



## A Study of Mental Health among Arts, Commerce and Science College Going Students

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### Abstract

This Study purpose that a Study of Mental Health among Arts, Commerce and Science College going Students. **Objectives:-** To examine Mental Health among Arts, Commerce and Science college going Students. **Hypotheses:-** There is no significant difference between Arts, Commerce and Science college going Students with Mental Health dimension on Emotional Stability, Over-all Adjustment, Autonomy, Security-Insecurity, Self- Concept and Intelligence. **Methodology- Sample:** Total sample of present study 120 College going Students, in which 40 were Arts Faculty College going Students 20 Male and 20 Female Students), 40 were Commerce Faculty College going Students 20 Male and 20 Female Students) and 40 were Science Faculty College going Students 20 Male and 20 Female Students). Both groups sample College going Students from Jalna Dist. in Maharashtra. Purposive Sample Design was selected and the subject selected in this sample was age group of 13-22 year. **Variables-** The independent variables are Faculty (Arts, Commerce and Science College going Students) and Dependent variables are Mental Health (Emotional Stability, Over-all Adjustment, Autonomy, Security-Insecurity, Self-Concept and Intelligence.). **Research Design:** Simple Research Designs used in the present study. **Research Tools-** Mental Health Battery by Dr. Arun Kumar Singh and Dr. Alpna Sen Gupta. **Statistical Treatment:** Mean, SD and ANOVA. **Conclusions: 1)** There is no significant difference between Arts, Commerce and Science College going Students Mental Health dimension on Emotional Stability, Over-all Adjustment, Autonomy, Security-Insecurity, Self- Concept and Intelligence.

**Key words:** - Mental Health, Arts Students, Commerce Students, Science Students..

### Introduction

The concept of Mental Health is as old as human beings. In recent years clinical psychologists as well as educationalists have started giving proper attention to the study of mental health. Mental health as defined by Kornhausar (1965) indicates those behaviors, perceptions and feelings that define a person overall level of personal effectiveness, success, happiness and excellence of running as a persons. It depends on developments and retentions of goals that are neither too high nor too low to permit realistic successful maintenance of belief in one's self as a worthy, effective human beings. (lakshminarayan and Prabhakaran, 1993). So mentally healthy person is firm in his intentions and is least concerned by strains and stresses on day to day life

'Gestalt' view about of the concept of mental health the individual. It integrates the concepts of personality characteristics and behavior all in one. It may also be understood as the behavioral characteristics of the persons. A mentally healthy persons shows a identical organizations of desirable attitudes, healthy values and righteous self-Concepts and a scientific perceptions of the world as a whole. Several Psychologist like Erickson (1936), Rogers (1969), Hurlock (1972) have expressed their view in a similar tone. A mentally sound or healthy person should also be understood as a dynamic and conscientious person who is found to be reasonably rational in the choice of means for the realization of his or her virtuous ends Anand (1988). So mental health is an atitudinal concepts a humanistic approach towards the

understanding and assessment of the self, positive feeling, attitudes towards self and other.

After studying the literature in this field (Jahoda, 1959, Maslow & Mittlennan, 1951; Rogers, 1961 Whittaker, 1970), following six popular indices of mental health were finally selected for inclusion in the present battery: Emotional Stability, Over-all Adjustment, Autonomy, Security-Insecurity, Self-Concept, and Intelligence.

#### **Dimensions of Mental Health**

A brief description of the different dimensions of Mental Health is given below:

**Emotional Stability:** It refers to experiencing subjective stable feelings which have positive or negative values for the individual.

**Adjustment:** Its refers to individual's achieving an overall harmonious balance between the demands of various aspects of environment, such as home, health, Social, Emotional and School on the one hand and cognition on the other.

**Autonomy:** It refers to a stage of independence and self-determination in thinking.

**Security-Insecurity:** It refers to a high or low sense of safety, confidence, freedom for fear, apprehension or anxiety particularly with respect to fulfilling the persons present or future needs.

**Self-Concept:** It refers to the sum total of the person's attitudes and knowledge towards himself and evaluation of his achievements.

