

A Study of Mental Health among Under Graduate and Post Graduate Students.

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Abstract

“The reason examine endeavored to the investigation of Mental Health among Under Graduate and Post Graduate Students. To think about by examine singed Dependent factors of mental health subfactor and Independent factors Graduate Students. The sample has 100 college students in each 50 (25 Male and 25 Female under Graduate Students and 50 (25 Male and 25 Female Post Graduate Students. The scale was used for data collection mental health inventory developed by Jagadish and Srivastava (1983). 2 X 2 factorial design was used and data were analyzed by Mean, SD, and 'F' values. Results show that Post Graduate Students high namely positive self-evaluation, perception of reality, integration of personality, autonomy, and group-oriented attitude and environmental mastery than Under Graduate students.”

Keywords: Mental Health, Under Graduate, Post Graduate Students.

Introduction:

The term of mental health is firmly identified with health. Mental health is a degree of mental prosperity or a nonappearance of mental sickness. It is the "mental condition of somebody who is working at a good degree of enthusiastic and social adjustment"(World Health Report, 2001). Proof from the World Health Organization proposes that about portion of the total populace is

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influenced by mental sickness with an effect on their self-regard, connections and capacity to work in regular daily existence (Story K, 2010).

Health idea comes everywhere throughout the world long after that. The Constitution of the World Health Organization, which began chipping away at April 7, 1948, characterized health "as a condition of complete physical, mental and social prosperity." In that way, the meaning of the World Health Organization essentially added a necessity to the past position that permitted to pronounce somebody healthy if no illness could be discovered: the progression forward that could have been taken in the conceptualization of health as a component of presence which can exist together with the nearness of a sickness or weakness was consequently not taken. India turned into a signatory from the earliest starting point. Today, three sorts of meanings of health appear to be conceivable and are utilized. The first is that health is the nonappearance of any sickness or disability. The second is that health is an expression that enables the person to sufficiently adapt to all requests of day by day life (suggesting likewise the nonappearance of ailment and disability). The third definition expresses that health is a condition of parity, a balance that an individual encapsulates set up and among himself and his social and physical condition.

The World Health Organization (WHO) characterizes mental health as a positive feeling of prosperity incorporating the physical, mental, social, fundamental monetary, and profound parts of life; not simply the nonappearance of sickness. Mental health is a gauge of the public activity of a populace and the rising degree of horribleness and mortality is an indication of social just as the individual ailment. The extent of mental health isn't just kept to the treatment of some truly sick people admitted to mental health focuses, rather it is identified with the entire scope of health exercises. Mental Health depicts a degree of mental prosperity or a nonappearance of a mental issue. From the point of view of 'positive brain science', mental health may incorporate a person's capacity to appreciate life and make a harmony between life exercises and endeavors to accomplish mental strength.

Statement of the Problem:

A Study of Mental Health among Under Graduate and Post Graduate Students.

“A Comparative Study of Mental Health among Under Graduate and Post Graduate Students”

.Objectives:

- To examine the Positive Self-Evaluation funder Graduate and Post Graduate Students.
- To examine the Perception of Reality under Graduate and Post Graduate Students.
- To examine the Integration of Personality funder Graduate and Post Graduate Students.
- To examine the Autonomy funder Graduate and Post Graduate Students.
- To examine the Group Oriented Attitudes of under Graduate and Post Graduate Students.
- To examine the Environment Mastery funder Graduate and Post Graduate Students.
- To examine the Mental Health founder Graduate and Post Graduate Students.

Hypotheses:

- 1) There is no significant difference between Under Graduate and Post Graduate Students with dimension Mental Health on Positive Self-Evaluation.
- 2) There is no significant difference between Under Graduate and Post Graduate Students with dimension Mental Health on Perception of Reality.
- 3) There is no significant difference between Under Graduate and Post Graduate Students with dimension Mental Health on Integration of Personality.
- 4) There is no significant difference between Under Graduate and Post Graduate Students with dimension Mental Health on Autonomy.
- 5) There is no significant difference between Under Graduate and Post Graduate Students with dimension Mental Health on Group Oriented Attitudes.
- 6) There is no significant difference between Under Graduate and Post Graduate Students with dimension Mental Health on Environment Mastery.
- 7) There is no significant difference between Under Graduate and Post Graduate Students on Mental Health.

