



A Study of Mental Health of Student in Relation to their Residence Place and Gender

DR. DHARMVIR M. GURJAR

I/C Principal,
S. B. Garda Arts & P. K. Patel College of Commerce, Navsari
Gujarat (India)

Abstract:

Mental health is as more important than physical health in this challenging world. An attempt has been made to measure mental health of students in reference to their residence place and gender. The sample consisted of 200 high school students of Navsari district. Mental Health Inventory developed by D. J. Bhatt and G. R. Gida (2006) was used to assess mental health of sample. The result indicates that there is no significant difference in mental health of in reference to their gender and residence place.

Keywords: Gender, Mental Health, Residence place

1. Introduction

Mental health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. There was once a time when caring for mentally ill was tough and practiced completely apart from caring for the physically ill. Today, mental health is as important as physical health. Mentally healthy people are having some unique characteristics like, ability to understand self weakness and strengths, in touch with reality, good self esteem and self acceptance, ability to form affectionate relationships, ability to cope with daily life stresses and frustrations, ability to accept responsibility for own decisions feelings and actions and respect for this quality in others, and so on. Some factors like biological, psychological and socio-cultural factors affecting mental health. Heredity, general physical health and nutrition are some biological factors. Intelligence, personal history of past experience, verbal skill, self confidence, motivation, degree of self direction and control are some psychological factors. The mental health is relative term. Relative means depends upon many factors. The social situation in which behavior takes place, for instance, will often decide whether a behavior is considered healthy or unhealthy. An example of this is one's culture. It is quite normal in some culture to urinate in public, this may quite abnormal in other culture. For adolescence hostel life may occurs some adjustment problems or mental health issues. This study compares mental health of hostel and non-hostel students with relation to their gender.

2. Objectives

Objectives of this study are as below:

1. To determine the significant difference between students who lives at Hostel and others who lives at home.
2. To find out the significant difference between mental health of hostel students with relation to their gender.

3. Hypotheses

H₀₁: There is no significant difference between mental health of hostelries and non- hostelries students.

H₀₂: There is no significant difference between mental health of hostelries boys and girls.

Ho₃: There is no significant difference between mental health of home based boys and girls.

4. Sample

The sample consisted of 200 students – 100 hostel based and 100 home based residence students with equal number of girls and boys drawn from the hostel and home based area while studying in various schools of Navsari District.

5. Tool

To measure mental health of the subjects, Mental Health Inventory developed by Bhatt and Gida (2006) was used. Inventory consists with 40 statements with two simple “agree and disagree” option.

6. Result And Discussions

Table 1

Groups	N	Mean	S.D	‘t’ value	Significant
Living at Hostel	100	27.06	4.37	0.10	NS
Living at Home	100	28.63	5.17		

As per result seen in table 1 the ‘t’ test has been applied to find out whether there is any significant difference in the mental health with respect to their living place. The calculated ‘t’ value is found 0.10 which indicate clearly that no significant difference. Hence the null hypothesis “There is no significant difference between mental health of hostelries and non- hostelries students” is accepted. Therefore it is concluded that Hostel students and home base students having similar level of mental health.

Table 2

Group Hostel Based	N	Mean	SD	‘t’ value	Level of sign.
Girls	50	26.68	4.68	0.79	NS
Boys	50	27.05	5.48		

As per result seen in table 2 the ‘t’ test has been applied to find out whether there is any significant difference in the mental health with respect to their gender. The calculated ‘t’ value is found 0.79 which indicate clearly that no significant difference. Hence the null hypothesis “There is no significant difference between mental health of hostelries boys and girls.” is accepted. Therefore it is concluded that girls and boys student having similar level of mental health.

Table-3

Groups Home Based	N	Mean	SD	‘t’ value	Level of sign.
Girls	50	26.57	4.36	0.68	NS
Boys	50	27.67	6.64		

As per result seen in table 3 the ‘t’ test has been applied to find out whether there is any significant difference in the mental health with respect to their gender. The calculated ‘t’ value is found 0.68 which indicate clearly that no significant difference. Hence the null hypothesis “There is no significant difference between mental health of home based boys and girls.” is accepted. Therefore it is concluded that girls and boys student having similar level of mental health.

7. Conclusion

In the present study, researcher has investigated about mental health level of Hostel students and home base students. Human beings have various type of need and the need fulfillment can be the one of the parameter for the mental health. In this type of situation no matter person living in the hostel of home. Teen age is the age when students like to live with their friends.

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