#### **Variables Used For Study**

**Table No- 01 Variables**

Type of variable	Name of variable	Sub. Variable	Name of variable
Independent	Faculty	03	Arts College going Students Commerce College going Students 3) Science College going Students
Dependent	Mental Health	06	Emotional Stability Over-all Adjustment Autonomy Security-Insecurity Self-Concept Intelligence

**Intelligence:** It refers to general mental ability which helps the person in thinking rationally, and in behaving purposefully in his environment.

#### **Statement of the Problem**

A Study of Mental Health among Arts, Commerce and Science College going Students

#### **Objectives of the Study**

To examine Mental Health among Arts, Commerce and Science College going Students.

#### **Hypotheses of the Study**

There is no significant difference between Arts, Commerce and Science College going Students with Mental Health dimension on Emotional Stability, Over-all Adjustment, Autonomy, Security-Insecurity, Self- Concept and Intelligence.

#### **Methodology**

##### **Sample**

Total sample of present study 120 College going Students, in which 40 were Arts Faculty Students( 20 Male and 20 Female Students), 40 were Commerce Faculty College going Students (20 Male and 20 Female Students) and 40 were Science Faculty College going Students (20 Male and 20 Female Students). Both groups sample College going Students from Jalna Dist. in Maharashtra. Purposive Sample Design was selected and the subject selected in this sample was age group of 13-22 year.

##### **Research Design:-**

Simple Research Designs used in the present study

**Research Tools:- Table No. 02. Mental Health Battery (MHB)**

Aspect	Name of the Test	Author	Sub-Factor	Reliability	Validity	Item
Mental Health	Mental Health Battery (MHB)	Dr. Arun Kumar Singh Dr. Alpana Sen Gupta	Emotional Stability	.876	.673*	130
			Over-all Adjustment	.821	.704*	
			Autonomy	.767	.681*	
			Security-Insecurity	.826	.821*	
			Self- Concept	.786	.601*	
			Intelligence	.823	.823*	

**Operational Definitions Of Key Terms:****Arts Faculty**

BA stands for Bachelor of Arts. It is a bachelor degree program that refers to an undergraduate course of study.

**Commerce Faculty**

**B.Com stands for Bachelor of Commerce. It is an undergraduate degree in commerce stream. It is a three-year bachelor degree which is offered by various colleges.**

**Science Faculty**

B.Sc. stands for Bachelor of Science. It is an undergraduate academic degree awarded for completing a three-year course in the field of science and technology.

**Procedures of Data Collection:-**

For the present study sample was used and two instruments were administered individuals as well as a small group will be

adopted. The subjects were called in a small group of 21-25 subjects. Following the instructions and procedure suggested by the author of the test. Tests were administered and a field copy of each test was collected. Following the same procedure the whole data was collected.

**Statistical Analysis**

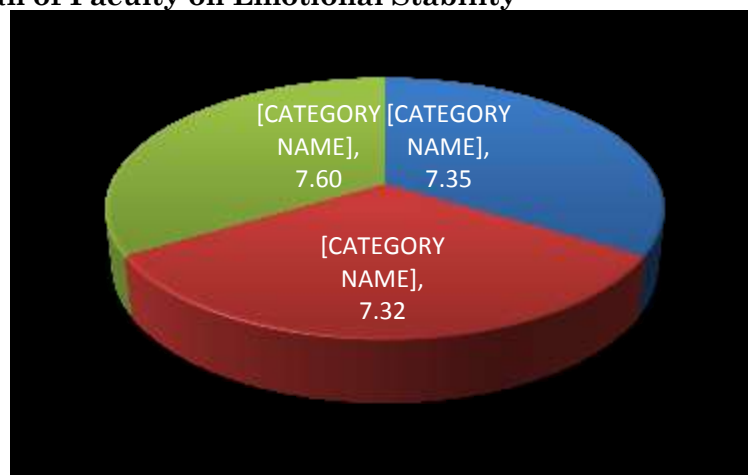
At the first stage data were treated by descriptive statistical techniques i.e. Mean, Standard Deviation and ANOVA was done by using SPSS Software.

**Results And Discussion****Faculty on Emotional Stability****Hypothesis - 01**

- There is no significant difference between Arts, Commerce and Science College going Students with dimension Mental Health on Emotional Stability.

