A Study of Stress and Mantal Health in U.G. Student

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ABSTRACT

The main purpose of Present Research was to find out the mean difference between U.G. Students in Stress and Mental health. For this total 60 students (30 Girl's Students, 30 Boy's Students) were taken as a Sample. For measure Stress in Student Stress Scale was Used Which Developed by da Costa Leite and Israel. For measure Mantal Health in them Mental Health Questionnaire was used which was Developed by D.J. Bhatt, Gita R. Gida and Shilpa V.Sidapara for find out difference between them 't' test was used for Find out Correlation karl Pearson Correlation Method was Used. Result that there was a Not – Significant difference in Stress (t = 0.98) and Not – Significant Difference in Mental Health (t = 0.90) among U.G. Students There was a Negative Correlation (r = - 0.08) Between Stress and Mental Health.

Keywords: Stress , Mental Health

INTRODUCTION

The main purpose behind doing this research was that during today's organization, most of students study in collage. There are also beliefs to students studying in this college. That college means a study with fun but to remove the belief and some kind of problem such as Stress and Mental health have been mind.

A Humans Experience Stress in one way another at every stage of life. Today human life has become happy due to the development of science and Technology. But it has created some new Problems. As today, even though the Scope of Education has Increased, many Problems are still Prevailing in the Education sector. Thus the Situation has changed in the field of Education. How changing need, Ambitions, Bring about Changes in Parson. These Changes often lead to Depression. As result there is it's Adjustment as Needed. Student are Close to the Teacher. Some Academic Problem in time if there is no Solution, Depression is Born. This Affects Adjustment and Mental health.

The Problem of Stress Adjustment among Student Studying in the modern age has come to be addressed by Studying the factors Responsible for the problem of Academic Stress and Academic Procrastination. For years, The problems of the mind were not given any place in the health Sciences of the world, but in today's world, the Diseases of the mind have become more Attention than the diseases of Body. Mental unrest – Stress running etc. Are increasing in today's urban competitive Society. As a result, one person out of ever five people in the world every year, Suffers from Mental Problem. Hence, Human services are becoming important for Industries and Organizations for rapid growth. Due to this, there has been an increase in Suicide Attempts among Students.

"Stress is a natural Human response to challenges or threats that causes a feeling of emotional or Physical tension." Schafer (1998) Defined stress as "Arousal of mind and body in response to demands

made on them." Stress in symptoms Anxiety, Anger, Burnout, Sleep disturbances, Hyper vigilance, De-realization, Dissociation etc.

Mental health defined as, "The optimal development and Functioning of the individual consistent with the long- term well being and progress of the Group."(Coleman – 1964). H. B. English, defined as "Mental health is a relatively enduring state where in the person is well adjusted, has a zest for living, and is attaining self – actualization or self – realization; it is a positive state and not more absence of mental disorder." Mental health symptoms in Cognition, Perception, Decision – Making, Stress, Depression, Sleep irritation, introversion Behaviour etc.

Every teacher in the School is Teaching the children with the same Method. However, not all children have the same Temperament. Also called 'park hasta'. That every Child is different from another Child. So he Should be given individual education. From the birth of a child, there are many factors in his development journey. Not only physical Health but Complete Mental health is also Necessary.

Physical health and Mental health are closely related. It is also proven that Excessive anxiety lead to heart and blood vessel disease. Mental disorders affect Behavior. Such as eating habits, routines, increased risk of physical illness against medical treatment. Can Mental illness leands to social problems such as unemployment and poverty, drug abuse and related crime. Furthermore, Mental health plays a significant role in the functioning of poor people.

The present age, Education has been give the highest Importance. Today, Education start at the playing age of children. Thus, when a person gets education, Then the student who gets Education also gets education with many responsibilities. Like getting result as per the ambition of the parents, Then Sticking to the set goal or making aforts to Reach the Goal. Obstacles or Difficulties come in many ways. Because of that he feels Depressed. why?

A person's health is more important than mental stress. For this, The first personis his own mind maintaining health is more Important. So maintaining mental health has become very Important in student life as well stays thus, if the Students feel stressed in any way, Dose it affect the mental health of the Student? The present research was undertaken to examine way.

REVIEW OF LITERATURE

It's a rule of Science that new Knowledge can be obtained only for the subject which has been previously explored which arises from any Research. Any research is done to get some new information from the previous Research or to retest the theories. The purpose of the present research is to study stress and mental health among U.G. Students.

1. Study by Stecker (2004) examined stress and Psychological well – being of 644 Students furthermore assessed academic Stress, health and other external Stresses among post graduate and professional Students in USA. 35% of post graduate Student Approximately, irrespective of school and gender had severe depressive manifestations. Around 25% of atudents reported looked for on campus mental health services while about 19% of student showed readiness to accept for such good mental health services did not do as such for a series of reasons, such as shame, time constraints and confidebtiality concerns. To cope with stress, 19% graduate students reported utilization of illegal drugs and 80% utilized alcohol.

