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A Study of Mental Health among UG and PG Students

Dr. Vilas Gokul Mahajan

Dept. of Psychology,

Sivchhatrapati Arts College, Pachod, Dist- Aurangabad

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Abstract:

This Study purpose that a Study of Mental Health among UG and PG Students. Objectives:- To Study the Mental Health of UG and PG Students. Hypotheses:- There is no significant difference between UG and PG Students with Mental Health Domination on Positive self evaluation, perception of reality, integration of personality, autonomy, and group oriented attitudes and environmental mastery. Methodology- Sample: The present study sample goes was selected from college students of Aurangabad City district Aurangabad in Maharashtra. The sample has 100 college students in each 50 UG Students Under Graduate Students (25 Male and 25 Female) and 50 PG Students (25 Male and 25 Female). The subject selected in this sample was age group of 18-23 year. Variables- The independent variables are Graduate (1) UG Students 2) PG Students) and Dependent variables are Mental Health (Positive self evaluation, perception of reality, integration of personality, autonomy, and group oriented attitudes and environmental mastery). Research Design: the present study a balanced 2x2 factorial design was used. Research Tools- Mental health inventory by Dr. Jagdish and Dr. A.K. Srivastava (1983). Statistical Treatment: Mean SD and ANOVA. Conclusions: 1) there is no significant difference between UG and PG Students on Positive self evaluation, perception of reality, integration of personality, autonomy, and group oriented attitudes and environmental mastery and Mental Health.

Key words: *Mental Health, Positive self evaluation, perception of reality, integration of personality, autonomy, group oriented attitudes, environmental mastery.*

INTRODUCTION:

Mental Health consists, in a set of goals, intimately related to social values. The characteristics of Mental Health will vary with individual and social values and may take on different forms in different societies. Mental health is functioning in the same physical organs and their functioning. A public health approach to mental health, (WHO, report 2008) the concept of mental health has been defined as Which includes subjective well- being, perceived self efficacy, autonomy, competence, intergenerational dependence, and others. Mental health in broadest sense suggests a degree of positive conformity and satisfaction under conditions that warrant a state of mind and a capacity for making balanced personal and social relationship. A mentally healthy person shows balanced behavior and faces the challenges of life boldly.

REVIEW OF LITERATURE:

Gupta and Kumar (2010) and Chawla (2012) this study found that male students were better Mental Health than female. Jaya and Patnam, Vishala (2014) this study indicated that significantly a higher percentage of the female students were assessed to have good integration of personality, fair positive self-

evaluation and group oriented attitude than their counterparts' male students. However, significantly a higher percentage of the male students were recorded to have good group oriented attitude and fair autonomy as compared to the female students. Morab, and at all, (2014) this study found that there was no significant association between male and female elderly on mental health and positive self evaluation, integration of personality and environmental mastery. Nandana (2001) results revealed that female students were found to have better mental health than male students. Vijay Kumar and at all, (Nov.2013) indicated that There is no significant difference between Male and Female pupil teachers in the mental health with Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group Oriented Attitudes, Environment Mastery and mental health. Vyas (2007) this study found that no significant difference between boys and girls with respect of mental health. Waghmare (2018) this study found that 1) Male College Students high Positive self Evaluation, Integration of Personality than Female College Students. 2) There is no significant difference between Male and Female College on Perception of Reality, Autonomy, Group Oriented Attitudes and Mental Health. 3) Female College Students high Environment Mastery than Male College Students.

STATEMENT OF THE PROBLEM

“A Study of Mental Health among UG and PG Students”

OBJECTIVES OF THE STUDY

- To examine the Mental Health among UG and PG Students.

HYPOTHESES OF THE STUDY

- There is no significant difference between UG and PG Students with Mental Health Domination on Positive self evaluation, perception of reality, integration of personality, autonomy, and group oriented attitudes and environmental mastery.

METHODOLOGY:

SAMPLE:

The present study sample go was selected from college students of Aurangabad City district Aurangabad in Maharashtra. The sample has 100 college students in each 50 UG Students Under Graduate Students (25 Male and 25 Female) and 50 PG Students (25 Male and 25 Female). The subject selected in this sample was age group of 18-23 year.

RESEARCH DESIGN:

Simple research design used.

