A Study of Mental Health of University Female Students Residing In Hostels of Jammu University, Jammu.

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Abstract: *The present study was carried out to compare the university female students of advantages and disadvantages communities residing in hostels on the following components of mental health & to study mental health of university female students residing in the hostels, The mental health inventory constructed and standardized by Dr. Jadish and Dr. Srivastava used to collect data pertaining mental health and its different components. The results reveals that University female hosteller student possess average level of mental. University female student of advantaged and disadvantaged communities residing in the hostels do not differ from each other on total mental health.*
 Key Words*: Education, Mental health, World Health Organization, Hostel*

I.   Introduction
Education is one of the basic needs of a child and an important instrument for uploading his innate capacities in more appropriate manner, to bring about his all round development. It develops the individual like a flower, which distributes its fragrance all over the environment.

II.   Mental health
A sound mental health is a pre-requisite for successful functioning of an individual. Mental health is an index which shows the extent to which the person has been able to meet his environment demands social, emotional and physical. However, when he finds himself trapped in a situation he does not have matching coping strategies to deal with effectively, he get himself mentally strained. This mental strain is generally reflected in symptoms like anxiety, tension, restlessness or hopelessness . If it is felt for long and too extensively by the person; these symptoms may take a definite form (or not syndromized), presenting a given illness; it is a study of pre-illness mental condition of person. Mental health, as such represents a psychic condition which is characterized by mental peace, harmony and content.

Mental health describes either a level of cognition or emotional well being or an absences of a mental disorder. It includes an individual's ability to enjoy and procure balances between life activities and efforts to achieve psychological residence. Mental health is an experience of emotion and signifies a successful adaptation to a range of demands**.**

World health Organization defines mental health as a: state of well being in which the individual realize 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.' there are different types of mental health problems, some of which are common, such as depression, and some not so common, such as schizophrenia and bipolar disorder (**Kitchemer & Jorm(2002).**

The importance of maintaining good mental health is crucial to live a long and healthy life. Good health can enhance one's life, while poor mental health can prevent from living a normal life**.** According to **Richard, Campania & Muse-Burke (2010)** "There is growing evidence that is showing emotional abilities are associated with prosaically behavior such as stress management and physical health". According to **Hertel, Schutz & Lammers (2009)** some of the early symptoms of mental illness are related to emotional problems." Many studies have shown the powerful health association of social connectedness. Mental health problems are more frequent in the lower social economic class (**Rucback, & Pandey).**

III.   Review related Studies
- Dalgard, O.S and Tambs, K.Nor way (1997) studied the urban environment and mental health. The finding supported the environment stress hypothesis, implied that the quantity of a neighbored has an impact on the mental health.
- Sud (1991), singh and Broota (1992) found that girls were more worry some test anxious and emotional than boys.

IV. Significant of the study

The life style of individual is changing very fastly and leading to the change in thinking patterns. This physical as well as mental demand has been alter along without situations. Since living in hostel is a new experience for those who are coming to university and residing in the hostel first time. The students in hostel come from different culture, socio-economical background and reside together. The process of adjustment with each other exerts a great level of change on the mental makeup of every student further in attitude and behaviour also which influence our mental health. Thus it is evident that study of mental health of university female students residing in the hostels in very much important and significant in present scenario.

So university female students residing in the hostels possess average level of PSE, PR, IP. Autonomy GOA, and E.M. Thus these students have average level of mental health.

Objectives of the study

1. To study mental health of university female students residing in the hostels of following components:-
a. Positive self evaluation
b. Perception of reality
c. Integration of personality
d. Authority
e. Group oriented attitude
f. Environmental mastery
g. Total mental health

2. To compare the university female students of advantages and disadvantages communities residing in hostels on the following components of mental health.
i) Positive self evaluation
ii) Perception of reality
iii) Integration of personality
iv) Antonomy
v) Group oriented attitude
vi) Environmental mastery
vii) Total mental health.

Tool

The mental health inventory constructed and standardized by Dr. Jadish and Dr. Srivastava used to collect data pertaining mental health and its different components.

The present inventory has been designed to measure positive mental health of normal individuals. 56 items including 32 false keyed and 24 true keyed related to 6 dimensions as (a) positive self evaluation (b) perception of reality (c) integration of personality (d) autonomy (e) group oriented attitude (f) environmental mastery.

