Research Paper

Mental Health Problem of Women Students at Plus One Level in Madurai District

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ABSTRACT

Student mental health is of immense public health importance, factors are associated with student's mental health and their success in school. Mental health problems affect around one. They range from common problems such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder. The major purpose of study was to investigate the mental health problem of woman students. Three hundred women students selected using survey method. Results were analyzed using mean, standard deviation, F-test and t-test. From the findings it was observed that there was significant difference between mental health problems of women students at background variables. The study recommended that the state of mind is necessary for normal social functioning.

Key words: mental health, student, plus one level.

INTRODUCTION

Students are a special group in the society and their main area of functioning is studying. Students' mental health is important factors as regards success at studying. It is now widely accepted that the mental health of students is of immense public health importance.

Factors that are associated with the mental health of students and their success in academic performance must be investigated, Data obtained from such studies should therefore provide empirical base for education programmes. This study aimed to examine the possible associations among these variables among a sample of women students in mental health problems. Specifically, the study sought to determine the magnitude of mental health, determine the association in the study population.

SIGNIFICANCE OF THE STUDY

It required all round efforts on the part of parents, teachers, school authorities and other members of the society they had to join hands for this greater cause, as today's children's were tomorrows elders on whose shoulders the future of the nation and humanity rest.

Good mental health requires a fit between culture and personality. The state of whole sameness and well-being of the mind is including the emotional balance necessary for successful personality adjustment and normal social functioning. Study is essential in every educational system. Learning in the higher education level is not simply knowledge acquisition but knowledge "managing" and knowledge "creating".

Poor mental health women students are facing more problems in connection with academic requirement. Hence it was very important to develop good mental health among women students.

STATEMENT OF THE PROBLEM

The problem undertaken by the investigator is stated as "Mental Health Problem of Women Students at plus One Level in Madurai District.

OBJECTIVES

1. To find out whether there is any significant difference among BC, MBC, SC-ST and Others women students in mental health problem.
2. To find out whether there is any significant difference between Rural and Urban women students in mental health problem.
3. To find out whether there is any significant difference among Arts, Science and Professional group women students in mental health problem.
4. To find out whether there is any significant difference between Rural and Urban school women students in mental health problem.

HYPOTHESIS

1. There is no significant difference among BC, MBC, SC-ST and Others women students in mental health problem.
2. There is no significant difference between Rural and Urban women students in mental health problem.
3. There is no significant difference among Arts, Science and Professional group women students in mental health problem.
4. There is no significant difference between Rural and Urban school women students in mental health problem.

METHODOLOGY

Method adopted for the study

The investigator has adopted survey method.

Tools used for the present study

1. Personal data form prepared by the investigator.
2. Questionnaire of measuring mental health problem prepared and developed by Jagadish and Srivastava (1983).

Mental health problem scale

The mental health problem scale was prepared and validated by Jagadish and Srivastava in the year of 1983. The investigator has adapted this tool. This scale consisted of 50 items. Each item of the tool focused to measure the different mental health problem of the sample. Each statement had to be answered by choosing any one of the alternatives that is 'Agree' or 'Undecided' or 'Disagree'.

Scoring procedure

The students were requested to put a tick mark against one of the three alternatives (agree, undecided and disagree) that is appropriate to them. The scoring procedure is given below.

Scoring of mental health problem scale

Response	Score Value	
	Positive	Negative
Agree	3	1
Undecided	2	2
Disagree	1	3

Establishing the validity

To establish content validity, the tool was submitted to the experts in the field of education. Some of the items were modified and some were deleted on the basis of the suggestions given by the experts. Thus validity of the tool was established.

Establishing reliability

The finalized tool was administered to thirty women students. Then the thirty women student's responses were scored. The co-efficient of correlation between odd numbers questions scores and even number questions scores were calculated. The reliability co-efficient is found to be 0.74. Thus the reliability of the tool was established by Split-Half Method.

Population for the study

The population for the present study consisted women students at plus one level in Madurai district.

Samples for the study

For the present study, the investigator has stratified randomly selected 300 women students from 15 schools at plus one level in Madurai district.

Statistical Techniques Used In the Study

The data thus obtained were then analysed by using appropriate statistical techniques, such as mean, standard deviation, F-test and t-test.

Null hypothesis No. 1

There is no significant difference among BC, MBC, SC-ST and Others women students in mental health problem.

