Research Paper

A Study of Mental Health among Male and Female College Students

Dr. Ramesh D. Waghmare[1]*

ABSTRACT

Mental Health is "the emotional and spiritual resilience which enables us to enjoy life and survive pain, suffering and disappointment. It is a positive sense of well being and an underlying belief in our and others dignity and worth. It is influenced by our experience and our genetic inheritance." The purpose research attempted to study the gender difference between mental health. To study by research seared variables in gender and mental health sub factor. A sample of 100 participants 50 Male (25 Urban and 25 Rural) & 50 Female (25 Urban and 25 Rural)) was drawn randomly from the population. Mental health inventory developed by Dr. Jagdish & Dr. A.K. Srivastava (1983) was used for data collection. Factorial design was used and data were analysis by Mean, SD and 'F' values. Results show that *1) Male College Students high Positive self Evaluation than Female College Students. 2) There is no significant difference between Male and Female College on Perception of Reality. 3) Male College Students high Integration of Personality than Female College Students. 4) There is a not significant difference between Male and Female College on Autonomy. 5) There is not significant differences between Male and Female college students on Group Oriented Attitudes. 6) Female College Students high Environment Mastery than Male College Students.7) There is a not significant difference between Male and Female College students on Mental Health.*

Mental health is the ability which helps us to seek adjustment in the difficult situations of our life. Mental health is the ability to make adequate adjustments to the environment on the plane of reality. It is as the ability to balance feelings, desires, ambitions and ideals in one's daily living. It means the ability to face and accept the realities of life. Mental health is a term used describes how well the individual is adjusted to the demands and opportunities of life.

Mental health is a crucial psychological factor with respect to human behaviour. Available research evidence revealed that mental health offers an opportunity for investigation as an attribute of human resource development, in that empirical research findings indicated that

[1] (Faculty, Godawari College Ambad, Dist.Jalna (M.S.), India)
*Responding Author

mental health enhancements leads to a better utilization of resources while its impairment has led to serious negative and life consequences, especially towards students of graduation, they often face uncertainty regarding their next steps in both their professional and personal lives. According to World Health Organization (WHO), "Mental health as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community". In this positive sense mental health is the foundation for well being and effective functioning for an individual and for a community. Mental health is far more than the absence of mental illness. Happiness, peace of mind, satisfaction in achievement and enjoyment of life are all aspects of mental health.

REVIEW OF LITERATURE

Jaya and Patnam, Vishala (2014) indicated that significantly a higher percentage of the female students were assessed to have good integration of personality, fair positive self-evaluation and group oriented attitude than their counterparts' male students. However, significantly a higher percentage of the male students were recorded to have good group oriented attitude and fair autonomy as compared to the female students.

Sharma (2004) found that the B.Ed. Students related to stream and gender wise do not differ significantly of six components of mental health and on overall mental health. But the students differ significantly on Group-Oriented Attitude component of mental health as related to gender. The results indicated that B.Ed. Students have average mental health. A person who is mentally healthy is said to be well adjusted person in every situation.

Vijay Kumar and at all, (Nov.2013) indicated that There is no significant difference between Male and Female pupil teachers in the mental health with Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group Oriented Attitudes, Environment Mastery and mental health.

Morab, and at all, (2014), indicated that there was no significant association between male and female elderly on mental health and positive self evaluation, integration of personality and environmental mastery. But the chi-square of rural elderly was significant associated with perception of reality, autonomy and group oriented attitude.

Poona and Shashi Malik, (2016) indicated that Male special school teachers were found to have better mental health than female special school teachers in terms of Positive self evaluation, Autonomy, Group oriented attitude and Environment competence. While with regards to the dimension: Perception of reality and Integration of personality Female special school teacher were found to have better health than male special school teachers.

Statement of the problem
"A Study of Mental Health among Male and Female College Going Students"

Objectives
The following are main objectives of the present study.
- To examine Mental Health of Male and Female College Going Students.

Hypothesis
1) There is no significant difference between Male and Female College going Students with Mental Health dimension on Positive Self-Evaluation.

2) There is no significant difference between Male and Female College going Students with Mental Health dimension on, Perception of Reality.

3) There is no significant difference between Male and Female College going Students with Mental Health dimension on Integration of Personality.

4) There is no significant difference between Male and Female College going Students with Mental Health dimension on Autonomy.

5) There is no significant difference between Male and Female College going Students with Mental Health dimension on Group Oriented Attitudes.

6) There is no significant difference between Male and Female College going Students with Mental Health dimension on Environment Mastery.