VARIABLES OF THE STUDY:

Table No.01- Variables

| Variable | Type of variable | Sub. Variable | Name of variable |
|----------|-----------------------|---------------|-------------------------------|
| Graduate | Independent Variables | 02 | 1) UG Students 2) PG Students |

| | | | |
|---------------|---------------------|----|--|
| Mental Health | Dependent variables | 03 | <ol style="list-style-type: none"> 1) Positive self evaluation 2) Perception of reality 3) Integration of personality 4) Autonomy 5) Group oriented attitudes 6) Environmental mastery |
|---------------|---------------------|----|--|

RESEARCH TOOLS:**Table N0.02- Mental health inventory**

| Aspect | Name of the Test | Author | | |
|---------------|--------------------------------|-----------------------------------|-------------------------------|--------------------|
| Mental Health | Mental health inventory (1983) | Dr. Jagdish & Dr. A.K. Srivastava | 1) Positive self evaluation | Item- 56 |
| | | | 2) Perception of reality | Reliability - 0.73 |
| | | | 3) Integration of personality | |
| | | | 4) Autonomy | |
| | | | 5) Group oriented attitudes | Validity - 0.54 |
| | | | 6) Environmental mastery | |

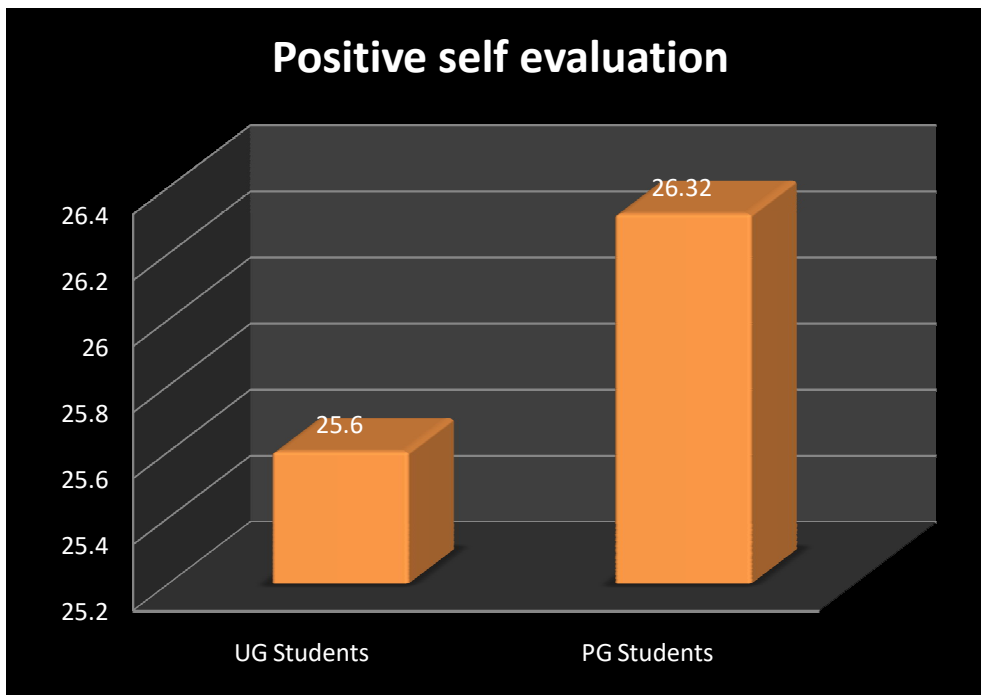
RESULTS AND DISCUSSION:**Graduate on Positive self evaluation.****Hypotheses-01**

- There is no significant difference between UG and PG Students with Mental Health Domination on Positive self evaluation.

Table 03 Mean, SD and F Value of Graduate on Positive self evaluation.

| Factor | Graduate | Mean | SD | N | DF | F Value | Sign. |
|---------------------------|-------------|-------|------|----|----|---------|-------|
| Positive self evaluation, | UG Students | 25.60 | 1.84 | 50 | 98 | 2.18 | NS |
| | PG Students | 26.32 | 1.47 | 50 | | | |

Figure No.01 Mean of Graduate on Positive self evaluation



Observation of the Table No.03 and Figure No.01 indicated that the mean value of two classified group seems to differ from each other on Positive self evaluation. The mean and SD value obtained by the UG Students was 25.60, SD 1.84 and PG Students was 26.32, SD 1.47. Both group ‘F’ ratio was 2.18 at a glance those PG Students shows high score than UG Students.

