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Mental health of professional and non-professional students of Kashmir division

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Abstract

The present study was carried in context of mental health of professional and non-professional students of Kashmir Division. The required sample for the presents study consists of 400 respondents. For collecting the data, the investigator employed the Mental Health Inventory (MHI) developed by Dr. Jagdesh and Dr. A. K. Srivastawa. The collected data was subjected to statistical treatment by using Descriptive as well as inferential statistics. Whole data was selected with the help of Random Sampling Technique (RST). The results of the study indicate that there seem no significant difference professional and non-professional students on their level of mental health. Thus investigator inferred that type of course pursued by the respondents has insignificant impact on the level of mental health of the selected respondents.

Keywords: mental health, professional students, non-professional students

Introduction

Mental health commutates those behaviours, perceptions and feelings that determine a person's overall level of personal effectiveness, success, happiness and excellence of functioning as a person. It affects our ability to cope with and manage change, life events and transitions such as sadness or retirement. All human beings have mental health needs, no matter what the state of their psyche. Enhancing the value and visibility of mental health recognize the broader issues which promote mental health. Looking at the current social, psychological situations of this complex world, it has become quite essential to study mental health. Within the context of the educational system, the issues related to health may be conceptualized in terms of three elements, like students, teachers and the immediate school context within which instruction is imparted. The functioning of the educational process itself may become a source of stress and strain and ill health for its participants. The students come to an educational institution with certain explicit and implicit expectations from the school, the same way our society expects to have the students as the mentally healthy future citizens. But the complex human life and current changes at global level bring diverse mental illness to students' psyche. Mental health problems may arise due to incompatibility between the demands of the educational system and the characteristics of learners, or between learner's expectations and the educational processes, or both. The age of post-adolescence is considered to be the most vulnerable in developing different mental illness. In context of Jammu and Kashmir the socio-political condition has remained in the flux and the prevalence of political turmoil has provided large number of strains on each and every stakeholders of the valley. However, the victimised sections of society are students. Their mental health is degrading day by day. A mentally healthy individual evaluating himself properly is aware of his limitations. He easily accepts his faults and makes efforts to rid himself of them. He introspects so that he may analyse his problems, prejudices, difficulties etc. and reduce them to a minimum. Good mental health means appreciating your achievements and accepting your shortcomings. A mental illness can cause an inferiority complex, a negative body image and intense feelings of self-hate, anger, disgust and uselessness which could mutate into extreme depression, psycho-social disorders, or eating disorders. Keeping in view, the investigator selected the below mentioned research problem. In addition to this the role of physical education has remained significant on the psychological profile of the respondents. However, Nanina, K. (2012) [24]

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argued that physical education has remained partially failure to achieve proper intellectual development because of lack of infrastructure in Indian education system.

Location of research gap: After surveying the related literature by the investigator, large number of studies number of research studies has been conducted in the field of health consciousness. However, diversified results have been reported. Notable studies are; "Arias, A. J., Steinberg, K., Banga, A., & Trestman, R. L. (2006) ^[8], Black, D. S., Milam, J., & Sussman, S. (2009) ^[9], Chiesa, A. (2009) ^[12], Chiesa, A., & Serretti, A. (2009) ^[13], Clark, C., & Stansfeld, S. A. (2007) ^[16]. Keeping the results of the above studies under consideration the investigator Study d the below mentioned research study:

Statement of the research problem: Keeping the above mentioned observations under consideration the research problem for the present study is reported as under:

"Exploring mental health of professional and non-professional students"

Objectives of the study: The present study consists of below mentioned objectives:

- To study the level of mental health among professional and non-professional students.

Hypothesis: Based on the richness background of the knowledge, the investigator speculates the below mentioned hypothesis:

- There seems no significant difference between professional and non-professional students on their level of mental health.

