

Saarth

E-Journal of Research

ISSN NO: 2395-339X

Mental Health of Urban and Rural College Students

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INTRODUCTION

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental health is a level of psychological well-being, or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.

Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community. (WHO)

There is no single cause for mental health disorders; instead, they can be caused by a mixture of biological, psychological and environmental factors. People who have a family history of mental health disorders may be more prone to developing one at some point. Changes in brain chemistry from substance abuse or changes in diet can also cause mental disorders. Psychological factors and environmental factors such as upbringing and social exposure can form the foundations for harmful thought patterns associated with mental disorders. Only a certified mental health professional can provide an accurate diagnosis of the causes of a given disorder. Mental health disorders exist in broad categories: anxiety disorders, mood disorders, psychotic disorders, personality disorders and impulse control disorders. If someone you know experiences erratic thought patterns, unexplained changes in mood, lack of interest in socializing, lack of empathy, inability to tell the difference between reality and fantasy, or a seeming lack of control, that person may have a mental health disorder. This is, by no means, a complete list of symptoms. Mental health problems typically do not cause physical symptoms in and of themselves. Depression, however, can indirectly cause weight loss, fatigue and loss of libido, among others. Eating disorders, a separate class of mental health disorders, can cause malnutrition, weight loss, amenorrhea in women, or electrolyte imbalances caused by self-induced vomiting. This makes eating disorders among the most deadly of mental health disorders.

Mental illness is a recognized, medically diagnosable illness that results in the significant impairment of an individual's cognitive, affective or relational abilities. Mental disorders result from biological, developmental and/or psychosocial factors and can be managed using approaches comparable to those applied to physical disease.

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According to the World Health Organization (WHO), mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others". The WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community. Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined. A widely accepted definition of health by mental health specialists is psychoanalyst Sigmund Freud's definition: the capacity "to work and to love" - considered to be a simple and more accurate definition of mental health.

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities
- Ways to maintain positive mental health include:
- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

According to APA research, Ninety-five percent of college counseling center directors surveyed said the number of students with significant psychological problems is a growing concern in their center or on campus, according to the latest Association for University and College Counseling Center Directors survey of counseling center directors. Seventy percent of directors believe that the number of students with severe psychological problems on their campus has increased in the past years.

OBJECTIVE

The prime objective of this study is to measure mental health of urban and rural higher education students.

HYPOTHESIS

There is no significant difference between the mental health of urban and rural students.

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SAMPLE

The sample consisted of 120 higher education students – 60 urban and 60 rural.

TOOLS

To measure mental health were used. The test is developed by Dr. Ashwin jansari, Dr. Harkant D. Badami and Dr. Charulata H. Badami. It consisted of 100 questions and the subject has to give his/her answer in 'Yes', 'No'.

RELIABILITY

As per the method of test- retest the reliability for mental health scale is 0.92. As per the Spearman- Brown' formula the reliability for mental health is 0.86. mean for 60 urban and 60 rural students are 69.60 and 58.20. The S. D. are 7.94 and 9.35. The 't' value which is 4.38 has been found significant at 0.05 level. The result does not support the hypothesis.

CONCLUSIONS:

1. There is a difference between mental health of urban and rural higher education students. Urban students shows higher mean of mental health then rural studnets.

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E-Journal of Research

ISSN NO: 2395-339X

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