

Mental Health among College Students of Gandhinagar District

Pallavi B. Makwana^{1*}, Dr. Vrajesh J. Mistri²

ABSTRACT

Recently, innovative research has explored the relationship between mental health-related variables. The present study was conducted in order to assess the relationship between college students in a sample from health-related colleges. The sample consisted of 120 participants who answered the Mental Health Inventory (MHI) of Dr. D.J. Bhatt and Gita R. Gida (1992) and Gujarati Translation by Shilpa V. Sidpara (2006). The data was collected from Gandhinagar District. The data was scored, analyzed as per the manual. 'F' test was being calculated. Results show that the boy's college students group is having better mental health than the girl's college students group, the graduate student's group is having better mental health than the post-graduate student's group and, there is no significant difference in the interactive effect of the mean scores of mental health with regards to the gender and level of education.

Keywords: *Mental Health, Boy and Girl College Students, Graduate and Post Graduate Students*

What is Mental Health?

Mental health is a term used to describe emotional, psychological, and social well-being. The quality of a person's mental health is often measured by how adaptively they can cope with everyday stressors. Mental health allows people to use their abilities, be productive, make decisions, and play an active role in their communities. Having poor mental health is often confused with having a mental illness. But mental health actually refers to a person's state of mental well-being whether or not they have a psychiatric condition.

Impact of Mental Health

The state of a person's mental health has a significant impact on their quality of life. Taking care of your mental health allows you to contribute to your community, cope with stress, have quality relationships, and maintain physical health. Mental health can help you to work toward your full potential in all aspects of your life. Improved mental health is also linked with better physical health. Research has found that positive mental health can reduce the risk of heart attacks and strokes. Poor mental health, on the other hand, is linked with issues like increased stress, sleep problems, smoking, and substance use. If your mental health is suffering, you

¹Ph.D. Scholar, Department of Psychology, Hemchandracharya North Gujarat University, Patan

²Assistant Professor, Department of Psychology, Smt. A.S. Chaudhary Mahila Arts and Home Science College, Mehsana, North Gujarat

*Corresponding Author

Received: May 08, 2023; Revision Received: June 27, 2023; Accepted: June 30, 2023

Mental Health among College Students of Gandhinagar District

might feel overwhelmed more easily, have trouble maintaining relationships, and experience low self-esteem.

Mental health problems are very common among college students. This may be due to the fact that attending college corresponds to a challenging time for many traditional and non-traditional undergraduate students. Traditional college students start college after completing high school, are typically younger, depend on parents for financial support, and do not work or work part-time. Thus, in addition to stress related to academic load, these students may have to face the task of taking on more adult-like responsibilities without having yet mastered the skills and cognitive maturity of adulthood. For example, many traditional college students may face potentially stressful experiences for the first time including working, being in a significant relationship that may lead to marriage, or having housemates with cultures and belief systems different from their own. Non-traditional college students are often employed full-time, older, and may have dependents other than their spouses.

Attending college can be a stressful time for many students. In addition to coping with academic pressure, some students have to deal with the stressful tasks of separation and individuation from their family of origin while some may have to attend to numerous work and family responsibilities. In this context, many college students experience the first onset of mental health and substance use problems or an exacerbation of their symptoms. Given the uniqueness of college students, there is a need to outline critical issues to consider when working with this population. In this commentary, first, the prevalence of psychiatric and substance use problems in college students and the significance of assessing age of onset of current psychopathology are described. Then, the concerning persistent nature of mental health problems among college students and its implications are summarized. Finally, important aspects of treatment to consider when treating college students with mental health problems are outlined, such as the importance of including parents in the treatment, communicating with other providers, and employing of technology to increase adherence. It is concluded that, by becoming familiar with the unique problems characteristic of the developmental stage and environment college students are in, practitioners will be able to better serve them. (Paola Pendrill et al., 2015).