TABLE – 1 DIFFERENCE AMONG BC, MBC, SC-ST AND OTHERS WOMEN STUDENTS IN MENTAL HEALTH PROBLEM

Variable	Source of variation	Sum of squares	Degrees of freedom	Variance Estimate	Compute F	Table F	Remarks
Category	Between	205.090	3	68.36	2.80	2.64	Significant
	Within	7222.030	296	24.39			

The table shows that the computed 'F' value 2.80 is more than table value 2.64 at 0.05 level. Consequently, the null hypothesis is to be rejected. Hence it can be said that there is significant difference among BC, MBC, SC-ST and Others women students in mental health problem.

Null hypothesis No. 2

There is no significant difference between Rural and Urban women students in mental health problem.

TABLE – 2 DIFFERENCE BETWEEN RURAL AND URBAN WOMEN STUDENTS IN MENTAL HEALTH PROBLEM

Nativity	N	Mean	Standard deviation	Calculated 't' value	Table 't' value at 5% level	Remarks
Rural	138	16.97	4.95	1.24	1.96	Not Significant
Urban	162	17.69	5.00			

The table shows that the computed 't' value 1.24 is less than table value 1.96 at 0.05 level. Consequently, the null hypothesis is to be accepted. Hence it can be said that there is no significant difference between Rural and Urban women students in mental health problem.

Null hypothesis No. 3

There is no significant difference among arts, science and professional group women students in mental health problem.

TABLE – 3 DIFFERENCE AMONG ARTS, SCIENCE AND PROFESIONAL GROUP WOMEN STUDENTS IN MENTAL HEALTH PROBLEM

Variable	Source of variation	Sum of squares	Degrees of freedom	Variance Estimate	Compute F	Table F	Remarks
Degree group of study	Between	259.903	2	129.95	5.38	3.03	Significant
	Within	7167.217	297	24.13			

The table shows that the computed 'F' value 5.38 is more than table value 3.03 at 0.05 levels. Consequently, the null hypothesis is to be rejected. Hence it can be said that there is significant difference among arts, science and professional group women students in mental health problem.

Null hypothesis No. 4

There is no significant difference between Rural and Urban school women students in mental health problem.

TABLE – 4 DIFFERENCE BETWEEN RURAL AND URBAN SCHOOL WOMEN STUDENTS IN MENTAL HEALTH PROBLEM

Location of School	N	Mean	Standard deviation	Calculated 't' value	Table 't' value at 5% level	Remarks
Rural	171	16.64	4.83	2.92	1.96	Significant
Urban	129	18.32	5.03			

The table shows that the computed 't' value 2.92 is more than table value 1.96 at 0.05 level. Consequently, the null hypothesis is to be rejected. Hence it can be said that there is significant difference between Rural and Urban school women students in mental health problem.

FINDINGS

1. There is significant difference among BC, MBC, SC-ST and Others women students in mental health problem.
2. There is no significant difference between Rural and Urban women students in mental health problem. When we compare the mean scores, urban women students are better than the rural women students in mental health problem.
3. There is significant difference among Arts, science and Professional group women students in mental health problem.
4. There is significant difference between Rural and Urban school women students in mental health problem. When we compare the mean scores, urban school women students are better than the rural school women students in mental health problem.

INTERPRETATIONS

1. The 'F' test result reveals that there is significant difference among BC, MBC, SC-ST and Others women students in mental health problem. This may be due to the fact that every category peoples follows different types of culture and social justice. Based on their culture, background and economic status, women students get different levels of mental health problem.
2. The 'F' test result reveals that there is significant difference among Arts, science and Professional group women students in mental health problem. This may be due to the fact that different types of institutions give different types of education. They follow different types of education systems, books, management and administration. They give different types of mental health practices.
3. The 't' test result reveals that there is significant difference between Rural and Urban school women students in mental health problem Moreover, urban school women students have less mental health problem than students from rural area schools. This may be due to the fact that urban women students are exposed to various opportunities for growth of better mental health, whereas the rural women students pay less attention to their mental health because of the burden of household duties.

RECOMMENDATIONS

1. The teacher should give freedom in the classroom to ask the opinion of the women students and their suggestions.
2. To conduct cultural activities and participate the events by talent wise.
3. Curriculum may be modified in such a way that we can improve the qualities of the women student.

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