



“A Study of Mental Health and Enthusiasm among College Students”

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ABSTRACT:

Aim of the Study: To Search the mental health and Enthusiasm among College Students

Hypotheses: 1.Boys' College Students will be significant high Enthusiasm than the girls'

College Students. 2. Boys' College Students will be significant high mental health than the girls'

College Students. **Sample:** For the present study 120 Sample were selected from Aurangabad

city colleges, Maharashtra State. The effective sample consisted of 120 subjects, 60 subjects

were boys' College Students and 60 subjects were girls' College Students. The age range of

subjects was 18 to 25 years (Mean 21.25, SD 3.85). **Tools:** Multi Assessment Personality Series

(MAPS) (1996): this scale was constructed and standardized by Psy Com. Mental Health

Inventory (MHI): Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav.

Variable: Independent variable-1. Gender a) Boys' b) Girls' Dependent Variable 1. Mental

Health, 2. Enthusiasm. **Conclusions:** 1. Boys' College Students had significant high

Enthusiasm than the girls' College Students. 2. Boys' College Students had significant high

mental health than the girls' College Students.

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Keywords: College Students, Mental Health, Enthusiasm.**Introduction:**

Great Physical Health improves Mental Health. Body-mind relationship is a set up reality. The individuals who appreciate great physical health are destined to have great mental health which incorporates mental balance and equalization, passionate control and so on. At the point when we state 'sound personality in a sound body', we acknowledge that sufficient stock of oxygen which is done uniquely through lively exercise to nerves, smooth muscles and the mind adds to the upkeep of good mental health. We don't think with mind alone, even the measure of hemoglobin present in our blood influences our Thinking. Other than this, adjusted eating routine and great physical exercise are the fundamental elements of helping us keep up great mental health as well. Support in games and sports presents open doors for advancing passionate health and forestalling misconduct. Concentrates by Hardman and Kane have affirmed that competitors with better are all the more genuinely stable and less restless while ponders by Sperling, Ruffer, Tilman, Whiting and Stembridge, Brunner and so on uncover that extroversion is more unmistakable in competitors than in non-competitors.

Mareike Kunter, Yi-Miau Tsai, Uta Klusmann, Martin Brunner, Stefan Krauss, Jürgen Baumert (October 2008) Students' and science instructors' view of educator enthusiasm and guidance. This article researches instructor enthusiasm and how it identifies with instructional practices. We recognized educators' enthusiasm for the topic of science from their enthusiasm for instructing arithmetic. A sum of 323 instructors and their ninth grade classes took an interest in the examination. Polls were utilized to survey educators' enthusiasm and instructional practices from both the instructor and the understudy viewpoint. Auxiliary condition displaying uncovered that educators who were progressively energetic about showing demonstrated better instructional conduct—both self-detailed and understudy evaluated. Conversely, enthusiasm for arithmetic as a topic anticipated instructors' self-reports, yet not students' appraisals, of instructional conduct.

K.L. Sheep, K. Roberts, D.A. Brodie (1990) Self-saw health among sports members and non-sports members. This paper looks at and thinks about oneself saw health (SPH) of an example of sports members (n=1385) and a coordinated example of non-members (n=292).

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Appraisals of health were commonly seen as positive among the two examples, yet a non-parametric investigation of their conveyances uncovered that the SPH of sports members was essentially ($P < 0.0001$) superior to that of the non-members. SPH improved with age among the two examples, however over the age of 34, the non-members' apparent health stopped to be substandard compared to that of members. Controlling for age and sexual orientation uncovered no distinction in SPH over 24 years among guys and 34 years among females. SPH was identified with an assortment of extra health-related components. Various relapse examination was utilized to distinguish the indicators of SPH for the two examples, and featured stamped contrasts between them in the sort and number of contributory components. It is proposed that investment in dynamic games may upgrade health mindfulness, particularly among the youthful, and that future investigations of this sort among sports populaces should assess the degrees of duty recurrence, span and power to brandish.

Aim of the Study:

1. To Search the mental health and Enthusiasm among College Students

Hypotheses:

1. Boys' College Students will be significant high Enthusiasm than the girls' College Students.
2. Boys' College Students will be significant high mental health than the girls' College Students.