A Study of Mental Health among Under Graduate and Post Graduate Students.**Methodology:-****Participants:**

The present examination sample was chosen from the undergrads of Beed locale in Maharashtra. To choose the sample Graduate in which an understudy's investigation of College Students was considered according to the free factor is taken in this research stratified random testing technique was utilized to choose the unit of the sample. The sample has 100 undergrads in every 50 (25 Male and 25 Female under Graduate Students and 50 (25 Male and 25 Female Post Graduate Students. The subject chose in this sample was the age group of 18-21 years. The sample of the present examination appeared underneath

Gender

Mental Health	Graduate		Under Graduate	Post Graduate	Total
	Gender	Male	25	25	50
	Female	25	25	50	
	Total	50	50	100	

Research Design:

2x2 Factorial research design used in the present study.

Variables:**Independent Variables:- Graduate**

- 1) Under Graduate Students
- 2) Under Graduate Students

Dependent Variables:- Mental Health

- 1) Positive Self-Evaluation
- 2) Perception of Reality
- 3) Integration of Personality
- 4) Autonomy
- 5) Group Oriented Attitudes
- 6) Environment Mastery.

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Research tools:

Mental health Inventory:

Mental health inventory developed by Jagadish and Srivastava (1983). It measures the mental health of the individual in six dimensions namely positive self-evaluation, perception of reality, integration of personality, autonomy, group-oriented attitude and environmental mastery. This scale consists of 54 statements with four alternative answers like always, most of the times, some times and never, rated on a four-point scale. Out of 54 statements, 23 are positive and 31 statements are negative. For positive statements, the scoring is 4, 3, 2, 1 and for negative statements, it is in the reverse order. The score ranges between 54-216. High scores on mental health inventory indicate better mental health and vice-versa.

Procedure:

The essential data was assembled by giving individual data from each to every understudy. The students were brought in a little group of 10 to 15 students. To fill the inventories subjects were given general directions as a place with each scale. The students gave the mental health Inventory.

Data Analysis:

The Mean and SD with graphical portrayal for Graduate (Under and Post Graduate Students) on the mental health Inventory was broke down. A basic design was chosen for sufficient measurable examination of ANOVA to analyze the job of the fundamental just as along these lines on the understudy's mental health Inventory.

A Study of Mental Health among Under Graduate and Post Graduate Students.**Results and Discussion:**

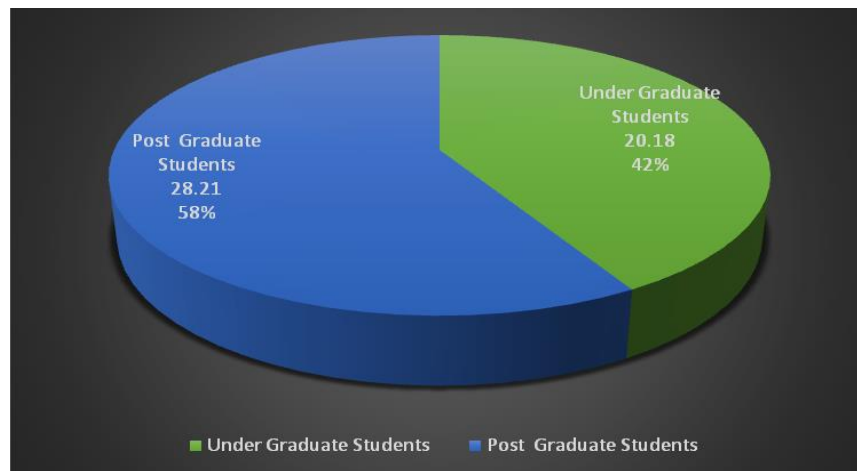
The analysis of data interpretation and discussion of the results are presented below.

