



Mental Health among Hostlers College Students

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Abstract: *The word mental health means a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life. The study was designed to find out the mental health among day scholar and hostlers college students. Altogether 100 adults in the age group of 18-25 years were purposively selected. Out of which 50 were day scholar and 50 were hostler in each category. These were subdivided into 25 boys and 25 girls. The research tool of mental health scale was developed by Arun Kumar Singh, Ph.D Professor and Alpana Sen Gupta, Ph.D. Lecturer department of psychology was used for the present study. The data was analyzed by using Mean, SD and t test. The result shows that there is no significant difference was found between the mental health of hostlers and day scholar.*

Keywords: *Mental health, Day scholar, Hostlers.*

I. INTRODUCTION

Health is necessary quality in human being. It has been described a soil from which the finest flowers grow. Health indicates psychosomatic well being. There is no health without mental health and mental health is more than the absence of mental disorders.

According to WHO constitution: Mental health 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. Mangotra (1982) studied that mental health of boys and girls appeared to be considerably influenced by the two factors; namely intelligence and physical health. The mental health of boys was dominated by the feelings of depression and neurotic behaviour, on the other hand girls were found to be suffering from a sense of insecurity and anxiety. Human beings from birth to death remain in close association of the society. It is the proper interaction of a person with the society which brings out the complete and harmonious development of one's personality. Health as a state of psychosomatic well being of an individual plays a vital role in this whole process of development of an individual. When we think of health, we normally associate it with physical health because without a healthy body we can not perform actions properly nor experience life well. A sound mind lies in a sound body. The good health depends on the state of both body and mind.

Why mental health is important for youth.....

The first year students show depression and mental health problems affect interpersonal relationships and academic performance of distressed students (Kitzrow, 2003). Mental health is all about how we think, behave, respond and feel. Our daily life, physical and our relationships is affected by our mental health. The common cause of disability in young people are mental disorder. 70 % of mental disorder prior to the age of 25. Most of the students living in a hostel show bad mental and physical health than day scholars (Khera & Sharma 2012).

If mental health is left untreated, then it can affect all aspects of health including social development, emotional well being, vocational and interpersonal contributions to society and socially isolated.

So to improve young people mental healths there are three steps

- The entire youth mental health programme, policies must be based on validated, scientifically research.
- Programme need to be integrated across education, health.

II. OBJECTIVE OF THE STUDY

- To examine the mental health of day scholar and hostlers.
- To study the mental health of day scholar and hostlers with respect to gender.

III. HYPOTHESES OF THE STUDY

Ho1 There is no difference between the mental health of day scholar and hostlers.

Ho2 There is no difference between the mental health of day scholar and hostlers with respect to gender.

