A Study on Mental Health among College Students with Reference to their Stream and Gender

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Abstract:

Mental Health refers to organization with conditions. A person tries to adjust with own self, society, and situation at every step. The main purpose of this research was to examine the Mental Health among college students with refer to their stream and gender, sample consisted of 120 students, i.e., 60 Arts students and 60 Science students, and these two groups (Arts and Science) were further divided into gender i.e. Boys and Girls. For measuring above mentioned variables some tools were administered to the subject, The name of the tools is Mental Health Battery (MHB–SS) constructed. The obtained data were analyzed by appropriate statically method 't' test. The result shows that there is no significant difference found between stream (Arts and Science) and gender (Boys and Girls) in relation to their Mental Health.

Keywords: *Mental Health, Arts, Science, Boys, Girls*

1. Introduction

Mental health is defined as an individual's state of well-being, when he or she realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her community (World Health Organization, 2008). There is agreement among psychologist that there is no single definition or conceptualization of mental health (Johada 1958; Kaol, 1973; Strupp & Hadlel977; War, 1987). As construct it is define in terms of culture values (Johada, 1958) and individualistic values (Jensen & Bergin, 1988). It may be impossible to define mental absolute terms (Gechman & Weiner, 1975). Despite this lack of precise definition, several authors have pointed to the inadequacy of defining mental health as the absence of mental illness. However, the term mental health is global in nature and has wide application. Most of the research in the field of the psychology, Psychiatry and sociology approaches the concept of mental health on a health illness, normality to abnormality, adjustment to maladjustment or integration to disintegration continuum. Mental health concept has both a positive and negative connotation. Johada (1958) Karshauser (1965) Warr (1987) and cooper (1993) have proposed a more positive definition of mental health. Johda (1958) gave an adequate definition of positive conceptualization of mental health. This definition specified multiple criteria, such as:

- Attitude towards self
- Growth and self actualization
- Integration
- Autonomy
- Perception of reality and
- Environmental mastery

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2. Problem of the study
The purpose of present investigation was to find out the difference between Arts and Science students as regards the Mental Health level.

3. Objectives
The main objectives of the study were as under:
1. To find out the significant differences of Mental Health among Arts and Science Students.
2. To find out the significant differences of Mental Health among Boys and Girl.
3. To find out the significant differences of Mental Health among Arts Boys and GirlsStudents.
4. To find out the significant differences of Mental Health among Science Boys and Girls Students.

4. Hypothesis
1. There is no significant difference of Mental Health between Arts and Science Students.
2. There is no significant difference of Mental Health between Boys and Girl.
3. There is no significant difference of Mental Health between Arts Boys and Girls Students.
4. There is no significant difference of Mental Health between Science Boys and Girls Students.

5. Method
5.1 Sample
Researcher has purposefully selected 120 students as sample from Bilimora of Gujarat. Out of 120 students 60 students are selected from Arts Stream and 60 students selected from Science Stream Students. Again, out of 60, 50% are Boys Students and 50% are Girls Students have been selected for both categories.

5.2 Tool
For this purpose, the following test tools has been considered.
1. A. K. Singh and Alpana Sengupta. Mental Health Battery (MHB–SS) .
This battery contains 130 items and measures mental health of 13 to 22 years age group through six health indices — I. emotional stability, II. Over all adjustment,
III. Autonomy, IV. Security- Insecurity, V. Self Concept and VI. Intelligence. The test is highly standard and valid.

5.3 Procedure
The collection of data was spread over a period of 30 days. The researcher personally visited the selected Arts and Science college of Bilimora, Gujarat, the researcher took the permission of the head of the college and for administering the scales and fixed dates. On the schedule date the researcher met the students and made clear to them the purpose of administration. The researchersought their cooperation.

The instructions were explained by the researcher and the doubts were clarified. They were assured that their response will be used for research purpose only and will be kept confidential. They were suggested to give free frank and honest responses without any hesitation. The scales were administered to the students. The scales were collected only after they were responded by the subject. After the completion of the administration the investigator conveyed her gratitude and thanks to the students and heads of the colleges for their kind cooperation.

