

A Study of College Environment on Mental Health

Aparna Singh¹, Dr. Swati Pandey²

¹Research Scholar, Bharti Vishwavidyalaya, Durg (C.G)

²Supervisor Assistant Professor (Education), Bharti Vishwavidyalaya, Durg (C.G)

Abstract

This study examines the impact of the college environment on the mental health of B.Ed. students from teacher training colleges in four districts of Chhattisgarh — Surguja, Surajpur, Korea, and Manendragarh. A sample of 100 students was selected using purposive sampling. The College Environment Scale (CES) developed by Dr. Ashwini Kumar (2021) and the Mental Health Battery by Arun Kumar Singh and Alpana Sen Gupta (2020) were used as tools. The statistical technique of the t-test was applied to compare the mental health scores of students perceiving a favorable and unfavorable college environment. The results revealed a significant difference between the two groups, indicating that the college environment plays a critical role in shaping students' mental well-being.

Introduction

The mental health of college students is increasingly gaining attention in educational research. Among various influencing factors, the college environment — including academic pressure, peer relationships, faculty support, and institutional facilities — plays a critical role. B.Ed. students, who are training to become future educators, face a unique set of challenges. This study explores how the perceived college environment affects their mental health.

Objectives of the Study

1. To assess the college environment as perceived by B.Ed. students.
2. To measure the mental health of B.Ed. students.
3. To examine the difference in mental health between students perceiving a favorable and unfavorable college environment using the t-test.

Hypothesis

H₀: There is no significant difference in the mental health of B.Ed. students perceiving favorable and unfavorable college environments.

Methodology

Sample:

- 100 B.Ed. students
- 25 students each from four districts: Surguja, Surajpur, Korea, and Manendragarh

Tools Used:

- College Environment Scale (CES) by Dr. Ashwini Kumar (2021)

- Mental Health Battery by Arun Kumar Singh and Alpana Sen Gupta (2020)

Design: Comparative survey

Statistical Technique: Independent Sample t-test

5. Data Analysis and Interpretation

Grouping:

- Students scoring above median on CES were grouped as having a "Favorable College Environment".
- Students scoring below median were grouped as having an "Unfavorable College Environment".

Table 1: Mental health of B.Ed. Students perceiving favorable and unfavorable college environments.

Group	N	Mean	SD	t value
Favorable Environment	50	147.60	12.34	5.20
Unfavorable Environment	50	133.45	14.10	

Result and Interpretation

Since the p-value (0.000) is less than 0.05, the null hypothesis is rejected. Hence, there is a significant difference in mental health scores between students perceiving favorable and unfavorable college environments.

Findings

- Students who perceived their college environment as favorable had significantly better mental health than those who perceived it as unfavorable.
- College environment is a significant predictor of student mental well-being.

Conclusion

The study concludes that a positive and supportive college environment enhances the mental health of B.Ed. students. Institutions should focus on creating nurturing academic and social climates to ensure students' psychological well-being.

Educational Implications

- Regular assessments of students' mental health and institutional climate.
- Strengthening teacher-student communication.
- Promoting peer collaboration and stress-relief activities in curriculum.
- Institutional policies that support mental health services and counseling.

References

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