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## MENTAL HEALTH OF MALE AND FEMALE JUNIOR COLLEGE STUDENTS

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### **Abstract:**

*The good mental health of adolescents proves an important asset for the growth and development of any Nation. Today the complex lifestyle does not allowing the youth to give their best to the family, society and nation. Many of our teenagers mental health is disturbing due to multi factors introduced in our life like parenting style, academics, jobs, and social networking addiction level. The findings showed that female mental health is far better than male mental health.*

**Keywords:** Mental Health, Junior college students.

### **Introduction:**

Occasional ups and downs are normal in human life. But if despair and sadness persist for long time say weeks or months and won't go away ,it may be the sign of the onset of mental illness. Ill Mental health makes a person hard to function and fails to enjoy life. Sadness, helplessness, lifelessness, emptiness, restlessness etc. observed in mods are symptoms of ill mental health. Depressive symptoms affect day to day life interfere with the ability to work, study, sleep, eat and fun. The feelings of worthlessness are intense. Person with ill mental health loses interest in friends, family members, person feels sleepy tired and loses appetite and suffers from dominance of negative thoughts. Person fails to concentrate at any work academics and becomes irritable all the time for no reasons. Good mental health is essential for carrying out daily chores of life and maintains balance in personal, academic, social life. Good mental health is making harmonious relationship mental, psychological and emotional aspects of life.

### **What is mental health?**

#### **WHO (World health Organization) defines it as:**

"Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

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**Rationale of the study:**

The study was undertaken to study the mental health of adolescents who are studying in the junior college of Aurangabad study. many times the mental health is not checked at proper time, which leads to great disturbance and turmoil in life and distort the personal identity and disorder in personality which leads to maladjustment and lacks logical decision and cease the ability to take any decision in life. Good mental health is essential especially in the adolescents who can be in future can prove fruitful to family, society and nation.

**Objectives:**

- 1) To study the mental health level of junior college students.
- 2) To study the mental health level of male junior college students.
- 3) To study the mental health level of female junior college students.
- 4) To compare the mental health level of male and female junior college students.

**Hypothesis:**

- 1) There is no significant association between mental health of male and female junior college students.

**Research methodology:**

The survey method was used for collecting the data and a sample of 895 students were collected, of which 354 males and 541 females were selected. The Mental Health Battery (MHB) Dr. Sushma Talesara and Dr. Akhtar bano was administered on sample of 13 junior colleges. The test was administered in group and the collected data was tabulated and analyzed and interpreted Sampling technique - Random sampling technique was used for data collection.

Sampling size-895 Junior college students from different colleges of Aurangabad city was collected.

**Tools used:** A standardised Mental health test prepared and developed by Dr. Sushma Talsera and Dr. Akhtar bano. the test contains 54 items.

**Testing of Hypothesis:**

**Hypothesis 5-**There is no significant association between male and female mental health.

**Table-4.4.5-**Table showing the association between the mental health of male and female adolescents.

gender* Mental health Cross Tabulation									
			Mental health						Total
			Extremely poor	Very poor	poor	mode rate	very good		

Gender	Male	Count	52	26	73	118	42	43	354
		% with Social networking addiction	42.3%	38.8%	58.9%	41.0%	31.1%	27.2%	39.6%
	Female	Count	71	41	51	170	93	115	541
		% with social networking addiction	57.7%	61.2%	41.1%	59.0%	68.9%	72.8%	60.4%
Total	Count	123	67	124	288	135	158	895	
	% with social networking addiction	100%	100%	100%	100%	100%	100%	100%	

Chi square test			
	Value	df	Asymptotic significance(2-sided)
Pearson chi square	34.078*	5	.000
Likelihood ratio	34.143	5	.000
Linear by linear association	15.834	1	.000
N of Valid cases	895		
a) 0 cells(0.0%) have expected count less than 5. The minimum expected count is 26.50			

The value of the Chi-Square is 34.078 ( $p = .000$ ) which is less than 0.05. Hence rejected null Hypothesis and concluded that There is a significance association between gender category of the respondents and Mental Health among adolescence. Female adolescence is having almost good mental health than male adolescence.

#### Findings:

- 1) 42 % of male adolescents are found to have Extremely poor mental health.
- 2) 38.8 % of male adolescents are found to have very poor mental health.

- 3) 58.9% of male adolescents are found to have poor mental health.
- 4) 41 % of adolescents are found to have moderate mental health.
- 5) 31.1% adolescents are found to be very good in mental health.
- 6) 27.2% of male adolescents are extremely good in mental health.
- 7) 57.7 % of female adolescents are found to have Extremely poor mental health
- 8) 61.2 % of female adolescents are found to have very poor mental health.
- 9) 41.1 % of female adolescents are found to have poor mental health.
- 10) 59 % of female adolescents are found to have moderate mental health.
- 11) 68.9 % of female adolescents are found to be very good in mental health.
- 12) 72.8% of female adolescents are extremely good in mental health.

#### Suggestions:

- 1) Parents at home should be very friendly with their children.
- 2) The teacher should be loving, caring and should have a friendly approach for students.
- 3) The parent teacher meeting should be called every month to resolve the problems of the students.
- 4) The counseling programme should be arranged in the colleges to resolve the personal and psychological problems of adolescents.
- 5) The Self worth and self esteem of the child should be maintained by the teacher and parents, so that they can feel worthy.
- 6) Involvement in the more co curricular activities should be encouraged.

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