Table No.01 Show the Mean, SD and F Value of graduate on Positive Self-Evaluation

Graduate	Mean	SD	N	DF	F Value	Sign.
Under Graduate Students	20.18	2.50	50	98	8.66	0.01
Post Graduate Students	28.21	4.97	50			

(Critical value of "P" with df99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Graph No. 01



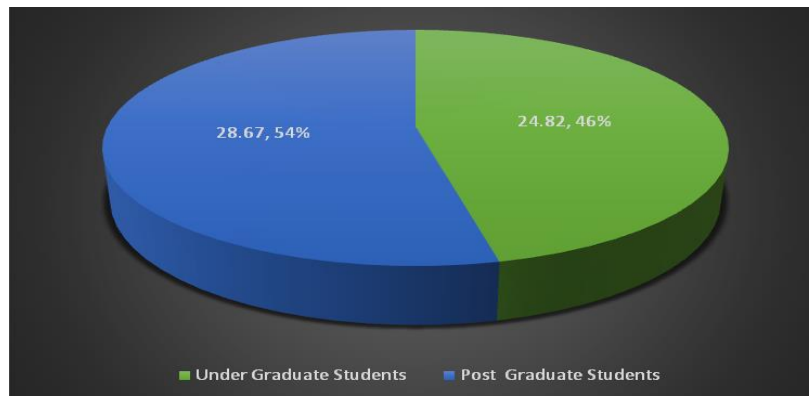
Observation of the table No.01 and Graph No. 01 indicated that the mean value of two classified groups seems to differ from each other on Positive Self-Evaluation. The mean and SD value obtained by Under Graduate Students 20.18, SD 2.50 and Post Graduate Students was 28.21, SD 4.97, and 'F' ratio was 8.66 at a glance those Post Graduate Students show high score than Under Graduate Students.

In the present study was this hypothesis related to Positive Self-Evaluation and Graduate. It was "There is no significant difference between Under Graduate Students and Post Graduate Students with dimension Mental Health on Positive Self-Evaluation." The graduate effect represents the Positive Self-Evaluation was significant (F- 8.66, 1 and 99, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value is high than table values at 0.05 and 0.01. In the present study was found that Graduate Students and Post Graduate Students differ from Positive Self-Evaluation. The findings of the supported this hypothesis, they are this hypothesis rejected the present study. It means that Post Graduate Students High Positive Self-Evaluation than Under Graduate Students.

A Study of Mental Health among Under Graduate and Post Graduate Students.**Table No.02 Show the Mean, SD and F Value of Graduate on Perception of Reality**

Graduate	Mean	SD	N	DF	F Value	Sign.
Under Graduate Students	24.82	2.66	50	98	7.61	0.01
Post Graduate Students	28.67	1.56	50			

(Critical value of "F" with df 99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Graph No. 02

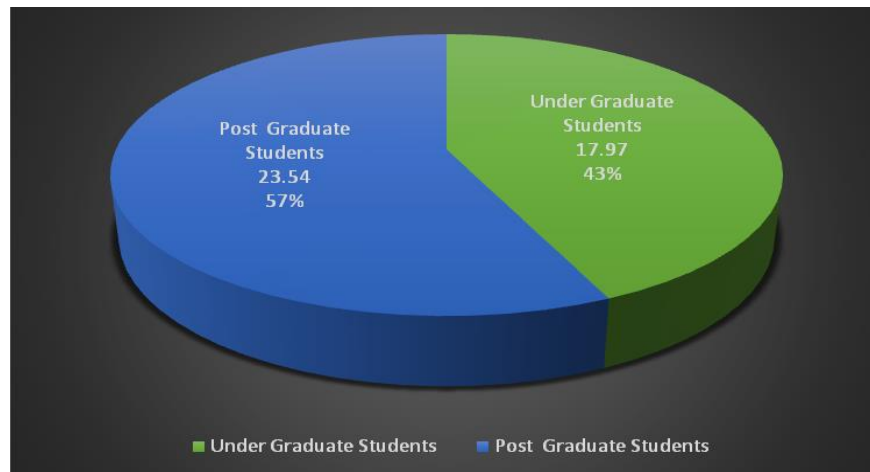
Observation of table No.02 and Graph No. 02 indicated that the mean value of two classified groups seems to differ from each other on the Perception of Reality. The mean and SD value obtained by Under Graduate Students 24.82, SD 2.66 and Post Graduate Students was 28.67, SD 1.56, and 'F' ratio was 7.61 at a glance those Post Graduate Students show high score than Under Graduate Students.

