



Mental health status among B.Ed college students

Dr. Neelima Mandava,

Principal, Vikas College of Education, Vissannapet, Krishna Dist.(A P)

Abstract: The present study was conducted to study the mental health status among B.Ed college students. The present study comprised 180 B.Ed students (with PG & without PG) collected from Rajamundry of Andhra Pradesh. The study revealed that, there is significant difference between male and female B.Ed college students with regard to their mental health status. Male group posses better mental health status than females in the group. There is significant difference between degree with B.Ed., and PG with B.Ed., with regard to their mental health status. Post graduates with B.Ed. Students are found to be better mental healthier than degree with B.Ed., students. Type of institute has shown significant impact on subjects' mental health status. Students hailing from private colleges are better mental healthier than government and minority colleges.

Key word: Mental health, B.Ed college students, Government college, private college, minority college.

INTRODUCTION

Mental health is a term used to describe either a level of cognitive or emotional well-being or an absence of mental disorder. Mental health means an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. Mental health is how people think, feel and act they face life's situations. It affects how people handle stress relates to one another and makes decisions. Mental health influences the ways individuals look at themselves, their lives, and other in their lives. Like physical health, mental health is important at every stage of life.

Mental health is defined as the successful performance of mental function, which results in productive activities, fulfilling relationships with other people, and the capacity to adjust to changes and cope with difficulties and hardships. From

early childhood until late life, mental health is considered the spring board of thinking and communication skills, learning, emotional growth, resilience for recovering quick and self esteem. A person's mental health is subject to any variety of changes in life, either from genetic causes, to environmental stressors, or physical changes that may occur during their life time (Holmes, 2006).

Freud (1926), defined Mental Health in his pragmatic statement "Where id was, there shall ego be". He feels that in order to have mental health a person has to be able to love and work. Man's feelings come from the interaction of four major forces. They are 1. Love and hate 2. The conscience 3. The need to master and 4. The environment.

Symonds (1946) defined the concept of mental health as:



1. A balance between demands of the society and desires of the individual
2. Maturity-the absence of infantile and childish patterns of behavior
3. Adequate functioning – the ability to surmount some threats and frustrating situations.
4. Compromise between the inner desires of the individual and the demands of the society.

According to Menninger (1945), "Mental Health is the ability of the individual to make personal and social adjustment, to face problems and make choices, to find satisfaction, success and happiness in the accomplishment of everyday tasks, to work effectively and to live affectively with others to demonstrate socially considerate behavior and to contribute to the betterment of society".

The present study focuses on the mental health status among B.Ed college students. The researcher feels that the present study will help both teacher educators as well as student teachers in teacher education

OBJECTIVES OF THE STUDY

1. To find out whether there is any significant difference between male and female B.Ed college students with regard to their mental health.
2. To find out whether there is any significant difference level of education of B.Ed college students with regard to their mental health status.
3. To study is there any significant difference between types of management with regard to their mental health status.

HYPOTHESES OF THE STUDY

1. There would be significant difference between male and female B.Ed college students with regard to their mental health status.
2. There would be significant difference between two B.Ed college students (graduation with B.Ed., and post graduation with B.Ed) with regard to their mental health status.
3. There would be significant difference between government and private and minority B.Ed college students with regard to their mental health status.

DESIGN AND METHOD

In order to accomplish the objectives of the present study, the descriptive survey method of research was used.

Population and Sample of the Study:

The present study comprised 180 B.Ed students (with PG & without PG) collected from Rajamundry of Andhra Pradesh. Among the 180 subjects, 90 were men and 90 were women. From each category 60 from government, 60 from private and 60 from minority colleges were taken into consideration. Again the subjects were sub divided into two categories viz., degree with B.Ed., and Post Graduation with B.Ed

Tool Used:

Mental health Analysis Questionnaire was developed by Thorpe, Clark and Tiegs (1959), consisting of 200 items. The inventory was re-standardized by the Reddy and Nagarathamma (1992) to assess mental health status of the subjects.

Statistical Techniques Used:

The mean scores and standard deviation of each category of data were found-out, then T-test, F-test, employed to test the



hypothesis at 0.01, 0.05 level of significance.

