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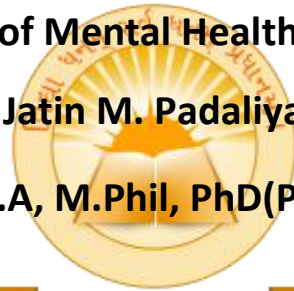
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A comparative study of Mental Health of P.G. level students

Jatin M. Padaliya

M.A, M.Phil, PhD(Psy)



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Abstract

This study was conducted to investigate the difference in mental health of boys and girls of P. G level students total 80 samples (40 boys and 40 girls) of P.G level students was taken from Ahmedabad city (Gujarat). The data was collected with the help of “Mental Health Inventory” statistically analysed with the help of “t” test. For this dimension implies that in Positive sense and Negative sense was not significant difference between P. G. boys and girls students.

Introduction

Saraswat (1964) in comparative study of the personality patterns of adolescent boys and girls revealed that the girls were optimistic, have richer vocabulary, more submissive when compared with their counterpart boys, they do not differ significantly on stability, dependability confidence and inferiority.

According to park (1995) “Mental Health is thus the balanced development of the individual’s personality and emotional attitude which enable him to live harmoniously with fellow men’

Singh (2000) defined “Mental Health as the ability to establish and nature loving relationships with relevant others, to discern and engage in rewarding work, to continually develop one’s understanding of self and relevant others”.

Mental health is a state of emotional, psychological and social wellness confirmed by satisfying interpersonal relationships, effective behavioral and coping, a positive self-concept and emotional stability (wide back 2001)

The mental health global action programme (MHGAP) was developed as a follow up to the 2001 world health report and provides a strategy for closing the gap between what is urgently needed and what is currently available to help individuals and families affected by mental illness. This five year programme prioritizes services for the most vulnerable population groups and rehabilitation for people with six priority conditions:

Depression

Schizophrenia



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Alcohol and drug dependence

Dementia

Epilepsy

The risk of suicide

In general and in the state of Gujarat there are several problems. Situations, incidents in the social, business and economic, marriage and family, religion, health, public life etc.. which create disturbing problems for the individual and put him in a very stressful state of mind. Like the individual the society as a unit is also disturbed by several situations and events which create entity for the society as a whole. Thus as well call a "sick person" we call a "sick society" also.

Method

➤ Objective of study:

1. To know the Mental Health of P.G level boys students.
2. To know the Mental Health of P.G. level girls students.

➤ Variable:

1. Independent variable: Gender (boys& girls)
2. Dependent variable: Mental Health scoring

➤ Hypothesis:

1. There is no significant differences between P.G. boys and girls in positive sense.
2. There is no significant differences between P.G. boys and girls in negative sense.



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➤ **Sample:**

For the purpose of present study the samples were selected randomly from co-education P. G. college of Ahmedabad city, a study was conducted on 80 samples of 40 boys and 40 girls. The age range was 21 to 25 years.

➤ **Tools:**

1. Mental Health Inventory: This inventory was standardized and use by Dr. Jagdish and Dr. A.K. shreevastav (1984) I used Gujarati version by Bhal Jatin (2005)

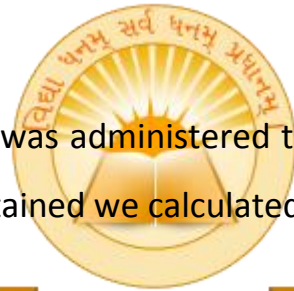
➤ **Reliability and validity:**

Reliability is 0.54 and validity is 0.79

➤ **Procedure:**

Mental health questionnaire was administered to a large sample of boys and girls of P.G level from the scored we obtained we calculated Mean, SD and “t” value.

➤ **Results and discussion:**



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Table-1

“Positive Sense”

Groups	N	Mean	SD	“t” value	Table value	Level of signi.
Boys	40	55.77	9.41	1.25	2.00	N.S
Girls	40	58.05	6.77			

“t” value of boys and girls of “positive sense” is 1.25 which is not significant it means, girls are shown better in “positive sense” by getting high mean score M= 58.05 as compare to boys M=55.77



Table-2

“Negative sense”

Groups	N	Mean	SD	“t” value	Table value	Level of signi.
Boys	40	97.75	16.79	1.22	2.00	N.S
Girls	40	102.02	14.48			

“t” value of boys and Girls of “negative sense” is 1.22 which is not significant it means, boys are shown better in “negative sense” by getting low mean score $M=97.75$ as compare to girls $M=102.02$

➤ **Conclusion of the study:**

There is no significant differences between P.G. boys and girls in positive sense and negative sense.

➤ **References:**

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