In the present study was this hypothesis related to the Perception of Reality and Graduate. It was "There is no significant difference between Under Graduate Students and Post Graduate Students with dimension Mental Health on Perception of Reality." The graduate effect represents the Positive Self-Evaluation was significant (F- 7.61, 1 and 99, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value is high than table values at 0.05 and 0.01. In the present study was found that Graduate Students and Post Graduate Students differ from Perception of Reality. The findings of the supported this hypothesis, they are this hypothesis rejected the present study. It means that Post Graduate Students High Positive Self-Evaluation than Under Graduate Students.

A Study of Mental Health among Under Graduate and Post Graduate Students.**Table No.03 Show the Mean, SD and F Value of Graduation Integration of Personality**

Graduate	Mean	SD	N	DF	F Value	Sign.
Under Graduate Students	17.97	3.22	50	98	15.51	0.01
Post Graduate Students	23.54	5.24	50			

(Critical value of "F" with df 99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Graph No. 03

Observation of table No.03 and Graph No. 03 indicated that the mean value of two classified groups seems to differ from each other on the Integration of Personality. The mean and SD value obtained by Under Graduate Students 17.97, SD 3.22 and Post Graduate Students was 23.54, SD 5.24, and 'F' ratio was 15.51 at a glance those Post Graduate Students show high score than Under Graduate Students.

The present study was this hypothesis related to the Integration of Personality and Graduate. It was "There is no significant difference between Under Graduate Students and Post Graduate Students with dimension Mental Health on Integration of Personality." The graduate effect represents the Positive Self-Evaluation was significant (F- 15.51, 1 and 99, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value is high than table values at 0.05 and 0.01. In the present study was found that Graduate Students and Post Graduate Students differ from the Integration of Personality. The findings of the supported this hypothesis, they are this hypothesis rejected the present study. It means that Post Graduate Students High Integration of Personality than Under Graduate Students.

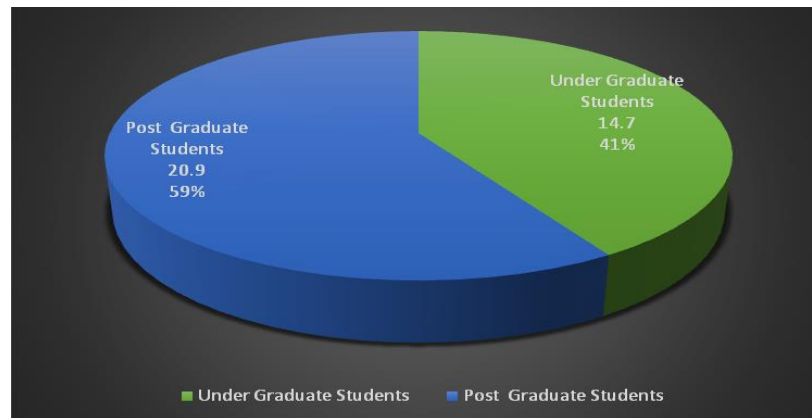
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Table No.04 Show the Mean, SD and F Value of Gender on Autonomy

Graduate	Mean	SD	N	DF	F Value	Sign.
Under Graduate Students	14.70	2.32	50	88	7.68	0.01
Post Graduate Students	20.90	3.85	50			

(Critical value of "f" with df 99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Graph No. 04



Observation of the table No.04 and Graph No. 04 indicated that the mean value of two classified groups seems to differ from each other on Autonomy. The mean and SD value obtained by Under Graduate Students 14.70, SD 2.32 and Post Graduate Students was 20.90, SD 3.85, and 'F' ratio was 7.68 at a glance those Post Graduate Students show high score than Under Graduate Students.

In the present study was this hypothesis related to Autonomy and Graduate. It was "There is no significant difference between Under Graduate Students and Post Graduate Students with dimension Mental Health on Autonomy." The graduate effect represents the Positive Self-Evaluation was significant (F- 7.68, 1 and 99, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value is high than table values at 0.05 and 0.01. In the present study was found that Graduate Students and Post Graduate Students differ from Autonomy. The findings of the supported this hypothesis, they are this hypothesis rejected the present study. It means that Post Graduate Students High Autonomy than Under Graduate Students.