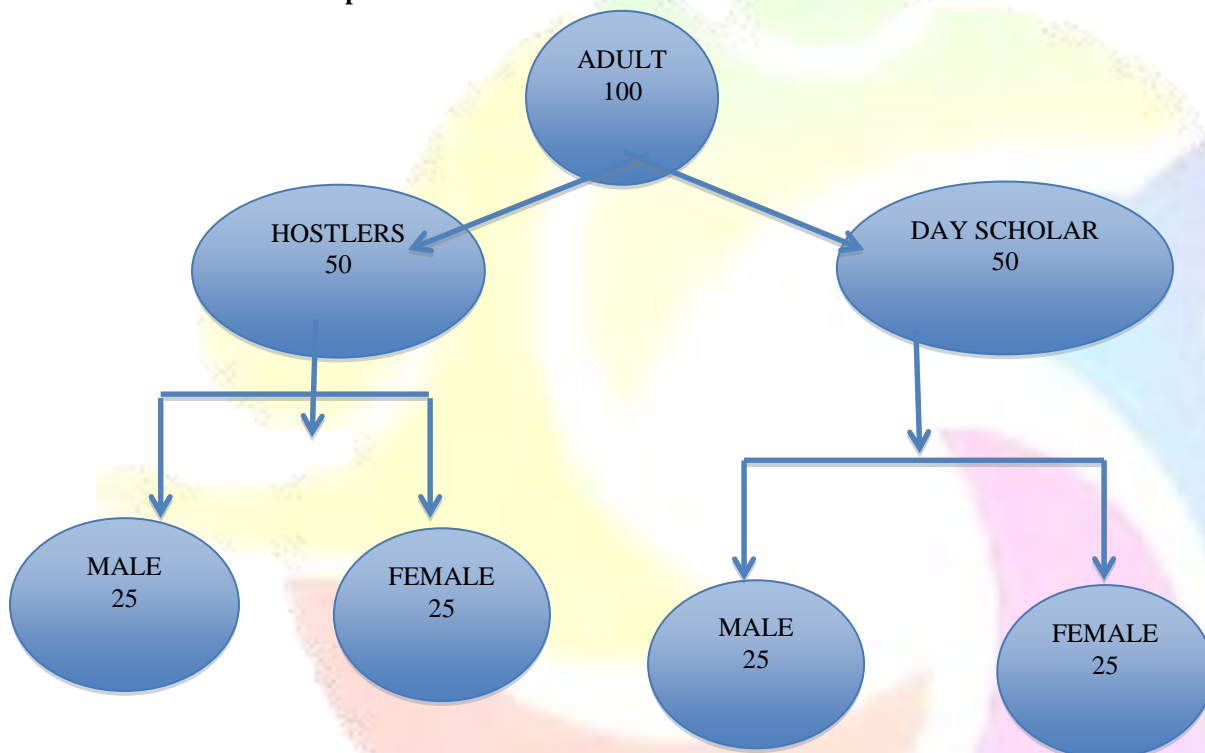
IV. METHODOLOGY

A randomized controlled trial study, conducted for adults. Subjects were 100 adults, age 18-25 yrs.

V. SAMPLING

The sample size consists of 100 adults. Out of these 50 adults were hostlers and 50 were day scholar which was subdivided into 25 male and 25 female.

Distribution of sample:



Tool description

- MENTAL HEALTH (2000):** The mental health tool was given by Arun Kumar Singh. Mental health tool works on 6 principle Emotional stability, Over-all adjustment, Autonomy, Security- Insecurity, Self-concept, Intelligence. The tool contains a set of 130 items.

Statistical Analysis

The collected data will be analyzed by SPSS version 21. Mean, SD, t test and correlation will be used to analyze the collected data.

VI. RESULT AND DISCUSSION

Ho1 There is no difference between the mental health of day scholar and hostlers.

Table 1: Dimensions of Mental Health of Day Scholar and Hostlers

| Domains of Mental Health | Day Scholar | | | Hostlers | | | |
|--------------------------|-------------|------|----|----------|------|----|---------|
| | N | Mean | SD | N | Mean | SD | t value |
| | | | | | | | |



| | | | | | | | |
|-----------------------|----|------|------|----|------|------|--------|
| Emotional Stability | 50 | 19.6 | 2.86 | 50 | 9.96 | 2.24 | 18.76* |
| Overall Adjustment | 50 | 24.4 | 5.39 | 50 | 10.0 | 1.92 | 17.76* |
| Autonomy | 50 | 9.34 | 2.75 | 50 | 10.5 | 2.36 | 2.26* |
| Security-Insecurity | 50 | 9.5 | 3.03 | 50 | 9.34 | 2.10 | 0.30 |
| Self Concept | 50 | 8.56 | 1.62 | 50 | 7.96 | 1.37 | 1.99* |
| Intelligence | 50 | 19.6 | 2.86 | 50 | 12.7 | 2.68 | 12.44* |
| Overall Mental health | 50 | 82.1 | 12.5 | 50 | 83.1 | 8.12 | 0.47 |

*significant

The table makes it obvious that mean of day scholar adolescents (19.6) is higher to mean of hostler adolescents (9.96) on emotional stability (E.S) dimension of M.H.B. The mean difference favours the day scholar adolescents and it seems they are emotionally stable than hostler. The perusal of Table depicts that the day scholar differ significantly than hostler on overall adjustment (OA) dimension of M.H.B. The obtained ‘t’ value is (17.76) which is significant. The mean difference favours the day scholar indicating thereby they are overall adjusted than hostlers. It also shows that day scholar achieve an overall harmonious balance between the demands of various aspects of environment such as home, health, social emotional on one hand and cognition on the other hand than hostlers.

