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 overestimate 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 or 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 so 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 analysed for verification of hypothesis
and drawing inference / conclusion.

Analysis and Discussion of Results
The results of the data obtained has been analysed as given below-
The relationship between mental health and stress of undergraduate students is evident from the results presented in Table No. 1. The correlation between mental health and stress of undergraduate boys and girls taken together is statistically significant at the 0.01 level, indicating that undergraduate students with good mental health have low stress. The results also show that the degree of correlation through negative is above average for both boys and girls. Thus, the negative relationship of scores of mental health and stress is evident.

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

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>‘r’</th>
<th>Category</th>
<th>‘P’ Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>30</td>
<td>-0.70</td>
<td>Above average high degree, negative correlation</td>
<td>&lt;0.01</td>
</tr>
<tr>
<td>Girls</td>
<td>30</td>
<td>-0.65</td>
<td>Above average high degree, negative correlation</td>
<td>&lt;0.01</td>
</tr>
<tr>
<td>Boys + Girls</td>
<td>60</td>
<td>-0.68</td>
<td>Above average high degree Negative Correlation</td>
<td>&lt;0.01</td>
</tr>
</tbody>
</table>

From the above results, it is clear that the correlation between mental health and stress of undergraduate boys and girls taken together is statistically significant at the 0.01 level, which clearly indicates that undergraduate students with good mental health have low stress. The results also indicate that for boys and girls, the degree of correlation through negative is above average. Thus, from the above results, it is evident that there is a negative relationship of scores of mental health and stress.

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

<table>
<thead>
<tr>
<th>Group</th>
<th>Group</th>
<th>Mean</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>Boys</td>
<td>98.30</td>
<td>Very Good</td>
</tr>
<tr>
<td></td>
<td>Girls</td>
<td>76.50</td>
<td>Very Good</td>
</tr>
<tr>
<td>Stress</td>
<td>Boys</td>
<td>16.05</td>
<td>Very low state</td>
</tr>
<tr>
<td></td>
<td>Girls</td>
<td>25.31</td>
<td>Very low state</td>
</tr>
</tbody>
</table>

Thus, from the above table, it is apparent that both boys and girls have very good mental health but as shown in the above table, boys are better in comparison to girls. As far as stress is concerned, both boys and girls are in the very low stress category but as shown in the 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 stress, but both show that 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 the results present in Table No. 2, where according to classification, both boys and girls are in the classification of very good mental health whereas the classification of stress shows them to be in the very low state of stress. Thus, it is clear that there is a positive impact of mental health on stress for undergraduate boys and girls.

The high degree of mental health and low degree of stress may be termed as indicators of good personality. No doubt, mental health is very good and stress is very low, but intervention programmes as a part of training would help the students work in better and efficient ways.

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 than girls.

REFERENCE

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