



## ORIGINAL RESEARCH PAPER

## Education

### MENTAL HEALTH OF POST GRADUATE STUDENTS IN RELATION TO THEIR GENDER AND LOCALITY: A COMPARITIVE ANALYSIS

**KEY WORDS:** Mental health, Male student ,Female students and Urban & Rural students .

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#### ABSTRACT

Mental health defined as a state of well –being in which every individual realizes his or her own potential can cope with the normal stresses of life can work productively and fruitfully is able to make a contribution to his or her community [WHO,2007]. The purpose of the study was to reveal the compare of mental health of post graduate students in relation to their gender and locality. This was an empirical research with a sample of 200 students studying randomly selected from the city of Jind Haryana. The study was conducted through descriptive survey method& Mental health inventory developed by Singh and Gupta [ 2000] was used for collection of data. Statistical technique t-test was used to analyses the data .The major finding of the study are : 1] there is significant relationship between mental health of male and female post graduate students . 2] there is no significant relationship between mental health of urban and rural post graduate students .

#### Introduction: -

Mental health is as old as human. In recent years academics have started paying proper attention to the study of mental health as well as clinical psychologists. Although in India, relatively little work has been directed. Mental health as defined by Kornhauser (1965) reflects behaviors, perceptions, and emotions that determine the personal effectiveness, success, happiness and retention of those goals which are neither too much nor realistic success of very little confidence To allow maintenance, very few have themselves as a worthy effective human being (Laxminarayanan and Prabhakaran, [1993]. So a mentally healthy person is firm in his intentions and at least is less worried about the stress and stress of life.

Mental health takes the person's 'gestalt' view. It includes the perceptions of an individual's personality traits. Mental health can also be understood as essential approach, healthy values and religious self-concept and the communication of the world's universal scientific awareness. Many psychologists like Ericsson (1936), Rogers (1969), Herlock (1972) have expressed their views in related tones. A mentally sound or healthy person should also be understood as a dynamic and honest person who is found to be reasonably rational in the choice of tools for the realization of his holy end (1962). It also presents anthropological approach to self, positive feelings, understanding and assessment of ego towards others.

According to Diane Hales and Robert Hales, mental health is the ability to think logically and logically and has the ability to cope with all the life-related infections, stress, trauma and loss, which allow for emotional stability and development is Generally, the mentally healthy person values understand themselves as reality, accept its boundaries and possibilities, respond to their challenges, fulfill their responsibilities, establish close relations and maintain and Feel the feeling of perfection that makes daily life's efforts worthwhile.

**Statement of the problem:** -"Mental Health of post graduate students in relation to their Gender and Locality."

#### Operational definitions of the key term: -

**Mental Health:** - With the maximum effectiveness and happiness in the form of adjustment of humans for mental health and with each other. It is a tamer, a warning intellect, the thoughtful behavior of society and the ability to maintain a happy nature.

**Gender:-** Gender is defined as the socially constructed roles and typically associates with males and females .

**Locality:-**A place , spot ,or district with or without reference to things or persons in it or to occurrences there.

#### Objectives of the study: -

1. To study & compare Mental Health of Maleand Female of postgraduate students.

2. To study & compare Mental Health of Urban and Rural of post graduate students .

#### Hypotheses of study: -

1. There is no significant difference between Mental Health of Male and Female of post graduate students .
2. Thereis no significant difference Mental Health of Urban and Rural of graduate students.

#### Methodology of the study :-

The method used for the study was descriptive survey & type of sampling followed was random sampling technique .

#### Tools used in the present study :-

In this present study mental health inventory by Singh & Gupta [2000] contains 130 items with six dimensions was used to measures the mental health of students . Reliability of the scale by test and retest reliability method.

#### Sample of the present study :-

A sample is the representative proportion of the entire population .The sample consisted of A sample of 200 post graduate students was taken for the present study . These selected from two colleges of Jind district of Haryana.

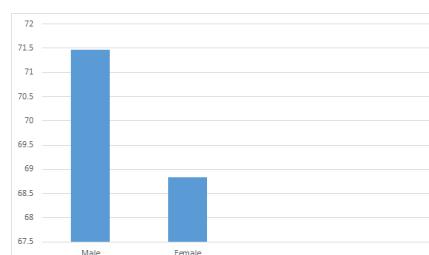
**Statistical techniques used in the present study : -** Means, standard deviation&t-test werestatistical techniques used for carrying out the analysis & interpretation of the collected data.

#### Analysis and interpretation of data:-

**Objective** To compare & study mental health of male and female post graduate students.

't' value of the mean scores of Mental Health of male and female post graduate students.

Types of group	N	Mean	SD's	t-value	Level of significance
Male Student	100	71.47	6.77	2.71	Significant
Female student	100	68.83	5.02		



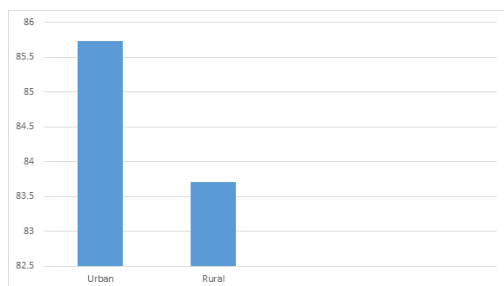
**Fig: Mean scores of mental health of male and female post graduate students.**

The table no.1 reveals that the mean scores of male students on mental health is 71.47 and the mean scores of female students on mental health 68.83 and the SD score obtained by male and female students is 6.77 and 5.02 respectively. The 't' value is found to be 2.71 which is significant at the both levels 0.01 & 0.05 level of significance. Thus the hypothesis that, There is no significance difference between mental health of male and female post graduate students, is **not retained**.

**Objective** To compare & study mental health of Urban and Rural of post graduate students.

't' value of the mean scores of Mental Health of urban and rural of post graduate students.

Types of group	N	Mean	SD's	t-value	Level of significance
Urban Student	100	85.73	13.36	0.286	No Significant
Rural student	100	83.31	7.27		



**Fig: Mean scores of mental health of urban and rural post graduate students.**

The table no.2 reveals that the mean scores of mental health urban students is 85.73 and the mean scores of rural students on mental health 83.31 and the SD score obtained by urban and rural students is 13.36 and 7.27 respectively. The 't' value is found to be 0.286 which is no significant at the both levels 0.01 & 0.05 level of significance. Thus the hypothesis that, There is no significance difference between mental health of urban and rural post graduate students, is **accepted**.

#### Finding & Conclusion:

\* There is significant difference between Mental Health of Male and Female of post graduate students .

\* There is no significant difference Mental Health of Urban and Rural of postgraduate student.

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#### Web Resources: -

- <http://www.Wikipedia>
- <http://Shodhganga.Inflibnet.in>