

A Study on Mental health Difference among college students

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Abstract

Mental Health is a vital component of overall well-being, particularly during the college years when students encounter significant academic, social and personal challenges. However, these challenges do not affect all students equally. Differences based on gender of psychological well-being. This study explores the differences in mental health among college students. The sample consisted of total 120 students of 60 Boys and 60 Girls students of DNP Arts and Commerce College, Deesa city. Standardized questionnaire developed by Dr. D.J. Bhatt and Geeta R. Gida (1992) for Mental Health Scale. The data was analyzed to examine the influence on mental health depended variable. 't' Test was used for calculation for independent variable of gender. The result indicates that there is no significant difference between the mental health of boys and girls of College students. In modern educational contexts, traditional gender roles are less rigid. Both boy and girl students are encouraged to pursue academics, careers and social independence equally leading to more experience of stress.

Keywords: Mental Health, College Students

Introduction

Progress is the aim of Society. Obstruction is not acceptable to it. Change is the essence element of it. Society has never remained progresses. Otherwise, its existence could not be there. But the speed and direction of change continuously change. Compared to earlier time, today the society has become speedier. Change is taking place in each area; the said change is in physical-mental area. In physical and mental state, the change in human psychology takes place so that mental balance is maintained. In changing time and developing always requires changing as per new situation. In India it is difficult to convince the people the concept of mental health, where the problem of physical health has not yet been solved to sufficient level. The problem of physical health has been solved to some extent in India among the people of the literate society, but the picture of mental health is not yet satisfactory. We can say that awareness to some extent has come among the literate group towards the mental problems. But utter neglect is seen to words the solution of such problems. One fact is worth drawing attention to that many problems of the Indian culture can be saved by itself, if sufficient attention is given to it. We should not forget that mental health plays an important role on the individual's creativity, productivity, socialization and efficiency.

World Health organization (WHO) was founded the following definition of Mental health is a state of well-being where an individual realizes their potential, can cope with normal life stresses, can work productively and fruitfully, and is able to make a contribution to their community.

“Mental health may be defined as the adjustment of individual to them selves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and society considerate behavior and the abilities of facing and accepting the realities of life.” -**White House Conference (1929)**

William Osler has told that: “There is good or bad effect of mental health of individual on almost all illnesses” (Supra - Bhavana Thummar- 2007).

Mental health differences among college students are recognized as a critical area of research and concern, especially given the transitionary and challenging nature of college life which can trigger or exacerbate psychological issues. The prevalence of mental health problems in this population is significant, with studies showing that anywhere from 12% to 50% of college students may experience common mental health disorders such as anxiety, depression,

and stress, which can be influenced by a range of factors including gender, academic pressures, social adjustment, and financial burden

Entry into college often marks an essential period of personal development but is also a time when students experience unprecedented levels of stress, increased responsibilities and exposure to new social and academic environments. For many, this change includes living away from home for the first time, adapting to new peer groups, and handling academic expectations, which collectively can impact their mental health. These challenges are compounded by gender-related differences, as research indicates that female students may report higher rates of mental health issues such as anxiety and depression, while male students may manifest psychological distress differently or be less likely to seek help

A study has been conducted to find out the status of mental health among male and female senior secondary level students of Uttarakhand state. The result revealed that there was a significant difference in the total mental health status between male and female students. There is no significant difference in mental health's subcategory school-related and peer-related causes of male and female senior secondary level students of Uttarakhand. (Ansari AH, Yadav H, Pant M.2022)

Objectives

- To find out the significant difference of mental health of college students in relation to their gender.

Hypotheses

- There is no significant mean difference between the mean of mental health of college students in relation to their gender.

Variables

Independent Variable - Gender

- 1) Boys students
- 2) Girls students

Dependent variable - Mental Health

Method

Sample

The present study was conducted on a sample of 120 college students of Deesa. Total 60 boys and 60 girl's students were selected for sample.

Instruments

Personal Data Sheet: It was used to collect information about the college students like their gender, age, Stream of study, type of Family, Resident Area, internet use, etc.

Mental Health Scale

The Mental Health Scale was developed by Dr. D. J. Bhatt & Geeta R. Gida (1992). The scale contains 40 items pertaining to five domains aim of mental health, these five dimensions include perception of reality, integration of personality, positive self-evaluation, group orientated attitudes and environment mastery to be rated on 3-point scale. In this statements no. 1, 3, 9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 34, 37, 38 are negative and others are positive. Which statements are positive and for agree, disagree, natural 3, 2, 1 score is used and which are negative statements for agree, disagree, natural 2, 3, 1 score is used. Getting total score minimum 40 to maximum 120 in this scale. The reliability of the present study is checked by three methods which are 0.81 by logical similarity, 0.94 by half-divided method, and test, re-test has 0.87.

Procedure of Work

The main purpose of this study was to investigate the differences in mental health of boys and girls students. Considering this purpose, students from colleges of Deesa city were selected and essential information were collected from them.

Results and Discussion

The main purpose of this study was to investigate the differences in mental health among college students. Than t - test was applied to find out the significance of mean difference. Obtained result is presented in below table.

Mean, SDs and t-values of Mental Health of gender

Mental Health		N	Mean	SD	't' Value
Gender	Boys	60	91.43	11.44	1.2
	Girls	60	93.78	9.92	

It is revealed in table that means scores of Mental Health between boys and girls of college students are 91.43 and 93.78 respectively. The standard deviations for both the groups are 11.44 and 9.92 respectively. When t-value was calculated to know statistical insignificant of mean difference no significant difference was observed between boys and girls of college students ($t=1.2$). Thus the result shows that gender has no significant effect on Mental Health. So

the null hypothesis that, there is no any significant difference between mean scores of boys and girls students of Mental Health was accepted.

Conclusion

There is no significant difference between the mental health of boys and girls of College students.

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