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## Analysing mental health of professional and non-professional students

**Azra Shamas and Manoj Kumar Pathak**

### Abstract

Mental health is the state of psychological well-being that includes both subjective comfort and the capacity to function effectively with others. Mental health implies living securely, enjoying life, being productive and having a steady ego that is capable of withstanding stress. Present study was intended to explore the level of mental health of professional and non-professional students. The data for the present study consists of 400 respondents selected from delimited institutions of Kashmir division. For measuring the mental health of the respondents, 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 Mean, Standard Deviation and 't' test. Whole data was selected with the help of Random Sampling Technique (RST). Keeping in view, insignificant difference was reported between professional and non-professional students on various dimensions of mental health viz. Positive self-evaluation (PSE), Perception of reality (PR), Integration of personality (IP), Autonomy (AUTNY), Group oriented attitude (GOA), Environmental Competence (EC) and composite score. Consequently, the investigator can infer 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.

**Keywords:** analysing mental health of professional and non-professional students

### Introduction

Mental health is a very important component of life. It is the ability of a person to have a coordinated communication with others, the ability to modify and improve his/her social environment. Besides, through the process of sublimation of instincts, mental health helps us in attaining proper solution of emotional conflicts and personal desires. Mental health is also a set of features that respond to life-threatening accidents as a protective shield. In recent years, the study of the health status and dimensions of teaching has been studied in several ways. Many researchers have been studying and each of these researchers have been trying to examine the position and working conditions of teachers in order to identify vulnerabilities and tackling these problems to achieve effective education. According to World Health Organization (WHO) mental health includes "Subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence and self-actualization of one's intellectual and emotional potential, among others". 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 adolescence is considered to be the most vulnerable in developing different mental illness. 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. Besides, 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) [5], Black, D.S., Milam, J., & Sussman, S. (2009) [6], Chiesa, A. (2009) [9], Chiesa, A., & Serretti, A. (2009) [10], Clark, C., & Stansfeld, S.A. (2007) [13]. Keeping the results of the above studies under consideration the investigator explored the below mentioned research study:

**Problem in hand:** Keeping the above mentioned observations under consideration the research problem for the present study is reported as under:

#### "Analysing mental health of professional and non-professional students"

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

- 1) To explore the level of mental health among professional and non-professional students.

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

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

**Operationalization of the variable:** 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) aspiartsnts.it simply indicated those students who are pursuing Bachelor of Arts (BA) from the selected higher educational institutes.

**Delimitations of the study:** 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 Division of union territory of Jammu and Kashmir.

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

**Sample:** A representative sample of 400 professional and non-professional students was selected for the present investigation. 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 of Kashmir Division. 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, 2<sup>nd</sup> year and 3<sup>rd</sup> year's degree course. Meanwhile, is pertinent to mention here that all respondents were selected within the age group of 17-21 years.

**A) Sampling technique:** Initially a list of all students was made and these lists were treated as sampling farms. 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. However, professional stratification was made before operating the process of randomization. So for electing the required sample random sampling technique was used.

**B) Tools 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.

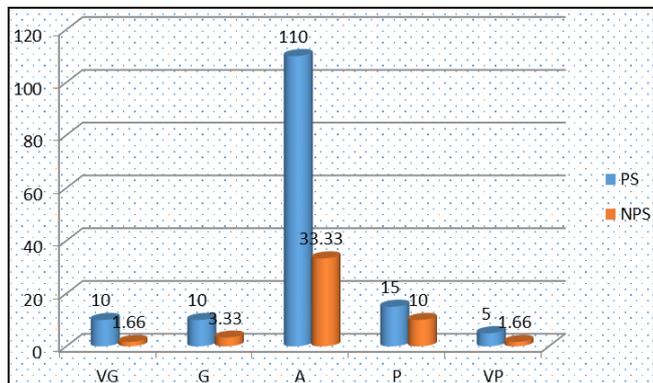
**Analysis and interpretation of the data:** The collected data was analysed and interpreted. Bothe descriptive analysis as well as comparative analysis was calculated. The detailed analysis and interpretation is reported as under:

