

## **A Study of Mental Health and Stress among Post Graduate Students**

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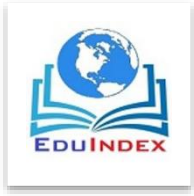
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### **Abstract**

Objective: to Find out the mental health and stress among Boys Post Graduate Students and Girls Post Graduate Students. Hypotheses: There will be no significant difference between Boys Post Graduate Students and Girls Post Graduate Students dimension on mental health and Stress. Sample: For the present study 100 Sample were belongings to Shivaji University, Kolhapur, among them 50 Boys Post Graduate Students and 50 Girls Post Graduate Students. The age range of subjects was 18-25 years (Mean = 20.15., SD = 2.48). Tools: 1) Mental health inventory (MHI) developed by Jagdish and Srivastav (1983) was utilized to access positive aspects of mental health. 2) Personal Stress source inventory (PSSI): Result: Boys Post Graduate Students have significantly good mental health than the Girls Post Graduate Students. Girls Post Graduate Students have significantly good mental health than the Boys Post Graduate Students.

**Key words: Mental Health, Stress, Post Graduate Students**



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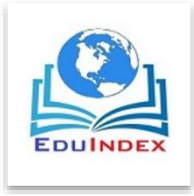


**Introduction:**

Great Physical Health improves Mental Health. The body-mind relationship is a built-up certainty. The individuals who appreciate great physical wellbeing are destined to have great psychological well-being which incorporates mental balance and parity, passionate control and so on. At the point when we state ' sound personality in a sound body', we acknowledge that sufficient inventory of oxygen – which is done uniquely through vivacious exercise – to nerves, smooth muscles and the mind adds to the support of good emotional well-being. We don't think with the mind alone, even the measure of haemoglobin present in our blood influences our

Thinking. Other than this, adjusted eating routine and great physical exercise are the principal components of helping us keep up great psychological well-being as well. Support in games and sports presents open doors for advancing enthusiastic wellbeing and forestalling wrongdoing. Concentrates by Hardman and Kane have affirmed that competitors with better are all the more genuinely solid and less restless while contemplates by Sperling, Ruffer, Tilman, Whiting and Stembridge, Brunner and so on uncover that extroversion is more unmistakable in competitors than in non-competitors.

Psychosocial stress is the consequence of an intellectual evaluation of what is in question and what should be possible about it. All the more basically, psychosocial stress results when we take a gander at an apparent danger in our lives (genuine or even envisioned), and observe that it might require assets we don't have. Instances of psychosocial stress incorporate things like a danger to our economic wellbeing, social regard, regard, and additionally acknowledgement inside a gathering; risk to our self-esteem; or risk that we believe we have no influence over. These dangers can prompt a pressure reaction in the body. When psychosocial stress triggers a pressure reaction, the body discharges a gathering of pressure hormones including cortical, epinephrine or adrenalin and dopamine, which lead to an explosion of vitality just as different changes in the body.

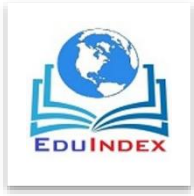


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As indicated by World Health Organization (2014) emotional well-being is seen as "a condition of prosperity where people understand their very own potential, can adapt to the typical worries of life, can work gainfully and productively, and ready to make a commitment to network". Galderisi, et al (2015) characterized "emotional well-being as a powerful condition of inner balance which empowers people to utilize their capacities in amicability with all-inclusive estimations of society. Essential psychological and social aptitudes; capacity to perceive, express and balance one's very own feelings, just as sympathize with others; flexibility and capacity to adapt to antagonistic life occasions and capacity in social jobs; and amicable connection among body and brain speak to significant parts of emotional well-being which contribute, to shifting degrees, to the condition of inside balance". Being in a transitional stage among adolescence and adulthood, teenagers need to go up against with differed kinds of stressors. Kaur(2014)pointed out that "the rising desires for the guardians regarding scores and scholastic execution here and there put additional weight on youngsters, which may in some cases cause numerous physical or mental illnesses". Madlan(2004) demonstrated that "emotional well-being is a perspective, feeling and conduct in an individual's day by day lives. Individuals with positive psychological well-being can perceive themselves on their capacity, ready to acknowledge disappointment, ready to control their feelings and value themselves". Numerous looks into were endeavored to investigate the connection between scholastic pressure, psychological well-being and different relates among understudies.

Prabu (2015) announced that " higher optional understudies experienced a moderate degree of scholastic pressure, particularly understudies in non-public schools experienced a significant level of a worry than the understudies in government schools". Deb(2015) showed that "understudies 'scholastic pressure and the parental weight just as mental issues were emphatically associated in the Indian setting. Assessment related nervousness had a huge positive relationship with mental issues among understudies. It is underscored by this investigation that scholarly pressure was a major issue, influenced around two-third of senior secondary school understudies". An investigation by Kaur (2014) uncovered that "huge contrasts



exist in the psychological wellness of young people because of their scholastic stress; girl understudies with an elevated level of scholarly pressure had poor emotional wellness status than their partner". Anjna (2011) revealed that "scholarly pressure had a critical negative connection with scholastic accomplishment and psychological well-being of the young people, likewise scholarly accomplishment had a huge constructive relationship with emotional wellness". From these investigations, we could perceive the negative effect of weight on the emotional wellness

### **Objective of the study:**

- 1) To find out the mental health and stress among Boys Post Graduate Students and Girls Post Graduate Students.