**Table No. 03. Mean SD and F Value of Faculty on Emotional Stability.**

Factor	Faculty	Mean	SD	N	DF	F Value	Sign.
Emotional Stability	Arts Students	7.35	1.17	40	117	1.60	NS
	Commerce Students	7.32	1.33	40			
	Science Students	7.60	1.26	40			

**Figure No.01. Mean of Faculty on Emotional Stability**

Observation of the Table No 03 indicated that the mean value of three classified group seems to differ from each other on Emotional Stability. The mean and SD value obtained by the Arts Students was 7.35,  $\pm$  1.17, Commerce Students was 7.32,  $\pm$  1.33 and Science Students was 7.60,  $\pm$  1.26. Both group 'F' ratio was 1.60. Faculty effect represent the Emotional Stability was not significant (Critical value of "F" with df 117 at 0.01 = 3.92 and at 0.05 = 6.84 and NS- Not significant). This is not significant 0.01 and at 0.05 levels because they obtained 'F' value

is Low than table values at 0.01 and 0.05. That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference Between Arts, Commerce and Science College going Students on Emotional Stability.

#### Faculty on Over-all Adjustment

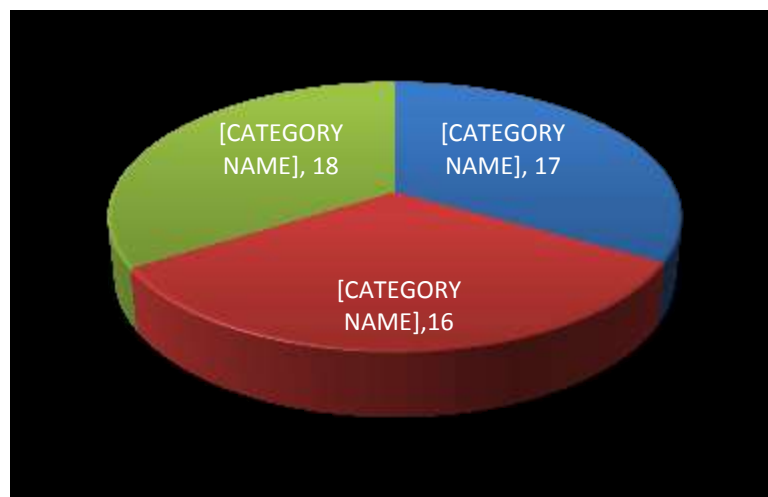
##### Hypothesis - 02

There is no significant difference between Arts, Commerce and Science College going Students with dimension Mental Health on Over-all Adjustment.

**Table No. 04. Mean SD and F Value of Faculty on Over-all Adjustment.**

Factor	Faculty	Mean	SD	N	DF	F Value	Sign.
Over-all Adjustment	Arts Students	17	3.90	40	117	2.54	NS
	Commerce Students	16	3.04	40			
	Science Students	18	2.64	40			

**Figure No.02. Mean of Faculty on Over-all Adjustment**



Observation of the Table No 04 indicated that the mean value of three classified group seems to differ from each other on Over-all Adjustment. The mean and SD value obtained by the Arts Students was 17,  $\pm$  3.90, Commerce Students was 16,  $\pm$  3.04 and Science Students was 18,  $\pm$  2.64. Both group 'F' ratio was 2.54. Faculty effect represent the Over-all Adjustment was not significant (Critical value of "F" with df 117 at 0.01 = 3.92 and at 0.05 = 6.84 and NS- Not significant). This is not significant 0.01 and at 0.05 levels because they obtained 'F' value is

Low than table values at 0.01 and 0.05. That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Arts, Commerce and Science College going Students on Over-all Adjustment.

