

A Study of Mental Health Among Tribals and Non-Tribals College Students

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ABSTRACT

The present study aims to determine the status of mental health among tribals and non-tribals college students. The sample consists of 240 subjects 120 tribals (60 male and 60 female) and 120 non-tribals (60 male and 60 female) college going students. Total sample selected in the age range of 19 to 24, who are living in different taluka of Jalgaon district. Standardized psychological test (Mental Health) was used for data collection. After doing this, the scoring data treated as a mean, SD and t test.

Keywords: *Mental Health, Tribals and Non-Tribals College Students*

Today's world is the world of science and technology. We can notice that the whole human life is more comfortable today due to the use scientific equipment in domestic life. But tribal society still shows that they are limited in their beliefs, traditions, customs, religions, special grouping, married conjugal groups, living with the stamp of their cast. On the one hand, 21st century, scientific research has led to various discoveries, which made the human life happier, on the other hand, tribal society is looking at us but lost in the world. We see however, that physical and mental health of the tribal's is diminished. Tribal society basically inhabit away from public buildings, in groups of the forests, community life. They are influenced by their lives, customs, traditions, culture and religion and in this way, they are affecting their lives and their health. Hence, we can observe that their mental quotient and physical health is deteriorating. Because of their mental health, their emotional quotient can not be fully realized and that is why indirectly it affects their own self. These physical and mental health factors cause disrupt to living a happy life, and therefore, we see that there is adverse effect on educational support and achievement.

Tribal is substitute for Marathi word Adivasi it means those who are the earliest inhabitants of the country land. Generally, people living in remote area making scant vicinity around, living on forest, away from urban culture, but following a certain culture are known by the people or called by the people as sons of earth or the kings of forest. Such as Herbert Risle, Verier Elvin called them 'aboriginal Dr. Huttton called 'Primitive tribes, Ben called them, 'The Hilly Tribes. Mahatma Gandhi called "Girijan". Thkkar Bappa called 'Adipraja' and

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Dr. G. S. Guryev called, “so called aborigines and backwards Hindus.” Thus, different terms are used to call them by the different scholars. For the first time the ‘Simon commission had used the term Scheduled Tribe (1928). Even, through the constitutional mandate formulated in 1950, the term, “Scheduled Tribe” has been formally recognized as a distinct community in India. Dr. Das has described these peoples as submerged Humanity. In some countries, there may be preference for other terms including tribes, first people, aboriginals, ethnic groups, adivasi, janajati and Indigenous etc. The historical data shade light on the tribal life. The great epic Ramayana have a character Shabari who is from Shabar tribal group. In Mahabharata refer to Eklavya- Bhill who offered his thumb to Guru Drnoncharya, and Ghattotkcha-a Bhima’s son who is born to his tribal mother, Arjuna married Chitrangadha a princess of Naga tribal community. Before the arrival of Aryans in India, there were big cities of Dravidian people. They had well administered states. During that period, the country was called “Kuyawa Rashtri” i.e., kingdom of Gond. The capital of Gond King was ‘Duryon’ i.e., present day Mohenjo-daro. According to Vedic scholars, the pre-Vedic culture had achieved glorious position and they were leading urban life. The cultural community was eroded with the intrusion of Aryans around 5000 years back after their struggle lasting some 1500 years. They had to take refuge of forests and mountain ranges. These communities are original residents who are today refuge.

Concept of Mental Health

Mental health describes a level of psychological well-being, or an absence of a mental disorder. From the perspective of ‘positive psychology’ or ‘holism’, mental health may include an individual’s ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Mental health can also be defined as an expression of emotions, and as signifying a successful adaptation to a range of demands. According to the World Health Organization (WHO), mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others." The WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community.

Mental health can be seen as an unstable continuum, where an individual's mental health may have many different possible values. Mental wellness is generally viewed as a positive attribute, even if the person does not have any diagnosed mental health condition. This definition of mental health highlights emotional well-being, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges. Some discussions are formulated in terms of contentment or happiness. Many therapeutic systems and self-help books offer methods and philosophies espousing strategies and techniques vaunted as effective for further improving the mental wellness. Positive psychology is increasingly prominent in mental health.

The world health organization defines 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”. It was previously stated that there was no one “official” definition of mental health. Mental health refers to our cognitive, and emotional well being – it is all about how we think, feel and behave. Mental health, if somebody has it.