Operational definitions of terms and variables: The operational definitions of terms and variable involved in the study are briefly itemised as under:

- Mental health:** Mental health in the presents study refers the set of score obtained by the respondents on mental health inventory developed by Jagdesh and A.K. Srivastawa.
- Professional students:** A professional student refers Bachelor of physical education (B.P. Ed.) aspirants. More obviously, it indicates those male respondents who are pursuing Bachelor of physical education from selected high educational institutions.
- Non-professional students:** Non-professional students in the present study were operationally treated Bachelor of Arts (BA) aspirants. It simply indicated those students who are pursuing Bachelor of Arts (BA) from the selected higher educational institutes.

Delimitations: The research limitations were already prevailing in the entire research process. The limitations of time, budget and economic aspects already existed in the present study. So keeping these constraints under consideration, the present study was delimited to 400 professional and non-professional students. Besides, presents study was delimited to Kashmir valley of union territory of Jammu and Kashmir.

Methodology and Procedure: The present study has been operated through Descriptive Research Method (DRM). Further, design of the study is based on below mentioned parameters.

- **Sampling procedure:** Professional students in the present study designate those students who were pursuing Bachelor of Physical education (B.P. Ed.) from the selected colleges and universities. Non-professional students in the present study designate those male students who were pursuing Bachelor of Arts (B.A.). However, these respondents were selected from I-year, 2nd year and 3rd year's degree course. Meanwhile, is pertinent to mention here that all respondents were selected within the age group of 16-20 years.
- **Sample area:** The required sample was selected from different higher education institutions of the Kashmir valley. The Bachelor of Physical Education (B. P. Ed.) was selected from the colleges and universities and Bachelor of Arts (Non-professional students) were selecting from degree colleges affiliated with university of Kashmir.
- **Selection of required Sample:** A representative sample of 400 professional and non-professional students was selected for the present investigation.
- **Designing of sampling frames:** On the basis of homogeneity of the characteristics of the respondents, the two types of sampling frames were executed. viz., professional sampling frame and non-professional sampling frame. These students were assigned with a specific code. In the meantime sampling farms were put in the context of *Yeats Table* and randomization was made on the basis same procedure. Besides, the collected data of Doctorate research was split. However, professional stratification was made before operating the process of randomization. So for electing the required sample random sampling technique was used.
- **Instrument used:** For measuring the mental health of the respondents, the investigator employed the mental health inventory developed by Dr. Jagdesh and Dr. A.K. Srivastawa.

Analysis and discussion of the data: The collected data was analysed and interpreted. Bothe descriptive analysis as well as comparative analysis was calculated. The detailed analysis and interpretation is reported as under:

Table 1: Showing the frequency and percent wise distribution of professional and non-professional students on various levels of mental health. (N=150 each)

Norms	Professional students		Non-professional students	
	Frequency	Percentage	Frequency	Percentage
VG	80	40.00	60	30.00
G	50	25.00	60	30.00
A	20	10.00	30	15.00
P	30	15.00	30	15.00
VP	20	10.00	20	10.00
Total	200	100	200	100

Index:

- VG = Very good
- G = Good
- A = Average
- P = Poor
- VP = Very poor

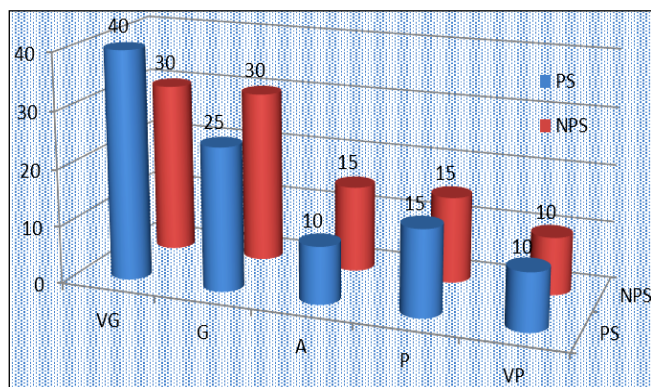


Fig 1: Showing the graphical illustration of professional and non-professional students on various levels of mental health

