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## MENTAL HEALTH AMONG URBAN AND RURAL COLLEGE STUDENTS

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### **ABSTRACT:**

*The present study aim's of determine the status of Mental Health among Urban and Rural college going students. The sample consists of 100 subjects 50 Male and 50 Female students. Total sample selected in the age range of 20 to 25 who are living in Urban and Rural area in Satara district. Standardized psychological test was used for Data collection that is Mental Health. The Mental Health test was Developed and standardized by Dr. Anand Kumar and Dr. Giridhar P. Thakur After done of scoring data were treated as Mean, SD, t test . was used for the statistical analysis. Conclusion – Mental Health factor was no significantly differing of Urban and Rural area Students .Second result indicates that Male found more Expression than female Students.*

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**Keyword's: Mental Health, Urban And Rural Collage Students.**

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### **INTRODUCTION:**

Mental health describes a level of psychological well-being, or an absence of a mental disorder. From the perspective of 'positive psychology' or 'holism', mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Mental health can also be defined as an expression of emotions, and as signifying a successful adaptation to a range of demands.

The world health organization defines mental health as "a state of well-being in which the individual realizes 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". It was previously stated that there was

no one “official” definition of mental health. Mental health refers to our cognitive, and emotional well being – it is all about how we think, feel and behave. Mental health, if somebody has it.

We can see the addiction of over use of smart phones in a youth. The over use of smart phone are affect on a mental health of youth. We can see negative psychological symptoms in a youth.

Demographics, economics and cultural values have a dynamic impact upon mental health and mental health care. The prevalence and incidence of adults with severe mental illnesses and children with serious emotional disturbances are not significantly different in rural and urban areas.

Rural areas contain a diverse range of communities with differing mental health needs and health determinants. However, there are key ways in which the mental health picture in rural areas differs from that in urban settings.

#### **THE REGIONAL ECONOMY:**

In rural areas, the regional economy is a key influence on mental health. Events such as drought, flood and bushfire can have a heavy impact, especially in agricultural areas. The mental health consequences of regional economic recession can be long-lasting.

#### **CULTURAL FACTORS:**

A culture of self-reliance in rural areas can make people reluctant to seek help. Additionally, there can be considerable stigma attached to mental illness, even more so than in cities. Therefore, patients in rural areas are often less likely to report mental health problems.

The world is becoming more and more competitive and quality of performance is the key factor for personal progress. Excellence particularly, in academics and generally in all other areas has been seen as an important aspect. Parents desire that their children climb the ladder of performance to as high level as possible. This desire of a high level of achievement puts a lot of pressure on students, teachers, institutions and the educational system itself in general. In fact it appears as if the whole system of education revolves around academic achievement of the students, though various other outcomes are also expected from the system. Thus, a lot of time and efforts of the schools are utilised in helping students to achieve better in their scholastic endeavours. The importance of scholastic achievement has raised several important questions for educational researchers. What factors promote achievement of students? How far

do the different factors contribute towards academic excellence? The answer to such questions is not easy because of intricate human personality. Hence, efforts have always been made to find out strategies and mechanism to improve excellence. Therefore, many factors have been hypothesised and researched by the researchers. They come out with different results, at time, complementing each other but at times contradicting each other. For a person to be adjusted in his environment, it is very important to be mentally healthy. Good mental health is obvious for a healthy people. Mental health disorderness is very dangerous and responsible for many psychological diseases and for maladjustment also.

### REVIEW OF STUDY:

Studies have shown that the Internet addiction is one of the major factors influencing mental and physical health. **Wishart** (1990) in his study showed that the dependence on the Internet has created severe gaps and breaks in academic, social, financial and occupational life of contributors. So that fifty-eight percent of schoolchildren and students have experienced a significant reduction in study habits, grades drop, absence in the class, and so forth. Additionally, there is no control over them to spend their time in academic activities.