The F value between UG and PG Students on Positive self evaluation is observed 2.18 at 98 degree of freedom. The table value of F value is 0.05 = 3.94 and at 0.01 = 6.90 levels of not significance, this is null hypothesis is Accepted and Alternative hypothesis is Rejected because table value High than calculated value. It means that there is no significant difference between UG and PG Students on Positive self evaluation.

Graduate on Perception of reality:

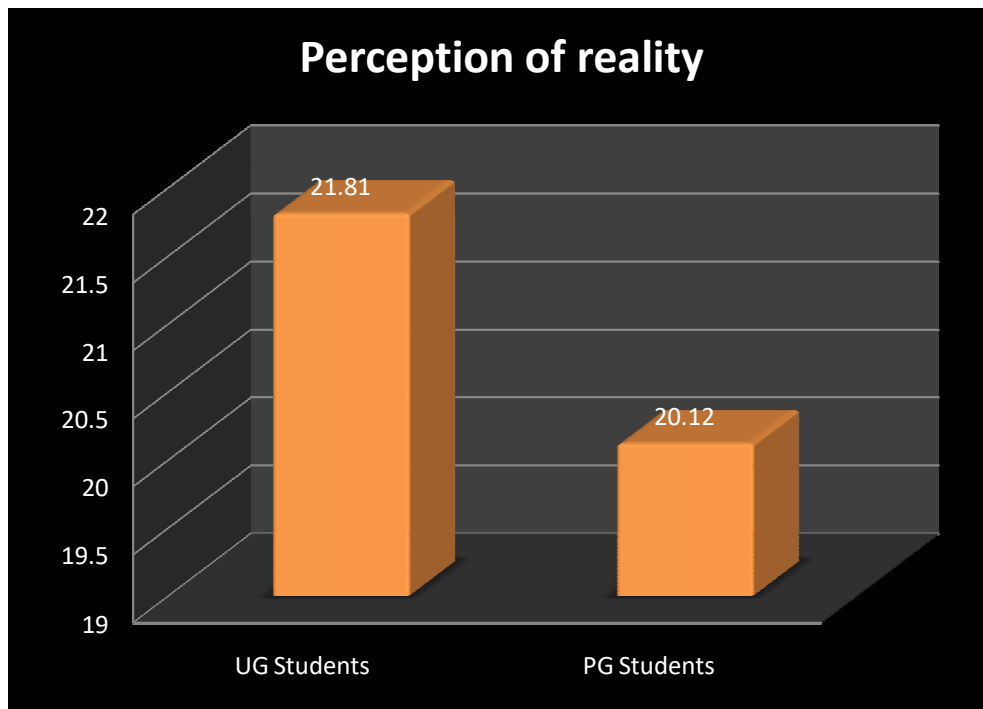
Hypotheses-02

- There is no significant difference between UG and PG Students with Mental Health Domination on perception of reality.

Table 04 Mean, SD and F Value of Graduate on Perception of reality

| Factor | Graduate | Mean | SD | N | DF | F Value | Sign. |
|------------------------|-------------|-------|------|----|----|---------|-------|
| Perception of reality, | UG Students | 21.81 | 2.30 | 50 | 98 | 1.37 | NS |
| | PG Students | 20.12 | 1.61 | 50 | | | |

Figure No.02 Mean of Graduate on perception of reality



Observation of the table No.04 and Figure No.02 indicated that the mean value of two classified group seems to differ from each other on perception of reality. The mean and SD value obtained by the UG Students was 21.81, SD 2.30 and PG Students was 20.12, SD 1.61. Both group ‘F’ ratio was 1.37 at a glance those UG Students shows high score than PG Students.

The F value between UG and PG Students on perception of reality is observed 1.37 at 98 degree of freedom. The table value of F value is 0.05 = 3.94 and at 0.01 = 6.90 levels of not significance, this is null hypothesis is Accepted and Alternative hypothesis is Rejected because table value High than calculated value. It means that there is no significant difference between UG and PG Students on perception of reality.