#### Faculty on Autonomy

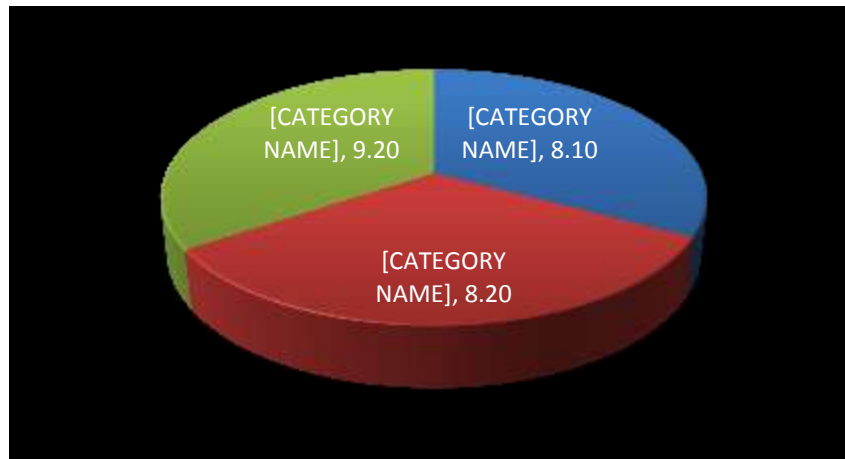
##### Hypothesis - 03

- There is no significant difference Between Arts, Commerce and Science College going Students with dimension Mental Health on Autonomy.

**Table No. 05. Mean SD and F Value of Faculty on Autonomy.**

Factor	Faculty	Mean	SD	N	DF	F Value	Sign.
Autonomy	Arts Students	8.10	1.20	40	117	0.29	NS
	Commerce Students	8.20	1.16	40			
	Science Students	9.20	1.26	40			

Figure No.03. Mean of Faculty on Autonomy



Observation of the Table No 05 indicated that the mean value of three classified group seems to differ from each other on Autonomy. The mean and SD value obtained by the Arts Students was 8.10,  $\pm$  1.20, Commerce Students was 8.20,  $\pm$  1.16 and Science Students was 9.20,  $\pm$  1.26. Both group 'F' ratio was 0.29. Faculty effect represent the Autonomy was not significant (Critical value of 'f' with df 117 at 0.01 = 3.92 and at 0.05 = 6.84 and NS- Not significant). This is not significant 0.01 and at 0.05 levels because they obtained 'F' value is Low than table

values at 0.01 and 0.05. That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Arts, Commerce and Science College going Students on Autonomy.

#### Faculty on Security-Insecurity

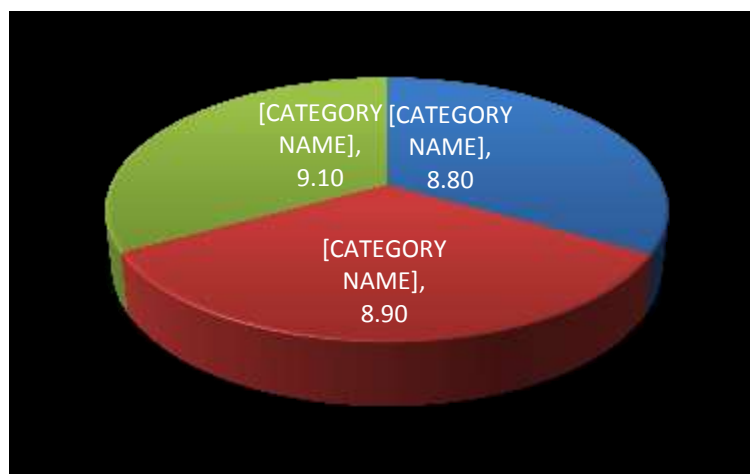
##### Hypothesis - 04

There is no significant difference Between Arts, Commerce and Science College going Students with dimension Mental Health on Security-Insecurity.

Table No. 06. Mean SD and F Value of Faculty on Security-Insecurity.

Factor	Faculty	Mean	SD	N	DF	F Value	Sign.
Security-Insecurity	Arts Students	8.80	1.61	40	117	0.44	NS
	Commerce Students	8.90	1.07	40			
	Science Students	9.10	1.35	40			

Figure No.04. Mean of Faculty on Security-Insecurity



Observation of the Table No 06 indicated that the mean value of three classified group seems to differ from each other on Security-Insecurity. The mean and SD value obtained by the Arts Students was 8.80,  $\pm$  1.61, Commerce Students was 8.90,  $\pm$  1.07 and Science Students was 9.10,  $\pm$  1.35. Both

group 'F' ratio was 0.44. Faculty effect represent the Security-Insecurity was not significant (Critical value of 'f' with df 117 at 0.01 = 3.92 and at 0.05 = 6.84 and NS- Not significant). This is not significant 0.01 and at 0.05 levels because they obtained 'F' value is lower than table values at 0.01 and 0.05.



