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## Analysis of profile mood state of young adult college students studying teachers training courses bed and med

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### Abstract

**Introduction:** Attending College can be a stressful time for many students. In addition to coping with academic pressure, some students have to deal with the stressful tasks of separation and individuation from their family of origin while some may have to attend to numerous work and family responsibilities. Some of them may have mental disorders. So therefore the mood state of the students might be different.

**Purpose:** Purpose of the study was to analyze the mood state of college male and female students and comparison between them.

**Material and Methods:** A total of 77 students were selected randomly from two different college of Kolkata among them 14 were male and 63 were female. The average ages of the students were 25.57 year ( $\pm 3.87$ ) for male and 25.21 years ( $\pm 2.40$ ) for girls. The students were from different socioeconomic status which was a limitation factor in this study. Mood states were the criterion measure in this study. POMS Mood State Questionnaire was used as tool in this study. Mean and standard deviation were used as descriptive statistics and t-test was used to judge the significance of differences between means in this study. Only 0.05 level of significance was considered in this study. All calculations were done by standard statistical software (Excel 2007).

**Results:** Result revealed that male students were superior in profile mood state of lively, active, alert, zest and vigor where as female students were in superior position in energetic and care free mood states than male counterpart. The mean score for total mood states was slightly higher than the female students. Statistical calculations indicated that except the active mood state ( $t=2.24$ ), all the t-values computed in this study for different mood states were statistically insignificant ( $p>0.05$ ).

**Conclusion:** From the above findings it was concluded that there was no significant difference in profile mood states between college male and female students except the active mood state in which male were significantly higher than female students

**Keywords:** Profile mood states, young adult age, male and female college students, teachers training course

### Introduction

Mood is a state or quality of feeling at a particular time. It is a prevailing emotional tone or general attitude or a frame of mind disposed or receptive, as to some activity or thing. It is considered as a distinctive emotional quality or character and a temporary state of mind or feeling. In contrast to emotions, feelings, or affects, moods are less specific, less intense and less likely to be triggered by a particular stimulus or event. Moods are typically described as having either a positive or negative valence [1].

Mood is an internal, subjective state but it often can be inferred from posture and other behaviors. As a powerhouse of mind 'mood' stimulate the activities of not only emotional faculties, but the faculties of memory, intelligence, and physical activities also. When the mood is degraded or depressed the activities of all the faculties are also diminished (Das, 2016) [2]. Research also shown that a person's mood can influence how they process advertising [3, 4]. Mood has been found to interact also with gender to affect consumer processing of information [3].

Generally, positive mood has been found to enhance creative problem solving and flexible yet careful thinking. Some of the research works have reported that positive moods let people think creatively, freely, and be more imaginative. Positive mood can also help individuals in

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situations in which heavy thinking and brainstorming is involved. Negative moods can manipulate how individuals interpret and translate the world around them, and can also direct their behavior. Negative moods can affect an individual's judgment and perception of objects and events [5]. The study done by Niedenthal and Setterlund (1994) found that individuals are tuned to perceive things that are congruent with their current mood [6]. Negative moods, mostly low-intense, can control how humans perceive emotion-congruent objects and events. Literature suggested that the negative moods have been connected with depression, anxiety, aggression, poor self-esteem, physiological stress and decrease in sexual arousal. Negative moods, such as anxiety, often lead individuals to misinterpret physical symptoms. The factors which might affect mood state of the person are lack of sleep, nutrition, facial expression, depression, chronic stress, bipolar disorder etc. In case of students at school or college numeral factors are there which influence mood state. This includes admission in new institution, examination, home tucks, teachers' behavior, peer group relation, love affairs, financial matters, family relation etc. These all factors effect their mood and thus effects their performance and behavior. Present study was designed to reveal the mood state of young college male and female students and their comparison between each other. Findings would be helpful to identify the psychological problems of the college students and conduct the proper counseling if required for them by the authority because study conducted in this area by Tosevski, Milovancevic and Gajic (2010) suggested that acquiring and improving knowledge about the student population is a crucial factor in the development of mental health promotion programs in order to meet their needs and to help them cope with various problems in educational institution [7].

## Material and Methods

### Subject

A total of 77 students were selected randomly from different college of Kolkata, among them 14 were male and 63 were female. The average ages of the students were 25.57 year ( $\pm 3.87$ ) for the male and 25.21 years ( $\pm 2.40$ ) for the female. The subjects were from different socioeconomic status which was considered as a limitation of the study.

### Criterion Measure

Mood states were the criterion measure in this study.

### Test and Tool used

POMS Mood State Questionnaire (McNair, Lorr and Droppleman, 1971) was used as tool in this study [8].