Graduate on Integration of personality:

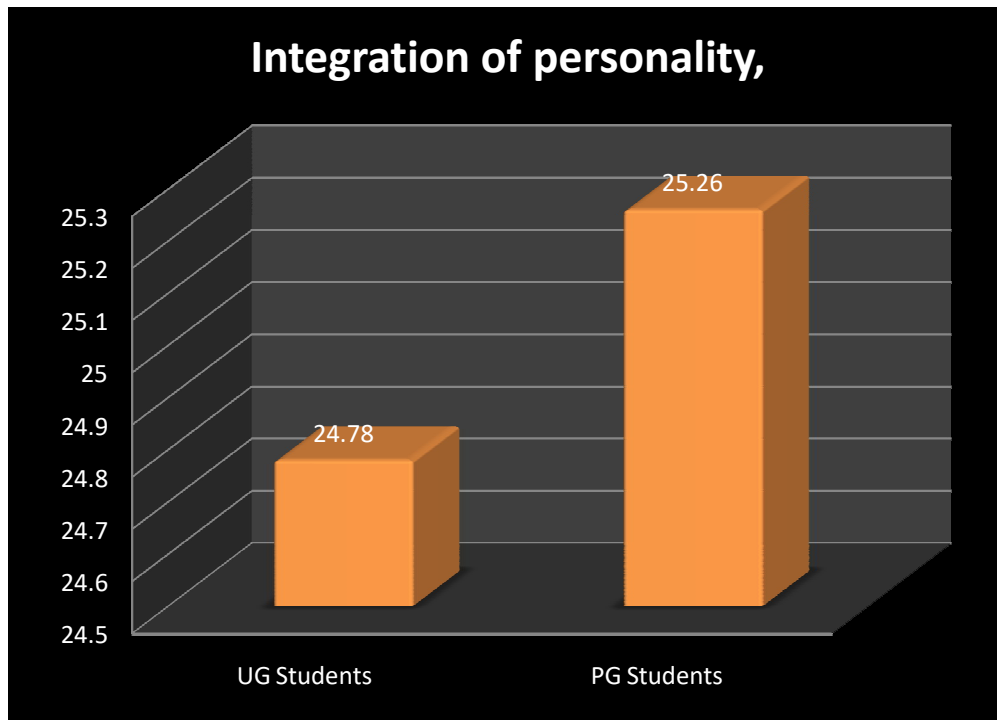
Hypotheses-03

- There is no significant difference between UG and PG Students with Mental Health Domination on integration of personality.

Table 05 Mean, SD and F Value of Graduate on Integration of personality

| Factor | Graduate | Mean | SD | N | DF | F Value | Sign. |
|-----------------------------|-------------|-------|------|----|----|---------|-------|
| Integration of personality, | UG Students | 24.78 | 2.33 | 50 | 98 | 2.34 | NS |
| | PG Students | 25.26 | 2.25 | 50 | | | |

Figure No.03 Mean of Graduate on Integration of personality



Observation of the Table No.05 and Figure No.03 indicated that the mean value of two classified group seems to differ from each other on Integration of personality. The mean and SD value obtained by the UG Students was 24.78, SD 2.33 and PG Students was 25.26, SD 2.25. Both group ‘F’ ratio was 2.34 at a glance those PG Students shows high score than UG Students.

The F value between UG and PG Students on Integration of personality is observed 2.34 at 98 degree of freedom. The table value of F value is 0.05 = 3.94 and at 0.01 = 6.90 levels of not significance, this is null hypothesis is Accepted and Alternative hypothesis is Rejected because table value High than calculated value. It means that there is no significant difference between UG and PG Students on Integration of personality.