The Importance of Study

Today's world is the world of science and technology. We can notice that the whole human life is more comfortable today due to the use scientific equipment in domestic life. But tribal society still shows that they are limited in their beliefs, traditions, customs, religions, special grouping, married conjugal groups, living with the stamp of their cast. On the one hand, 21st century, scientific research has led to various discoveries, which made the human life happier, on the other hand, tribal society is looking at us but lost in the world. We see however, that physical and mental health of the tribal's is diminished. Tribal society basically inhabit away from public buildings, in groups of the forests, community life. They are influenced by their lives, customs, traditions, culture and religion and in this way they are affecting their lives and their health. Hence, we can observe that their mental quotient and physical health is deteriorating. Because of their mental health, their emotional quotient can not be fully realized and that is why indirectly it affects their own self. These physical and mental health factors cause disrupt to living a happy life, and therefore, we see that there is adverse effect on educational support and achievement. the present study focuses on whether life style of tribal college students in Jalgaon district has been influenced by their mental health status. At the same time study also see the effect of community, are and gender on mental health among college students.

REVIEW OF THE STUDY

Singh and Ohri (1993) opined in their study that the educational status of tribals should be improved. The study suggested that as a result of modernization, education and social change among tribals have improved better. Further improvement can be made on the basis of data related to education available from various sources, identifying tribal groups for initiating innovative educational programmes at the micro level, conducting state-wise and district-wise surveys of causes of non-enrolment of girl child in tribal communities in order to achieve the goal of universalisation of elementary education, studying the problems of drop-outs, wastage and stagnation 85 among tribal girls in school and examining their occupational mobility. The role of mass media also needs to be assessed in the educational development of tribals.

Studies have shown that the gender is one of the major factors influencing mental health. **Kulkarni (2013)** purposed of the study was to study the academic achievement of tribal students of ashram schools, to study the impact of gender and innate and learned behaviour on academic achievement and to suggest appropriate strategies for improvement in academic achievement. The study was undertaken in three ashram schools in tribal areas on 60 male and 120 female students were included. The group tests, namely Culture Fair Intelligence Test (CFIT) and Draw-a-Man Test of Intelligence (DMTI) was administered for assessing learning abilities. The Achievement Values Anxiety Inventory (AVAI) and School Adjustment Inventory (SAI) was administered to assess the achievement motivation and adjustment at school 78 respectively. It was revealed that the students have potential to excel in academics but their academic achievement was low. The study concluded that the role of gender in academic performance was limited. This reflects influence of proximate and extrinsic factors associated with quality of education and family background.

Devi (1993) studied creativity and academic achievement in relation to mental health of tribal and non-tribal high school students. It was found that only one mental health factor had significant effect on creativity. Extrovert students had been found to be more creative than introverts. The rest of the factors of mental health i.e., insecurity, inferiority,

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psychoticism, neuroticism, state-anxiety, trait-anxiety and adjustment as single main variables did not show significant difference on creativity of the students.

Manjuvani E. (1990) carried out a study on influence of home and school environment on the mental health status of children. The major findings of the study were: 1. The home environment was a major significant contributor to all the three components of mental health. 2. The school environment contributed to liabilities and the mental health index.

Aim

The present study was planned and performed to study the mental health among tribals and non-tribals students of Jalgaon district.

Objectives

- To find out the difference in mental health of tribal and non-tribal students.
- To find out the difference in mental health of male and female students.

Hypothesis

- There is significant difference in mental health between tribal and non-tribal students.
- There is significant difference in mental health between male and female students.

Variables

Independent Variable-

Community-	1) Tribal	2) Non-Tribal
Gender-	1) Male	2) Female

Dependent Variable-

Mental Health

METHODOLOGY

Sample

The sample of the study consist of 240 (120 tribal and 120 non-tribal) sample of the study was selected by simple random sampling from the college going students of Jalgaon district. Their age range was 19-24 years. Thus, the male and female students' ratio was 1:1.

Tools

Mental health- test was constructed and standardized by Dr. Anand Kumar and Dr. Giridhar P. Thakur (Hindi Adaptation)

Research Design

Since, there were two independent variables and each variable was classified at two levels. A 2x2 factorial design was used.

Statistical Treatment of Data

First, the data was treated by means, SD and t. SPSS software was used for data analysis.

RESULT AND DISCUSSION

In this part investigator has explained the result related to statistical analysis and hypothesis.

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HY-01- There is significant difference in mental health between tribal and non-tribal students.

