

A Comparative Study of Mental Health between the Students of Clinical Psychology and Other Discipline

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ABSTRACT

The purpose of the study was to investigate the mental health of the respondents. 150 respondents were selected purposively from the different department at University of Rajshahi as a sample of the present study. The bangle version of (Goldberg, 1978) GHQ-12 was used to measure mental health of the respondent. Obtained data were analyzed by employing mean, SD and independent sample t-test by using SPSS. The result of the study revealed that the mean mental health score of the students of clinical psychology is higher than others background students which is confirmed our research hypothesis. The result also reported that the male respondent has better mental health than their female counterparts. The result further showed that there was no significant difference of mental health in terms of their residence. The result of the study again showed that there was no significant difference of mental health between male and female students of clinical psychology.

Keywords: *Mental health, Education background, Clinical psychology, other discipline, knowledge about mental health*

Mental health is a condition where the person understand his or her own ability and cope with environmental and social demand as well as, contribute to the development of his or her society (World Health Organization, 2014). About 450 million people faced mental health or behavioral problem (WHO, 2001). Though the large number of students had mental problem, they did not receive any therapeutic session or counselling (Zivin, Eisenberg, Gollust, & Golberstein, 2009). A previous study indicates various barriers such as stigma, discrimination prevent Asian and Latin American adolescents from receiving school-based treatment (D’Cunha, 2015; Mendoza Masuda, & Swartout, 2015; Cheng, Wang, McDermott, Kriedel, & Rislin, 2018). 40% of college students report not seeking treatment for a mental health problem (National Alliance on Mental Illness, 2012). A common barrier to receive psychological treatment is individual’s believes. They believed that they have no mental health problem and no need to take treatment (Kessler et al., 2001). In addition, people with mental illness are rejected in their society. They are discriminated in different areas of society and it is affect their mental health. Mentally illness people not receive enough health care because of stigma. (Jezzoni, Ramanan,

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& Lee, 2006; Ross & Goldner, 2009; Stuber, Meyer, & Link, 2008; Hinshaw & Stier, 2008; Corrigan et al., 2014). Stigma is fourth common barrier to receive mental health care (Clement et al, 2015). Whereas, prejudice, discrimination, stereotypes are played role in stigma (Corrigan, 2005). And people are feared to become labeled or treated as mentally ill from society (Corrigan, Druss, & Perlick, 2014). On the other hand, National Mental Health Association gave 10 criteria of a mentally healthy people. These are feeling good about self, not affected by emotion (fear, anger, jealousy, anxiety, guilt). The also happy about their relations, feel good or comfort with others, able to fun and laugh with others, able to accept their hazardous, can manage their problem and able to make decision. Also, they can show respect to others, if there is social or cultural difference, and capable to handle their environment and adjust with it. Moreover, there are some obstacles such as shortage knowledge, sigma, culture difference, poverty affect minority people mental health (Umpierre et al., 2015). And the mental health can be improved by strengthening individual capacity and reducing the stressor (Campell Quick J, 1992). The knowledge and understanding about the nature of mental health is the main key to changing health policies and practices (Herrman H. 2001). People who have positive view about their ability, they are more able to cope with stress (Walker FR, Pflingst K, Carnevali L, Sgoifo A, Nalivaiko E., 2017). In contrast, lack of flexibility connected with psychopathology (Kashdan & Rottenberg, 2010). However, the U.S. Department of Health and Human Services (2019) gave some suggestion to improve mental health. These are- engaging in regular physical exercise, getting adequate sleep, helping others, learning new coping skills to manage stress, staying connected to other people, trying to keep a positive outlook on life. According to national mental health survey 16.05 % adult population of Bangladesh faced mental health problem in 2003 – 2005. On the contrary, the Bangladesh government invested 10,62,54,224 taka in 2005 for mental health. Which is less than 0.5 % of health care expenditures by the government (WHO-AIMS, 2005). There are only 50 outpatient mental health center and no center provide follow up health care in Bangladesh (WHO-AIMS, 2005). There is a 500 bedded hospital in Bangladesh. And a patient spends 137 on average (WHO- AIMS, 2005). The total number of resource personnel in mental health is 0.49 per 1,00,000 population (WHO-AIMS, 2005). In Bangladesh, about 10 NGOs are actively worked with mental health (WHO-AIMS, 2005). 54% of mental health expert work for both government and private sector. And 46% worked for only private sector (WHO-AIMS, 2005). Pabna Mental Hospital is the only one mental hospital in Bangladesh. And 0.4 beds available for 1,00,000 population (WHO- AIMS, 2005). Furthermore, education has a positive effect on the next generation's health (Currie and Moretti, 2003; Kemptner and Marcus, 2013). Education can improve our health through information (Kenkel, 1991). Feinstein (2002) finds that when education level increase, the depression level is reduced likelihood at age 42. Research found that higher educated people took better treatment and lower educated people switched their treatment frequently, it worsening their health (Goldman and Smith, 2002).

