

An Analytical Study of Mental Health to College Students

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Abstract

The research aimed to explore variations in the mental well-being of university students, utilizing a 2X3X3 factorial design. Data gathering relied on the utilization of the "Mental Health Inventory" developed by Dr. D.G. Bhatt and G.R. Gida in 2006, with a sample selection conducted through the stratified random method. A total of 540 samples of college's students were taken college from Bhavnagar city among them 270 from college girls and 270 college boys. The data collected underwent statistical analysis using the 'F' test, revealing a notable distinction between females and males ($F=17.24$), There is a significant difference between F.Y., S.Y. and T.Y. ($F=9.53$), There is a significant difference (0.05 level) between Arts, commerce and Science stream ($F=3.99$), There is no meaningful distinction found between sex and education level ($F=4.40$), There is no significant difference between education level and stream ($F=1.12$), There is no significant difference between sex and stream ($F=1.15$) and There is no significant difference between sex, education level and stream ($F=2.13$). Result show that variable like sex, education level and stream effect on the mental health of college student.

Keywords: Mental well-being, factorial design, mental health inventory, stratified random method, gender differences, statistical analysis, distinctions

INTRODUCTION

18th century is called Intellectual period. 19th century is called progressive period. 20th century is called child age. But today 21st century is called struggle age. Humanity has advanced in the realm of computers and the internet. Aids and anthrax are controlled completely. Man is preparing to live on moon. The technology progressing in missile speed has affected our social life, cultural and beliefs. Our life is become more and more complex and narrow-minded [1]. There are competition and struggle on every step of life. Hugh of morality is rising in us. Old standards of morality in sex-life have been broken. Whole change has become in family life and personal relations. Yet man feels loneliness among thousands of people. He feels unsafe. Mental stress, unsafely are also increased in our country like Europe and America. Mental health is also necessary with body-health. "There is a saying in English that prevention is better than cure." So, in mental health mind should not become health less and careless it is necessary [2]. The government tries to give every citizen all facilities if mental health. Numerous plans have been devised regarding this issue, leading to increased awareness and understanding among individuals regarding the importance of healthy the condition enough aware in the matter of health.

Person believe that the lack if dieses is a sign of health. He do not understand that the mind can also become ill like body. Physically problem can be identifying quickly. Because its progress is internal. In the present matter of mental health has become very important [3].

Mental health is the full and harmonious functioning of the whole personality – the three requirements or mental health being full expressing harmonization and the directing to a common end of our nature and acquired potentialities [4]. Mental health can be described as an individual's adaptation

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to both them and the broader world, characterized by optimal effectiveness, contentment, happiness, socially considerate behavior, and the capacity to confront and embrace life's realities [5].

Mental hygiene is the science and art of maintaining mental health and preventing the development of insanity and neurosis. General hygiene care for physical health only but mental hygiene includes mental health as well as physical health because mental health is not possible without physical

“Mental hygiene is a science that deals with human welfare and pervades all fields of human relationship”

IMPORTANCE OF MENTAL HEALTH AT COLLEGE LEVEL

College students also require attentive guidance and counseling, particularly given the prevalent levels of disruptive violence in today's colleges and universities; a well-designed counseling program would undoubtedly be beneficial. Almost anybody who can afford to pay fees joins a college in India without any consideration of his suitability for higher education. There are students who cannot study and concentrate, who cannot make friends with others or get along with them, and who join college without any purpose or aim. There are students who are afraid of examinations, who cannot talk in class and cannot write even a few sentences. There are students who shirk work and study, who are always complaining against teachers, principals and university authorities. Some students have physical defects, some are in conflict with their parents. There may be some who have special problems. All these types need advice from the psychiatrist so that they do not develop any personality difficulties. Generally, interview therapy is given to students with some difficulty or problem [6, 7].

The progress of mental unhealthy or mentally disturb youngsters is made in proper way suffering from mental behavior problems cannot make progress in study properly or they fall into anti-social or terrorists' activities. It is masterful student. Family relationships become bad for unhealthy are occurred. Students often fall into drinking and drug items. Mentally disturb student lives in stressful and excites condition. Moreover he raises problems in fields of study and family members. Culture, country, society. In this viewpoint the knowledge of mental health is necessary for every student [8].

Parents and educators share the responsibility for nurturing the mental well-being of students. Social science have responsibilities to understand the necessary of students, to develop good habits in them, to realize their social, familiar and educational responsibility for development of their abilities they should give them good environment and encouragement. To give them love, safely and guidance, technology. For this they should give the students the knowledge of mental health principles and develop attitude in them. If this can be done the students with good mental health will increase and every student can maintain mental health properly [9].

METHODOLOGY

Hypothesis

- a. There is no significant difference between girls and boys.
- b. There is no significant difference between F.Y., S.Y. and T.Y. college student.
- c. There is no significant difference between Arts, commerce and Science stream.
- d. There is no significant difference between sex and Education level.
- e. There is no significant difference between education level and stream.
- f. There is no significant difference between sex and stream.
- g. There is no significant difference between sex, education level and stream.