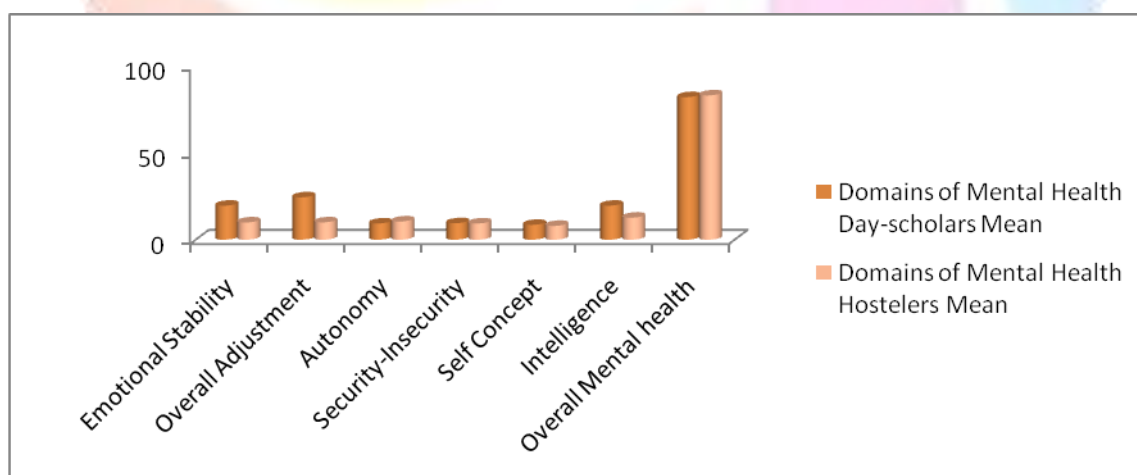
Hostlers differ significantly on autonomy (AY) dimension of M.H.B than day scholar. The obtained ‘t’ value is (2.26) which is significant. The results reveal that hostlers are autonomous than day scholar. Moreover, hostler possess independence and self-determination in thinking while as day scholar possess less independence and self-determination in thinking. They are self confident and do not depend on others in their matters of life.

On security insecurity (S.I) dimension of M.H.B, the table depicts that mean of day scholar (9.5) is equivalent to hostlers (9.34).

The table clearly shows that there is a not significant difference between the mental health of hostlers and day scholar with the t-value of 0.47 . The mean score of day scholar is 82.1 and hostler is 83.1. Hence Ho4 is accepted.

While taking a glance of above table, it is observed that there is a significant mean difference between day scholar and adolescents on self-concept (SC) dimension of M.H.B. The obtained ‘t’ value on the said dimension is (1.99) which is statistically significant. The results confirm that day scholar possess stronger self-concept than hostlers. It further indicates that day scholar due to their support system at home are able to know their feelings, talents and abilities. They are capable of greater understanding of self due to their higher intellectual capacities. They are very much confident upon themselves and thus they are able to cope with any situation. And thus day scholar develop positive self concept. Dimension Intelligence (I), as depicted on the table 1, shows a high mean of day scholar (19.6) while as hostlers have a mean of (12.7) and is statistically significant. The results indicate those day scholars are more intelligent than hostlers.

Graph 1: Dimensions of Mental Health of Day Scholar and Hostlers



The above graph clearly indicates that emotional maturity, overall adjustment, self concept and intelligence of day scholar is better than hostlers. Autonomy is found to be more in hostlers .

