

## Mental Health of College Students of Arts and Commerce Streams of Gandhinagar

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### ABSTRACT

The basic aim of present investigation to study the level of mental health among college students of Arts and commerce stream of Gandhinagar. With reference to the above problem main objectives of the study were [1] To study the level of mental health of college students of Arts and commerce stream of Gandhinagar [2] To study the level of mental health of boys and girls. For that purpose, 80 students were selected from different colleges out of which 40 were taken arts college and the remaining 40 were taken from Commerce College. 'Mental health analysis questioner' by Dr. Aswin Jansari and Dr. Badami & Badami were used data collection. The data was analyzed by 't' test and correlation. Results indicate that level of mental health was significantly higher among the Arts college student were as Commerce college student. It there is a no significant difference between boys and girls.

**Keywords:** *Mental health, college students, Arts and Commerce streams*

Mental health refers to our cognitive, and/or emotional wellbeing - it is all about how we think, feel and behave. Mental health, if somebody has it, can also mean an absence of a mental disorder. According to the government's statistics, 20% of Indians need counseling at some point of their lives. One per cent of the population suffers from serious mental health disorders, while 5-10% of Indians suffer from moderate disorders. Your mental health can affect your daily life, relationships and even your physical health. Mental health also includes a person's ability to enjoy life - to attain a balance between life activities and efforts to achieve psychological resilience.

While there are as many as two crore (20 million) Indians suffering from mental illnesses, the country has only 3,500 psychiatrists and 1,500 psychiatric nurses to treat them. According to the Head of the Department of Psychiatry at New Delhi's G B Pant Hospital R C Jiloha, an estimated 1-2% of India's 100-crore plus population suffer from major mental disorders and about 5% of the population from minor depressive disorders. Most of the psychiatrists are based in cities or private hospitals. However, government hospitals face an acute shortage, although they are the ones which treat the poor. In the United States there are 45,615 psychiatrists (Annual Report The MINDS Foundation, 2012).

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Such large number of statistics of mental health and illness incite studies related to their diagnosis, nature and remedies on a large scale to improve the mental health of India. This paper tries to account one such study undertaken in Gandhinagar regarding mental health of college students of Arts and commerce stream.

Mental health is an unstable factor and mental wellness is important even in the absence of a diagnosable mental health condition. This idea of mental health reflects on emotional well-being, the capacity to live a full and healthy life, and the flexibility to deal with challenges life must bring. Positive psychology is increasingly becoming important in these conversations.

Many students feel afraid when they first recognise signs of a mental health issue, and may not entirely understand it. They may go from nervousness of public speaking to sudden and overwhelming panic. Factors such as significant life changes, politics, family, academic pressure, relationship issues, and money can all contribute to changes in mental health. Exercise, sleep, and diet may help students feel better or worse, depending on how well they take care of themselves.

Mental health affects us all, especially students. There is a growing need for support and services on campus and across the wider community and we have an important role to play in promoting mental well-being, with a focus in two key areas:

1. Education and training around mental health—the resources available, and how to manage stress and support one another
2. Examining our academic policies and removing any undue pressure on students.

Over the past few years, the burden of work and expectations on the students has increased significantly, causing increased depression, stress, anxiety and a higher rate of suicides in students. This is a deep concern for us and we must change our system. Higher rate of suicides has also been reported due to increasing stress of school work.

### **METHODOLOGY**

#### ***Participants***

A sample of 80 college students of Arts College and Commerce of Gandhinagar was randomly selected from various college of Gandhinagar, Gujarat State (40 from Arts College 40 Commerce college of Gandhinagar.)

#### ***Tools***

The scale “MENTAL HEALTH QUESTIONNAIRE” (M.H.Q) developed by Dr. Aswin Jansari and Dr. Badami & Badami was administered to measure of self-actualization and emotional maturity. Scoring has been done as per Manual.

#### ***Procedure***

After finalizing the instruments and receiving the consent of the student who studying in arts college and who studying in commerce college choose were requested to fill the SS without Omitting and item. All the data analysis using statistical measures such as mean, standard Deviation ‘t’ test and person’s product moment correlation.

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### *Research Design*

GENDER – A				TOTAL
Stream		BOYS A1	GIRLS A2	
	Arts College B1	20	20	40
	Commerce College B2	20	20	40
		40	40	80

### **RESULTS AND DISCUSSIONS**

The present study attempted to assess the mental health of 80 College students (40arts college students and 40commerce college students from Gandhinagar.) The ‘t’ test was applied for the purpose of statistical interpretation to test the significant. Result and discussion for the present study are follows:

**Table no. 1** shows mental health of the college students from Gandhinagar of arts college and Commerce College. For the college students of arts college of Gandhinagar, the mean is 63.48 and S.D is 9.94. For the college students of commerce college of Gandhinagar the mean is 56.75 and S.D is 12.91. For both group ‘t’ value is 2.62and level of significant is 0.05. And the Null Hypotheses, “There is no significant difference between mental health of college students of arts college and commerce college of Gandhinagar.” is rejected. Therefore, it is conducted that, college students of arts college mental health is more than college students of commerce college of Gandhinagar.

**Table no. 2** shows mental health of the boys and girls. For the boys the mean is 58.55 and S.D is 10.95. For the girls the mean is 61.68 and S.D is 12.81. For both group ‘t’ value is1.17 and. Here no significant And the Null Hypotheses, ““There is no significant difference between mental health of boys and girls” is accepted. Therefore, it is conducted that, there is no significant difference between mental health of boys and girls.

- **Ho 1:** “There is no significant difference between level of mental health of college students of Arts and commerce stream of Gandhinagar.”