Graduate on Autonomy

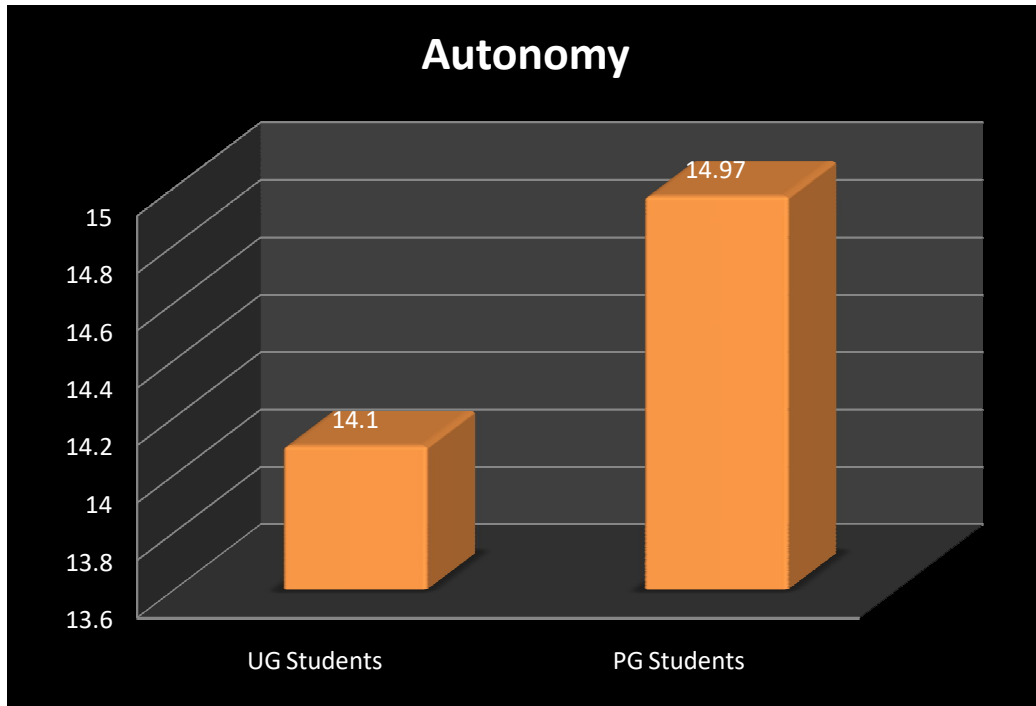
HYPOTHESES:

- There is no significant difference between UG and PG Students with Mental Health Domination on autonomy.

Table 06 Mean, SD and F Value of Graduate on Autonomy

| Factor | Graduate | Mean | SD | N | DF | F Value | Sign. |
|----------|-------------|-------|------|----|----|---------|-------|
| Autonomy | UG Students | 14.10 | 1.25 | 50 | 98 | 1.27 | NS |
| | PG Students | 14.97 | 1.90 | 50 | | | |

Figure No.04 Mean of Graduate on Autonomy



Observation of the Table No.06 and Figure No.04 indicated that the mean value of two classified group seems to differ from each other on Autonomy. The mean and SD value obtained by the UG Students was 14.10, SD 1.25 and PG Students was 14.97, SD 1.90. Both group ‘F’ ratio was 1.27 at a glance those PG Students shows high score than UG Students.

The F value between UG and PG Students on Autonomy is observed 1.27 at 98 degree of freedom. The table value of F value is 0.05 = 3.94 and at 0.01 = 6.90 levels of not significance, this is null hypothesis is Accepted and Alternative hypothesis is Rejected because table value High than calculated value. It means that there is no significant difference between UG and PG Students on Autonomy.

Graduate on Group oriented attitudes:

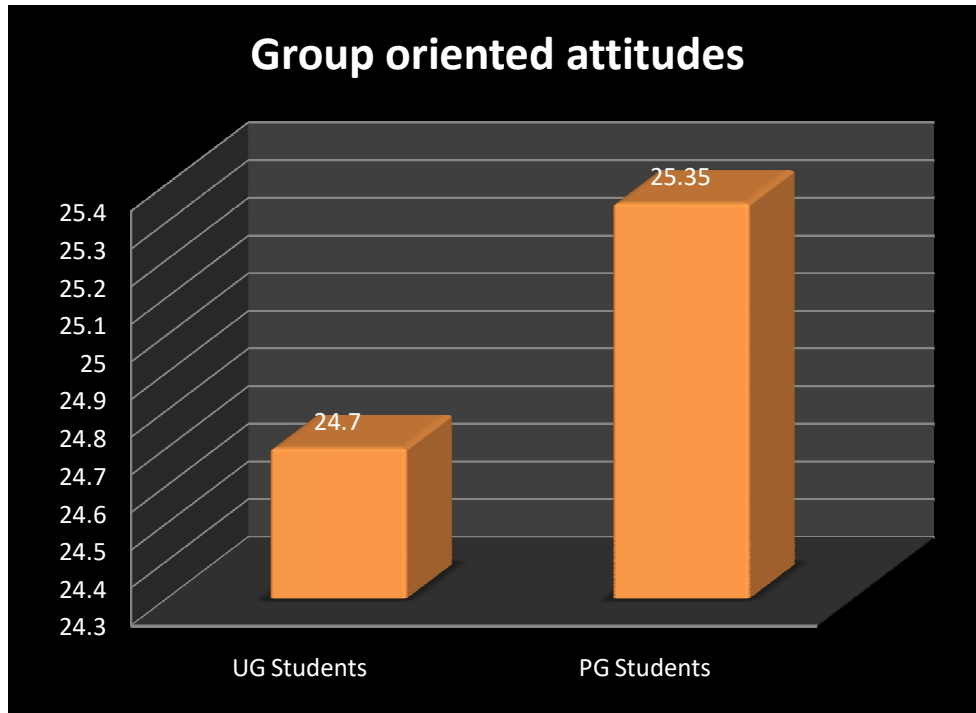
Hypotheses:

- There is no significant difference between UG and PG Students with Mental Health Domination on group oriented attitudes.