Sample

The sample was obtained using a method of stratified random sampling. A total of 540 sample of college students from Bhavnagar city among them 270 from college girls and 270 college boys.

Table 1. 2X3X3 factorial design was used.

A=Sex	B=Education level	C=Stream
A ₁ =college girls	B ₁ =First Year	C ₁ =Arts
A ₂ =college Boys	B ₂ =Second Year	C ₂ =Commerce
	B ₃ =Third Year	C ₃ =Science

Research Design

The Table 1 (2x3x3) Factorial Design utilized in the study consisted of three factors: sex (A), education level (B), and stream (C). The levels of each factor were as follows: for sex, A₁ represented college girls and A₂ represented college boys; for education level, B₁ represented first-year, B₂ represented second-year, and B₃ represented third year; for stream, C₁ represented arts, C₂ represented commerce, and C₃ represented science.

Tools

Individual information Sheet

Individual variable of Teachers like (1) College Girls and Boys (2) Education Level F.Y., S.Y. and T.Y. (3) Arts, Commerce and Science stream.

Mental Health Inventory

Developed by Dr. D.G. Bhatt and G.R. Gida (2006), Reliability was found 0.94 through split half method 0.87 through spearman brown method and Validity was found 0.63 [2].

Procedure

The scale of 'Mental Health Inventory'. The scale of made of two option. Option was in either in 'agree' and 'disagree'. This scale considered 40 sentences. The response category has been provided each question. Response 'agree' mark '1' and response 'disagree' mark '0'. The maximum possible score is '40' and the minimum possible score is '0'. High score is to be interpreted as good mental health and low score of as poor mental health.

Statistics

Here in this study the 'F'-Test was conducted as a statistical technique to prove the aim.

RESULT

In the analysis of overall mental health among college students, a 2x3x3 factorial ANOVA was conducted, as summarized in Table 2. The table presents the sources of variation, including the sums of squares, degrees of freedom, mean sums of squares, F-ratios, and levels of significance for each factor and interaction. The factors assessed were sex (A), education level (B), and stream (C). The results indicate significant effects for sex (A) and education level (B) at a significance level of 0.01, and for stream (C) at a significance level of 0.05. However, the interactions between factors (AXB, BXC, AXC, and AXBXC) were not found to be significant.

DISCUSSION

As show in the Table 1 sum of square 181.38, df-1, mean sum of square 18.38 and ratio 17.24 are at the level of significant 0.01 which all are level of significance, so in 'F' the 0.01 is not accepted Because of gender difference in college students, difference in mental health is seen. The mental health of college girls is weaker than college boys. The reasons of this are; 1. Domestic responsibilities 2. Her place in society 3. Body changes during adolescent period 4. Parental criticism at this tender age and 5. Fashionable college life and rigidity of parents. This is why mental health of college girls is found critical.

According to the table, the difference in study levels among the students, the difference in mental health is significant, sum of square 200.37, df-2, mean sum of square 100.19, ratio 9.53 in 'F' at the

Table 2. Showing the summary of 'F' ratio on overall mental health of college student (ANOVA-2X3X3).

Source of Variation	Sum of Square	df	Mean sum of square	'F'- ratio	Level of Significant
A	181.38	1	181.38	17.24	0.01
B	200.37	2	100.19	9.53	0.01
C	84.03	2	42.02	3.99	0.05
AXB	4.70	2	2.35	4.40	N.S.
BXC	46.94	4	11.74	1.12	N.S.
AXC	24.29	2	12.15	1.15	N.S.
AXBXC	89.47	4	22.37	2.13	N.S.
WSS	5488.84	522	10.52	-	-
Total	6120.02	539	11.35	-	-

N.S.=Not Significant

level of significant 0.01 are significant so significance is not accepted. Taking into consideration of their study level the mental health of S.Y.B.A. student is better than F.Y.B.A., and of T.Y.B.A. than of S.Y.B.A. thus mental health of F.Y.B.A. student is weak. The reason of this is that they must sail the college atmosphere after their admission in the college. Additionally, there exists a distinction in the environment between a school and a college. This affects mental health. The student who gets admission in F.Y.B.A. is having tender age. His bodily changes can affect as well. Students coming from rural areas or residential places far away from the college also influence their efforts of matching the college atmosphere [10].

There's no mental health difference in various disciplines of study, so whether they are arts, commerce or science faculty students no major difference is noted.

CONCLUSION

There is significant difference between girls and boys, There is significant difference between F.Y., S.Y. and T.Y., There is significant difference (0.05 level) between Arts, commerce and Science stream, There is no significant difference between sex and Education level, There is no significant difference between education level and stream, There is no significant difference between sex and stream and There is no significant difference between sex, education level and stream.

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