2. Pozos et al.(2014) examined the academic stress among 527 university student and its relationship with years of age and gender differences. Circumstances that related to classroom involvement, Obigatory work, and semester examination were predicting elevated level chronic stress. 18, 23, and

25 years of age and being a female student were related to the most part of stress. An elevated level of chronic stress was reported by 35.3% of the student, whereas 44.8% of students were in moderate levels, and 19.9% of students in low levels. Further study reasoned that precise distinguishing proof of strss could help comprehend stress and its hurtful impacts on university Students.

3. Gen etal. (2011) explored the correlation between depression, stress and anxiety with disordered eating among university student. The predominance of depression, anxiety and stress of 29.3%, 550%, and 21.6% were woderate, severe and extremely severe respectively. No gender had significantly elevated stress score compared to male university student, 18.2% of more than one in five university student were at risk of dietary problems. 21.3% of females had significantly higher extent of at danger of dietary prolems contrasted with males. Further, on significant interaction impact was found for gender, years of age and ethnicity with dietary issue, stress and depression. Among university students the incidence of at risk of dietary issues, depression, anxiety and stress were high and disordered eating were positively connected with depression, stress and anxiety.

4. Rafidhah (2009) assessed the relationship between perceived stress and stress factors, academic, health, social and at three unique times of a semester and there consequence on pre – Diploma Science Student' academic performance at the Malaysian university of technology. The student in general had moderate stress levels and the academic performance of student was not significantly influenced by any of the stress fectors. The students in starting and middle of th semester had significant perceived stress level as compare to end of the semester. However, a significant association established between the perceived stress level toward the academic performance in end of the semester. With respect to academic performance both starting and middle of th semester student had no significant correlation in the level of perceived stress.

5. Abediana, nasrin and Hamid (2011) compared mental health status of 5986 fresman university student of Tehran. Mental health and social support had positive relationship. The students were in year 2004 had lesser of this relationship when compare to student in 2006 year. Students are from sufficient family support foundation eould do well to emotional wellness and had better mental health. The support from family assumed an essential part in student mental health when contrast with friends and teachers support. Mental health and suicidal risk had negative association and there are no differences in students in both academic years. In addition low or absence of social support was said as one of the danger of suicide and substance misuse.

6. Dudhatara R. R. & jogsan Y. A. (2012) conducted the study whise aim was to find out the mean difference between working and non working women in mental health and depression. The total sample consisted 80 woman were taken. The research tools for mental health wall measured by D. J. bhatt and Gita R. Geeda. While the tools for depression were used which made by bake. Here 't' test was applied to check the significance of mental healthabd depression in working and non working women. While the correlation between mental health and depression reveals 0.71 high positive correlation.

IMPORTANT OF RESEARCH

The research presented here is a practical research. Behind every research, the researcher has some purpose. The sesearch done keeping that purpose in mind is also very important for others. The research conducted here is to get information about the stress and mental health of students studying in college. what kind of worries do students studying in college experience? Does that worry affect their mental

health? What can be the Consequences of the effect of worry? This research can prove useful in getting information about all these things and solving their problems. Or what kind of environment or what kind of guidance should college student get so that their stress can be reduced and their mental health can be improved. The useful not only for the students studying in collage but also for the teachers teaching in college as well as for the parents, because the result of the study can also be useful in providing an environment for the students studying in college so that their bright future can develop and a path can be found for their future.

RESEARCH METHOD

Research Problem

"A study of Stress and Mental health in U.G. Student."

Objective

1. To find out the different between mean of Stress in U.G. Student.
2. To find out the different between mean of Mental Health in U.G. Student.
3. To Examine that correlation between Stress and Mental Health.

Nall Hypothesis

1. There will be no significant different between the mean score of Stress in U.G. Student.
2. There will be no significant different between the mean score of Mental Health in U.G. Student.
3. There will be no significant Correlation will be found between Stress and Mental Health.

Variables

1. Independent variables

1. U.G. Student

(A) Girl's

(B) Boy's

2. Dependent variables

1. Stress
2. Mental Health

3. Control variable

1. Sample Select only for Surat.
2. Sample Select by only for U.G. College Student.
3. Selected sample in Student 17 to 22 year.

Research Design

Variables	Sample
(A)Boy's	30
(B)Girl's	30
Total	60

Research Tools

1. Student Stress Scale

The Present Research used the Student Stress Scale developed by 'Da Costa Leite and Israel (2011). This research paper was Translated in to Gujarati by English experts and used after checking its validity and reliability. There are total 32 Statements in student Attitude Scale and not at all, what, somewhat,

much, very much thus five option were given. These five option were given marks of 1, 2, 3, 4, 5. The Reliability and validity of the present research is found to be high.

