

# Mental Health among the Undergraduate College Students

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**Abstract:** To evaluate mental health among college students, this comparative study has been conducted on a sample of 61 undergraduate humanities college students (30 male and 31 female). The age of the subjects ranged from 18 to 23 years. Regional College of Education (RCE), Mental Health Scale by Anand (1992) was used to measure the mental health of the subjects. To compare the male and female undergraduate college students on mental health and its sub-domains “t” test was employed. Findings revealed that boys were having greater record of achievement as compared to the girls. But male and female undergraduate students of Rupnagar district were not found to be differed significantly on mental health and its other sub domains namely concept of life, personal adjustment, perception of others, perception of self, self- concept. 23 percent male and 31 percent female undergraduate students were reported lower level of mental health. Females were more vulnerable to mental health issues as compared to their male counterparts. Majority of male and female students showed optimum level of mental health.

**Keywords:** Mental Health.

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## I. INTRODUCTION

In the world of today everyone is threatened by increasing population and degraded circumstances. Health is and has been always one of the most important areas where people need to focus. Concept of health extends beyond the proper functioning of the body; it includes controlled emotions, a sound and efficient mind. This means that mind and body both are working efficiently and harmoniously (Kaur, 2007).

The expression “Mental Health” consists of two words- ‘Mental’ and ‘Health’. ‘Health’ generally means sound conditions or well-being or freedom from diseases. Mental health, therefore, means a sound mental condition or a state of psychological well- being of freedom from mental disease (Singh, 2004).

Mental health is an integral and essential component of health. "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." (WHO, 2014). An important consequence of this definition is that mental health is more than just the absence of mental disorders or disabilities.

Mental, neurological and substance use disorders are common in all regions of the world, affecting every community and age group across all income countries. While 14% of the global burden of disease is attributed to mental disorders, 75% people affected in many low-income countries from mental health problems do not have access to the treatment they need. In India, mental health disorders are estimated to contribute to 11.6% of the global burden of disease (WHO, Mental Health Atlas, 2011).

Mental health and well-being are fundamental to one’s collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. Hence, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world. Hence, an attempt was made through this investigation to evaluate the mental health among male and female undergraduate college students.

**Procedure:** This study has been conducted on a sample of 61 undergraduate humanities college students of Government College, Rupnagar, out of which 30 were male and 31 were female. Their age ranged from 18 to 23 years. RCE, Mental Health Questionnaire consisting of six sub domains of mental health constructed by Anand (1992) was used to measure the mental health of the subjects. To compare the male and female undergraduate college students on mental health and its sub-domains namely concept of life, personal adjustment, perception of others, perception of self, record of achievement, self- concept 't' test was employed. The level of significance was set at .05. Descriptive statistics was also carried out to evaluate the mental health among these undergraduate students.

**Findings:** Descriptive statistics of mental health and its sub domains of undergraduate male and female students have been given in table 1

**Table 1: Descriptive Statistics of Mental Health and its sub domains of undergraduate male and female students**

Variable	Male (N=30)			Female (N=31)		
	Mean	S.D.	S. E.M	Mean	S. D.	S.E.M
Concept of Life	34.20	6.26	1.14	32.65	6.52	1.17
Personal Adjustment	24.43	5.10	.93	24.39	4.62	.83
Perception of Others	22.80	4.22	.77	23.26	3.22	.58
Perception of self	41.40	7.33	1.34	40.42	7.38	1.33
Record of Achievement	27.83	5.45	.99	23.61	4.56	.82
Self- Concept	16.20	4.63	.85	15.94	3.42	.62
Overall Mental Health	166.53	24.88	4.54	160.29	22.40	4.02

It may be observed from table 1 that male and female undergraduate students were having mean value of 34.20 and 32.65 with SD 6.26 and 6.52 respectively in mental health sub domain concept of life. Table also indicated that the male and female students were almost same in personal adjustment as their mean was 24.43 and 24.39 with SD of 5.10 and 4.62 respectively. Table also revealed that in perception of others the male and female students were having mean value of 22.80 and 23.26 with SD of 4.22 and 3.22 respectively.

