



Mental Health among College Level Students in Relation to Their Gender, Locality and Religion

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ABSTRACT: Mental health is considered as one of the most important factors in the promotion of human development and is especially important in youth as they are the building blocks of society. It is a global term which refers to state of a person, resulting from the normal organization and proper functioning of his mind. It is a combined product of physical, emotional, moral, spiritual and social health. It is the most important component of the overall health and psychological well-being of a person. The main objective of the present study was to find the significant differences in mental health among college level students. The investigator has used descriptive cum survey method of research. Multi stage random sampling was used to collect a sample of 1000 students (500 males and 500 females). The results of the present study reported no significant differences in mental health among college level students with respect to their gender, locality and religion.

Keywords: Mental Health, resilience, stress

I. INTRODUCTION

Mental health is considered as one of the most important factors in the promotion of human development and this point is especially important in youth as they are the building blocks of society. It is like a philosophy of life which is not acquired by taking a course in philosophy. Its scope cannot be compressed within the confines of a series of lesson plans or formal school projects.

Mental health is a global term which refers to state of a person, resulting from the normal organization and proper functioning of his mind. It is a combined product of physical, emotional, moral, spiritual and social health while, mental health is the most important component of the overall health and psychological well-being of a person. It is an integral and essential component of overall health. Right thoughts, right attitudes and right actions are very useful and necessary for maintaining good mental health. Mental health is also called the process of human self satisfaction, self realization and fully successful existence. It is a condition of psychological maturity.

The White House Conference (1930) inferred that mental health may be defined as the adjustment of individual to themselves and the world at large with the maximum of effectiveness, satisfaction, cheerfulness and socially considerate behaviour, and the ability of facing and accepting the realities of life. The constitution of World Health Organization (1948) stated that mental health is a state of complete physical, mental and social well being and not merely the absence of diseases. Mental health depends on the state of both body and mind. A healthy person is not only physical healthy but also mentally healthy. A mentally healthy individual is the one who thinks clearly and logically, have good social relationships, always ready to learn with substantial ambition in order to implement his/her plans in the future. Mental health is an index which shows the degree of extent, a person has been able to meet his environmental demands i.e. social, emotional or physical etc. Crow and Crow (1951) defined "mental health is the state that deals with human welfare and persuades all fields of human relations". Hadfield (1952) stated that mental health is the full and harmonious functioning of the whole personality. Maslow (1962) viewed that mental health is not a passive acceptance of life and its condition. It is a process of living that point to still better living. It is a life in which one's potentialities are coming to full development, in which one's inner nature expresses itself freely and is not wrapped, suppressed or denied. Lulla et al. (1981) stated that mental health is a combined outcome of five aspects of health namely physical, emotional, moral, spiritual and social health. Sortorives (1983) states that "mental health is a state of balance between the individual and the surrounding world, a state of harmony between oneself and others, a coexistence between the realities of the self and those of other people as also of the environment." Chauhan (1987) defined

“mental health is a condition which permits the maximum development of physical, intellectual and emotional status of the individual so that he can contribute maximum to the welfare, his ideas and aims in life. It is a normal state of well being. The Health Education Authority (1997) described mental health as the emotional and spiritual resilience, which enable as to survive pain, disappointment and sadness. Lewkan (2006) in his famous book “Mental Hygiene in Public Health” stated that mentally healthy person is one who is happy, lives peacefully with his neighbours, makes his children healthy citizens and after fulfilling such basic responsibilities is still empowered with sufficient strength to serve the cause of the society in any way” According to Healthy People 2010 (a statement of national health objectives developed in part by the U.S. Department of Health and Human Services) “Mental health is sometimes thought of as simply the absence of a mental illness but is actually much broader. “Mental health is a state of successful mental functioning, resulting in productive activities, fulfilling relationships, and the ability to adapt to change and cope with adversity. Mental health is indispensable to personal well-being, family and interpersonal relationships, and one’s contribution to society.”

Mental health consists of two words, Mental and health. Mental means ‘of the mind’, it describes an individual’s thoughts, feelings, understanding about himself and the world around him. Health’ is generally described in terms of working order of body and mind, well being and freedom from disease. Mental Health thus means a sound mental condition or a state of psychological well being or freedom from mental disease. Hence, ideal health is the combination of good physical and good mental health. The World Health Organization (2010) defines mental health as a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

After evaluating all the definitions mentioned above we can conclude that mental health simply does not mean the absence of mental illness, but it involves an individual’s ability to adjust to one self and the world, being resilient to strains of life, peaceful, harmonious and balanced integration of all aspects personality viz social, emotional, psychological, physical and moral etc. It is an integral part of overall health of a person. It permits overall status of a person like physical, social and emotional etc. It includes the ability of a person to accept failure and success equally. A mentally healthy individual also thinks clearly and logically, have good relationships with family and friends, make plans for future. Who knows his shortcomings as well as strengths, and also productive for the whole human society. For maintaining good mental health various psychologists believed that Right thoughts, right attitudes and right actions are very useful and necessary for maintaining good mental health.

