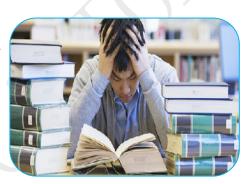## ``THE RELATIONSHIP BETWEEN MENTAL HEALTH AND STRESS OF UNDERGRADUATE STUDENTS''

Dr. Manoj Kumar Jhariya[1] and Dr. Roshan Lal Sondhiya[2]
[1]UGC(PDF), Govt. Mahakoshal Arts and Commerce (Autonomus) College jabalpur (M.P.).
[2]Asst. Prof, St. Aloysius College, Jabalpur (M.P.)

ABSTRACT:

Present Study was conducted to find out the relationship between mental health and stress of Undergraduate students of the age group of 19 to 22 years. The Mental Health test of Dr.(Smt.) Kamlesh Sharma and Stress Scale of Dr. M. Singh was used for study. The sample was taken by random sampling method total 60 sample of undergraduate students (30 Boys & 30 Girls) were taken from Mahakoshal College of Jabalpur. Data was systematically tabulated & inferences were down, through the statistically analysis, the result reveal that the correlation between mental health and stress is above average though negative which shows that the undergraduate have a high degree of mental health and low level of stress. The undergraduate boys and girls have very good mental health & low degree of stress but both the variable boys are better than girls.

KEYWORDS: *Mentally healthy , developing country , mental health and stress.*

INTRODUCTION

Mentally healthy people neither underestimate nor over-estimate their abilities. They easily accept their own shortcomings. They have their own self respect, and they feel and show respect to others. They feel able to deal with most odd situations that come their way. They enjoy their life and get satisfaction from simple everyday pleasures.

India being a developing country, the progress for concern for the mental health is comparatively slow. No doubt there has been tremendous advancements with an increase of number of mental health hospitals and Undergraduate students needed who will be strong in his/her mental health and less level of stress for this training programme on mental health in necessary. **W.H.O. (1987)** defined mental health as the "The capacity in individual to form harmonious relation with others and to participate in or contribute with others and to participate in or contribute constructively to the change in his social and physical environment". According to **Bhatia and Craig** "mental health is a process of adjustment which involve compromise, adaptation growth and continuity". **Hens Selye (1979)** stated "stress refers to non-specific response of body to any demand made upon it". **Morgan and his associates (1992)** refers to stress as "stress is many faceted process that occurs in us in response to events that disrupt on threaten to disrupt our physical or psychological functioning". **Bernaed (1969)** observed that mentally healthy individuals are adjusted to themselves and the world at large with a maximum of effectiveness satisfaction,

_____

cheerfulness and socially considerate behaviour and the ability to facing and accepting this realities of the life". **Lama Sami and Laxmi Vijay K. (2006)** of expert committee of W.H.O. observed that mental health by both biological and social factor.

This is not stable condition rather many changes can be observed in it. Major importance of mental health is related to the ability of a person to develop pleasant relationship with other. Thus mental health and stress both contribute to the development of personality in one way as the other. During the last century there had been an enormous developmental science practically in all sphere of life. It is a fact that the advancement of science has increase the potentiality of a human being.

On the other hand many individuals who are suffering from mental health problem and stress in one way on the other way. There should be a correct approach to check the mental health problem and stress of the Undergraduate students to that they can live happy life in the society and give better in society.

The study of relationship of mental health and stress will help in finding out whether there exists any relationship between the two variables and if any significance relationship is found intervention programme can be arrange for management of stress and enhancement of mental health.

OBJECTIVES
The following objectives have been taken –
1. To study the correlation between mental health and stress of undergraduate boys.
2. To study the correlation between mental health and stress of undergraduate girls.
3. To study the correlation of mental health and stress of Undergraduate students (Boys and girls).

HYPOTHESIS –
The following hypothesis have drawn for the present research work
1. There will be no relationship between mental health and stress of Undergraduate boys.
2. There will be no relationship between mental health and stress of Undergraduate girls.
3. There will be no relationship between mental health and stress of Undergraduate boys and girls.

