



"A STUDY OF MENTAL HEALTH AND STRESS AMONG COLLEGE STUDENTS"

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ABSTRACT :

Objective of the study: To investigate the mental health and stress among boys and girls College Students. Hypotheses: There will be no significant difference between boys and girls college students dimension on mental health. There will be no significant difference between boys and girls college students dimension on stress. Methods: Sample: For the present study 80 Sample were belongings to Aurangabad City, 80 students among them 40 boys college students and 40 girls college students. The age range of subjects was 18-25 years. Tools 1) Mental health inventory (MHI) developed by Jagdish and Srivastav (1983) was utilized to access positive aspects of mental health. 2) Personal Stress source inventory (PSSI): The Singh personal stress sources inventory (SPSSI) used for the study consisted of 35 Questions. Procedure of Data Collection Two tests administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected. Results: Boys College Students have significantly good mental health than the girls college students. GirlsCollege Students have significantly poor mental health than the boys college students.

KEYWORDS : *mental health , Personal Stress source inventory (PSSI) , procedure suggested.*

INTRODUCTION

In recent times, the concept of Mental Health becomes more and more important and the World Health Organization just recently released a report on adolescence mental health, the age group to which students belong. According to the WHO, Mental Health is defined 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". (World Health Organization, 2005). As it can be seen, the definition makes use of the formulation "stresses of life", therefore it seems reasonable to conclude that the concepts of Mental Health and stress are linked to each other by definition. This conclusion is also supported by findings from the literature, stating that stress is associated with poorer mental health (Stead et. al, 2010) and showing that students, who report stress also suffer from mental health problems. Before going deeper into the definition and theoretical background of mental health, we want to put emphasis on the importance of mental health or the risks of its absence.

The concept of stress has its origin in 1936 where it was defined as "the non-specific response of the body to any demand for change" (Selye). More detailed, Stress can be defined as an organism's response to circumstances or events (stressors) that threaten the capability to adjust to those conditions. Speaking of stress, most of the people tend to think of it as being a negative thing, although there are two forms and different amounts of stress. The two forms of stress are called distress and eustress whereas the latter,

eustress, is a positive form and people are likely to experience it if an external event causes high arousal, for example a football game. On the contrary, distress is indeed that form of stress which has negative effects on wellbeing and health.

Students' psychological discomfort can be observed in various mental health problems such as depression, anxiety, stress, and sleeping disorders (Lejoyeux et al., 2011). Anxiety as a disorder is seen in about eight percent of children and adolescents worldwide (Bernstein & Borchardt, 1991). Depression is also becoming one of the most common mental health issues among students (Arehart, 2002). Poor problem solving ability, cognitive distortion, family conflict, living away from parents, wrong attribution style, gender issues are all causing mental health difficulties (Becker-Weidman et al, 2009; Smith et al.2009). Mental health problems among students in India are also increasing (Narang 1994; Verma 1998). Deb, Strodl & Sun (2015) conducted a study on 190 school students in Kolkata and reported that 63.5 per cent report mental health issues such as stress and anxiety.

OBJECTIVE OF THE STUDY:

- 1) To investigate the mental health and stress among boys and girls College Students.

HYPOTHESES:

- 1) There will be no significant difference between boys and girls college students dimension on mental health.
- 2) There will be no significant difference between boys and girls college students dimension on stress.

Methods:

Sample:

For the present study 80 Sample were belonging to Aurangabad City, 80 students among them 40 boys college students and 40 girls college students. The age range of subjects was 18-25 years.

Tools

- 1) Mental health inventory (MHI) developed by Jagdish and Srivastav (1983) was utilized to access positive aspects of mental health.
- 2) Personal Stress source inventory (PSSI): The Singh personal stress sources inventory (SPSSI) used for the study consisted of 35 Questions.

Procedure of Data Collection

Two tests administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected.

Variable

Independent variable-

- i) Gender
 - a) Boys
 - b) Girls

Dependent Variable

- 1) Mental Health
- 2) Stress

STATISTICAL ANALYSIS AND DISCUSSION

Mean SD and t value among boys and girls student on dimension mental health and stress

	Boys		Girls		df	't'
	Mean	SD	Mean	SD		
Mental Health	167.36	9.59	153.48	11.47	78	5.87**
Stress	31.79	3.69	35.89	4.59	78	4.40**

Result showed that the Mean of boys College Students on dimension mental health is 167.36 and girls college students mean is 153.48 & SD is 11.47. The difference between the two mean was highly significant $t(78) = 5.87$, $P < .01$. It means boys' college students had significantly high mental health than the girls' college students.

Second Result showed that the Mean of boys College Students on dimension stress was 31.79 and mean of outdoor game students mean was 35.89, the difference between the two mean was highly significant $t(78) = 4.40$, $p < .01$. It means girls' college students had significantly high stress than the boys college students.

Results:

- 1) Boys College Students have significantly good mental health than the girls college students.
- 2) Girls College Students have significantly good mental health than the Boys college students.

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