B. Com and B. Sc. College Students.
2. To examine the Perception of Reality of B.A, B. Com and B. Sc. College Students.
3. To examine the Integration of Personality of B.A, B. Com and B. Sc. College Students.
4. To examine the Autonomy of B.A, B. Com and B. Sc. College Students.
5. To examine the Group Oriented Attitudes of B.A, B. Com and B. Sc. College Students.
6. To examine the Environment Mastery of B.A, B. Com and B. Sc. College Students.
7. To examine the Mental Health of B.A, B. Com and B. Sc. College Students.

Hypotheses

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

RESEARCH METHODOLOGY

Sample

The present study sample conducted by the in Jalna district (M.S.) College Students this data will be declared by random sampling method. The sample has 90 college students. The distribution of sample was reported in Table 1.

Table 1. Distribution of the sample

Gender	Faculty			
	B.A.	B.Com	B. Sc.	Total
Male	15	15	15	45
Female	15	15	15	45
Total	30	30	30	90

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Research Design

In the present study a balanced 2x2 factorial design will be used as shown in Table 2.

Table 2

B	A		
	A1	A2	A3
B1	A1,B1	A2,B1	A3,B1
B2	A1,B2	A2,B2	A3,B2

A- Faculty A1- B.A. College Students A2- B.Com College Students A3- B.Sc. College Students

B – Gender B1- Male College Students B2- Female College Students.

Table 3. Variables considered in the study

Variable	Type of variable	Sub. Variable	Name of variable
Faculty	Independent Variables	03	B. A. College Students B.Com College Students B. Sc. College Students
Mental Health	Dependent Variables	06	Positive Self-Evaluation Perception of Reality Integration of Personality Autonomy Group Oriented Attitudes Environment Mastery
Age Faculty Living of Area	Control variable	03	18-21 Years Arts, commerce and science Urban and Rural Area Students

Definition of the Key Terms, Concepts & Variables

Mental Health: Mental health is thus a dynamic functioning of the whole organism.

Positive Self-evaluation (PSE): It includes self-confidence, self-acceptance, self-identity, feeling of worthiness, realization of one's potentialities, etc.

Perception of Reality (PR): It is related to perception free need distortion, absence of excessive fantasy and a broad outlook on the world.

Integration of Personality (IP): It indicates balance of psychic forces in the individual and includes the ability to understand and to share other people's emotions, the ability to concentrate at work and interest in several activities.

Autonomy (AUTNY): It includes stable set of internal standards for one's action, dependence for own development upon own potentialities rather than dependence on other people.

Group-oriented Attitude (GOA): It is associated with the ability to get along with others, work with others and ability to find recreation.

Environmental Mastery (EM): It includes efficiency in meeting situation requirements, the ability to work and play, the ability to take responsibilities and capacity for adjustment.

Bachelor of Arts (BA): BA stands for Bachelor of Arts. It is a bachelor degree program that refers to an undergraduate course of study.

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Bachelor of Commerce (B.Com): B.Com stands for Bachelor of Commerce. It is an undergraduate degree in commerce stream. It is a three-year bachelor degree which is offered by various colleges.

Bachelor of Science (B.Sc.): B.Sc. stands for Bachelor of Science. It is an undergraduate academic degree awarded for completing a three-year course in the field of science and technology.

Research Tools

Table No.04 Mental health Inventory (1983)

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

The analysis of data interpretation and discussion of the results are reported in Table 4.

Table 05 Summary and Results of Analysis of variance showing the Faculty of Mental Health.

Sr. No.	Factor	Faculty	Mean	SD	N	DF	F Value	Sign.
Table 05 (A)	Positive Self-Evaluation	B.A. College Students	25.26	6.97	30	87	6.96	0.01
		B.Com College Students	21.53	5.39	30			
		B.Sc. College Students	26.56	4.41	30			
Table 05 (B)	Perception of Reality	B.A. College Students	21.93	3.63	30	87	3.036	NS
		B.Com College Students	20.40	4.84	30			
		B.Sc. College Students	23.06	4.93	30			
Table 05 (C)	Integration of Personality	B.A. College Students	27.33	4.85	30	87	7.326	0.01
		B.Com College Students	26.66	3.19	30			
		B.Sc. College Students	30.33	3.93	30			
Table 05 (D)	Autonomy	B.A. College Students	15.43	3.26	30	87	4.46	0.05
		B.Com College Students	14.70	3.03	30			
		B.Sc. College Students	17.13	3.56	30			
Table 05 (E)	Group Oriented Attitudes	B.A. College Students	24.06	3.86	30	87	9.00	0.01
		B.Com College Students	23.06	3.06	30			
		B.Sc. College Students	26.56	3.26	30			
Table 05 (F)	Environment Mastery	B.A. College Students	24.46	3.08	30	87	5.34	0.05
		B.Com College Students	22.60	4.19	30			
		B.Sc. College Students	26.00	6.86	30			
Table 05 (G)	Mental Health	B.A. College Students	137.30	10.18	30	87	20.61	0.01
		B.Com College Students	128.40	11.97	30			
		B.Sc. College Students	149.83	21.80	30			