Objectives of the Study

1. To find the significant differences in mental health among college level students with respect to their gender.
2. To find the significant differences in mental health among college level students with respect to their locality
3. To find the significant differences in mental health among college level students with respect to their religion.

Hypothesis of the Study

1. There will be no significant differences in mental health among college level students with respect to their gender.
2. There will be no significant differences in mental health among college level students with respect to their locality.
3. There will be no significant differences in mental health among college level students with respect to their religion.

Research Methodology

The investigator has used descriptive cum survey method of research. The population of the present study includes all B.Sc. /B.A. Part III students studying in 45 arts/sciences govt. degree colleges of Jammu, Udhampur, Samba, Kathua, Reasi, Doda, Kishtiwari, Ramban, Rajouri and Poonch district in Jammu division. Multi stage random sampling technique was used to draw the sample. For drawing the sample all the 45 colleges were listed and a sample of 16 colleges was selected in proportion to the number of colleges in each district by randomization technique. Sample of 1000 students (500 Male and 500 Female) were selected in proportionate to the number of students from the selected college of each district by randomization technique. For collecting the data the researcher has used mental health checklist developed by Dr. Pramod Kumar. It measures pre-illness mental conditions of the person. It consist of 11 item 6 mental and five somatic.

Analysis and Interpretation of Data

For analysis and interpretation of data the investigator has used ‘t’ test to see the significant difference between two mean samples.

TABLE 1

Values of Mean, S.D., SE_{DM} and ‘t’ for male and female college level students in mental health.

Mental health	Group	N	Mean	S.D	SE _{DM}	T	Significance
	Male	500	22.72	6.00	.366	.92	Not significant
	Female	500	22.38	5.58			

Review of TABLE 1 reveals that the computed value of ‘t’ for male and female college level students in mental health is .92 which is less than 1.96 the table value of ‘t’ at 0.05 level of significance. The value of ‘t’ is not significant. It can therefore, said that there were no significant gender differences in mental health among college level students. Hence, the hypothesis which states that there will be no significant differences in mental health among college level students with respect to their gender stands accepted.

Table 2

Values of Mean, S.D., SE_{DM} and ‘t’ for rural and urban college level students in Mental Health

Mental health	Group	N	Mean	S.D	SE _{DM}	T	Significance
	Rural	546	22.53	5.81	.366	0.08	Not significant
	Urban	455	22.56	5.78			

Perusal of TABLE 2 indicated that the computed value of ‘t’ for rural and urban college level students in mental health is 0.08 which is less than 1.96 the table value of ‘t’ at 0.05 level of significance. The calculated value of ‘t’ is not significant. It can therefore, said that there were no significant differences in mental health among rural and urban college level students. Hence, the hypothesis which states that there will be no significant differences in mental health among college level students with respect to their locality stands accepted.

Table 3

Values of Mean, S.D., SE_{DM} and ‘t’ for Muslim and Hindu college level students in mental health

Mental health	Group	N	Mean	S.D	SE _{DM}	T	Significance
	Muslims	391	22.45	5.75	.36	0.47	Not significant
	Hindus	609	22.62	5.82			

Perusal of TABLE 3 indicated that the computed value of ‘t’ for Muslim and Hindu college level students in mental health is 0.47, which is less than 1.96 the table value of ‘t’ at 0.05 level of significance. The calculated value of ‘t’ is therefore, not significant. It can therefore, said that there were no significant differences in mental health among Muslim and Hindu college level students. Hence, the hypothesis which states that there will be no significant differences in mental health among college level students with respect to their religion stands accepted.

II. CONCLUSION

The Above mentioned results revealed no significant differences in mental health status among college level students with respect to their gender, locality, and religion. It means that sex, locality and religion have no effect on mental health of students. Moreover the mean values of all categories of college students were almost similar. The results could be positive attitude and thoughts among college students. The good educational environment as well peaceful social well being could be cause.

The results of the present study were not supported by following research studies. Safiri (2013) found that depression rates were higher among those who were unmarried, did not perform prayers, did not read the Quran and had little interest in their field of study. Depression rate was also higher among those students who were worrisome about their future. Soet & Sevig (2006) found depressive disorder more among females as compared to males. Santos et al. (2009) reported that men have slightly better mental health than women. Patil (2012) observed significant difference in mental health between male and female IT Professionals. Singh (2015) showed that male group was mentally healthy than female group.

Educational Implications

Implications of findings suggested that gender (male and female) locality (rural and urban) and religion (Hindu and Muslim) were not key factors in mental health among college level students according to this study. All categories of college students showed equal status of mental health. Sound mental health exists in a sound body, so students should try to keep their body healthy and fit. Educational authorities should not pressurize students

with too many academic activities at the risk of their life. Right thoughts, right attitudes and right actions should be developed among students as they are very useful and necessary for maintaining good mental health. It is well known saying which states when money is lost nothing is lost and when health is lost everything is lost.

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