



IMPACT OF ACADEMIC STRESS AND EMOTIONAL MATURITY ON MENTAL HEALTH AMONG NURSING COLLEGE STUDENTS

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ABSTRACT

An attempt was made in the present investigation to study the impact of academic stress and emotional maturity on mental health among nursing college students. Sample of the present study consists of 120 nursing college students in East Godavari District of Andhra Pradesh State. Students Academic stress scale developed by Kumar Reddy (1999), emotional maturity scale developed by Yashvir Singh and Mahesh Bhargava (1990) and mental health inventory developed by Jagadish and Srivastava (1983) were administered. The findings of the study revealed that academic stress and emotional maturity have significant influence on mental health.

KEYWORDS : Academic stress, Emotional Maturity, Mental Health and Nursing Students.

INTRODUCTION

Stress becomes an integral part of human life. Anything that creates a challenge or a threat to our comfort is a stress. All kind of stress is not considered to be bad because it helps people to perform well. In academics, stress is unavoidable among students, and it influences students' performance in all academic activities. Academic stress is demands related to academics that tax or exceed the available resources (internal or external) as cognitively perceived by the student involved. Academic stress is an emotional distress due to expected frustrations related to actual or potential academic failure. According to Bisht (1980) refer academic stress is defined as a demand related to academics that tax or exceed the available resources (internal or external) as cognitively comprehended by the student involved.

Emotional maturity is the characteristic of emotional behaviour that is generally attained by an adult after the expiry of his adolescence period. After attaining emotional maturity, he is able to demonstrate a well-balanced emotional behaviour in his day-today life. A person may say to be emotionally matures if he has in his possession almost all types of emotions-positive or negative and is able to express them at the appropriate time in an appropriate degree. According to Walter Smitson (1974) refer emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both Intra-psychically and Intra-personality.

Mental health is a global term which refers to condition of an individual which results from the normal organization and functioning of his mind. It is a combined outcome of five type of health like physical, emotional, moral, spiritual and social health, Mental Health is an important component of the total health of the person. Mental health can also be called as the process of human self satisfaction, self realization and fully successful existence. A self satisfied and healthy person has a state of mind that enables him to experience the greatest amount of happiness and to attain the maximum efficiency in spite of the presence of strain and conflict. Crow and Crow (1951) defined "mental health is the state that deals with human welfare and persuades all fields of human relations". Galderisi et al., (2015) defined "mental health as a dynamic state of internal equilibrium which enables individuals to use their abilities in harmony with universal values of society.

Review of literature

Anjna (2011) concluded that academic stress had significant negative correlation with mental health of the adolescents. Kaur (2014) found that significant differences exist in the mental health of adolescents due to their academic stress.

Subramani and Kadhiraavan (2017) found that the academic stress had a significant relationship with the mental health of students. Harmandeep Kaur (2018) found that there is positive and significant correlation between the mental health and different dimensions of emotional maturity of prospective teachers (emotional instability, emotional regression, social maladjustment and lack of independence, except personality disintegration). Also Emotional maturity is significant predictor of mental health of prospective teachers. *Yogaraj and Pazhanivelu (2019)* the findings of the study revealed that 8.5% students only had high level emotional maturity and 10.0% students had high level mental health. There was a significant correlation between emotional maturity and mental health of students.

Objective

1. To find out the impact of academic stress and emotional maturity on mental health among nursing college students.

Hypotheses

1. There would be significant impact of academic stress on mental health among nursing college students.
2. There would be significant impact of emotional maturity on mental health among nursing college students.

Sample

A sample of 120 students studying in nursing colleges in East Godavari District of Andhra Pradesh State was selected randomly and administered "students academic stress scale, emotional maturity scale and mental health inventory" to the subjects were in the age group of 16-18 years and using simple random sampling method.

Variables Studied

In the light of the hypotheses formulated, the following variables are studied.

