

## Mentalhealth in Relation To Adjustment of College Students



### Education

KEYWORDS :

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### ABSTRACT

*Mental health has a lot of influence on children's learning .It is usually thought that education is entirely an intellectual experience ,that emotions have no place in class room ,but it is not true. Teachers are the makers of the future citizens of the country .They have a great role to play in meeting the emotional needs of children and fostering mental health among them. School based intervention programmes can be very effective in regard. The present study was conducted on 100 college students selected randomly from Bathinda and Muktsar district. Out of 100 students, there were 50 male students and 50 female students. The main aim of the research was to study Mental Health in relation to Adjustment of college students. Indian Adaptation of Bell's Adjustment Inventory by Dr. Lalita Sharma and Mental Health Inventory by Srivastava and Jagdish were used. The results of the study indicate that there exists significant relationship between mental Health and Adjustment.*

### INTRODUCTION

#### MENTAL HEALTH

The expression, "Mental Health" consists of two words 'Mental' and 'Health'; Health generally means sound conditions, a well being or freedom from mental diseases. Mental health means health of mind. It means harmonious functioning of the whole personality and a measure of a personality to shape its environment and to adjust to life with a reasonable amount of success, efficiency and happiness.

Mental health has a lot of influence on children's learning .It is usually thought that education is entirely an intellectual experience ,that emotions have no place in class room ,but it is not true. Teachers are the makers of the future citizens of the country .They have a great role to play in meeting the emotional needs of children and fostering mental health among them. School based intervention programmes can be very effective in regard. They can promote a philosophy of caring for children in the school.

#### Cutts & Mosely (1941)

defines mental ability as the ability to adjust satisfactorily to the various strains we meet in the life and mental hygiene as the means we take to assure this adjustment.

#### According to Hadfield (1946),

"Mental health is the full and harmonious functioning of the whole personality."

According to the **WHO Expert Committee on Mental Health (1984)**, Mental Health means "the capacity of an individual to form harmonious relations with the other and to participate in, or contribute constructively to change in his social and physical environment. It implies also his ability to achieve a harmonious and balanced satisfaction of his own conflicting drives."

**Kamau (1992)** grouped mental health into three categories as medical, psychological and social phenomena.

### ADJUSTMENT

The concept of adjustment is as old as human race on earth. The systematic emergence of this concept starts from Darwin's (1959) Theory of Evolution. During early days, the concept was purely biological and Darwin used the term as adaptation.

The word "Adjustment" came into popular use in psychology during the 1930s and was given strong endorsement by **Lawrence Shaffer's classical book. "The Psychology of Adjustment"** which was published in 1936. In his treatment of ad-

justment, Shaffer emphasized the biological adaptation of the organism to its environment as the central meaning of the term.

Adjustment is a person's interaction with the environment .Man is a social animal ,he can not live alone .Not only does he adapt to physical demands but also adjusts to social pressures.

Adjustment of an individual changes from one situation to another .Life would be very happy indeed if our needs were immediately satisfied. But there are obstacles both environmental and personal , which interfere and complicate our efforts to maintain and actualize ourselves.

**Good (1973)** defines adjustment as "the process of finding an adaptive mode of behaviour suitable to the environment or to change in the environment."

### NEED OF THE STUDY

Today's modern age of stiff competition has increased the complexities of life of college going students. Every student's life has become chaotic and full of stress and strain due to which it has become difficult to maintain good mental health. Hence it is considered to be important to study the relationship between adjustment and mental health of college students.

### OBJECTIVES

1. To study mental health of college students.
2. To study the level of adjustment of college students.
3. To study the relationship between mental health and adjustment of college students.
4. To study the difference between mental health of male and female college students.
5. To study the difference between mental health of rural and urban college students.
6. To study the difference between mental health of science and arts students.
7. To study the difference between level of adjustment of male and female college students.
8. To study the difference between level of adjustment of rural and urban college students.
9. To study the difference between level of adjustment of science and arts students

### HYPOTHESES OF THE STUDY

1. There is significant relationship between mental health and level of adjustment of college students.
2. There is no significant difference in the mental health of male and female of college students.
3. There is no significant difference in the mental health of rural and urban college students.

- There is no significant difference in the mental health of science and arts college students.
- There is no significant difference in the level of adjustment of male and female college students.
- There is no significant difference in the level of adjustment of rural and urban college students.
- There is no significant difference in the level of adjustment of science and arts college students.