**Thomson (2008)** in a research on the effects of the Internet addiction on the feeling of lack of suitable and actual social relations among the students showed that most students have recorded that their social skills is impaired. Forty-seven percent of respondents have referred to physical disorders such as vision obscurity, insomnia. Thomson in the end concludes that the phenomenon of the Internet addiction is a new one, and in fact most of the people who already are suffering, respond to freshness of this knowledge source.

Statistics show that in 2003, 88% of the UK population aged 15 to 24 owned mobile phones (ONS 2003) and this figure continues to rise. Recent research with under 25"s suggests that mobile phones are instrumentally, socially and emotionally important (**Green 2003**).

The body of work on „difference“ and the intersections of ethnicity, class, gender, sexuality and age can inform our understanding of the relationship between youth identities and mobile technologies (Woodward 1997; Brah and Phoenix 2004)iii. Identity is viewed here as something that is „in process“, unfinished, constructed and reconstructed (**Hall 1996**), experienced, **The present study was planned and performed to study the Mental Health among Urban and Rural area college students of Satara district.**

**OBJECTIVE OF THE STUDY:**

1. To find out the difference in mental health factors of Urban and Rural Students.
2. To find out the difference in mental health factors of Male and Female Students.

**HYPOTHESIS OF THE STUDY:**

1. There is no significant difference in factors of mental health between Urban and Rural area Students.
2. There is no significant difference in factors of mental health between Male and Female Students.

**VARIABLES:**

- **Independent variable –**
  - A) Gender – 1) Male 2) Female
  - B) Area – 1) Urban 2) Rural
- **Dependent variable –**
  - A) Mental Health

**METHODOLOGY:****SAMPLE:**

The sample of the study consists of 100 students (50 male and 50 female) Sample of the study was selected simple random sampling from the Urban and Rural college going students in Satara district. Their age range was 18-22 years. Thus, the male and female student's ratio was 1:1.

**TOOLS:**

**Mental Health:** test was constructed and standardized by Dr. Anand Kumar and Dr. Giridhar P. Thakur.

**Research Design:** Since, there were two independent variable and each variable was classified at two levels. A 2x2 factorial design was used.

**Statistical Treatment of Data:** First, the data were treated by means, SD and 't' test was used for data analysis.

**RESULT AND DISCUSSION:**

In this part investigator has explained the result related to statistical analysis and hypothesis.

**HY-01- There is no significant difference in factors of mental health between Urban and Rural area Students.**

**Table No. 01 – Area wise comparison on factors of mental health**

Mental Health Factors	Area	N	Mean	Std. Deviation	t	Sig. level
EG	Urban	50	25.98	5.68	0.74	NS
	Rural	50	25.26	3.77		
AL	Urban	50	23.48	4.98	0.43	NS
	Rural	50	23.88	4.27		
EX	Urban	50	31.00	3.19	0.76	NS
	Rural	50	30.46	3.81		
EU	Urban	50	24.82	4.83	0.45	NS
	Rural	50	25.26	4.86		
SN	Urban	50	27.94	4.28	0.28	NS
	Rural	50	28.16	3.47		

**P at 0-05= 1.98, 0.01= 2.61**

Table no 01 show the factor of mental health among urban and rural area students. The researcher found that the mean value in Egocentrism of urban students was 25.98 and SD is 5.68. Similarly the mean value in Egocentrism of Rural students was 25.26 and SD is 3.77. The calculate “t” value is 0.74. It is no significant.

The mean value in Alienation of urban students was 23.48 and SD is 4.98. Similarly the mean value in Alienation of Rural students was 23.88 and SD is 4.27. The calculate “t” value is 0.43. It is no significant.

The mean value in Expression of urban students was 31.00 and SD is 3.19. Similarly the mean value in Expression of Rural students was 30.46 and SD is 3.81. The calculate “t” value is 0.76. It is no significant.