Objective of the study

Objectives of the present studies are as follows-

1. To investigate the difference of mental health between the student of clinical psychology and other discipline.
2. To determine the difference of mental health regarding their gender of the respondent.
3. To explore is there any difference of mental health among clinical psychology students in respect of gender.
4. To know the mental health in considering the residential status of the respondent.

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Hypothesis of the study

The following hypothesis was formulated to test- 'Mental health of the student of clinical psychology would be higher than the students of other discipline.'

METHODOLOGY

Target Population

The target population of this study were the undergraduate students of Rajshahi University.

Sample

A total of 150 students (clinical psychology- 75 and others discipline- 75) were selected purposively as a sample of the study. Their education qualification was first year to fourth year honours students the age range of 19 to 26.

Sample distribution of the study

The sample distribution is as follows-

	Male (90)		Female (60)		Total
	Urban	Rural	Urban	Rural	
Clinical Psychology	25	24	11	15	75
Others Dept.	25	16	22	12	75
Total	50	40	33	27	150

$$\text{Urban} = (50+33) = 83$$

$$\text{Rural} = (40+27) = 67$$

Variables

Independent Variable: Education background, Gender and Residence.

Dependent Variable: Mental Health.

Research tools

The following instrument were used to collect information from the respondent. Which as follows-

- a. A personal information form: A personal information form developed by investigator was used to collect relevant information about the respondent.
- b. General Health Questionnaire (GHQ-12) originally developed by Goldberg (1978) adapted by (Iliyas and Ayesha, 2001).

RESULTS AND DISCUSSION

The present study was conducted to investigation the mental health of the student of Rajshahi University according to their education background, gender, residence. To analyze the collected data, mean, standard deviation, descriptive statistics and independent sample t-test were applied. Here are the results are shown through table 1 to 4 respectively.

Table 1: Mean, SD, and t value of mental health score in respects the education background of the respondents.

Name of the variable	Compared group	N	Mean	SD	df	t	Sig.
Mental Health	Clinical Psychology	75	26.36	4.80	148	6.65	Significant
	Others Department	75	20.05	6.66			

* $p < 0.05$

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Results in the table- 1 showed that, the mean and std. deviation of the clinical psychology students were 26.36 and 4.80 and the mean and std. deviation of the others background students were 20.05 and 6.66. The mean mental health score of clinical psychology students are higher than others background students. The calculated value of the t is 6.65 which is significant at the 0.05 level of significance. The result reported that there is a significant difference in mental health between the two grouped students. This result confirmed the hypothesis of the study. And the result is obvious because the students of clinical psychology have more knowledge about mental health and illness, and coping strategy. They have less stigma about mental health and also have a positive outlook about their life. They may more able to cope with the stressful situation and control their emotion. They are psychoeducated about mental health and problems than others background students. So, the knowledge of psychology may have positive role to improve own mental health.

Table 2: Mean, SD and t value of mental health scores in respect the gender of the respondents.

Name of the variable	Compared group	N	Mean	SD	df	t	Sig.
Mental Health	Male	90	24.34	6.4	148	2.64	Significant
	Female	60	21.50	6.57			

* $p < 0.05$

Results in the table- 2 revealed that, the mean and std. deviation of the male respondent were 24.34 and 6.4 and the mean and std. deviation of the female respondents were 21.50 and 6.57. The mean mental health score of male respondents are higher than their female counterparts. The calculated value of the t is 2.64 which is significant at the 0.05 level of significance. The result suggested that there is a significant difference in mental health of respondents in terms of gender. This results also confirmed previous findings (Better, 2003; National Institute for clinical Excellence, 2003).

Table 3: Mean, SD and t value of mental health scores of clinical psychology students in respect the gender of the respondents.

Name of the variable	Compared group	N	Mean	SD	df	t	Sig.
Mental Health	Male (clinical psychology)	49	26.84	4.95	73	1.182	Insignificant
	Female (clinical psychology)	26	25.46	4.48			

* $p > 0.05$

Result in table- 3 showed that, the mean and SD of the male student of clinical psychology were 26.84 and 4.95 and the mean and SD of the female respondents were 25.46 and 4.48. Obtained value of t-test is 1.182. And the result indicated that there is no significant difference between male and female in students of clinical psychology.

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Table-4: Mean, SD and t value of mental health scores in respect the residence of the respondents.

Name of the variable	Compared group	N	Mean	SD	df	t	Sig.
Mental Health	Rural	67	23.45	6.22	148	0.401	Insignificant
	Urban	83	23.01	6.92			

* $p > 0.05$

Results in the table-4 reported that, the mean and std. deviation of the rural respondent were 23.45 and 6.22 and the mean and std. deviation of the urban respondents were 23.01 and 6.92. The calculated value of the t is 0.401. The result revealed that there is no significant difference in mental health of the respondents in terms of residence.

CONCLUSION

1. Students of clinical psychology have better mental health than others background.
2. Male students have better mental health than female students.
3. There are no significant difference among the clinical psychology students.
4. Also, there are no difference between rural and urban pupil.

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Conflict of Interest

The author(s) declared no conflict of interest.

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