**Table 1 Showing ‘t’ value and mean differences between level of mental health of College students of Arts and commerce stream of Gandhinagar.**

Group	N	Mean	S.D	‘t’ Value	Significant level
Arts College Student	40	63.48	9.94	2.62	0.05
Commerce College Student	40	56.75	12.91		

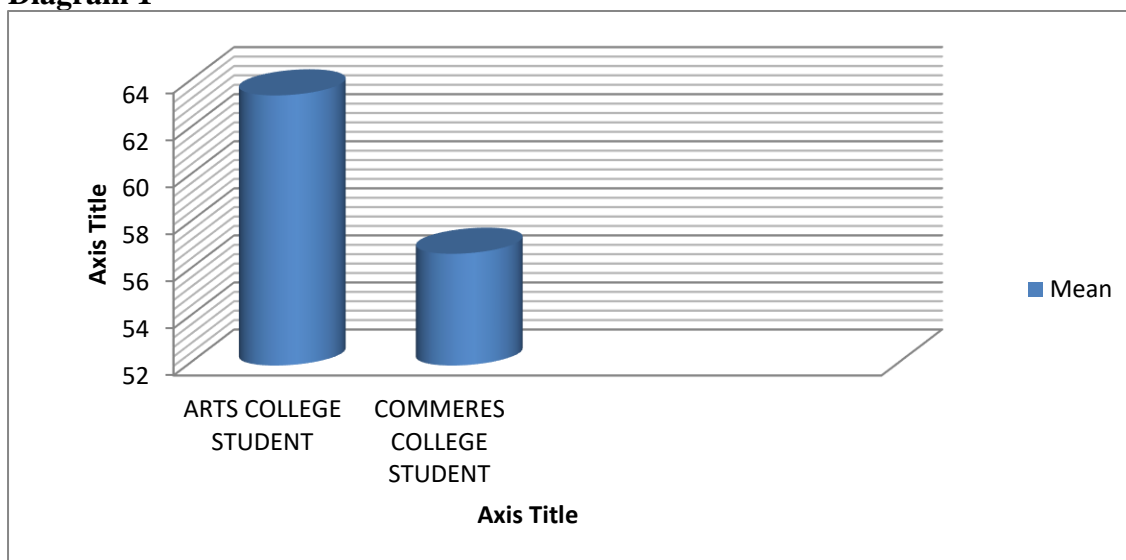
- **Ho 2:** “There is no significant difference between the mental health level of boys and girls”

**Table 2Showing ‘t’ value and mean differences between mental health level of boys and girls.**

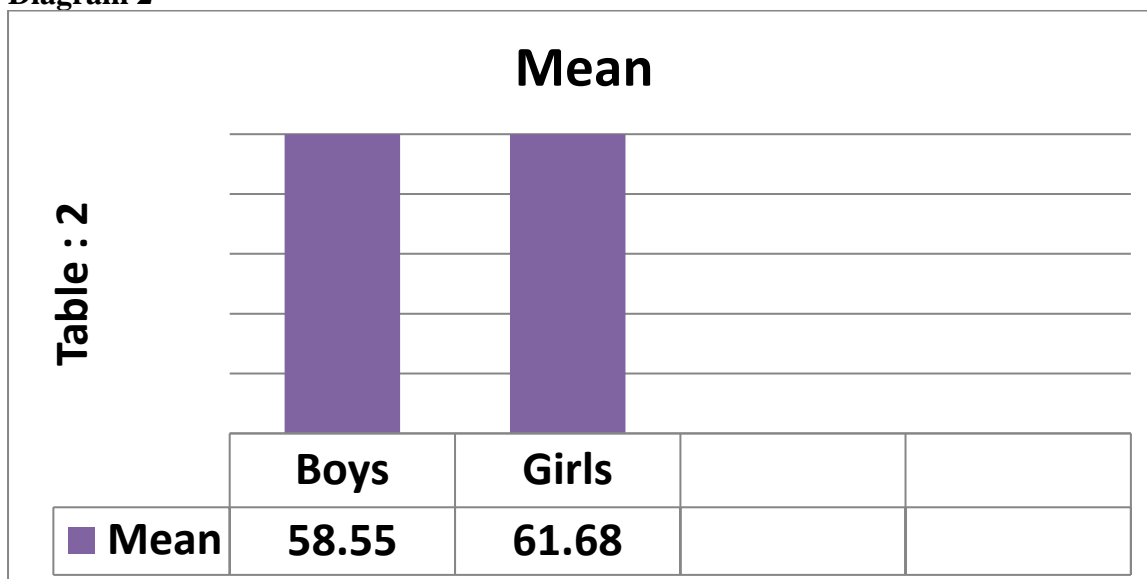
Group	N	Mean	S.D	‘t’ Value	Significant level
Boys	40	58.55	10.95	1.17	NS
Girls	40	61.68	12.81		

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**Diagram 1**



**Diagram 2**



### **CONCLUSION**

- The results show there is significant difference in the mental health by cause types of level of area and gender. The mean of college's students of is more than college's students of commerce stream.
- It means level of mental health is more in college's students of arts stream than college's students of commerce stream.
- The result show there is no significant difference in the mental health by cause of faculty and stream.
- It was also found that there is no significant difference by cause of gender.

### **Limitations of the study**

The study was conducted in only various colleges student from arts stream and commerce stream of Gandhinagar, one of the most limitations of this study is small sample size of 80 students of college students of arts stream and commerce stream. The finding made in the study may be biased participants in sample selection for this research random method was

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used. The present research is only a part of the study, thus generalization should not be consummated, and the scientific is not approached in the selection of sample. The conclusion of present research is partially significant.

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### *Conflict of Interest*

The author(s) declared no conflict of interest.

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