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

METHODS

Participants

The present study sample go was selected from college students of Ambad City Dist. Jalna 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 100 college students, in which 50 were Male College Students (25 Urban and 25 Rural) and 50 Female College Students (25 Urban and 25 Rural). 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.

Research Design

2x2 Factorial design used in the present study.

Variables of the Study

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

Instruments

- **Mental health inventory:** Mental health inventory developed Dr. Jagdish & Dr. A.K. Srivastava (1983). This scale consist of 56 items based on 6 dimensions- (1) positive self-evaluation, (2) realistic perception, (3) integration of personality, (4) Autonomy, (5) group-oriented attitude, (6) environmental mastery. The scale has four response categories viz. always, often, rarely and never. The reliability and validity coefficients were found significant as the value of split-half reliability coefficient was $r=0.73$ and validity i.e. construct validity was $r=0.54$ which confirm the standardization of the scale.

Operational definition
- **Mental health -**Mental health is defined as person's ability to make positive self – evaluation, to perceive the reality, to integrate the personality, autonomy group oriented attitudes and environmental mastery.
- **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.

Procedures of data collection
The following research methodology was used in the present study. 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 mental health inventory.

Data analysis
The Mean and SD with graphical representation for Gender (Male and Female College Students) on Mental Health was analyzed. A Factorial 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.
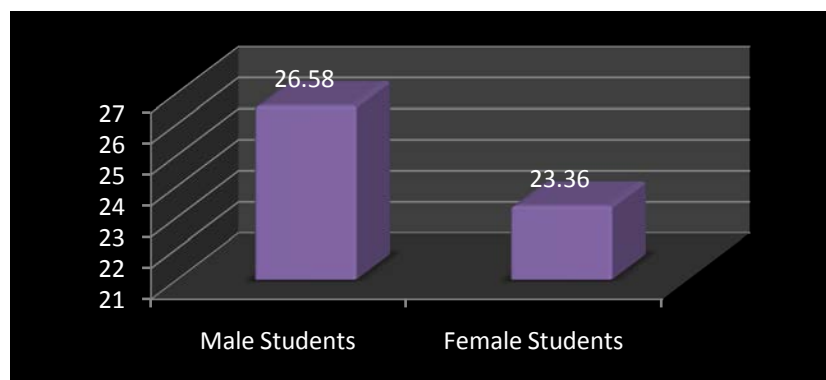
RESULTS AND DISCUSSION
The analysis of data interpretation and discussion of the results are presented below.
Table No.01 Show the mean, SD and F value Gender on Positive self Evaluation

Gender	Mean	SD	N	DF	F	Sign
Male Students	26.58	5.75	50	98	7.41	0.01
Female Students	23.36	6.78	50			

(Critical value of "f" with df 98 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 group seems to differ from each other on Positive self Evaluation. The mean and SD value obtained by the male college students 26.58, SD 5.75 and Female College students was 23.36, SD 6.78, Both group 'F' ratio was 7.41 at a glance those Male college student shows high score than Female college students.
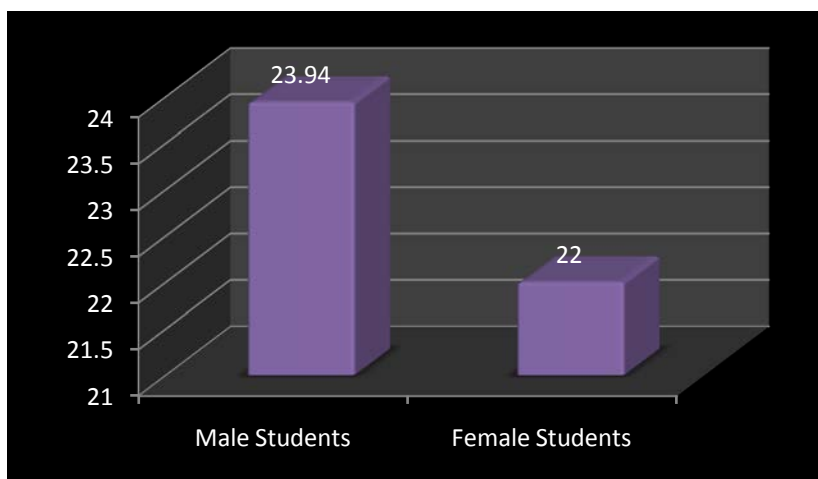
In the present study was hypothesis related Positive self Evaluation and Gender. It was "There is no significant differences between Male and Female college students Mental Health dimension on Positive self Evaluation. Gender effect represent the Positive self Evaluation was significant ((F- 7.41, 1and 99, P-0.01). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that male and female college students significant differences from Positive self Evaluation .The findings of the not supported the hypothesis, they are hypothesis rejected the present study. Its means that Male College Students high Positive self Evaluation than Female College Students

Table No.02 Show the mean, SD and F value Gender on Perception of Reality

Gender	Mean	SD	N	DF	F	Sign
Male Students	23.94	6.75	50	98	3.66	NS
Female Students	22.00	4.81	50			

(Critical value of "f" with df 98 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 23.94, SD 6.75 and Female College students was 22.00, SD 4.81, Both group 'F' ratio was 3.66 at a glance those Male college student shows high score than Female college students.