Table 07 Mean, SD and F Value of Graduate on Group oriented attitudes

| Factor | Graduate | Mean | SD | N | DF | F Value | Sign. |
|--------------------------|-------------|-------|------|----|----|---------|-------|
| Group oriented attitudes | UG Students | 24.70 | 2.87 | 50 | 98 | 2.35 | NS |
| | PG Students | 25.35 | 2.98 | 50 | | | |

Figure No.05 Mean of Graduate on Group oriented attitudes



Observation of the Table No.07 and Figure No.05 indicated that the mean value of two classified group seems to differ from each other on Group oriented attitudes. The mean and SD value obtained by the UG Students was 24.70, SD 2.87 and PG Students was 25.35, SD 2.98. Both group ‘F’ ratio was 2.35 at a glance those PG Students shows high score than UG Students.

The F value between UG and PG Students on Group oriented attitudes is observed 2.35 at 98 degree of freedom. The table value of F value is 0.05 = 3.94 and at 0.01 = 6.90 levels of not significance, this is null hypothesis is Accepted and Alternative hypothesis is Rejected because table value High than calculated value. It means that there is no significant difference between UG and PG Students on Group oriented attitudes.

Graduate on Environmental mastery:

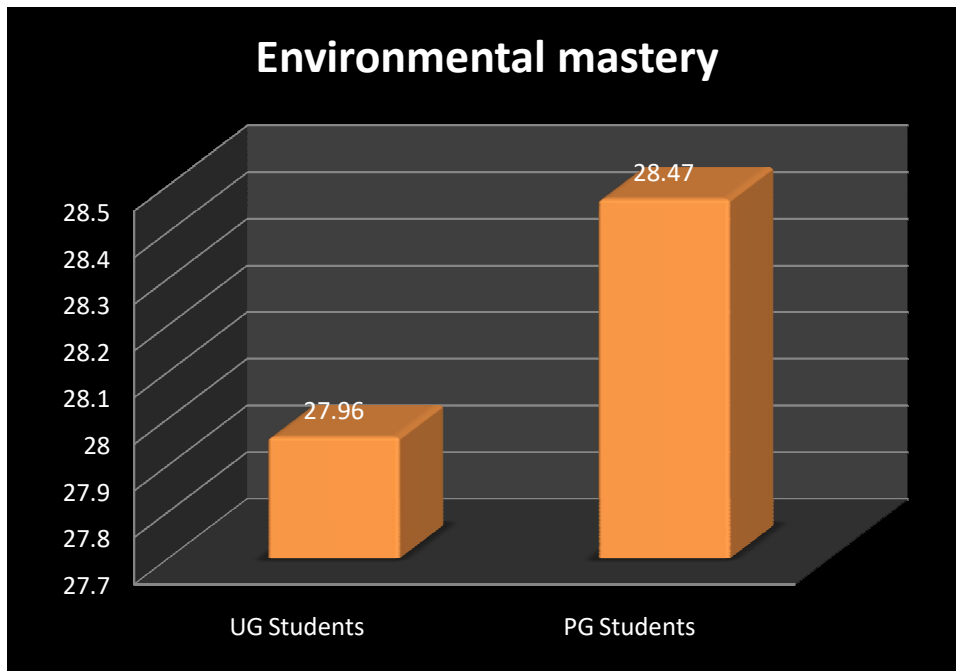
HYPOTHESES:

- There is no significant difference between UG and PG Students with Mental Health Domination on environmental mastery.