Table no- 01- Community wise comparison on mental health

Variable	Community	N	Mean	Std. Deviation	t	Sig. Level
Mental Health	Tribal	120	137.52	12.14	.724	NS
	Non-tribal	120	136.35	12.81		

(*P* at 0.05=1.98, 0.01=2.61)

Table no 01 shows the level of mental health between tribal and non-tribal students. The researcher found that the mean value in mental health of tribal students was 137.52 and SD is 12.14. Similarly, the mean value in mental health of non-tribal students was 136.35 and SD is 12.81. The calculated “t” value is .724. it is no significant. It is indicating that there is no significant difference in mental health between tribal and non-tribal students. That’s why above hypothesis is rejected.

HY-02- There is significant difference in mental health between male and female students.

Table no- 02- Gender wise comparison on mental health

Variable	Gender	N	Mean	Std. Deviation	t	Sig. Level
Mental Health	Male	120	138.58	13.17	2.05	0.05
	Female	120	135.30	11.55		

(*P* at 0.05=1.98, 0.01=2.61)

Table no 02 shows the level of mental health between male and female students. The researcher found that the mean value in mental health of male students was 138.58 and SD is 13.17. Similarly, the mean value in mental health of female students was 135.30 and SD is 11.55. The calculated “t” value is 2.05. it is significant at 0.05 level. It is indicating that there is significant difference in mental health between the male and female students. That’s why above hypothesis is accepted.

DISCUSSION

The aim of the present study was to find out the difference in mental health of tribal and non-tribal college going students of Jalgaon.

First hypothesis result obtained after analysis of data as seen in table no-01 reveals that there is no significant difference between tribal and non-tribal students with reference to their mental health. This no significant “t” value (.724) indicates that there is no significant difference in mental health between tribal and non-tribal students. Over the past few decades, the tribal community shown a positive attitude towards education. As a result, we see radical changes in their thinking and behaviour. We see it when adopting a scientific approach. A lot of people in the group have come to cities and are making adjustment with them. At the same time, due to the reduction in cast gaps, radical positive changes have taken place in their behaviour. All of this has made their mental health appear to be on average better than others. **Singh and Ohri (1993)** opined in their study that the educational status of tribals should be improved. The study suggested that as a result of modernization, education and social change among tribals have improved better. Further improvement can

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be made on the basis of data related to education available from various sources, identifying tribal groups for initiating innovative educational programmes at the micro level, conducting state-wise and district-wise surveys of causes of non-enrolment of girl child in tribal communities in order to achieve the goal of universalisation of elementary education, studying the problems of drop-outs, wastage and stagnation 85 among tribal girls in school and examining their occupational mobility. The role of mass media also needs to be assessed in the educational development of tribals. **Manjuvani E. (1990)** carried out a study on influence of home and school environment on the mental health status of children. The major findings of the study were: 1. The home environment was a major significant contributor to all the three components of mental health. 2. The school environment contributed to liabilities and the mental health index.

Second hypothesis result obtained after analysis of data as seen in table no-02 reveals significant difference between male and female students with reference to their mental health. This significant “t” value (2.05) indicates that gender significantly affected the mental health, this reveals the fact that male student have better mental health than female students. Studies have shown that the gender is one of the major factors influencing mental health. **Kulkarni (2013)** purposed of the study was to study the academic achievement of tribal students of ashram schools, to study the impact of gender and innate and learned behaviour on academic achievement and to suggest appropriate strategies for improvement in academic achievement. The study was undertaken in three ashram schools in tribal areas on 60 male and 120 female students were included. The group tests, namely Culture Fair Intelligence Test (CFIT) and Draw-a-Man Test of Intelligence (DMTI) was administered for assessing learning abilities. The Achievement Values Anxiety Inventory (AVAI) and School Adjustment Inventory (SAI) was administered to assess the achievement motivation and adjustment at school 78 respectively. It was revealed that the students have potential to excel in academics but their academic achievement was low. The study concluded that the role of gender in academic performance was limited. This reflects influence of proximate and extrinsic factors associated with quality of education and family background. **Devi (1993)** studied creativity and academic achievement in relation to mental health of tribal and non-tribal high school students. It was found that only one mental health factor had significant effect on creativity. Extrovert students had been found to be more creative than introverts. The rest of the factors of mental health i.e., insecurity, inferiority, psychotcism, neuroticism, state-anxiety, trait-anxiety and adjustment as single main variables did not show significant difference on creativity of the students.

CONCLUSION

- Result found that there was no significant difference in mental health of tribal and non-tribal students.
- Male students have better mental health than female students.

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Conflict of Interest

The author(s) declared no conflict of interest.

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