The formative and educational years of a student's life have an immense influence on the years that follow. College students are at the brink of experiencing new things while barely reaching adulthood. They are exposed to a world that is unique and different from the restricted one in high school. They also get freedom, which while being desirable is also pretty scary. All of these factors contribute to pressure, which in turn affects the psychology of college students. In their young budding years, students' transition from young adults to proper adults takes place; they have both responsibility and freedom. They are targeted by society and burdened with expectations which affect their mental health, making them prone to various unfortunate issues.

College graduation, retention and drop-out rates are issues of great concern to both government and educational authorities. For example, the drop-out rate has been found related to several factors: socioeconomic factors, a problem with the enrollment process, the policy and institutional practices, and opportunities for access, among others (Narro, Martuscelli and Barzani, 2012).

Mental Health among College Students of Gandhinagar District

Objectives

The objectives

1. To Study of the mental health among the boys and girls college students.
2. To Study of the mental health among the graduate and post-graduate students.
3. To Study of the interactive effect of mental health with regards to gender and level of education.

METHODOLOGY

Hypothesis

1. There will be no significant difference in the mean score of mental health among the boys and girls college students.
2. There will be no significant difference in the mean score of mental health among the graduate and post-graduate students.
3. There will be no significant difference in the interactive effect of the mean scores of mental health with regards to the gender and level of education.

Variable

Independent Variable

1. Gender: Boys and Girls college students.
2. Level of Education: Graduate and Post-graduate students.

Dependent Variable: Mental Health Score.

Research Design

A total sample of 120 college students equally distributed between boys and girls college students of Graduate and Post-graduate from Gandhinagar District selected for the research study.

Showing the table of Sample Distribution

Level of Education(B)	Gender (A)		Total
	Boys (A ₁)	Girls (A ₂)	
Graduate (B ₁)	30	30	60
Post-graduate (B ₂)	30	30	60
Total	60	60	120

Sample

The sample of the present study constituted total 120 college students out of which 60 were from boys college students (30 graduate students and 30 Post-graduate students) and girls college students (30 graduate students and 30 Post-graduate students).

Tools

Mental health inventory prepared by Dr. D.J. Bhatt and Gita R. Gida (1992) and Gujarati Translation by Shilpa V. Sidpara (2006) was used. In this inventory there are 40 statements/questions having 3 alternatives to decide the response as agree, un-decided or disagree. The testee is supposed to decide his response on the basis of the alternatives and put a mark in the Questionnaire. Reliability of this test is computed by test – retest method. Reliability shown there is 0.87 respectively and validity is 0.63.

Mental Health among College Students of Gandhinagar District

Procedure

The permission was granted from principal of various colleges from Gandhinagar District in Gujarat state after the establishment of rapport, personal information and the 'Mental Health Inventory (MHI)' was administrated the data was collected, scored as per the manual and analyzed. The statistical method 'F' test was calculated and results were interpreted.

RESULT AND DISCUSSION

Table: 1 The Table showing sum of variance mean 'F' value and level of significance of Gender and Level of Education

Sum of Variance	Df	Mean	F-value	Sign. Level
SSA	1	381.63	4.08	0.05*
SSB	1	546.13	5.84	0.05*
SSA*B	1	26.13	0.28	N.S.
SSError	116	10852.07	—	—
SSTotal	119	11805.97	—	—

$Df - 1 = *0.05 = 3.89$, $**0.01 = 6.76$, N.S. = Not Significant

Table: 2 The Table showing the Mean Score of Mental Health of boys and girls college students

	A (Gender)		'F' value	Sign.
	A ₁ (Boys college students)	A ₂ (Girls college students)		
M	25.10	21.53	4.08	0.05*
N	60	60		

The above table no.2 shows the mean score of mental health among boys and girls college students. The mean score of boys college students group is 25.10 and girls college students group is 21.53. The 'F' value is 4.08 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to mental health and gender. It should be remembered here that, according to scoring pattern, higher score indicates better mental health. Thus, from the result shows that the boy's college students group is having better mental health than the girl's college students group. Therefore, the hypothesis no.1 that, "There is no significant difference in the mean score of mental health among the boys and girls college students" is rejected.