2. Mental Health inventory

The Present research manatal Health Questionnaire Developed by D. J. bhatt, Geeta R. Gida and Shilpa sidpara(2006) was used. There are total of 40 Statements in this Questionnaire. In which three option were given as agree, neutral and disagree. In these three option 2, 1, 3 marks were given in legislative Statement. And Prohibitory Act No:- 1, 9, 14, 18, 20, 24, 25, 26, 28, 33, 35, 38 in mark of the 3, 1, 2 given. Therefore, the reliability and validity of the proposed amendment is high.

Sample

This research is Considered with the problem of stress and Mental health among U.G. Student in surat. First of all visited H.P. Desai college and Viveka nand college college city in Surat and Permission from the principal there. Hari college in girl's and boy's participate on my research. My research deta ni 30 girl's student and 30 boy's student total data it was 60 First of all gave information about the research to the student and told them that the answer to the question given by you will be kept secret. After that the Research work was Completed by thanking those student.

Statistical Technique

The main purpose in research Design has been Student examine dependent variable of stress and Mental Health of U. G. Student. To Analyze the data t – test and Correlation; Analysis was conducted as allowed for assessment of Statistical relations between variables within participants.

RESULTS AND DISCUSSION

The main purpose of this study was to be the study of Stress and Mental Health in U. G. Students. For this total 60 student in 30 boys and 30 girls were taken as a sample. Here 't – test' and Correlation was applied for this purpose of statistical method.

Table – 1
Showing the mean and t – value of Stress

Gender	N	Mean	SD	t	Sig.
Boy's	30	101.47	25.70	0.98	NS
Girl's	30	108.93	25.87		

Sig. Level:- 0.05 = 1.97
0.01 = 2.58
NS = Not significant

Present Table No – 1 is showing the mean for boy's student is 101.47 and the mean for Girl's 108.93. because of family with connect, all decisions and situation to handle parents in main reason is Boy's stress is down compare to Girl's. 't' calculation was done for stress between girl's and boy's student that was 't' value 1.97, which was Not significant at 0.05 Level. So earlier Null Hypothesis "There will be no significant different between the mean score of Stress in U.G. Student." is Accepted here.

Table – 2
Showing the mean and t – value of Mental health

Gender	N	Mean	SD	t	Sig.
Boy's	30	68.77	13.24	0.90	NS
Girl's	30	71.87	13.53		

Sig. Level:- 0.05 = 1.97
0.01 = 2.58
NS = Not significant

Present Table No – 2 is showing the mean for boy's student is 68.77 and the mean for Girl's 71.87. because of Introversion Behaviour, Unable to Express Emotion and stress, has make some decisions on their own and family responsibility in main reason is Boy's Mental health is High compare to Girl's. 't' calculation was done for Mental health between girl's and boy's student that was 't' value 0.90, which was Not significant at 0.05 Level. So earlier Null Hypothesis "There will be no significant different between the mean score of Mental Health in U.G. Student." is Accepted here.

Table – 3
Showing the mean and Correlation of Stress and Mental health.

Gender	N	Mean	SD	r
Boy's	30	85.20	25.77	-0.08
Girl's	30	70.32	13.36	

Present Table No – 3 is showing the mean for Stress is 68.77 and the mean for Mental health is 71.87. The correlation between Stress and Mental Health that 'r' value -0.08 so it can be positive correlation. So earlier Null Hypothesis "There will be no significant Correlation will be found between Stress and Mental Health. is Accepted here

CONCLUSION

The Results of the present Research revealed that . 't' calculation was done for Mental health between girl's and boy's student that was 't' value 0.90, which was Not significant at 0.05 Level. So earlier Null Hypothesis "There will be no significant different between the mean score of Mental Health in U.G. Student." is Accepted here. And Mental health between girl's and boy's student that was 't' value 0.90, which was Not significant at 0.05 Level. So earlier Null Hypothesis "There will be no significant different between the mean score of Mental Health in U.G. Student." is Accepted here. The correlation between Stress and Mental Health that 'r' value -0.08 so positive correlation. So earlier Null Hypothesis "There will be no significant Correlation will be found between Stress and Mental Health. Is Accepted here. Because of the better stress and the better mental health.

LIMITATION

This research in limitation was Independent variables collect to only for surat city in under graduate college student. College student age 17 to 22 only. Sample are not only girl's and not only boy's research in main purpose of compare to girl's and boy's select to Sample. This Research paper in tools only stress and mental health used.

SUGGESTIONS

Research in Endeavour can be executed to analyze more than 30 data of sample with efficacy to attain better result. For the accumulation of information, variegated methods except questionnaires can be adopted selection of sample can be accomplished with the intake of different peoples from different state and district to ascertain their stress and mental health.

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