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IMPACT OF MORAL JUDGEMENT, SELF CONCEPT AND INTELLIGENCE ON MENTAL HEALTH AMONG PROFESSIONAL COLLEGE STUDENTS

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ABSTRACT :

A study was carried out on 100 professional college students to find out the effect of moral judgment, self concept and intelligence on mental health. General Well-Being Scale by Ashok Kalia and Anita Deswal, Moral Judgment scale for Adolescent by Ranjama Gupta,   Self Concept Inventory by Raj Kumar Saraswat and Standard Progressive Matrices (SPM) were administered to subjects. Results revealed that there is significant impact of   moral judgement, self concept and intelligence on mental health among professional college students. Professional college students with good moral judgement, high self concept and good intelligence possessed good mental health than the students with poor moral judgment, low self concept and poor intelligence.

KEYWORDS : self concept and intelligence , mental health , Standard Progressive Matrices (SPM).

INTRODUCTION:

Education is one of the important factors which prepare an individual for better life. It is a productive and beneficial factor in any person's life. The training of human mind is not complete without education. Only because of education, humans are made better citizens with all social values, skills and professions. Education is a never ending process intricately interwoven with human life, enriching the individual with a variety of experiences, kindling the flames of knowledge through constant probing into the mysteries of life. It helps to build a truly democratic country, development of truly democratic society, truly patriotic citizen and promotion of national integration.

In any nation the first aim of education is to help the individual to grow mentally healthy. The child's mental health and balance are of utmost important in relation to his/her general health. Mental health is accepted as an important indicator of all round growth and development of students. The declaration of the International Conference on Primary Health Care of Alma Ata, USSR, 1979, defined 'health' as a state of complete physical, mental and social wellbeing and 'mental health' as the capacity of an individual to form harmonious adjustments to his social and physical environment. Mental health is a normal state of wellbeing, a positive way but a quality of life. It is rooted in his ability to balance feelings, desires, ambitions, ideas and competence. The role of mental health in human life is very important. It plays not only in the lives of individuals but also in the life of society.

According to Gilmer (1970) mental health in the final analysis of an individual problem and a person, who has a realistic concept of himself, can plan his adjustment. This planning involves keeping the level of aspiration in according to one's ability and opportunity. Poor mental health is manifested through psychological and physiological symptoms. The overt symptom indicates poor mental health

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in terms of inadequacy, depression, anxiety, sensitivity, tension and anger. On the contrary good mental health indicates the terms of adequacy, cheerfulness, placid stability, cool headedness and relaxedness respectively. Encyclopedia of Britanica (1982) given the comprehensive meaning i.e., mental health represents a variety of human aspirations, rehabilitation of the mentally disturbed, prevention of mental disorder, reduction of tension in a conflict-laden world and attainment of a state of well-being in which the individual functions at a level consistent with his mental and physical potentials.

Morality is the supreme essence of civilized society which distinguishes men from animals. The entire super structure of our society and of the state is built on it. Any social organization devoid of morals is bound to totter down; no civilization can survive for long which is not based on the eternal principles of morality. Therefore, it is the crying need of the hour to infuse into the hearts of men from the childhood the highest moral principles which have stirred up men at all times to a life of selfless service to humanity. Morality, in this way, is in conformity to the moral code of the social group. Therefore the place of moral education in schools and colleges is very relevant these days.

During the past decades there has been a greater emphasis on the study of self concept for understanding and predicting the many factors of human behaviour, which is a vital component in the process of education and are intricately and closely related to each other. Self concept is the perception that individuals have of their own worth. This includes a composite of their feelings, a generalized view of their social acceptance and their personal feelings about themselves. Self concept is a system of attitudes towards oneself. It consists of all the perceptions, feelings, attitudes, aspirations and values of oneself concerning oneself (Deo,1998). A person as a result of experiences forms attitudes which he or she organizes into a self consistent system and defends against threats and attacks, so the person also forms attitudes toward himself.

Psychologists have made efforts from time to time to define the term 'intelligence'. Psychologists employ the term intelligence as a theoretical construct with certain descriptive and predictive properties. Intelligence of this setting is not an unchanging concept since it can be uttered in definition to suit the need of the scientist. However, the measurements of intelligence are so elusive that it cannot be measured directly but mainly through overcast manifestations of the functioning of the brain and its impact on learning environment.