Table: 3 The Table showing the Mean Score of Mental Health of college students according to Level of Education

	Level of Education (B)		'F' Value	Level of signification
	Graduate (B ₁)	Post Graduate (B ₂)		
Mean	25.45	21.18	5.84	0.05
N	60	60		

The above table no.3 shows the mean score of mental health among graduate students and post-graduate students. The mean score of graduate students group is 25.45 and post-graduate students group is 21.18. The 'F' value is 5.84 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to mental health and gender. It should be remembered here that, according to scoring pattern, higher score indicates better mental health. Thus, from the result shows that, the graduate students group is having better mental health than the post-graduate students group. Therefore, the hypothesis no.2 that,

Mental Health among College Students of Gandhinagar District

“There is no significant difference in the mean score of mental health among the graduate and post-graduate students” is rejected.

Table: 4 The Table showing the interactive effect of the Mean Score of Mental Health of Gender and Level of Education

			A		'F' value	Sign.
			A ₁	A ₂		
M	B	B ₁	23.20	27.70	0.28	N.S.
		B ₂	19.87	22.50		
N			60	60		

The above table no.4 shows the interactive effect of mental health among the gender and level of education. The mean score of boys college students of graduate group is 23.20, boys college students of post-graduate group is 19.87, girls college students of graduate group is 27.70, and girls college students of post- graduate group is 22.50. The 'F' value is 0.28 which was found to be not-significant level at 0.05. Therefore, the hypothesis no.3 that, “There is no significant difference in the interactive effect of the mean scores of mental health with regards to the gender and level of education” is accepted.

CONCLUSION

1. The boy's college students group is having better mental health than the girl's college students group.
2. The graduate student's group is having better mental health than the post-graduate student's group.
3. There is no significant difference in the interactive effect of the mean scores of mental health with regards to the gender and level of education.

REFERENCES

- Arnett JJ. (2000). Emerging adulthood. A theory of development from the late teens through the twenties. *Am Psychol.*;55(5):469–80.
- Bhatt, D. J. & Gida, G. R. (1992). The Mental Hygiene Inventory (M.H.I.). Construction and Standardization. An Unpublished, M.Phil Dissertation, Department of Psychology, Rajkot. Saurashtra University.
- Blanco C, et al. (2015). Mental health of college students and their non-college-attending peers: Results from the National Epidemiologic Study on Alcohol and Related Conditions. *Arch Gen Psychiatry.* 2008;65(12):1429–37.
- Paola Pendrill et al., (2015). College Students: Mental Health Problems and Treatment Considerations, *Acad Psychiatry*; 39(5): 503–511. doi: 10.1007/s40596-014-0205-9.
- Rayle, A. & Chung, K. (2007). Revisiting first-year college students' matting: Social support, academic stress, and the matting experience. *Journal of College Student Retention: Research, Theory & Practice*, 9(1), 21-37.
- World Health Organization. (1948). WHO definition of health. Geneva, Switzerland: Author.
- Zivin, K., Eisenberg, D., Gollust, S. & Golberstein, E. (2009). Persistence of mental health problems and needs in a college student population. *Journal of Affective Disorders*, 117(3), 180-185.

Website:

- <https://www.verywellmind.com/what-is-mental-health-2330755#citation-30>
- <https://www.researchgate.net/publication/325722596>

Mental Health among College Students of Gandhinagar District

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Makwana, P.B. & Mistri, V.J. (2023). Mental Health among College Students of Gandhinagar District. *International Journal of Indian Psychology*, 11(2), 3047-3052. DIP:18.01.300.20231102, DOI:10.25215/1102.300