In the present study was hypothesis related Perception of Reality and Gender. It was "There is no significant differences between Male and Female college students Mental Health dimension on Perception of Reality. Gender effect represent the Perception of Reality was significant ((F- 3.66, 1and 99, P-NS). This is not significant 0.01 and 0.05 levels because they obtained 'F' value are low than table values at 0.01 and 0.05. In the present study was found that male and female college students no significant differences from Perception of Reality.
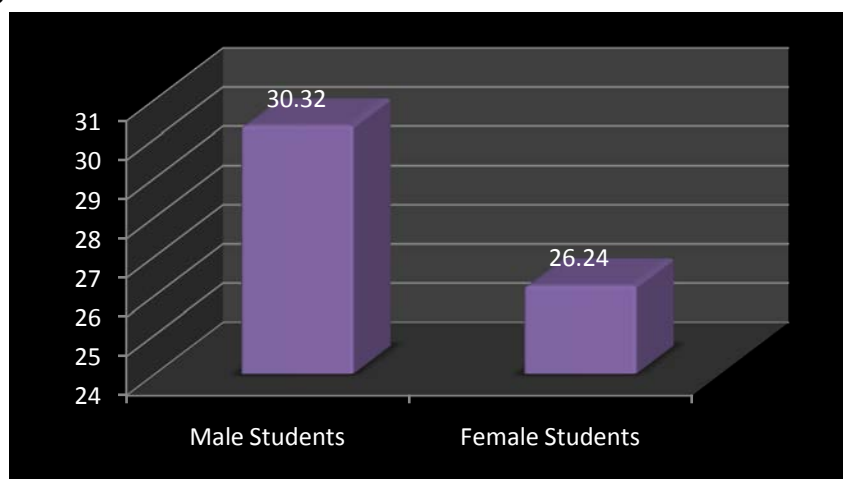
The findings of the supported the hypothesis, they are hypothesis Accepted the present study. Its means that there is no significant differences between Male and Female college students Mental Health dimension on Perception of Reality.

Table No.03 Show the mean, SD and F value Gender on Integration of Personality

Gender	Mean	SD	N	DF	F	Sign
Male Students	30.32	4.33	50	98	16.99	0.01
Female Students	26.24	4.93	50			

(Critical value of "f" with df 98 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 30.32, SD 4.33 and Female College students was 26.24, SD 4.93, Both group 'F' ratio was 16.99 at a glance those Male college student shows high score than Female college students.

In the present study was hypothesis related Integration of Personality and Gender. It was "There is no significant differences between Male and Female college students Mental Health dimension on Integration of Personality. Gender effect represent the Integration of Personality was significant ((F- 7.41, 1and 99, P-0.01). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that male and female college students significant differences from Integration of Personality .The findings of the not supported the hypothesis, they are hypothesis rejected the present study. Its means that Male College Students high Integration of Personality than Female College Students.
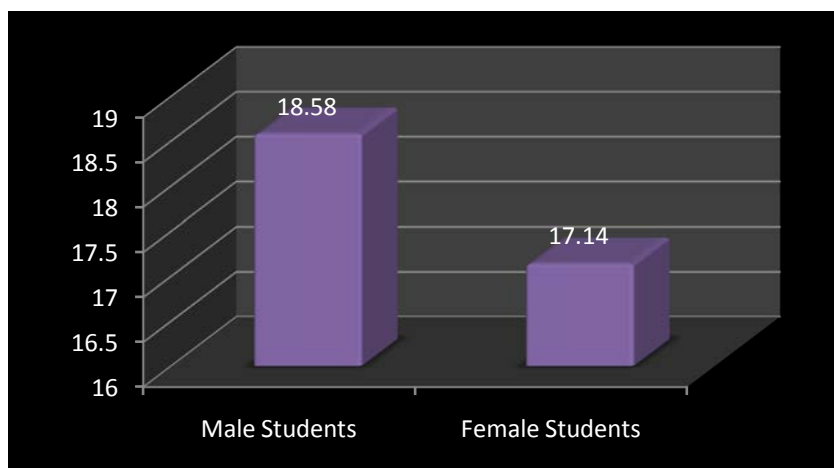
Table No.04 Show the mean, SD and F value Gender on Autonomy