### Statistical Procedure adopted

Mean and standard deviation were used as descriptive statistics and t-test was used to judge the significance of differences between means in this study. Only 0.05 level of significance was considered in this study. All calculations were done by standard statistical software (Excel 2007).

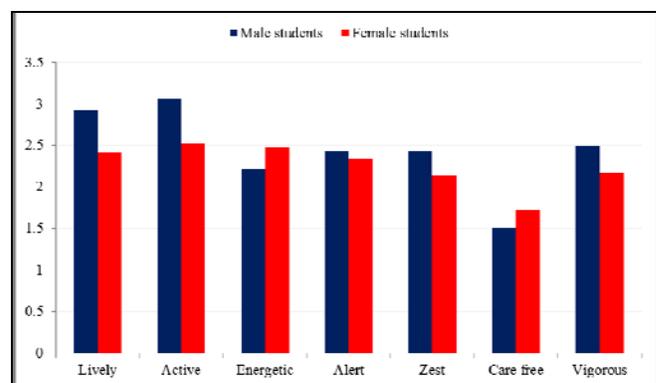
### Results and Findings

The profile mood state of the students have measured by questionnaire in which it was divided in seven different states such as lively, actively, energetic, alert, zest, care free and vigorous. The results have been presented in Table-1 below in separate column for male students and female students respectively. Difference between means was calculated by t-test and t-value also have presented in same table in separate column and in last column the remark against significance also have presented for better understanding.

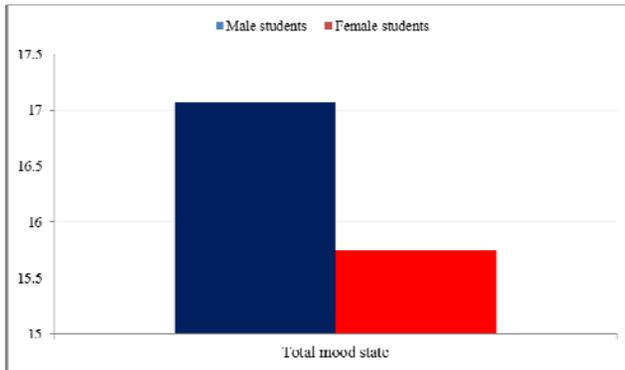
**Table 1:** Mean, standard deviation and t-value for profile mood states of the college students

Mood State	Male students		Female students		t-value	Remarks
	Mean	SD	Mean	SD		
Lively	2.93	0.92	2.41	1.05	1.86	Not significant
Active	3.07	0.83	2.51	0.87	2.24*	Significant
Energetic	2.21	1.12	2.48	0.99	0.84	Not significant
Alert	2.43	0.85	2.33	0.85	1.07	Not significant
Full of Pep/Zest	2.43	1.28	2.13	1.08	0.81	Not significant
Care Free	1.5	1.4	1.73	1.32	0.56	Not significant
Vigorous	2.5	0.94	2.16	0.91	1.21	Not significant
Total	17.07	3.95	15.75	4.65	1.09	Not significant

Result revealed that male students were superior in profile mood state of lively, active, alert, zest and vigor whereas female students were in superior position in energetic and care free mood states than male counterpart. The results have shown graphically in the Figure-1 below. The mean score for total mood states was slightly higher for male students than the female students which has presented in graphical form in Figure-2. Statistical calculations indicated that except the active mood state ( $t=2.24$ ;  $p<0.05$ ), all the t-values computed in this study for different mood states were statistically insignificant ( $p>0.05$ ).



**Fig 1:** Graphical representation of different mood state of male and female college students



**Fig 2:** Graphical representation of total mood state of male and female college students

Attending college can be a stressful time for many students. Results from a study conducted by Hicks and Heastie (2008) determined that there were significant differences among student life stressors and physical and psychological health status between first-year on-campus and first-year off-campus college students.<sup>[9]</sup> In addition to coping with academic pressure, some students have to deal with the stressful tasks of separation and individuation from their family of origin while some may have to attend to numerous work and family responsibilities.<sup>[10]</sup> That is why the college students' mood might be different from each other. Some of them might be suffering from mental disorders. Study conducted by Blanco *et al.* (2008) on mental health of college students and their non-college-attending peers and found that the overall rate of psychiatric disorders was not different between college-attending individuals and their non-college attending peers.<sup>[11]</sup> The great majority of mental disorders begin during adolescence or early adulthood, although they are often detected and treated later in life. Compared with their peers at work or in education/training, as reported in a study by Kovess-Masfety *et al.* (2016) the prevalence of certain common mental health disorders was higher among college-aged individuals in the neither employed nor students or trainees (NENST) group<sup>[12]</sup>.

### Conclusion

From the above findings it was concluded that there was no significant difference in profile mood states between college male and female students except the active mood state in which male were significantly higher than female students.

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