The mean value in Emotional Unstability of urban students was 24.82 and SD is 4.83. Similarly the mean value in Emotional Unstability of Rural students was 25.26 and SD is 4.86. The calculate “t” value is 0.45. It is no significant.

The mean value in Social Non-Conformity of urban students was 27.94 and SD is 4.28. Similarly the mean value in Social Non-Conformity of Rural

students was 28.16 and SD is 3.47. The calculate “t” value is 0.28. It is no significant.

**HY-02-. There is no significant difference in factors of mental health between Male and Female Students.**

**Table No. 02 – Gender wise comparison on factors of mental health**

Mental Health Factors	Gender	N	Mean	Std. Deviation	t	Sig. level
EG	male	50	26.32	4.77	1.46	NS
	female	50	24.92	4.79		
AL	male	50	24.22	4.84	1.17	NS
	female	50	23.14	4.37		
EX	male	50	31.50	3.40	2.23	0.05
	female	50	29.96	3.48		
EU	male	50	25.18	5.52	0.28	NS
	female	50	24.90	4.07		
SN	male	50	28.08	3.67	0.07	NS
	female	50	28.02	4.11		

**P at 0-05= 1.98, 0.01= 2.61**

Table no 02 show the factor of mental health among male and female students. The researcher found that the mean value in Egocentrism of male students was 26.32 and SD is 4.77. Similarly the mean value in Egocentrism of female students was 24.92 and SD is 4.79. The calculate “t” value is 1.46. It is no significant.

The mean value in Alienation of male students was 24.22 and SD is 4.84. Similarly the mean value in Alienation of female students was 23.14 and SD is 4.37. The calculate “t” value is 1.17. It is no significant.

The mean value in Expression of male students was 31.50 and SD is 3.40. Similarly the mean value in Expression of female students was 29.96 and SD is 3.48. The calculate “t” value is 2.23. It is significant at 0.05 levels. This significant “t” value (2.23) indicates that gender significantly affects the Expression factor.

The mean value in Emotional Unstability of male students was 25.18 and SD is 5.25. Similarly the mean value in Emotional Unstability of female students was 24.90 and SD is 4.07. The calculate "t" value is 0.28. It is no significant.

The mean value in Social Non-Conformity of male students was 28.08 and SD is 3.67. Similarly the mean value in Social Non-Conformity of female students was 28.02 and SD is 4.11. The calculate "t" value is 0.07. It is no significant.

## DISCUSSIONS:

The aim of the present study was to find out the difference in mental health of urban and rural area college going students in Satara district.

First hypothesis result obtained after analysis it data are show table no-01 reveals that there would be no significant differences factors of mental health. That there would be no significant differences was found between the urban and rural area students with reference to their (Egocentrism, Alienation, Expression, Emotional Unstability, Social Non-Conformity) factor of mental health.

Second hypothesis result obtained after analysis it data are show table no-02 reveals that there would be significant differences get one factors of mental health(Expression) and other four factors of mental health are no significant differences(Egocentrism, Alienation, Emotional Unstability and Social Non-Conformity). That there would be significant differences was found between the male and female students with reference to their Expression factor of mental health. This significant "t" value (2.23) indicates that gender significantly affects the Alienation factor.

**Thomson (2008)** in a research on the effects of the Internet addiction on the feeling of lack of suitable and actual social relations among the students showed that most students have recorded that their social skills is impaired. Forty-seven percent of respondents have referred to physical disorders such as vision obscurity, insomnia. Thomson in the end concludes that the phenomenon of the Internet addiction is a new one, and in fact most of the people who already are suffering, respond to freshness of this knowledge source. Statistics show that in 2003, 88% of the UK population aged 15 to 24 owned mobile phones (ONS

2003) and this figure continues to rise. Recent research with under 25's suggests that mobile phones are instrumentally, socially and emotionally important.

#### CONCLUSION:

- Mental Health factor was no significantly differing of Urban and Rural area Students.
- Result indicates that Male found more Expression than female Students.

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