Sample:

For the present study 120 Sample were selected from Aurangabad city colleges, Maharashtra State. The effective sample consisted of 120 subjects, 60 subjects were boys' College Students and 60 subjects were girls' College Students. The age range of subjects was 18 to 25 years (Mean 21.25, SD 3.85).

Measures:**1) Multi Assessment Personality Series (MAPS) (1996):**

This scale was constructed and standardized by Psy Com measure for Enthusiastic. It consists of 147 sentences and each item provide three alternatives the subjects had to select one of the three alternative and this test used Split-Half and Test-Retest Reliability Coefficients & Factorial Validity.

2) Mental Health Inventory (MHI):

Mental Health Inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 56 items are in the questionnaire and each of the items has four responses – 1. Almost always true, 2. Some time true, 3. Rarely true, and 4. Almost never true. The reliability of the inventory was determined by split-half method using odd-even procedure. Overall mental health reliability coefficients is .73 and Construct validity of the inventory is determined by finding coefficient of correlation between scores on mental health inventory and general health questionnaire (Gold beig, 1978) it was found to be .54.

Procedures of data collection

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- 1. Gender a) Boys b) Girls

Dependent Variable- 1. Mental Health
2. Enthusiasm

Mental Health and Enthusiasm among College Students**Statistical Analysis and discussion**

Mean, SD and 't' Value of boys' and girls' College Students on dimension enthusiasm and mental health.

Table No. 1

Dimension	Gender						t- ratio	df	p
	Boys' (N =60)			Girls'(N = 60)					
	Mean	SD	SE	Mean	SD	SE			
Mental health	165.36	7.10	0.58	149.74	8.59	0.96	10.85**	118	0.01
Enthusiasm	11.02	3.22	0.41	7.25	2.47	0.31	7.19**	118	0.01

Significant Level: 0.01 = 2.63, 0.05 = 1.99

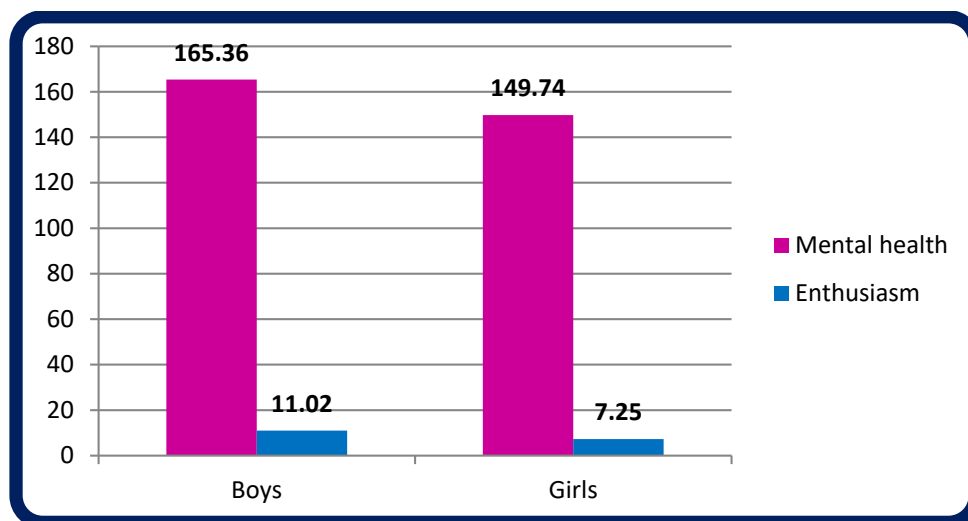


Table no. 1 shows the mean of mental health score of boys' College Students 165.36 and girls' College Students 149.74. The difference between the two mean is highly significant at both level ('t' = 10.85, df = 118, P < 0.01).

Enthusiasm score of boys' College Students 11.02 and girls' College Students 7.25. The difference between the two mean is highly significant at both level ('t' = 7.19, df = 118, P < 0.01).

Conclusion:

1. Boys College Students had significant high Enthusiasm than the girls College Students.
2. Boys College Students had significant high mental health than the girls College Students.

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