RESULTS AND DISCUSSION

Hypothesis-1

There would be significant difference between male and female B.Ed students with regard to their mental health status.

To test the above hypothesis 't' test was applied and the results are presented in the following table.

Table 1. Significance of the difference between the means for male and female B.Ed students

Group	N	Mean	S.D	t-test	Level of Significance
Male	90	96.59	44.61	3.16**	Significant at 0.05 level
Female	90	83.13	41.46		

Table-1 shows the means and standard deviations of the scores on total mental health components (Assets and Liabilities) for male and female groups along with 't' value. From the table it is clear that the obtained mean value for male students are better than female students, indicating that male students are better mental healthier than female students and the obtained 't' value between the two groups are significant. Hence the framed hypothesis that there

would be significant difference between male and female students with regard to their mental health status was accepted.

Hypothesis-2

There would be significant difference between graduate and post graduate B.Ed students with regard to their mental health status.

To test the above hypothesis 't' test was applied and the results are presented in the following table.

Table 2. Significance of the difference between the means for two groups of B.Ed students

Group	N	Mean	S.D	t-test	Level of Significance
Graduation with B.Ed	90	86.37	41.21	3.27**	Significant at 0.05 level
P G with B.Ed	90	92.23	41.52		

Table-2 shows the means and standard deviations of the scores on total mental health components (Assets and Liabilities) for group I and group II groups along with 't' value. From the table it is observed that the obtained mean value for group II (students of PG and with B. Ed.) are better than group I (students of graduation along with

B.Ed.) indicating that students already possess the post graduation has facilitated them positively than graduate students. The obtained 't' value between the two groups are significant. Hence the framed hypothesis that there would be significant difference between graduate and post graduate students with regard



to their mental health status was accepted

Hypothesis 3

There would be significant difference between government and private and

minority B.Ed college students with regard to their mental health status.

To test the above hypothesis 't' test was applied and the results are presented in the following table.

Table 3. Summary of ANOVA for three groups (N=180).

Source of Variation	Sum of Square	Df	Mean sum of Squares	F
Between Groups	169.40	2	84.70	3.83 **
Within Groups	14721.10	117		
Total	14890.50	119	125.82	

**Significant at 0.05 level

It could be observed from table-3 obtained F value for three groups. (Government, private and minority institutions) From the table it is clear that the obtained F value is significant, indicating that the three groups of subjects (government, private and Table 4. Significance of the difference between the means for government, private and minority B.Ed college students

minority institutions) differ significantly among them.

To find out the exact significant difference among the three groups 't' test was employed and the results are presented in table 4.

Type of Institution	N	Mean	S.D	T	
Government	60	10.51	1.35	between 1 & 2	2.96**
Private	60	13.40	1.42	between 2 & 3	2.52**
Minority	60	10.18	1.24	Between 1 & 3	2.51 **

Significant at 0.05 level

It could be observed from table-3 the means and standard deviations of the scores on total mental health components (Assets and Liabilities) for three groups (government, private and minority institutions) with 't' value. From the table, it is clear that the obtained 't' value for government and private institution students are significant at 0.05 level, the mean obtained by the government college students are better than private college students. The obtained 't' for private and minority

students are significant, indicating that both groups differ significantly with each other. Students hailing from private colleges are found to be better mental healthier than minority college students. In the same way government and minority college students are compared. It is cleared that both groups obtained same mean values, but the obtained 't' value showing that they are significantly differ with each other. Hence the framed hypothesis that there would be significant difference between government, private and minority



students with regard to their mental health status was accepted.

CONCLUSIONS

There is significant difference between male and female B.Ed college students with regard to their mental health status. Male group posses better mental health status than females in the group. There is significant difference between group-I (degree with B.Ed.) and group-II PG

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with B.Ed.) with regard to their mental health status. Group II(Post graduates with B.Ed.) students are found to be better mental healthier than Group I category (degree with B.Ed., students). Type of institute has shown significant impact on subjects' mental health status. Students hailing from private colleges are better mental healthier than government and minority colleges.

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