**TOOLS TO BE USED**

- Indian Adaptation of Bell's Adjustment Inventory by Dr.Lalita Sharma (1988).
- Mental Health Inventory by Srivastava and Jagdish (1983).

**SAMPLE**

As sampling is essential in the field of research, the sample of 100 college students was selected randomly from Muktsar district. Out of 100 students, there are 50 male students and 50 female students.

**TESTING OF HYPOTHESES**

**Hypothesis-I**

“There is significant relationship between mental health and level of adjustment of college students.

**TABLE**

**Coefficient of correlation between mental health and adjustment of college students**

VARIABLES	N	r	LEVEL OF SIGNIFICANCE
Mental health	150	0.34	significant
Adjustment	150		

**Hypothesis-II**

“There is no significant difference in the mental health of male and female college students.”

**TABLE**

**Significance of difference between mean scores of mental health of Male and Female college students**

Sub Sample	N	Mean	SD	SED	t-value	Significance
MALE	75	138.81	15.61	2.71	0.41	Not Significant
FEMALE	75	139.93	17.60			

**Hypothesis-III**

“There is no significant difference in the mental health of rural and urban college students.”

**TABLE**

**Significance of difference between mean scores of mental health of Rural and Urban college students**

Sub Sample	N	Mean	SD	SED	t-value	Significance
Rural	75	139.773	16.876	2.82694	0.13678	Not Significant
Urban	75	140.16	17.73608			

**Hypothesis-IV**

“There is no significant difference in the mental health of science and arts college students.”

**TABLE**

**Significance of difference between mean scores of mental health of Science and Arts college students**

Sub Sample	N	Mean	SD	SED	t-value	Significance
Science	75	140.57	17.68	2.89	0.76	Not Significant
Arts	75	138.39	17.67			

**Hypothesis-V**

“There is no significant difference in the level of adjustment of male and female college students.”

**TABLE**

**Significance of difference between mean scores of adjustment of Male and Female college students**

Sub Sample	N	Mean	SD	SED	t-value	Significance
Male	75	37.21	6.5	1.14	1.41	Not Significant
Female	75	35.6	7.45			

**Hypothesis-VI**

“There is no significant difference in the level of adjustment of rural and urban college students.”

**TABLE**

**Significance of difference between mean scores of adjustment of Rural and Urban college students**

Sub Sample	N	Mean	SD	SED	t-value	Significance
Rural	75	35.56	6.88	1.18	1.08	Not Significant
Urban	75	36.84	7.55			

**Hypothesis-VII**

“There is no significant difference in the level of adjustment of science and arts college students.”

**TABLE**

**Significance of difference between mean scores of adjustment of Science and Arts college students**

Sub Sample	N	Mean	SD	SED	t-value	Significance
Science	75	36.56	7.87	1.20	0.20	Not Significant
Arts	75	36.8	6.78			

**FINDINGS**

1. There is significant relationship between adjustment and mental health of college students. Thus the hypothesis No.1 there is significant relationship between mental health and level of adjustment of college students is accepted.
2. There is no difference in the mental health of male and female college students. Thus the hypothesis No.2 there is no significant difference in the mental health of male and female college students, is accepted.
3. There is no difference in the mental health of rural and urban college students. Thus the hypothesis No.3 there is no significant difference in the mental health of rural and urban college students, is accepted.
4. There is no difference in the mental health of science and arts college students. Thus the hypothesis No.4 there is no significant difference in the mental health of science and arts college students, is accepted.
5. There is no difference in the level of adjustment of male and female college students. Thus the hypothesis No.5 there is no significant difference in the level of adjustment of male and female college students, is accepted.
6. There is no difference in the level of adjustment of rural and urban college students. Thus the hypothesis No.6 there is no significant difference in the level of adjustment of rural and urban college students, is accepted.
7. There is no difference in the level of adjustment of science and arts college students. Thus the hypothesis No.7 there is no significant difference in the level of adjustment of science and arts college students, is accepted.

**SUGGESTIONS FOR FURTHER STUDY**

The present study was confined to study the relationship between adjustment and mental health of male & female, rural & urban and science & arts college students. We can study it widely like:

1. A comparative study of adjustment as related to mental health of ETT teacher trainees and B.Ed. teacher trainees may also be taken up.
2. The study can be extended to large group.
3. A study of adjustment as related to certain other variables may be undertaken.
4. A similar study of adjustment as related to mental health of regular teacher trainees and correspondence teacher trainees may also be undertaken.

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