Dependent Variable

1. Mental Health

Independent Variables

1. Academic Stress
2. Emotional Maturity

Tools

(a). Assessment of students academic stress: Students academic stress scale was development by Kumar and Srinivas (1999) which consists of 40 items. (b). Assessment of emotional maturity: the emotional maturity scale was developed by Yashvir Singh and Mahesh Bhargava (1990)

which consists of 48 items and (c). Assessment of mental health: mental health inventory developed by Jagadish and Srivastava (1983) which consists of 56 items were used in the present study.

Research Design

As there are two independent variables i.e., academic stress (low and high) and emotional maturity (low and high) each variable is divided in to two categories, a 2x2 factorial design was employed in the present study.

Statistical Analysis

The obtained data was analyzed statistically in order to test the hypotheses using Means, SDs and Analysis of Variance (ANOVA).

RESULTS AND DISCUSSION

Table-I: Means and SDs for scores on mental health among nursing college students.

Emotional Maturity	Academic Stress		
		Low	High
Low	Mean	123.82	122.09
	SD	30.06	26.61
High	Mean	133.14	129.15
	SD	29.56	26.50

Grand Means

Low Academic Stress = (M :128.49)	Low Emotional Maturity = (M :122.96)
High Academic Stress = (M :125.62)	High Emotional Maturity = (M :131.15)

A close observation of table-I shows that the students with low academic stress with high emotional maturity obtained a high score of 133.14 indicates that they possess good mental health compared to other groups. Students with high academic stress with low emotional maturity obtained a low score of 122.09 indicates that they possess poor mental health compared to other groups.

In terms of academic stress, students with low academic stress (M=128.49) possess good mental health than the students with high academic stress (M=125.62). In terms of emotional maturity, students with high emotional maturity (M=131.15) possess good mental health than the students with low emotional maturity (M=122.96).

As there are differences in the mean scores with regard to the mental health among nursing college students, the data were further subjected to analysis of variance to find out the differences between the groups are significant or not, and the results are presented in table-II.

Table-II: Summary of ANOVA for scores on mental health among nursing college students.

Source of Variance	Sum of Squares	df	MSS	F-Values
Academic Stress (A)	293.530	1	293.530	6.50**
Emotional Maturity (B)	350.256	1	350.256	7.76**
(A x B)	427.512	1	427.512	9.47**
Within	7582.120	116	45.127	--
Total	8653.418	119	--	--

**-Significant-0.01 level

Hypothesis-1: There would be significant impact of academic stress on mental health among nursing college students.

It is evident from table-II that the obtained 'F' value of 6.50 is significant at 0.01 level indicates that academic stress has significant impact on mental health among nursing college students. As the 'F' value is significant, the hypothesis-1, which

stated that academic stress has significant impact on mental health among nursing college students, is accepted as warranted by the results.

The results of the present study corroborates with the earlier findings of Kaur (2014) and Subramani and Kadhiravan (2017) who stated that academic stress has positively and significantly related to mental health.

Hypothesis-2: There would be significant impact of emotional maturity on mental health among nursing college students.

As shown in table-II that the obtained 'F' value of 7.76 is significant at 0.01 level indicates that emotional maturity has significant impact on mental health among nursing college students. As the 'F' value is significant, the hypothesis-2, which stated that emotional maturity has significant impact on mental health among nursing college students, is accepted as warranted by the results.

The results of the present study corroborates with the earlier findings of Harmandeep Kaur (2018) and Yogaraj and Pazhanivelu (2019) who stated that emotional maturity has positively and significantly related to mental health.

Table-II clearly indicates that the 'F' value of 9.47 academic stress and emotional maturity (AXB) is significant interaction at 0.01 level. As the 'F' value is significant, this stated that there is significant interaction between academic stress and emotional maturity (AXB) with regard to mental health among nursing college students.

CONCLUSIONS

(1). There is significant impact of academic stress on mental health among nursing college students. Students with low academic stress possess good mental health than the students with high academic stress. (2). There is significant impact of emotional maturity on mental health among nursing college students. Students with high emotional maturity possess good mental health than students with low emotional maturity.

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