



Conflictive Thoughts and Mental Health among the College Students

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Abstract

The present study was designed to investigate the conflictive thoughts and mental health among the college students. The study was conducted 32 college students all three faculty (Arts, Commerce and Science) from colleges in Solapur. Assess the thought conflict and mental health with the help of standard psychological test. Conflictive thought inventory developed by Dr. C. G. Deshpande, Mental Health Inventory Developed By Dr. A. K. Srivastava. These both test used for collect the data through the student and measure correlation within mental health and conflictive thought. Sample size is 32, used statistical method for testing correlation. After calculation the research data result showing insignificant correlation between conflictive thought and mental health.

Introduction

Human beings are thinking and emotional animals. They not only think but can think about their own thinking and emotions. So every person know emphasis of mental health but lack of aware about mental health today's lifestyle is more stressful. Each and every person adapt with nature college students also adolescence and under the process of development physiological as well as psychological. They need to adapt with physical changes and psychological changes. In development phase the need to understand about the mental health and thought conflict because to successfully cope with various obstacles. This research will be help to students understand about mental health and conflictive thought.

1.1 Conflictive thought :- There are multiple situation in our lives some are feel to controllable we face them confidently and some situation are uncontrollable they create challenges, uncomfortable feeling all these situation related with human thinking and feeling. Every person have limitation and they need to adapt with situation thinking also help us to evaluate about the situation as per our past experience or memories (positive or negative). Each event in life generate new lesson and keep in our mind

when we evaluate present situation or future situation through as per guess. Our thought process actively participate in this decision making because every awareness give problem solving related ideas these all cognitive level activity is also part of day today life. Conflictive thought also part of life and that is impact on our whole life may be positively or negatively.

1.2 Mental Health :- Mental health Includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also determines how we handle stress, relate to others, and make healthy choices. Here some serious mental health issues also introduced. a) Depression b) suicide c) Anxiety d) alcohol and substance use e) self esteem and alienation etc. mental health more than absence of mental disorder. When we think about well-being this part also consider under mental health the leave there life very happy and enjoy and learn all coping strategies to face successfully with stress which harmful for health. Even our daily leaving quality is also part of mental health hygiene maintenance think positive, follow social norms, self-regulation, this is some factor which is healthy person follow.

1.3 College students are adolescences and this is one of storming period and increase them abstract thinking ability and major changes happen in this stage they need to make them identity regarding with society if them Identity not proper make it then these students face inferiority complex frustrate easy anxiety feeling poor interpersonal relationship.

2. Research Methodology

2.1 Objectives of the Study:-

1. To study about the students conflictive thought
2. To study about the students mental health
3. Find out correlation between conflictive thoughts and mental health
4. To study correlation among the subareas of conflictive thought and mental health.

2.2 Hypothesis :-

- Positive correlation between conflictive thought and mental health.

2.3 Variables

1. Mental health
- 2.

Conflictive thought

2.4 Operational Definitions Of Important Term

Mental Health - "Mental health highlights emotional well-being the capacity to live a full and creative life and flexibility to deal with life's inevitable challenges."

Conflictive thought – "Internal conflicts within us referred to as the situation"

2.5 Sample and Population

The present study has been conducted on the arts commerce and science college students in Solapur city. The sample of the study selected 32 students of different gender, cast, social class. Age group of students 18 to 21 years.

2.6 Design -

The present study is correlation design to find out correlation in the two or more variables.

2.7 Tools of research

Test Name	Conflictive thought inventory	Mental health inventory
Developed by	Dr. C. G. Deshpande	Dr. A. K. shrivastava and Dr. jagdish (1983)
Nature of test	Sentence incomplete test	Paper pencil test
No of Items	30 stems	56 items
Sub areas	5 subareas	6 subareas
Reliability	0.84 Split half	0.73 Split half
Validity	0.46	0.54

2.8 Data Collection Method -

The present research used simple random sampling techniques for data collection.

3. Results and Interpretation-

Table no 1. Conflictive thought and mental health mean SD and correlation.

Sr. No	Statistical method	Variable	
		Conflictive Thought	Mental Health
1	Mean	88.59	139.53
2	SD	9.4	6.58
3	r (Correlation)	0.18	

1. The above mean showing the average thought conflict of students.
2. The above mean showing mental health of students indicate to poor mental health.
3. Correlation is 0.18 that is show to insignificant at the level 0.05 and 0.01 that means mentioned hypothesis is rejected null hypothesis accepted.

Table no 2. Subareas of the Conflictive thought measurement

Subareas of C.T.	Past experience	Present experience	Future life	Family Interaction	Social life
Mean	18.09	19.19	16.03	16.72	18.56
SD	2.93	2.59	2.92	2.83	3.46

The above table value of mean showing all subareas of conflictive thought average happiness.

Table No 3. Subareas of Mental Health

Subareas of M.H.	Positive self evaluation	Perception of reality	Integration of personality	Autonomy	Group oriented attitudes	Environment mastery
Mean	24.5	19.81	27.75	15.5	26.66	25.31
SD	3.01	2.67	3.68	2.46	3.41	3.59

Table no 3 mentioned all mean values of all subareas in mental health indicate poor mental health except perception of reality.

Table no 4. Correlation within the subareas Conflictive thought and subareas of mental health

Conflictive thought	Positive self evaluation	Perception of reality	Integration of personality	Autonomy	Group oriented attitudes	Environment mastery
Correlation	0.16	-0.27	0.22	-0.06	0.03	0.17
P Value	0.349	0.349	0.349	0.349	0.349	0.349

The above table value show about the correlation into the conflictive thought and subareas of mental health but there were no any significant correlation between in subareas of mental health.

Table no 5. Correlation within the subareas Mental health and subareas of Conflictive thought

Mental health	Past experience	Present experience	Future life	Family Interaction	Social life
Correlation	0.14	0.10	0.22	0.10	-0.14
P value	0.349	0.349	0.349	0.349	0.349

The above table value show about the correlation into the mental health and subareas of conflictive thought but there were no any significant correlation between in subareas of C. T.

4. Conclusion:-

“Conducted research result showing there were no correlation between conflictive thought and mental health correlation ($r=.18$) it means stated hypotheses is rejected or insignificant at the level of 0.05 and 0.01.”

5 Recommendations

Present research is guide to college going student but there result is showing insignificant so this type research also need more samples and comparative study also be important to do much of other field for research. In this research use other variables such as self esteem, locus of control etc.

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