6. Result and Discussion
The raw scores were statistically analyzed in terms of means, standard deviation, 't' test were used to compare Mental Health between Arts and Science Students in relation to their gender (Boys and Girls).

Table No: 1 Showing the Mean, SD and 't' value of Mental Health among Arts and Science Students

Stream	No.	Mean	SD	't'	Sig.
Arts	60	21.01	2.89	0.36	N.S
Science	60	20.91	2.91		

Significant levels 0.05

The above result table No. 1 we can see that t' test was used to know the Mental Health between Arts and Science Students, here mean of the Mental Health of 60 Arts Students is 21.01 & SD is 2.89, similarly mean of the Mental Health of 60 Science Students is 20.91 & SD is 2.91, different between their 't' values is 0.36 it is not significant with 0.05 level. Here null hypothesis was accepted and result shows that the type of stream does not play a defining role in the Mental Health of Arts and Science Students. Thus, the hypothesis 1 which states "There is no significant difference of Mental Health between Arts and Science Students"

Table No: 2 Showing the Mean, SD and 't' value of Mental Health among Boys and Girls

Stream	No.	Mean	SD	't'	Sig.
Boys	60	21.18	3.47	1.41	N.S
Girls	60	20.56	2.13		

Significant levels 0.05

The above result table No. 2 we can see that't' test was used to know the Mental Health between Boys and Girls, here mean of the Mental Health of 60 Boys is 21.18 & SD is 3.47 similarly mean Mental Health of 60 Girls is 20.56 & SD is 2.13 and difference between their 't' values is 1.41. It is not significant with 0.05 levels. Here null hypothesis is accepted and result shows that the indicating that the type of gender does not play a defining role in the Mental Health of Boys and Girls.Thus, the hypothesis 2 which states "There is no significant difference of Mental Health between Boys and Girl

Table No: 3 Showing the Mean, SD and 't' value of Mental Health between Arts Boys and Girls Students

Gender	No.	Mean	SD	't'	Sig.
Boys	30	9.8	1.85	0.34	N.S
Girls	30	9.4	1.98		

Significant levels 0.05

The above result table No. 3 we can see that 't' test was used to know the Mental Health between Arts Boys and Girls Students, here mean of the Mental Health of 30 Boys students is & 9.8 SD was 1.85 similarly mean of the Mental Health of 30 Girls students is 9.4 & SD is 1.98 and difference between their 't' values is 0.34 It is not significant with 0.05 level. Here null hypothesis is accepted and result shows that the indicating that the type of gender does not play a defining role in the Mental Health of Arts Boys and Girls Students. Thus, the null hypothesis 3 which states "There is no significant difference in Mental Health between Arts Boys and Girls Students"

Table No: 4 Showing the Mean, SD and 't' value of Mental Health among between Science Boys andGirls Students

Gender	No.	Mean	SD	't'	Sig.
Boys	30	11.05	1.89	1.19	N.S
Girls	30	9.05	2.15		

Significant levels 0.05

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The above result table No. 4 we can see that 't' test was used to know the Mental Health between Science Boys and Girls Students. Here mean of the Mental Health of 30 Boys students is 11.05 & SD is 1.89 similarly mean of the Mental Health level of 30 Girls students is 9.05 & SD is 2.15 and difference between their 't' values is 1.19. It is not significant with 0.05 level. Here null hypothesis is accepted and result shows that the indicating that the type of gender does not play a defining role in the Mental Health of Science Boys and Girls Students. Thus, the null hypothesis 4 which states "There is no significant difference of Mental Healthbetween Science Boys and Girls Students

7. Conclusion

Major findings of the present study are:
1. There is no significant difference of Mental Health between Arts and Science Students.
2. There is no significant difference of Mental Health between Boys and Girl.
3. There is no significant difference of Mental Health between Arts Boys and Girls Students.
4. There is no significant difference of Mental Health between Science Boys and Girls Students.

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