Further, there are six hostels of girls in university/ out side hostel of the Uni. Out of them four hostels were selected randomly. From each hostel, female students each from advantaged and disadvantage communities were selected randomly also.

Distribution of the sample is shown as below:-

S. No	Name of Hostel	No. of advantaged of female students	No. of advantaged of female students
1	Gandhi	20	11
2	Guru Nank	18	15
3	Luxmi	10	9
4	Sir Syde	9	7
		57	43

Reliability: - Reliability of the inventory was determined by 'split half method using off even procedure. Reliability coefficient of different dimensions of mental health and overall are given below:-

Reliability of Coefficients

S no.	Components of M.H.I	Reliability Index
1	PSI	0.75
2	POR	0.71
3	IOP	0.72
4	AUTONOMY	0.74
5	GOA	0.71
6	ECOMPETENCE OVERALL	0.73

Procedure

The inventory was given to each student and was requested to read the instruction very carefully given in the first page of the inventory and then respond to the given items. They were requested to give the responses to all the items. The inventory has no time limit. Students generally require five to eight minutes to complete the form. Subject was asked to encircle the category which she felt appropriate for her.

V. Analysis and interpretation of the data

Mental health of university female students residing in hostels of PSR, PR, IP, AUTNY, GOA and E.M components

Further to study the mental health of university students residing in hostels of PSE, PR, IP, AUTNY, GOA and E.M components mean scores were calculated which are given in **the Table No.1 as under:-**

Table - 1
Means scores of PSE, PR, IP, AUTNY, GOA and E.M components of mental health

Components of mental health	Mean
1. Positive self evaluation	30.96
2. Perception of reality	24.79
3. Autonomy	34.51
4. Group oriented attitude	16.81
5. Environmental mastery	32.66
	28.29

From **table - 1** it is evident that the mean score of university female students residing in the hostels on positive self evaluation components s 30.96 which is designated as average in the manual of MHI. Thus, these students possess average level of positive self evaluation.

The mean score of university female students on perception of reality component is 24.79 which is designated as average in the manual of MHI. Thus, these students possess average level of perception of reality.

The mean score of university female students residing in the hostels on integration of personality component is 34.51 which is designated as average in the manual of MHI thus these students possess average level of integration of personality.

The mean score of university female students residing in the hostels on autonomy components is 16.81 which is designated as average in the manual of MHI. Thus, these students possess average level of autonomy of action.

The mean score of university female students residing in the hostel of group oriented attitude components is 32.66 which is designated as average in the manual of MHI. Thus, students possess average level of group oriented attitude.

The mean score of university female students residing in the hostels on environmental mastery component is 28.29 which are designated as average in the manual of MHI. Thus, these students possess average level of environmental mastery.

So, university female students residing in the hostels possess average level of PSE, PR, IP, Autonomy, GOA and EM. Thus, these students have average level of mental health.

COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES RESIDING IN THE HOSTELS ON POSITIVE SELF EVALUATION COMPONENT OF MENTAL HEALTH

To Compare University female students of advantaged and disadvantaged communities residing in the hostels on positive self evaluation component of mental health means, standard deviation and t-value were calculated which are given in the table = 2 as under:

TABLE - 2
MEAN SCORES, STANDARD DEVIATIONS AND t-VALUE FOR COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES ON PSE COMPONENT OF MENTAL HEALTH

S.No.	Categories	No.	Means	SD	T-Value
1	Disadvantaged University female students	43	30.58	4.29	
2.	Advantaged University female students	57	31.85	4.27	1.47 (NS)

It is evident from the **table – 2** that obtained t-value came out to be 1.47 which is not significant at 0.05 level of confidence for 98 df.

From this it may be inferred that there is not a significant difference among university female students of advantaged and disadvantaged communities residing in the hostels on positive self evolution component of mental health. In other words it may be said that the university female students of advantaged and disadvantaged communities do not differ significantly form each other on positive evaluation component of mental health.

COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES RESIDING IN THE HOSTELS ON PERCEPTION OF REALITY COMPONENT OF MENTAL HEALTH

To compare university female students of advantaged and disadvantaged communities residing in the hostels on perception of reality component of mental health means, standard- deviations and t-value were calculated which are given in the table - 3 as under:-

TABLE - 3
MEAN SCORES STANDARD DEVIATIONS AND T-VALUE FOR COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES ON PR COMPONENT OF MENTAL HEALTH

S.No.	Categories	No.	Means	SD	T-Value
1	Disadvantaged University female students	43	24.46	3.01	0.83 (NS)
2.	Advantaged University female students	57	25.03	3.62	

It is evident from the table - 3 that obtained t-value came out to be 0.83 which is not significant at 0.05 level of confidence for 98 df.

From this it may be inferred that there is not a significant difference among university female students of advantaged and disadvantaged communities residing in the hostels on perception of reality component of mental health. In other words it may be said that the female students of advantaged and disadvantaged communities do not differ significantly form each other on perception of reality component of mental health.

COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES RESIDING IN THE HOSTELS ON INTEGRATION OF PERSONALITY COMPONENT OF MENTAL HEALTH

To compare university female students of advantaged and disadvantaged communities residing in the hostels on integration of personality component of mental health mean scores, standard deviation and t-value were calculated which are given in the **table - 4** as under

TABLE - 4
MEAN SCORES, STANDARD DEVIATIONS AND T-VALUE FOR COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES ON IP COMPONENT OF MENTAL HEALTH

S.No.	Categories	No.	Means	SD	T-Value
1	Disadvantaged University female students	43	32.90	5.47	
2.	Advantaged University female students	57	35.71	6.01	2.40 (S)

It is evident from the **table – 4** that obtained t-value came out to be 2.40 which is significant at 0.05 level of confidence for 98 df. In view of this the hypothesis II (iii) was accepted. From this it may be inferred that there is a significant difference among university female students of advantaged and integration of personality component of mental health.

From this it can be said that the female student of advantaged and disadvantaged communities differ significantly form each other on integration of personality component of mental health.

Further the mean score of advantaged university female students (35.71) is significantly higher than that of disadvantaged university female students (32.90). From this it can be said that advantaged university female students have more integration of personality than disadvantaged university female students.

COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES RESIDING IN THE HOSTELS ON AUTONOMY COMPONENT OF MENTAL HEALTH

To compare university female students of advantaged and disadvantaged communities residing in the hostels on autonomy component of mental health mean scores, standard-deviation and t-value were calculated which are given in the **table - 5** as under:

TABLE - 5
MEAN SCORES, STANDARD DEVIATIONS AND T-VALUE FOR COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES ON AUTONOMY COMPONENT OF MENTAL HEALTH

S.No.	Categories	No.	Means	SD	T-Value
1	Disadvantaged University female students	43	16.44	2.58	
2.	Advantaged University female students	57	17.05	3.32	0.99 (NS)

It is evident from the **table – 5** that obtained t-value came out out be 0.99 which is not significant at 0.05 level of confidence for 98 df.

From this it can be inferred there is not a significant difference among university female students of advantaged and disadvantaged communities residing in the hostels on autonomy component of mental health.

In other words it may be said that the university female students of advantaged and disadvantaged communities do not differ significantly form each other on autonomy component of mental health.

COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES RESIDING IN THE HOSTELS ON GROUP ORIENTED ATTITUDE COMPONENT OF MENTAL HEALTH

To compare university female students of advantaged and disadvantaged communities residing in the hostels on group oriented attitude component of mental health mean scores, standard-deviations and t-value were calculated which are given in the table - 6 as under:

TABLE - 6
MEAN SCORES, STANDARD DEVIATIONS AND T-VALUE FOR COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES ON GOA COMPONENT OF MENTAL HEALTH

S.No.	Categories	No.	Means	SD	t-value
1	Disadvantaged university female students	43	31.83	3.99	
2	Advantaged University female students	57	33.28	4.81	1.59 (NS)

It is evident from the table - 6 that obtained t-value came out to be 1.59 which is not significant at 0.05 level of confidence for 98 df.

From this it can be inferred that there is not a significant difference among university female students of advantaged and disadvantaged communities residing in the hostels on group oriented attitude component of mental health.

In other words it may be said that the university female students of advantaged and disadvantaged communities do not differ significantly form each other on group oriented attitude component of mental health.

COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES RESIDING IN THE HOSTELS ON ENVIRONMENTAL MASTERY COMPONENT OF MENTAL HEALTH

To compare university female students of advantaged and disadvantaged communities residing in the hostels on environmental mastery component of mental health mean scores, standard-deviation and t-value were calculated which are given in the table - 7 as under:

TABLE - 7

MEAN SCORES, STANDARD DEVIATIONS AND T-VALUE FOR COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES ON EM COMPONENT OF MENTAL HEALTH

S.No.	Categories	No.	Means	SD	t-value
1	Disadvantaged university female students	43	28.95	3.70	0.90 (NS)
2	Advantaged University female students	57	28.26	3.83	

It is evident from the **table - 7** that obtained t-value came out to be 0.90 which is not significant at 0.05 level of confidence for 98 df.

From this it can be inferred that there is not a significant difference among university female students of advantaged and advantaged communities residing in the hostels on environmental mastery component of mental health.

In other words it may be said that the female students of advantaged and disadvantaged communities do not differ significantly form each other on environmental mastery component of mental health.

COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES RESIDING IN THE HOSTELS ON TOTAL MENTAL HEALTH

To compare university female students of advantaged and disadvantaged communities residing in the hostels on total mental health mean scores, standard-deviation and t-value were calculated which are given in the table - 8 under:

TABLE - 8

MEAN SCORES, STANDARD DEVIATIONS AND T-VALUE FOR COMPARISON OF UNIVERSITY FEMALE STUDENTS OF ADVANTAGED AND DISADVANTAGED COMMUNITIES ON TOTAL MENTAL HEALTH

S.No.	Categories	No.	Means	SD	t-value
1	Disadvantaged university female students	43	165.18	20.61	1.35 (NS)
2	Advantaged University female students	57	171.21	23.13	

It is evident from the table - 8 that obtained t-value came out be 1.35 which is not significant at 0.05 level of confidence for 98 df.

From this it can be inferred that there is not a significant difference among university female students of advantaged and disadvantaged communities residing in the hostels on total mental health

VI.   Conclusion

1. University female hosteller student possess average level of positive self evaluation, perception of reality, integration of personality, autonomy, group oriented attitude, environmental mastery components of mental health. Hence these students have average level of mental health.
2. University female students of advantaged and disadvantaged communities residing in the hostels do not differ from each other on positive self evaluation component of mental health.
3. University female students of advantages and disadvantaged communities residing in the hostels do not differ from each other on perception of reality component of mental health.
3. University female students of advantaged and disadvantage communities residing in the hostels differ significantly from each other on integration of personality component of mental health.
4. University female students of advantage and disadvantaged communities residing in the hostels do not differ on autonomy component of mental health**.**
5. University females' students of advantage and disadvantaged communities residing in the hostels do not differ on autonomy component of mental health.
6. University female students of advantage and disadvantage communities residing in the hostels do not differ on group oriented attitude component of mental health.
7. University female students of advantage and disadvantage communities residing in the hostels do not differ on environmental mastery component of mental health.
8. University female student of advantaged and disadvantaged communities residing in the hostels do not differ from each other on total mental health

VII.   Educational implications

The results of the present study indicate that university male students residing in the hostels possess average level of mental health. So these students should be provided conductive environment for the attainment of better level of mental health for this following can be the educational implication.

1. For the attainment of higher level of positive self evaluation personal guidance services should be provided to these students. A habit of self acceptance and self evaluation can be developed among their students particularly in regards to their week points and strong points.
2. For the attainment of higher level of perception of reality personally guidance service should be provided to their students a restrictive view towards theirselves, their surrounding environment should be developed . These should be attentive and concerned with the welfare of others.
3. For the attainment of higher level of integration of personality, these students should be provided personal guidance service. They should be told that how to maintain a balance between psychic forces external environment a unified look should be developed on the various life situation. A positive assistance on the part of family and friends can help students to develop a capacity for understanding anxiety and stress of the life.
4. For the attainment of higher level of autonomy, these university students should be personal guidance service. They should be provided positive assistance in order to develop autonomy of action so that they can face the problem of life.
5. For the attainment of higher level of group oriented attitude. These university students should be given exposure to social and cultural environment. They should be encouraged to participate in social activities and programme. The skill of communication should be property developed so that they can behave in a socially approved manner.
6. For the attainment of higher level of environment mastery component, these students should be provided personal guidance services social physical and mental competencies should be developed among these students in order to face the propeller of life.

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