### **Hypotheses:**

- 1) There will be no significant difference between Boys Post Graduate Students and Girls Post Graduate Students dimension on mental health.
- 2) There will be no significant difference between Boys Post Graduate Students and Girls Post Graduate Students dimension on stress.

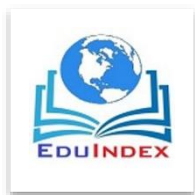
### **Methods:**

#### **Sample:**

For the present study 100 Sample were belongings to Shivaji University, Kolhapur, among them 50 Boys Post Graduate Students and 50 Girls Post Graduate Students. The age range of subjects was 18-25 years (Mean = 20.15., SD = 2.48).

#### **Tools**

- 1) **Mental health inventory (MHI)** developed by Jagdish and Srivastav (1983) was utilized to access positive aspects of mental health.



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2) Personal Stress source inventory (PSSI):

Procedure of Data Collection

Two tests administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected. Following the same procedure, the whole data were collected.

Variable

Independent variable-

- i) Gender
  - a) Boys Post Graduate Students
  - b) Girls Post Graduate Students

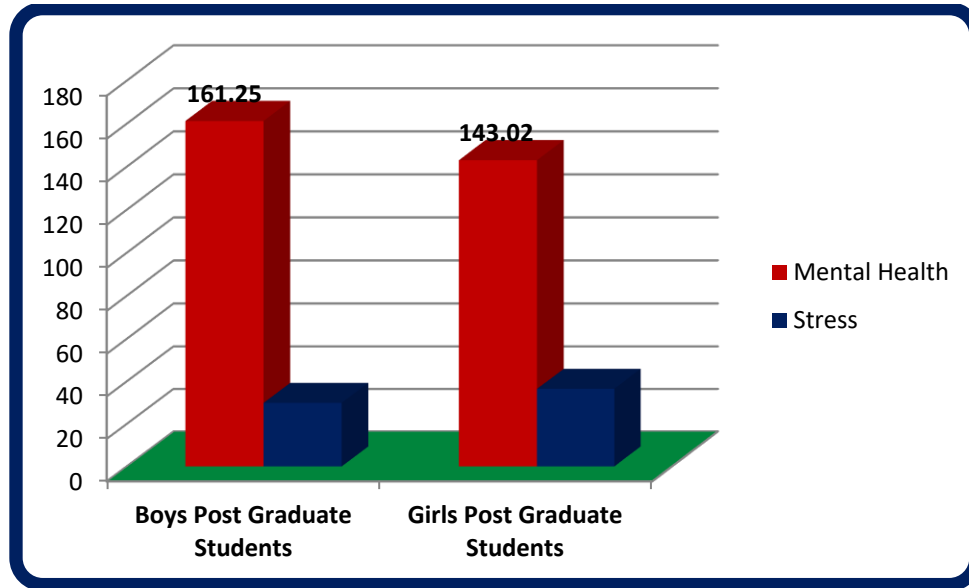
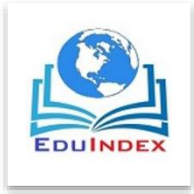
Dependent Variable

- 1) Mental Health
- 2) Stress

Statistical Analysis and Discussion

Mean SD and t value among Boys Post Graduate Students and Girls Post Graduate Students on dimension mental health and stress

Dimensions	Boys Post Graduate Students			Girls Post Graduate Students			df	't'
	Mean	SD	SE	Mean	SD	SE		
Mental Health	161.25	8.56	1.21	143.02	9.02	1.27	98	10.36**
Stress	29.87	3.14	0.44	36.48	3.48	0.49	98	9.97**

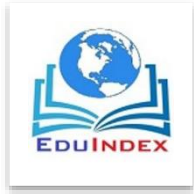


Result showed that the Boys Post Graduate Students mean of mental health is 161.25 and mean of girls Post Graduate Students mean is 143.02, the difference between the two mean was highly significant  $t(98) = 10.36$ ,  $P < .01$ . It means Boys Post Graduate Students had significantly high mental health than the Girls Post Graduate Students.

Boys Post Graduate Students mean of Stress is 29.87 and mean of girls Post Graduate Students mean is 36.48, the difference between the two mean was highly significant  $t(98) = 9.97$ ,  $P < .01$ . It means girls Post Graduate Students had significantly high Stress than the Boys Post Graduate Students.

British Society of Medical Psychology (1990) opined that stress is one of the causes for increase in mental disorders. Today's high pressure life style can take a high toll in loss of productivity, disease and early death. Coping with stress is of critical importance to people in various walks of life.

### Results:

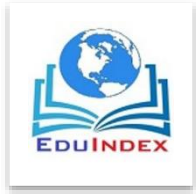


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- Boys Post Graduate Students have significantly good mental health than the Girls Post Graduate Students.
- Girls Post Graduate Students have significantly good mental health than the Boys Post Graduate Students.

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