Gender	Mean	SD	N	DF	F	Sign
Male Students	18.58	6.90	50	98	1.42	NS
Female Students	17.14	5.64	50			

(Critical value of "f" with df 98 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 18.58, SD 6.90 and Female College students was 17.14, SD 5.64, Both group 'F' ratio was 1.42 at a glance those Male college student shows high score than Female college students.
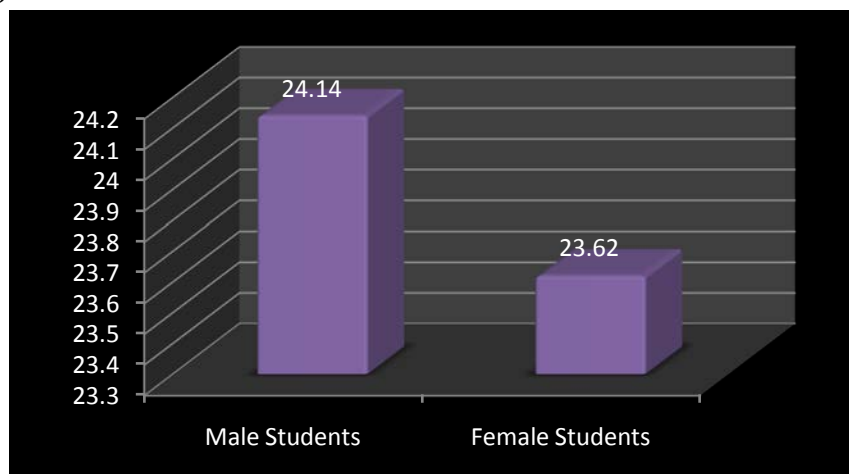
In the present study was hypothesis related Autonomy and Gender. It was "There is no significant differences between Male and Female college students Mental Health dimension on Autonomy. Gender effect represent the Autonomy was significant ((F- 1.42, 1and 99, P-NS). This is not significant 0.01 and 0.05 levels because they obtained 'F' value are low than table values at 0.01 and 0.05. In the present study was found that male and female college students not significant differences from Autonomy .The findings of the supported the hypothesis, they are hypothesis Accepted the present study. Its means that there is not significant differences between Male and Female college students Mental Health dimension on Autonomy.

Table No.05 Show the mean, SD and F value Gender on Group Oriented Attitudes

Gender	Mean	SD	N	DF	F	Sign
Male Students	24.14	8.71	50	98	0.15	NS
Female Students	23.62	3.22	50			

(Critical value of "f" with df 98 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 24.14, SD 8.71 and Female College students was 23.62, SD 3.22, Both group 'F' ratio was 0.15 at a glance those Male college student shows high score than Female college students.
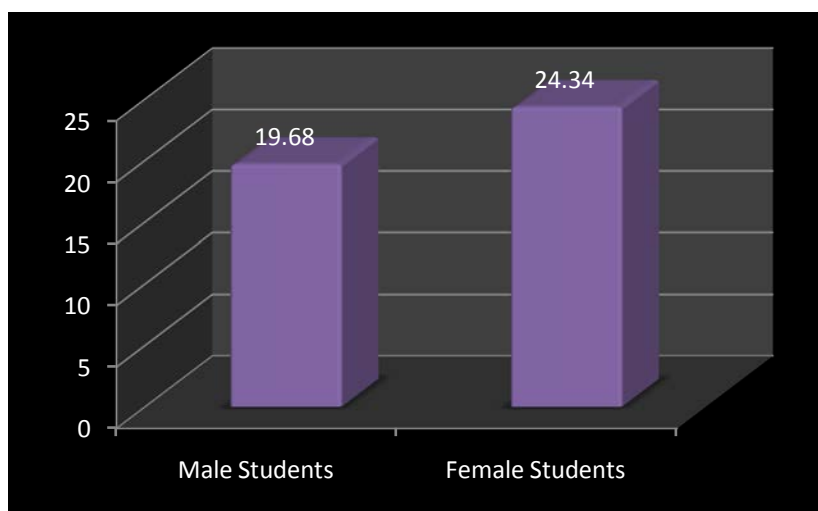
In the present study was hypothesis related Group Oriented Attitudes and Gender. It was "There is no significant differences between Male and Female college students Mental Health dimension on Group Oriented Attitudes. Gender effect represent the Group Oriented Attitudes was significant ((F- 0.15, 1and 99, P-NS). This is not significant 0.01 and 0.05 levels because they obtained 'F' value are low than table values at 0.01 and 0.05. In the present study was found that male and female college students not significant differences from Group Oriented Attitudes .The findings of the supported the hypothesis, they are hypothesis Accepted the present study. Its means that there is not significant differences between Male and Female college students Mental Health dimension on Group Oriented Attitudes.