Table 08 Mean, SD and F Value of Graduate on Environmental mastery

| Factor | Graduate | Mean | SD | N | DF | F Value | Sign. |
|-----------------------|-------------|-------|------|----|----|---------|-------|
| Environmental mastery | UG Students | 27.96 | 3.92 | 50 | 98 | 1.40 | NS |
| | PG Students | 28.47 | 3.70 | 50 | | | |

Figure No.06 Mean of Graduate on Environmental mastery



Observation of the Table No.08 and Figure No.06 indicated that the mean value of two classified group seems to differ from each other on Environmental mastery. The mean and SD value obtained by the UG Students was 27.96, SD 3.92 and PG Students was 28.47, SD 3.70. Both group ‘F’ ratio was 1.40 at a glance those PG Students shows high score than UG Students.

The F value between UG and PG Students on Environmental mastery is observed 1.40 at 98 degree of freedom. The table value of F value is 0.05 = 3.94 and at 0.01 = 6.90 levels of not significance, this is null hypothesis is Accepted and Alternative hypothesis is Rejected because table value High than calculated value. It means that there is no significant difference between UG and PG Students on Environmental mastery.

Graduate on Mental Health:

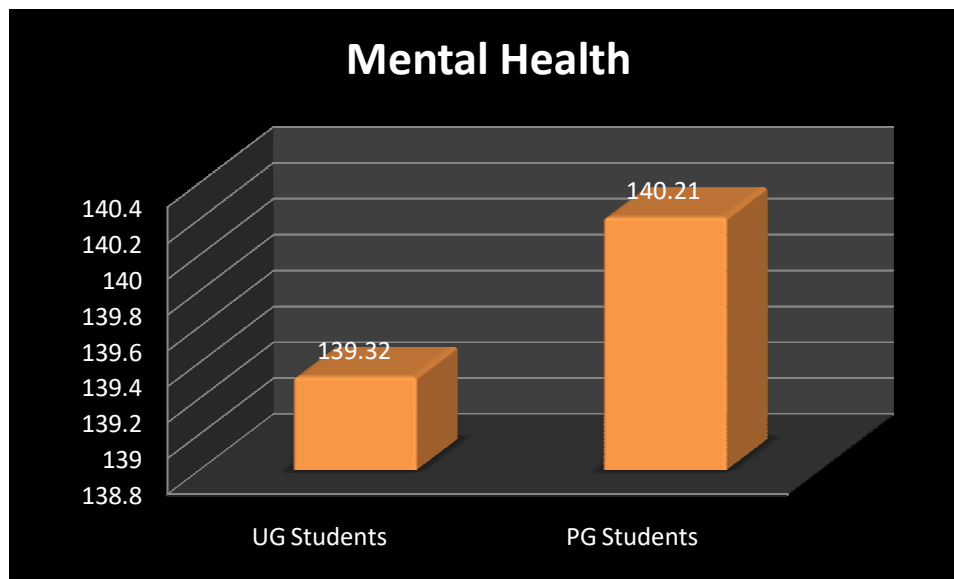
HYPOTHESES:

- There is no significant difference between UG and PG Students on Mental Health.

Table 09 Mean, SD and F Value of Graduate on Mental Health

| Factor | Graduate | Mean | SD | N | DF | F Value | Sign. |
|---------------|-------------|--------|------|----|----|---------|-------|
| Mental Health | UG Students | 139.32 | 8.57 | 50 | 98 | 1.88 | NS |
| | PG Students | 140.21 | 7.72 | 50 | | | |

Figure No.07 Mean of Graduate on Mental Health



Observation of the table No.09 and Figure No.07 indicated that the mean value of two classified group seems to differ from each other on Mental Health. The mean and SD value obtained by the UG Students was 139.32, SD 8.57 and PG Students was 140.21, SD 7.72. Both group 'F' ratio was 1.88 at a glance those PG Students shows high score than UG Students.

The F value between UG and PG Students on Mental Health is observed 1.88 at 98 degree of freedom. The table value of F value is 0.05 = 3.94 and at 0.01 = 6.90 levels of not significance, this is null hypothesis is Accepted and Alternative hypothesis is Rejected because table value High than calculated value. It means that there is no significant difference between UG and PG Students on Mental Health.

CONCLUSIONS:

- There is no significant difference between UG and PG Students on Positive self evaluation.
- There is no significant difference between UG and PG Students on perception of reality.
- There is no significant difference between UG and PG Students on integration of personality.
- There is no significant difference between UG and PG Students on autonomy.
- There is no significant difference between UG and PG Students on group oriented attitudes.
- There is no significant difference between UG and PG Students on environmental mastery.
- There is no significant difference between UG and PG Students on Mental Health.

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