



Mental Health and Social Adjustment among College Students

Article ID-004

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Keyword:-Mental health and Social adjustment

Abstract: - Mental health is the wide health issue of the entire world in 21'st century and it is very much related with social adjustment. Alfred Adler had warned the people of entire world to adjust with each-other for existence or survival on the earth because of less level of land and over water of sea. The main purpose of this research was a study of mental health and social adjustment among college students. The total sample 90 college students boys and girls (45-boys and 45- girls) were taken as a sample. The research tool for mental health was measured by mental health inventory which was made by Dr. D.J. Bhatt and Miss. Geeta Gida (1992) while the tool was social adjustment inventory (S.A.I.) by Dr. R.C. Deva was used.

Mean significant difference between mental health and social adjustment in college students' boys and girls was calculated result revealed. There is no significant Difference in mental health of college students' boys and girls. There is no significant difference in Social adjustment of college students boys and girls. The significant co- relation between mental health and social adjustment reveals 0.69 high positive correlations.

I. INTRODUCTION

MENTAL HEALTH:-

Mental health is not just the absence of mental disorder. It is 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, and is able to make a contribution to her or his community.

In most countries, particularly low- and middle-income countries, mental health services are severely short of resources - both human and financial. Of the health care resources available, most are currently spent on the specialized treatment and care of the people with mental illness, and to a lesser extent on an integrated mental health system. Instead of providing care in large psychiatric hospitals, countries should integrate mental health into primary health care, provide mental health care in general hospitals and develop community-based mental health services.

Even less funding is available for mental health promotion, an umbrella term that covers a variety of strategies, all aimed at having a positive effect



on mental health well-being in general. The encouragement of individual resources and skills, and improvements in the socio-economic environment are among the strategies used.

Mental health promotion requires multi-sectoral action, involving a number of government sectors and non-governmental or community-based organizations. The focus should be on promoting mental health throughout the lifespan to ensure a healthy start in life for children and to prevent mental disorders in adulthood and old age.

Mental health is one of the most important public health issues as it is a major contributor (14%) to the global burden of disease worldwide. It means the ability to respond to diverse experiences of life with flexibility and a sense of purpose. It can be described as a state of balance between an individual and his surrounding world, a state of harmony between oneself and others. Mental health is the foundation for well-being and effective functioning for an individual and for a community and that of women is important both for their own health and for the well-being of their children and families. Women are more likely than men to be adversely affected by mental disorders, the most common being anxiety and depressive disorders.

Social adjustment:-

Adjustment with university life is considered one of the main indicators of success in university life as it is an indicator for the student's ability to face the problems resulting from fulfilling his academic, social and emotional needs. Through

achieving adjustment with university life the students will be able to form a kind of good relationships with others in the university leading him to enhance his academic achievement. Moreover, adjustment with university life can be a strong indicator of the academic level of the students from one hand and the level of social relations development and achieving personal goals from the other hand. We can note that many educational scholars studied this aspect in order to explore the status of the academic, social and psychological level of undergraduate students then determining

The problems facing them when trying to achieve their goals (Al-nabhan, 2001; Ali, 2003; Saldern, 1992). The stage of university life is an important part of the student's life as he moved from the total dependence on the teacher, family and curriculum into the complete independence. Moreover, many students move away from their cities into new places causing a change in their cultural, social and psychological environment, this may affect their adjustment with the university life (Al-shinawi & Abdurrahman, 1994). It is known that university life has its own demands and challenges, failure in meeting those demands and challenges will cause academic. Psychological and social problems for the student who is the mostly affected by those problems (Abu Baker, 1997). Therefore, it is important to guide students to achieve adjustment in order to avoid those problems and achieve their goals.

Most adults want the children they care about to enjoy the benefits of supportive social relationships throughout their lives, and to acquire the necessary competencies to do so. Social



competence, like social adjustment, is often used as an umbrella term to include various aspects of a child's performance in social contexts. Those who design and provide programs for preschoolers and school-aged children in group settings often seek to enhance aspects of personal and social adjustment, either as a primary outcome or as a valued by-product of other program activities (Hauser-Cram & Shonkoff, 1988; Ysseldyke & Thurlow, 1993).

II.OBJECTIVE:-

- 1) To measure the mental health among college students.
- 2) To measure the social adjustment among college students.
- 3) Check co relation between mental health and social adjustment.

III. HYPOTHESIS:-

- (1) There is no significance difference between boys and girls in mental health.
- (2) There is no significance difference between boys and girls in social adjustment.
- (3) There is significant correlation difference between mental health and social adjustment of college students.

IV. VARIABLE:-

Independent variable:-

College students' boys and girls.

Dependent variable:-

- Score on mental health inventory.
- Score on social adjustment inventory.

V. METHODOLOGY:-

SAMPLE:-

The sample was stratified random method total 90 sample of college students from Junagadh city (Gujarat) including 45 boys and 45 girls.

TOOLS:-

Mental health inventory:-

Developed by Dr.D.J.Bhatt and G.R.Gida(1992)reliability was found 0.94 thorough spit half method 0.87 through sparmen brown method and validity was 0.63.

Social adjustment inventory:-

In the present study of measure social adjustment inventory by Dr.R.C.Deva was used.

VI. RESULT AND DISCUSSION:-

Table-1

Showing Mean ,SD, and 't' value of mental health in college students.

Sir no.	Group	N	Mean	SD	T
1	Boys	45	38.42	10.61	1.09
2	Girls	45	13.22	13.22	

Goal of this research is to identify the score of mental health in find the 't' value of college students is boys and girls in the table value of 't' is 1.09 which is un significant at 0.05 level table value 1.96 mean wise we say mental health is on prop eternal then mental health on boys and girls than girls in college students.



Table-2

Showing Mean ,SD, and 't' value of social adjustment in college students.

Sir no.	Group	N	Mean	SD	T
1	Boys	45	14.40	9.21	0.86
2	Girls	45	13.69	7.06	

Goal of this research is to identify the score of social adjustment in which to find the 't' value of college students is boys and girls in the table value of 't' is 0.86 which is un significant at 0.05 level table value 1.96 mean wise we say social adjustment is on prop eternal then mental health on boys and girls than girls in college students.

TABLE-3

Showing the correlation between mental health and social adjustment in college students

Sir no.	Variable	N	R
1	Mental health	90	0.69
2	Social adjustment	90	

The result obtained that higher correlation between mental health and social adjustment .the

0.69 higher positive correlation between mental health and social adjustment.

VII. CONCLUSION:-

- 1- There is no significant difference between boys and girls in mental health.
- 2- There is no significant difference between boys and girls social adjustment.
- 3- There is significant correlation between mental health and social adjustment.

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