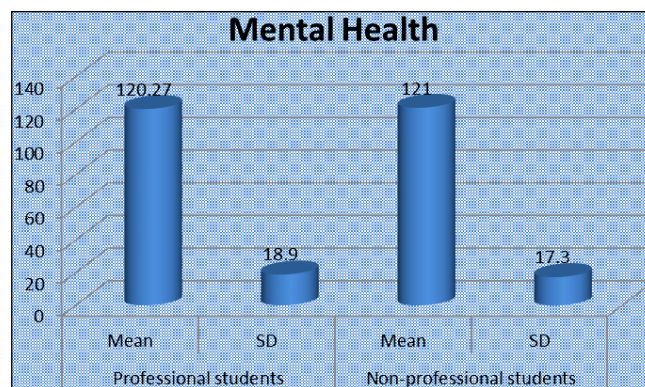


Fig 2: Shows graphical illustration of professional and non-professional students on their composite score of mental health

Index

- VG=Very good
- G= Good
- A=Average
- P=Poor
- VP= Very poor

Discussion

The perusal of the above reported table (Please refer table 1, Fig. 1) gives frequency and percentage wise distribution of professional and non-professional students on various levels of mental health. The collocated results indicate that among professional students 40.00% (F=80) were seen with very good level of mental health. Besides, the revealed results indicate that 25.00% (F=50) were seen with good level of mental health. In addition to this, it was found that 10.00% (F=20) were seen average level of mental health. The calculated results specify that 15.00% (F=30) professional students were seen with poor level of mental health. Meanwhile, results indicate that 10% (F=20.00) professional students were seen with very poor level of mental health. Coming towards the non-professional students it was seen that 30.00% (F=60.00) were seen with very good level of mental health. In the same statistical operation it was found that that 30.00% (F=60) non-professional students were found with good level of mental health. Further, it was seen that 15.00% (F=30.00) non-professional students were found with average level of mental health. The results indicate that 10.00 (F=30.00) non-professional students were found with good level of mental health. The obtained results reveal that 15.00% (F=30) were seen with poor level of mental health. Besides, from the obtained results it were seen that 10% (F=20.00) non-professional students were found with very poor level of mental health.

Table 2: Shows significance of mean difference between professional and non-professional students on their composite score of mental health. (N=150 each)

Composite score	Professional students		Non-professional students		't value
	Mean	SD	Mean	SD	
Mental Health	120.27	18.90	121.00	17.30	0.42@

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- @= Insignificant at 0.01 level of significance

Discussion

The perusal of the above reported table (Please Refer Table 2, Fig. 2) gives the mean significant difference between professional and non-professional students on their level of mental health. The results indicate that the mean value of professional students was reported 120.27. Besides, the results specify that the mean value of non-professional students was seen 121.00. When the both group of students professional and non-professional students were comparatively analysed with the help of independent 't' test, the 't' value came out to be 0.42, which is less than table value at 0.01 level of confidence ($P>0.01$). Consequently, from the obtained results, it can be inferred that there exists no significant difference between professional and non-professional students on their level of mental health. Therefore, impact of subject stream pursued by the respondents was reported insignificant on their level of mental health. Keeping the above obtained results under consideration the status of the hypothesis is reported as under:

Hypothesis: There seems no significant difference between professional and non-professional students on mental health.
 Status (ACCEPTED)

Support to findings: Indeed no significant difference has been found between professional and non-professional students on the level of mental health. The results are carried in consonance to host of the researchers like; Arias, A. J., Steinberg, K., Banga, A., & Trestman, R. L. (2006) [8], Black, D. S., Milam, J., & Sussman, S. (2009) [9], Chiesa, A. (2009) [12], Chiesa, A., & Serretti, A. (2009) [13], Clark, C., & Stansfeld, S. A. (2007) [16].

Conclusion

The study was carried in the domain of mental health of professional and non-professional students. Keeping in view, no significant difference was reported between professional and non-professional students on their level of mental health. Consequently, the investigator can inferred that the impact of type of subject stream opted by respondents has insignificant impact on the level of mental health, self-understanding and time management competence.

Conflict of interest: No any conflict of interest was declared by the investigator during entire research process.

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