On the sub domain perception of self the male and female college students were having mean of 41.40 with SD of 7.33 and 40.42 with SD of 7.38 respectively. As far as the sub domain record of achievements of mental health was concerned the male students were having greater mean value of 27.83 with SD of 5.45 than the female college students ( $M= 23.61 \pm 4.56$ ).

It may also be observed from the table that in self- concept the male and female college students were having almost similar mean value of 16.20 with SD of 4.63 and 15.94 with SD of 3.42. In overall mental health the male and female college students were having mean value of 166.53 with SD 24.88 and 160.29 with SD of 22.40 respectively.

Analysis of significance of mean differences in scores of mental health and its sub domains of undergraduate male and female college students has been presented in table 2.

**Table 2: Significance of mean differences in scores of Mental Health and its sub domains of undergraduate male and female college students**

Variables	Groups	Mean	S D	S. E. M	M.D	S.E. Diff.	t Value
Concept of Life	Male	34.20	6.26	1.14	1.55	1.64	.95
	Female	32.65	6.52	1.17	1.55		
Personal Adjustment	Male	24.43	5.10	.93	.05	1.25	.04
	Female	24.39	4.62	.83	.05		
Perception of Others	Male	22.80	4.22	.77	-.46	.96	-.48
	Female	23.26	3.22	.58	-.46		
Perception of self (among others)	Male	41.40	7.33	1.34	.98	1.88	.52
	Female	40.42	7.38	1.33	.98		
Record of Achievement	Male	27.83	5.45	.99	4.22	1.28	3.29*
	Female	23.61	4.56	.82	4.22		
Self- Concept	Male	16.20	4.63	.85	.26	1.04	.25
	Female	15.94	3.42	.62	.26		
Total Mental Health Score	Male	166.53	24.88	4.54	6.24	6.06	1.03
	Female	160.29	22.40	4.02	6.24		

\*Significant at .05 level

$t_{0.05} (59) = 2.00$

Tables 2 revealed that statistically male and female undergraduate students did not differ significantly at .05 level on concept of life, personal adjustment, perception of others, perception of self, self-concept parameters and overall mental health (total scores) as their calculated 't' values were .95, .04, -.48, .52 and .25 respectively. However, male and female students did differ significantly on record of achievements, as 't' value of 3.29 was found to be significant at .05 level.

## II. CONCLUSIONS

In the light of the findings and limitations of the present study the following conclusions were drawn.

1. Male and female college students were having almost same over all mental health level.
2. Male and female undergraduate students were almost similar in mental health sub domains namely concept of life, personal adjustment, perception of others, perception of self, and self- concept.
3. Male college students were having better record of achievements as compared to their female counterparts.
4. 23 % male and 31% female students were reported lower level of mental health.
5. Greater number female students were having lower level of mental health as compared to male undergraduate students, which indicated that females were more vulnerable to mental health issues as compared to males.
6. Majority of male and female students had shown the mental health level above the average.

## III. DISCUSSIONS OF FINDINGS

It has been observed from the findings that male and female college students were having almost same over all mental health level. Male and female undergraduate students were almost similar in mental health sub domains namely concept of life, personal adjustment, perception of others, perception of self and self- concept. It may be due to the similar environment conditions as they were studying in same educational institution. Results of present study are in line with the study of Singh (2014).

Further the findings revealed that the male college students were having better record of achievements as compared to their female counterparts. 23% male and 31% female students were reported lower level of mental health. Greater number female students were having lower level of mental health as compared to male undergraduate students which indicated that females were more vulnerable to mental health problems. Majority of the students both male and female had shown the mental health level above the average. It may be due to the less stability of emotions and social exposure differences among male and female subjects. These findings are in line with the findings a longitudinal study of mental health of Adults, National Statistics (2003).

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