SAMPLE
30 girls and 30 boys of Undergraduate students were selected in the sample from Govt. Mahakoshal College of, Jabalpur.

Tool Used
1. Mental Health Scale – Dr. (Smt.) Kamlesh Sharma
2. Stress Scale – Dr. M. Singh

Procedure for data collection
Undergraduate students were selected in the sample were administrated the mental health scale and the stress scale and the scoring was done and data was analysied for verification of hypothesis and drawing inference / conclusion.

Analysis and Discussion of Results
The results of the data obtained has been analysied as given below-

_____

_____

Table No.-1
Results of Correlation between Mental Health and stress of Undergraduate
Boys / Girls / Boys + Girls

Group	N	'r'	Category	`P' Value
Boys	30	-0.70	Above average high degree, negative correlation	<0.01
Girls	30	-0.65	Above average high degree, negative correlation	<0.01
Boys + Girls	60	-0.68	Above average high degree Negative Correlation	<0.01

Degree of freedom – 29   Minimum value for significance at 0.05 level – 0.35
        Minimum value for significance at 0.01 level – 0.44
Degree of freedom – 59   Minimum value for significance at 0.05 level – 0.25
        Minimum value for significance at 0.01 level – 0.32

From the above results it is clear that the correlation between mental health and stress of Undergraduate boys and girls taken to gather is statistically significant at 0.01 level which clearly indicate that Undergraduate students with good mental health have low stress.

The result also indicate that for boys and girls the degree of correlation through negative is above average. Thus from the above result is negative relationship of scores of mental health and stress is evident.

Table No.-2
Comparative results of classification Mental Health and Stress of boys and girls

Group	Group	Mean	Classification
Mental Health	Boys	98.30	Very Good
	Girls	76.50	Very Good
Stress	Boys	16.05	Very low state
	Girls	25.31	Very low state

Thus from the above table it is apparent that both boys and girls have very good mental health but as shown in above table boys are better in comparison to girls.

As far as stress is concerned both boys and girls are in very low stress category but as shown in above table girls have a comparatively higher amount of stress. Thus, for both mental health and stress the undergraduate boys and girls have very good mental health and low degree of stress but both the variable boys are better than girls.

DISCUSSION OF RESULTS
Thus from the above result it is clear that there is a high-correlation between mental health and stress of boys/girls. This clearly shows that if mental health is good then there is less stress. This is clear from result present in table no. 2 (two) where according to classification the both boys and girls are in the classification of very good mental health whereas the classification of stress shows them to be in very low state of stress. Thus it is clear that there is a positive impact of mental health on stress of Undergraduate boys and girls.

The high degree of mental health and low degree of stress may be termed as indicator of good personality. No doubt mental health is of very good and stress is very low but intervention programme as a part of trainee would help the students work in better and efficient way.

CONCLUSION
1.   The correlation between mental health and stress is above average though negative which shows that the undergraduate have a high degree of mental health and low level of stress.

_____

2.   The undergraduate boys and girls have very good mental health & low degree of stress but both the variable boys are better then girls.

REFERENCE

Borrill, C.S., Wall, T.D. and West, M.A. (1996) ' **Mental health of the workforce of the NHS Trust,** Institute of work psychology, university of Sheffield and Department of Psychology, University of Leeds.

Garret, H.E. (1973) **Statistics in Psychology and Education,** Bombay: LongMans Green & Co. Ltd., Vakils Feffer and Simons Pvt. Ltd., 247-295.

Mangal S.K. (2005) **"Advanced Educational psychology"** (IInd ed.) New Delhi, Prentice Hall of India Private Limited.

Dr. Manoj Kumar Jhariya
UGC(PDF), Govt. Mahakoshal Arts and Commerce (Autonomus) College jabalpur (M.P.).

Dr. Roshan Lal Sondhiya
Asst. Prof, St. Aloysius College, Jabalpur (M.P.)