Over the past few decades, research findings showed that mental health is influenced by cognitive styles of the pupils, social competence, self-concept, level of aspiration, creative thinking, achievement motivation, academic success, perceived parental rearing style, parental background, intelligence, personality, spiritual orientation and religion, approval motive, socio-economic status of the pupils, family environment, life values, moral values etc., has got considerable influence over their mental health.(Magotra, 1982; Abraham,1985; Bhurwani,1991; Deo,1997; Jones, 1998; Rajaswat, 2002; Inang, 2002; Vasuki and Charumathy, 2004 and Mahmoud Shirazi et al 2012).

Adjustment styles are varied from person to person and it is influenced by everyday situations. Some adjustments are physical; some adjustments are social, such as responding to the social life and participation in social activities. In case of personal adjustments, one needs to take care of one's interests. College life is a test of mental health of a student, undergoing a transition from dependency to independency. An adolescent personality continues to develop during the college years. He/she still have a chance to learn how to love and to be loved, how to tolerate frustration, how to integrate conflicting points of view, how to face reality realistically, without feeling from it to channel hostile impulses into socially approved activities. By helping the individual to acquire knowledge and the tools of learning, the educational institute increases its capacity to make desirable adjustments and to find security and satisfaction. Success of college education depends upon large measures on how each young man or woman feels about his/her college experiences and home experiences. It makes an immense difference whether he/she acquired attitudes and habits favorable to his/her own better intellectual, social, psychological and emotional developments as a result of college experience, or develops anti-social tendencies accompanied by bitterness and frustration. Social and emotional maturity is desirable in the development of intellectual

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power an end product of formal education. In his relationships with a congenial group of his own age, he/she receive practice in the art of sharing similar interests and activities. Keeping these in view, the present study is focused to examine the impact of moral judgement, self concept and intelligence of professional college students on their mental health. The following objectives are setup for the present investigation.

OBJECTIVES
1. To enquire the influence of Moral Judgment on Mental Health among Professional college students.
2. To investigate the impact of Self Concept on Mental Health among Professional College Students.
3. To find out effect of Intelligence on Mental Health among Professional College Students.

Based on the above objectives; the following hypotheses were formulated for the present investigation.

HYPOTHESES
1. There would be significant impact of Moral Judgement on Mental Health among Professional College Students.
2. There would be significant impact of Self Concept on Mental Health among Professional College Students.
3. There would be significant impact of Intelligence on Mental Health among Professional College Students.
4. There would be significant interaction effect of the three independent variables - Moral Judgment, Self Concept and Intelligence on Mental Health among Professional college students.

Tools
The population of the present study comprised 300 students studying professional courses were selected randomly in and around Chittoot and Kadapa districts of Andhra Pradesh. The subjects were tested in two sitting sessions. In the first sitting General Well-Being Scale, Self Concept Inventory and Standard Progressive Matrices (SPM) were administered to subjects. Moral Judgement Test was given in the second session. After the collection of these questionnaires and the RPM responses sheets, they were subjected to scoring as per the scoring procedures. Finally 100 students were selected (based on the scores obtained by the subjects, the subjects are divided into high and low groups) for the present investigation and their mean scores are presented in table-I.

RESULTS AND DISCUSSION

Table-I: Means and SDs for Mental Health Scores of Professional College Students.

Intelligence		Moral Judgement			
		Poor		Good	
		Self Concept		Self Concept	
		Low	High	Low	High
Poor	Mean	**153.96**	158.36	166.12	173.48
	SD	**19.29**	12.71	15.22	9.39
Good	Mean	161.12	169.15	172.04	**177.96**
	SD	18.86	12.86	11.86	**14.62**

Grand Means
Poor Intelligence = 162.98	Poor Moral Judgment = 160.64	Low Self Concept = 163.31
Good Intelligence=170.06	Good Moral Judgment= 172.40	High Self Concept=169.73

Table-II shows that professional college students with good intelligence, good moral judgment and high self concept obtained a high mean score of 177.96 indicate that they were possessed good mental health when compared to other groups. Professional college students with poor intelligence, poor moral

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judgment and low self concept obtained a low mean score 153.96 indicate their poor mental health compared to other groups.

In terms of Intelligence, Professional college students with good intelligence (M=170.06) are better in their mental health than the students with poor intelligence (M=162.98). In terms of moral judgment, professional college students with good moral judgment (M=172.40) are good in their mental health than the students with poor moral judgment (M=160.64). In terms of self concept, professional college students with high self concept (M=169.73) are good in their mental health than the students with low self concept (M=163.31). As there are differences in the mean scores with regards to the mental health of different groups of professional college students, the data were further subjected to analysis of variance to find out whether the differences between the groups are significant or not, and the results are presented in table-II.