**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	10	3.33	05	1.66
G	10	3.33	10	3.33
A	110	36.66	100	33.33
P	15	5.00	30	10.00
VP	05	1.66	05	1.66
Total	150	100	150	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

**Index**

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

**Interpretation:** The resulted presented in above reported table 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 3.33% (F=10) were seen with very good level of mental health. Besides, the revealed results indicate that 3.33% (F=10) were seen with good level of mental

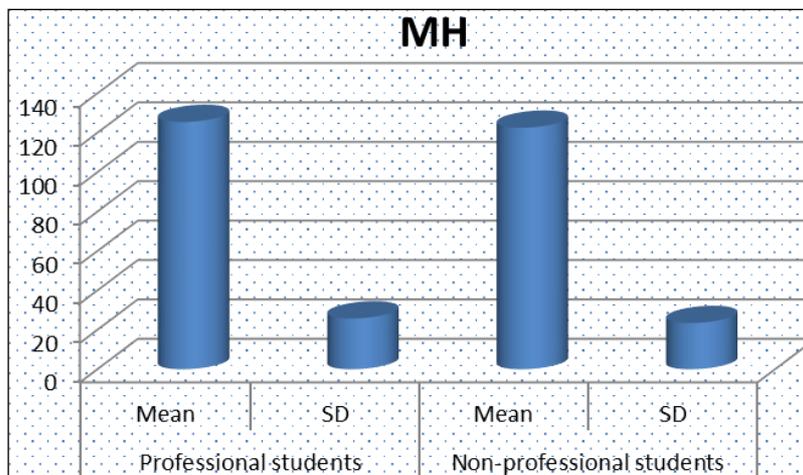
health. In addition to this, it was found that 36.66.00% (F=110) were seen average level of mental health. The calculated results specify that 5.00% (F=15) professional students were seen with poor level of mental health. Meanwhile, results indicate that 1.66% (F=5.00) professional students were seen with very poor level of mental health. Coming towards the non-professional students it was seen that 1.66% (F=5.00) were seen with very good level of mental health. In the same statistical operation it was found that that 3.33% (F=10) non-professional students were found with good level of mental health. Further, it was seen that 33.33% (F=100.00) 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. Besides, from the obtained results it were seen that 1.66% (F=5.00) 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	125.49	25.77	122.58	23.47	0.92@

**Index**

- @= Insignificant at 0.01 level of significance.



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

**Index**

- MH= Mental Health.

**Interpretation:** The perusal of the above reported table (Please Refer Table 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 124.49. Besides, the results specify that the mean value of non-professional students was seen 122.58. 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 92, 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. Hence, from the above examined results it can be inferred that there exists no significant difference between professional and non-professional students on all the dimension of self-understanding viz. Positive self-evaluation (PSE), Perception of reality (PR), Integration of personality (IP), Autonomy (AUTNY), Group oriented attitude (GOA), Environmental competence (EC). Keeping the above obtained results under consideration the status of the hypothesis is reported as under:

**Hypothesis:** There exists 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)<sup>[5]</sup>, Black, D. S., Milam, J., & Sussman, S. (2009)<sup>[6]</sup>, Chiesa, A. (2009)<sup>[9]</sup>, Chiesa, A., & Serretti, A. (2009)<sup>[10]</sup>, Clark, C., & Stansfeld, S. A. (2007)<sup>[13]</sup>.

### Conclusion

The present study was intended to explore the level of time mental health of professional and non-professional students. Keeping in view, insignificant difference was reported between professional and non-professional students on various dimensions of mental health viz. Positive self-evaluation (PSE), Perception of reality (PR), Integration of personality (IP), Autonomy (AUTNY), Group oriented attitude (GOA), Environmental competence (EC) and composite score. Consequently, the investigator can infer 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:** During the entire research process no any conflict of interest was declared.

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