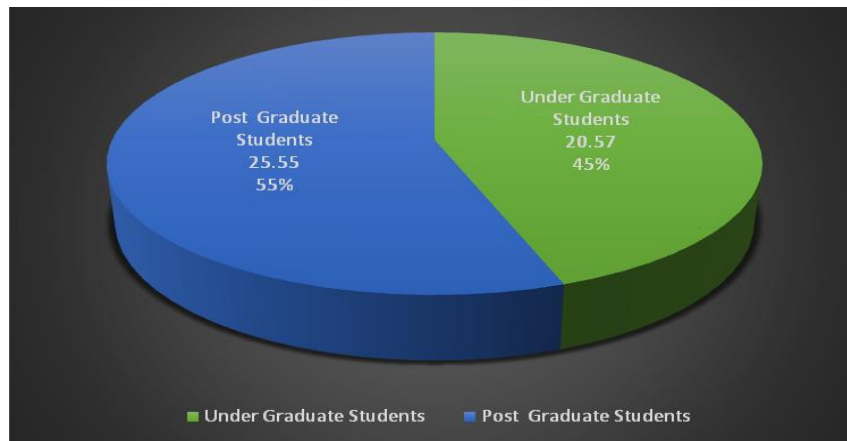
Table No.05 Show the Mean, SD and F Value of Graduate on Group Oriented Attitudes

Graduate	Mean	SD	N	DF	F Value	Sign.
Under Graduate Students	20.57	4.29	50	98	8.29	0.01
Post Graduate Students	25.55	4.92	50			

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(Critical value of “F” with df 99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

Graph No. 05



Observation of the table No.05 and Graph No. 05 indicated that the mean value of two classified groups seems to differ from each other on Group Oriented Attitudes y. The mean and SD value obtained by Under Graduate Students 20.57, SD 4.29 and Post Graduate Students was 25.55, SD 4.92, and 'F' ratio was 8.29 at a glance those Post Graduate Students show high score than Under Graduate Students.

In the present study was this hypothesis related to Group Oriented Attitudes and Graduate. It was "There is no significant difference between Under Graduate Students and Post Graduate Students with dimension Mental Health on Group Oriented Attitudes" Graduate effect represent the Positive Self-Evaluation was significant (F- 8.29, 1 and 99, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value is high than table values at 0.05 and 0.01. In the present study was found that Graduate Students and Post Graduate Students differ from Group Oriented Attitudes. The findings of the supported this hypothesis, they are this hypothesis rejected the present study. It means that Post Graduate Students High Group Oriented Attitudes than Under Graduate Students.

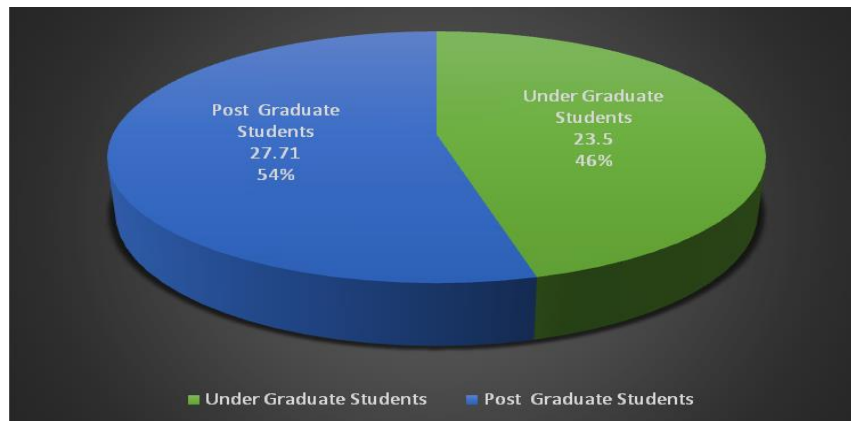
Table No.06 Show the Mean, SD and F Value of Graduate on Environment Mastery

Graduate	Mean	SD	N	DF	F Value	Sign.
Under Graduate Students	23.50	3.18	50	98	10.16	0.01
Post Graduate Students	27.71	2.61	50			

(Critical value of “F” with df 99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