Table-II: Summary of ANOVA for Mental Health Scores of Professional Students.

Source of Variance	Sum of Squares	df	Mean Sum of Squares	F
Moral Judgement (A)	3512.98	1	3512.98	14.25**
Self Concept (B)	1915.80	1	1915.80	7.77**
Intelligence (C)	2499.24	1	2499.24	10.14**
AXB	1326.12	1	1326.12	5.38*
BXC	1205.45	1	1205.45	4.89*
AXC	983.28	1	983.28	3.99*
AXBXC	1596.15	1	1596.15	6.47*
WSS	47313.20	192	246.42	--
Total	55827.99	199	--	--

** Significant at 0.01 level   * Significant at 0.05 level

It is evident from the table-II that the obtained 'F' value of 14.25 is significant at 0.01 level implying that moral judgment has significant impact on mental health of professional college students. Professional college students with good moral judgment (M=172.40) are good on their mental health than the students with poor moral judgment (M=160.64). Professional college students with good moral judgment have scientific interest, literary interest, gregarious interest and domestic interest, freedom from anxiety, emotional tension and free from hostility, good health adjustment, perceived parental support, spirituality, attachment styles, emotional competence, achievement motivation, general self efficacy, communication patterns, coping style, life satisfaction and locale lead to promote moral judgement and better mental health. The results are corroborated with the earlier findings of Bhan ,1972; Narayanan,1978; Veereshwar,1979; Deo,1997; Ciarrochi Joseph et al 2003; Vasuki and Charumathy, 2004; Sun Wu-jun WEI and Jun-Biao, 2008, and Jasvir Kaur 2013 who also found that there is an impact of moral judgement on mental health. Based on the results obtained, the first hypothesis stated that there would be significant impact of moral judgment on mental health of professional college students is accepted.

From the table - II obtained 'F' value of 7.77 is significant at 0.01 level suggested that self concept has significant impact on mental health of professional college students. Professional college students with high self concept (M=169.73) are good in their mental health than the students with low self concept (M=163.31). It is predicted that the nature of self concept, self competence, social morality, value orientations, level of aspiration, identity style, self esteem, locus of control orientation, social attitude, ethical values, agreeableness and openness, social adaptation, personal and social values to enhance their positive behavior. The findings are corroborated with earlier findings of Ram Niwas, 1981; Bhurwani, 1991; Rajaswat, 2002; Inang, 2002; Abootaleb et al 2004; Bhalerao et al 2008 and Mahmoud Shirazi et al 2012 who also found that the above said factors mediate between self concept and mental health. Based on the

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results obtained the second hypothesis stated that there would be significant impact of self concept on mental health of professional college students is accepted as warranted by the results.

The third hypothesis stated that there would be significant impact of intelligence on mental health of professional college students. The 'F' value of 10.14 for intelligence is significant at 0.01 level implying that intelligence has significant impact on mental health of the professional college students. Professional college students with good intelligence have better (M=170.06) than the students with poor intelligence (M=162.98) on mental health. It is predicted that feeling of inadequacy, financial insecurity, personality factors, psychiatric morbidity, stress, social network, less fatigue, cognitive ability, self control dietary habits and physical activity indirectly affects the mental health of the students. The present findings are corroborated with earlier findings of Mangotra, 1982; Sharma, 1984; Abraham, 1985; Austin, 2004; Kumar et al 2007 and Junger and Kampes, 2010 who also found that intelligence influence their mental health . Based on the results obtained the third hypothesis which stated that there would be significant impact of intelligence on mental health of professional college students is accepted as warranted the results.

The interactions among three variables with regard to mental health of the professional college students are found to be significant. The first order of interaction 'F' values i.e., for (AxB= 5.38<0.05; BxC=4.89<0.05 and AxC= 3.99< 0.05). Then the second order of interaction between moral judgement, self concept and intelligence are also found to be significant (F=6.47<0.05). The fourth hypothesis stated that significant interaction effect of the three independent variables-moral judgement, self concept and intelligence on mental health of professional college students is accepted as warranted by the results.

CONCLUSIONS:

There is significant impact of moral judgement, self concept and intelligence on mental health of professional college students. Subjects who obtained good moral judgement, high self concept and good intelligence scores possessed good mental health

Subjects with poor moral judgment, low self concept and poor intelligence scores are poor on their mental health.

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