Ho2 There is no difference between the mental health of day scholar and hostlers with respect to gender.

Table2: Mental Health of day scholar and hostlers gender wise

| Group | Boys | | | Girls | | | |
|-------------|------|------|------|-------|------|------|--------|
| | N | Mean | SD | N | Mean | SD | t |
| Day Scholar | 25 | 75.5 | 9.62 | 25 | 88.6 | 11.8 | 4.30* |
| Hostlers | 25 | 81.7 | 9.81 | 25 | 84.6 | 5.84 | 1.27NS |

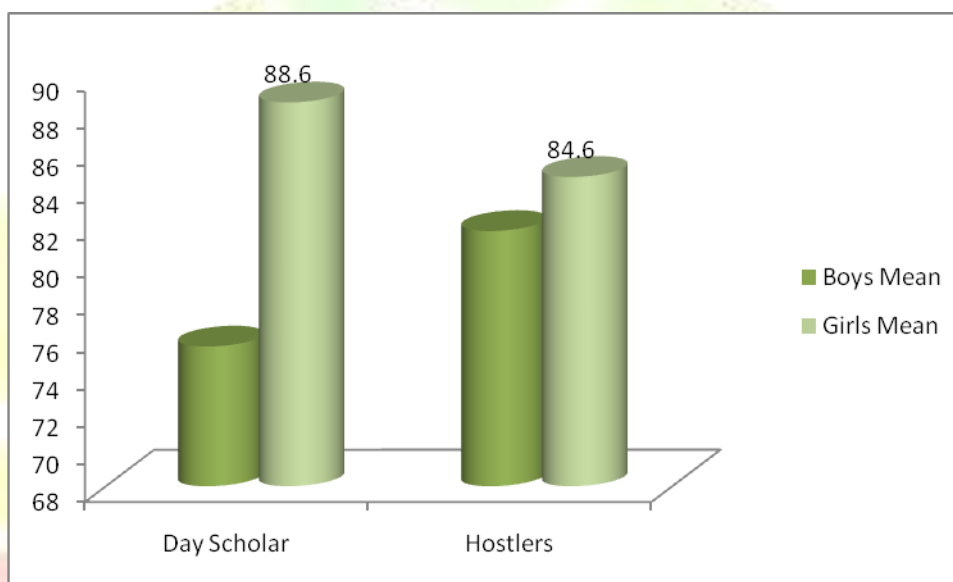
Significant

NS – Non significant

The table clearly shows that there is a significant difference between the boys and girls of hostlers and day scholar with the t-value of day scholar is 4.30 significant at .05 level and hostlers is 1.27 not significant at .05 level. The mean score for days scholar boys is 75.5 and for girls 88.6 and the mean score for hostlers boys is 81.7 and for hostlers girls is 84.6.

The social life of student in hostel constitutes an essential part of the learning experience on campus. Hostel life provides students with opportunities to interact with each other in a group setting through with respect cooperation and Sense of responsibility can be developed. Hostel environment can also help students to discover their talents increase their emotional maturity and acquired social skill, but hostel rules and regulation affect the student physical and mental health. If their environment is not comfortable they faced many problems and challenges to maintain their mental health. University and college counselors have reported that student shows more emotional and mental difficulties during last 30 year (Destetano, Mellolte & Petersen, 2001). College students show higher levels of Perceived stress, depression and anxiety, high level of perceived stress is responsible to poor adjustment in academic campus and interpersonal relations (Dyson & Rank, 2006).

Graph 2: Mental Health of day scholar and hostlers

**VII. CONCLUSION**

From the present study it is concluded that Gender wise no difference is found among hostlers and day scholar. emotional maturity, overall adjustment ,self concept and intelligence of day scholar is better than hostlers. Autonomy is found to be more in hostlers No significant difference was found between the mental health of hostlers and day scholar. Lastly girls have better mental health in comparison to boys.

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