Table No.06 Show the mean, SD and F value Gender on Environment Mastery

Gender	Mean	SD	N	DF	F	Sign
Male Students	19.68	8.29	50	98	14.26	0.01
Female Students	24.34	2.88	50			

(Critical value of "f" with df 98 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 19.68, SD 8.29 and Female College students was 24.34, SD 2.88, Both group 'F' ratio was 14.26 at a glance those Female college student shows high score than Male college students.

In the present study was hypothesis related Environment Mastery and Gender. It was "There is no significant differences between Male and Female college students Mental Health dimension on Environment Mastery. Gender effect represent the Environment Mastery was significant ((F- 14.26, 1and 99, P-0.01). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found
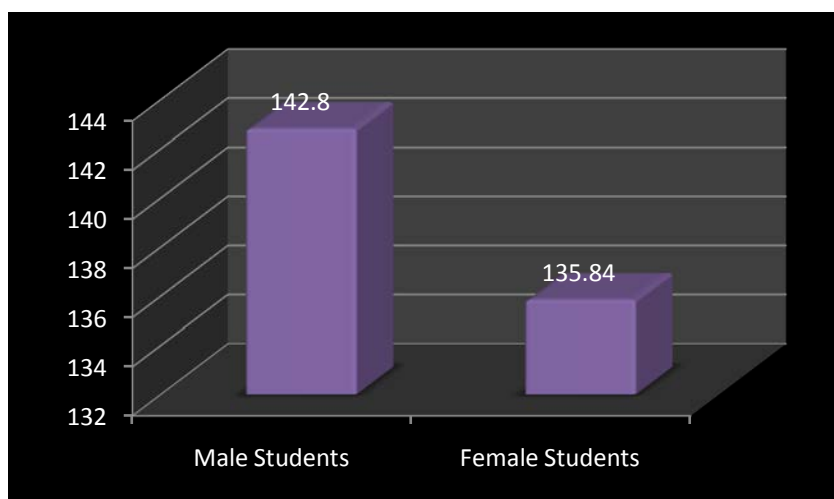
that male and female college students significant differences from Environment Mastery .The findings of the not supported the hypothesis, they are hypothesis rejected the present study. Its means that Female College Students high Environment Mastery than Male College Students.

Table No.07 Show the mean, SD and F value Gender on Mental Health

Gender	Mean	SD	N	DF	F	Sign
Male Students	142.80	25.97	50	98	3.19	NS
Female Students	135.84	11.57	50			

(Critical value of "f" with df 98 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 142.80, SD 25.97 and Female College students was 135.84, SD 11.57, Both group 'F' ratio was 3.19 at a glance those Male college student shows high score than Female college students.

In the present study was hypothesis related Mental Health and Gender. It was "There is no significant differences between Male and Female college students on Mental Health. Gender effect represent the Mental Health was not significant ((F- 3.19, 1and 99, P-NS). This is significant 0.01 and 0.05 levels because they obtained 'F' value are low than table values at 0.01 and 0.05. In the present study was found that male and female college students not significant differences from Mental Health.The findings of the supported the hypothesis, they are hypothesis Accepted the present study. Its means that there is not significant differences between Male and Female College students on Mental Health.

DELIMITATIONS OF THE STUDY
1) The finding of the study is based on very sample.
2) The sample was restricted to Ambad city from Jalna Dist. in Maharashrta.
3) The study was restricted to only B.A. arts college students (arts facility) only.
4) The study was restricted students are only 18-21 years only.

CONCLUSIONS

1) Male College Students high Positive self Evaluation than Female College Students
2) There is no significant difference between Male and Female College on Perception of Reality.
3) Male College Students high Integration of Personality than Female College Students.
4) There is a not significant difference between Male and Female College on Autonomy.
5) There is not significant differences between Male and Female college students on Group Oriented Attitudes.
6) Female College Students high Environment Mastery than Male College Students.
7) There is a not significant difference between Male and Female College students on Mental Health.

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Conflict of Interest
There is no conflict of interest.