That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Arts, Commerce and Science College going Students on Security-Insecurity.

#### Faculty on Self-Concept

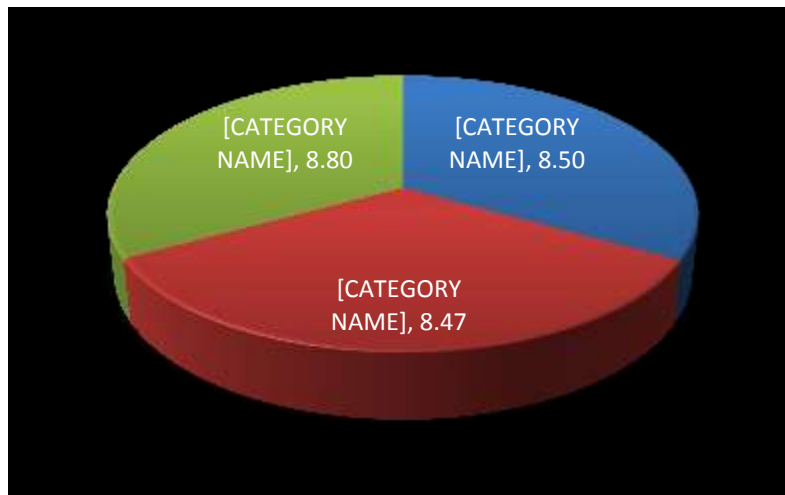
##### Hypothesis - 05

There is no significant difference Between Arts, Commerce and Science College going Students with dimension Mental Health on Self-Concept.

**Table No. 07. Mean SD and F Value of Faculty on Self-Concept.**

Factor	Faculty	Mean	SD	N	DF	F Value	Sign.
Self-Concept	Arts Students	8.50	1.54	40	117	0.70	NS
	Commerce Students	8.47	1.18	40			
	Science Students	8.80	1.19	40			

**Figure No.05. Mean of Faculty on Self-Concept**



Observation of the Table No 07 indicated that the mean value of three classified group seems to differ from each other on Self-Concept. The mean and SD value obtained by the Arts Students was 8.50,  $\pm$  1.54, Commerce Students was 8.47,  $\pm$  1.18 and Science Students was 8.80,  $\pm$  1.19. Both group 'F' ratio was 0.70. Faculty effect represent the Self-Concept was not significant (Critical value of "f" with df 117 at 0.01 = 3.92 and at 0.05 = 6.84 and NS- Not significant). This is not significant 0.01 and at 0.05 levels because they obtained 'F' value

is lower than table values at 0.01 and 0.05. That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Arts, Commerce and Science College going Students on Self-Concept.

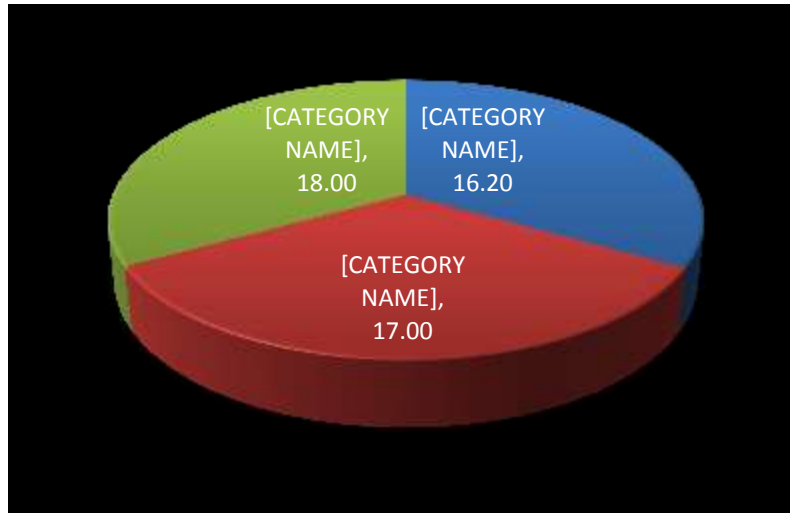
#### Faculty on Intelligence

**Hypothesis – 06:** There is no significant difference Between Arts, Commerce and Science College going Students with dimension Mental Health on Intelligence.