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Graph No. 06



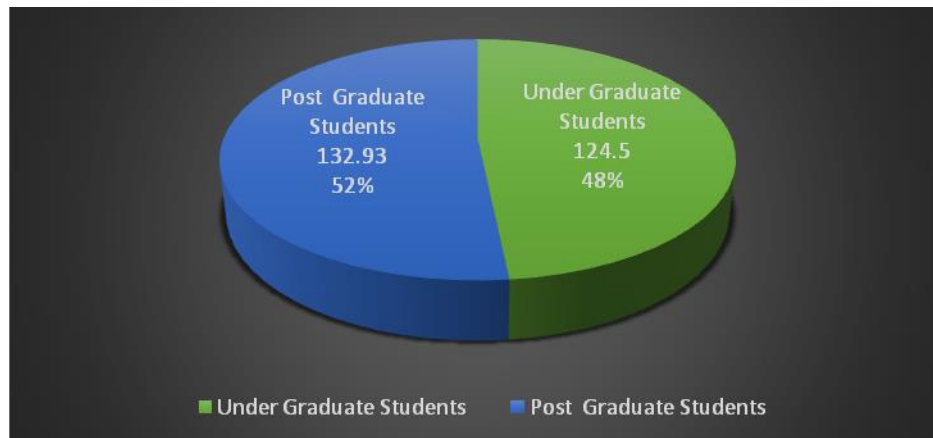
Observation of the table No.06 and Graph No. 06 indicated that the mean value of two classified groups seems to differ from each other on Environment Mastery. The mean and SD value obtained by Under Graduate Students 23.50, SD 3.18 and Post Graduate Students was 27.71, SD 2.61, and 'F' ratio was 10.16 at a glance those Post Graduate Students show high score than Under Graduate Students.

The present study was this hypothesis related to Environment Mastery and Graduate. It was "There is no significant difference between Under Graduate Students and Post Graduate Students with dimension Mental Health on Environment Mastery" Graduate effect represents the Positive Self-Evaluation was significant (F- 10.16, 1 and 99, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value is high than table values at 0.05 and 0.01. In the present study was found that Graduate Students and Post Graduate Students differ from Environment Mastery. The findings of the supported this hypothesis, they are this hypothesis rejected the present study. It means that Post Graduate Students High Environment Mastery than Under Graduate Students.

Table No.07 Show the Mean, SD and F Value of Graduation Mental Health

Graduate	Mean	SD	N	DF	F Value	Sign.
Under Graduate Students	124.50	14.61	45	88	10.15	0.01
Post Graduate Students	132.93	10.50	45			

(Critical value of "F" with df 99 at 0.01 = 3.94 and at 0.05 = 6.90 and NS- Not significant)

A Study of Mental Health among Under Graduate and Post Graduate Students.**Graph No. 07**

Observation of the table No.07 and Graph No. 07 indicated that the mean value of two classified groups seems to differ from each other on Mental Health. The mean and SD value obtained by Under Graduate Students 124.50, SD 14.61 and Post Graduate Students was 132.93, SD 10.50, and 'F' ratio was 10.15 at a glance those Post Graduate Students show high score than Under Graduate Students.

The present study was this hypothesis related to Mental Health and Graduate. It was "There is no significant difference between Under Graduate Students and Post Graduate Students on Mental Health" Graduate effect represent the Positive Self-Evaluation was significant (F-10.15, 1 and 99, P- 0.01). This is significant 0.05 and 0.01 levels because they obtained 'F' value is high than table values at 0.05 and 0.01. In the present study was found that Graduate Students and Post Graduate Students differ from Mental Health. The findings of the supported this hypothesis, they are this hypothesis rejected the present study. It means that Post Graduate Students High Mental Health than Under Graduate Students.

CONCLUSIONS

- 1) Post Graduate Students high positive Self-Evaluation than Under Graduate students.
- 2) Post Graduate Student's high perception of reality than Under Graduate students.
- 3) Post Graduate Students' high integration personality than Under Graduate students.
- 4) Post Graduate Students high autonomy than Under Graduate students.
- 5) Post Graduate Students group-oriented attitude than Under Graduate students.
- 6) Post Graduate Students high environmental mastery than Under Graduate students.
- 7) Post Graduate Students high Mental Health than Under Graduate students.

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