(Critical value of "f" with df 87 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

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Results shown in Table 05 (A) indicated that mean and SD values of Positive Self-Evaluation obtained were 25.26 ± 6.97 by the B.A. College Students, 21.53 ± 5.39 by B.Com College Students and 26.5 ± 4.41 by B.Sc. College Students. It is observed that the calculated 'f' value (6.96) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that first hypothesis is rejected. It means that B.Sc. College Students High Positive Self-Evaluation than B.A. and B.Com College Students.

Observation of the table 05 (B) indicated that Perception of Reality of The mean and SD value obtained by the B.A. College Students 21.93 ± 3.63 , and B.Com College Students was $20.40, \pm 4.84$ and B.Sc. College Students was 23.06 ± 4.93 . It is observed that the calculated 'f' value (3.036) is low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 2nd hypothesis is accepted. It means that there is no significant difference between B.A, B. Com and B. Sc. College Students on Perception of Reality.

Observation of the table 05 (C) indicated that Integration of Personality of The mean and SD value obtained by the B.A. College Students 27.33 ± 4.85 , and B.Com College Students was 26.66 ± 3.19 and B.Sc. College Students was 30.33 ± 3.93 . It is observed that the calculated 'f' value (7.32) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 3th hypothesis is rejected. It means that B.Sc. College Students High Integration of Personality than B.A. and B.Com College Students.

Observation of the table 05 (D) indicated that Autonomy of The mean and SD value obtained by the B.A. College Students 15.43 ± 3.26 , and B.Com College Students was $14.70, \pm$ and B.Sc. College Students was 17.13 ± 3.56 . It is observed that the calculated 'f' value (4.46) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 4th hypothesis is rejected. It means that B.Sc. College Students High Autonomy than B.A. and B.Com College Students.

Observation of the table 05 (E) indicated that Group Oriented Attitudes of The mean and SD value obtained by the B.A. College Students 24.06 ± 3.86 , and B.Com College Students was \pm SD 3.06 and B.Sc. College Students was \pm SD 3.26. It is observed that the calculated 'f' value (9.00) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 5th hypothesis is rejected. It means that B.Sc. College Students High Group Oriented Attitudes than B.A. and B.Com College Students.

Observation of table 05 (F) indicated that Environment Mastery of The mean and SD value obtained by the B.A. College Students 24.46 ± 3.08 , and B.Com College Students was 22.60 ± 4.19 and B.Sc. College Students was 26.00 ± 6.86 . It is observed that the calculated 'f' value (5.34) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 6th hypothesis is rejected. It means that B.Sc. College Students High Environment Mastery than B.A. and B.Com College Students.

Observation of the table 05 (G) indicated that Mental Health of The mean and SD value obtained by the B.A. College Students 137.30 ± 10.18 , and B.Com College Students was 128.40 ± 11.97 and B.Sc. College Students was 149.83 ± 21.80 . It is observed that the calculated 'f' value (20.61) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that 7th hypothesis is rejected. It means that B.Sc. College Students High Mental Health than B.A. and B.Com College Students. An Opposite finding was found that Singh, (2015) this study found that Art students were found to possess good state of mental health as compared to Science College students. A similar finding was found that

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Deepti Dhurandher and Alka Agrawal, (2015) this study found that The Science students are a little in good mental health as compared to arts group.

Delimitations of the Study

1. The findings of this study is based 90 sample for used.
2. The sample was restricted to Jalna Dist. in Maharashtra.
3. The study was restricted to only Arts, Commence and Science college students only.
4. The study considered students aged 18-21 years.
5. The sample comprised students living both in urban and rural area.

CONCLUSIONS

1. B.Sc. College Students generally exhibit higher scores for the Positive Self-Evaluation than B.A. and B.Com College Students.
2. B.Sc. College Students generally exhibit higher scores for the Integration of Personality than B.A. and B.Com College Students.
3. B.Sc. College Students generally exhibit higher scores for the Autonomy than B.A. and B.Com College Students.
4. B.Sc. College Students generally exhibit higher scores for the Group Oriented Attitudes than B.A. and B.Com College Students.
5. B.Sc. College Students generally exhibit higher scores for the Environment Mastery than B.A. and B.Com College Students.
6. B.Sc. College Students generally exhibit higher scores for the Mental Health than B.A. and B.Com College Students.
7. There is no significant difference between B.A, B. Com and B. Sc. College Students on Perception of Reality.

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Conflict of Interest

The author declared no conflict of interests.

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