**Table No. 08. Mean SD and F Value of Faculty on Intelligence.**

Factor	Faculty	Mean	SD	N	DF	F Value	Sign.
Intelligence	Arts Students	16.20	2.26	40	117	1.87	NS
	Commerce Students	17.00	1.98	40			
	Science Students	18.00	2.22	40			

Figure No.06. Mean of Faculty on Intelligence



Observation of the Table No 08 indicated that the mean value of three classified group seems to differ from each other on Intelligence. The mean and SD value obtained by the Arts Students was 16.20,  $\pm$  2.26, Commerce Students was 17.00,  $\pm$  1.98 and Science Students was 18.00,  $\pm$  2.22. Both group 'F' ratio was 1.87. Faculty effect represent the Intelligence was not significant (Critical value of "f" with df 117 at 0.01 = 3.92 and at 0.05 = 6.84 and NS- Not significant). This is not significant 0.01 and at 0.05 levels because they obtained 'F' value

is lower than table values at 0.01 and 0.05. That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Arts, Commerce and Science College going Students on Intelligence.

#### Faculty on Mental Health

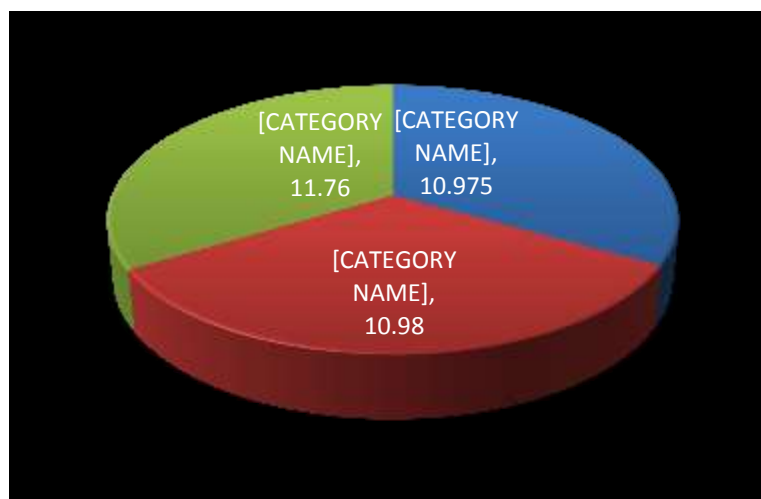
##### Hypothesis - 07

There is no significant difference Between Arts, Commerce and Science College going Students with dimension on Mental Health.

Table No. 09. Mean SD and F Value of Faculty on Mental Health.

Factor	Faculty	Mean	SD	N	DF	F Value	Sign.
Mental Health	Arts Students	10.975	3.75	40	117	0.55	NS
	Commerce Students	10.98	3.15	40			
	Science Students	11.76	3.06	40			

Figure No.07. Mean of Faculty on Mental Health



Observation of the Table No 09 indicated that the mean value of three classified group seems to differ from each other on Mental

Health. The mean and SD value obtained by the Arts Students was 10.97,  $\pm$  3.75, Commerce Students was 10.98,  $\pm$  3.15 and

Science Students was 11.76,  $\pm$  3.06. Both group 'F' ratio was 0.55. Faculty effect represent the Mental Health was not significant (Critical value of "F" with df 117 at 0.01 = 3.92 and at 0.05 = 6.84 and NS- Not significant). This is not significant 0.01 and at 0.05 levels because they obtained 'F' value is lower than table values at 0.01 and 0.05. That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Arts, Commerce and Science College going Students on Mental Health.

#### Conclusions:

1. There is no significant difference between Arts, Commerce and Science College going students on Emotional Stability.
2. There is no significant difference between Arts, Commerce and Science College going students on Over-all Adjustment.
3. There is no significant difference between Arts, Commerce and Science College going Students on Autonomy.
4. There is no significant difference between Arts, Commerce and Science College going Students on Security-Insecurity.
5. There is no significant difference between Arts, Commerce and Science College going Students on Self-concept.
6. There is no significant difference between Arts, Commerce and Science College going Students on Intelligence.
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