Role Of Stream On The Level Of Mental Health Among Under Graduate Students

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Abstract

The purpose of the present study is to study the role of stream on the level of mental health among under graduate female students. To achieve the stipulated objectives a descriptive casual comparative method of research was followed. The sample for the present investigation was randomly drawn from Government First Grade colleges, Mysore. A total sample of 61 was selected. The data was collected by administering the Semi structured interview schedule, mental health screening questionnaire. The data was then analyzed through Mean, percentage, sd and One way ANOVA for the comparison of mean scores among groups with the help of SPSS 21. The findings revealed that the mental health screening questionnaire found to have strong psychometric values. It is found that there is no significant influence of course on mental health among under graduate female students.

Key words: **Mental Health Screening Questionnaire and Degree Students**

Introduction

Mental health among undergraduate students is a significant concern, as many experience stress, anxiety, and depression during their studies. Factors contributing to these issues include academic pressure, social challenges, financial concerns, and changes in living situations. Studies show that a substantial number of students report symptoms of anxiety and depression. Transitioning to college life can exacerbate pre-existing conditions or lead to new ones. High expectations for performance and competitiveness can lead to burnout. Time management and balancing coursework with personal life are common stressors. Feelings of isolation and homesickness are common, especially for first-year students. Building new friendships and navigating social dynamics can be challenging. Concerns about tuition, student loans, and living expenses can add significant pressure.

Many universities offer counseling services, mental health workshops, and peer support programs. Encouraging students to seek help is crucial for managing mental health effectively. Practicing self-care, maintaining a balanced lifestyle, and developing coping strategies can help students manage stress. Mindfulness and relaxation techniques are also beneficial.

Increasing awareness of mental health issues and reducing stigma can encourage students to seek help. Educational initiatives that promote mental health literacy can be instrumental in fostering a supportive campus environment.

Taking a course can have a significant impact on mental health in various ways. Learning new skills or concepts can boost self-esteem and confidence. This empowerment can help reduce anxiety and feelings of inadequacy. Courses often provide opportunities to meet new people and build relationships, which can combat loneliness and foster a sense of community. Engaging in a course can add structure to your day, which is beneficial for mental well-being. Routines can provide a sense of normalcy and predictability. Learning stimulates the mind, which can help improve focus and cognitive function, reducing symptoms of depression or anxiety. Many courses encourage creativity, allowing for emotional expression, which can be therapeutic. Completing a course or mastering a new subject can provide a sense of accomplishment and purpose, which are vital for mental health. Depending on the nature of the course, it can serve as a distraction from stressors and a way to engage in enjoyable activities. Some courses, particularly those focused on wellness, mindfulness, or mental health, can directly teach techniques for managing stress and improving emotional resilience.

Overall, the right course can be a powerful tool for enhancing mental health and overall well-being. In this concer the present study aimed at understanding the role of study stream on the level of mental health among undergraduate female students.

Method

Statement of the Research problem: To study the role of stream on the level of mental health among under graduate female students

Objectives:

➢ To study the role of stream on the level of mental health among under graduate female students

Hypothesis:

➢ There is a significant role of stream on the level of mental health among under graduate female students.

Operational definitions:

Level of mental health: Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to our well-being.

➢ **Research Design:** A descriptive survey research design was employed to study the role of stream on level of mental health among under graduate students. The design was focused to compare the role of streamon level of mental health among under graduate students

➢ **Variables:**

Independent Variables: Course (BA/ B.Sc /B.Com)

Dependent Variables: Level of mental health

Sample design: The convenient sample method is used to select and classify the participants.

➢ **Sample Description:** A survey method was done to identify participants in and around of Holenarsipura taluk and convenient sampling method was applied for data collection to study the role of streamon level of mental health among under graduate students. A total of 70 were selected which included different courses (BA=37, B.Sc=18, B.Com 15) and the following criteria are used to select the participants

Inclusion criteria:

- Only female were included

- Only 18 to 21 years aged participants were included

- Participants who can read and write Kannada and English

- Participants who were willing to participate only included

- Participants who were studying in B.A, B.Sc and B.Com were included

Exclusion criteria:

- Below 18 and above 21 years age were not included

- Those who cannot read and write Kannada and English were not included

Measures:

➢ **Socio Demographic Sheet**: The socio-demographic sheet is developed by the researcher under the guidance of research supervisor, this sheet will be used to collect the demographic and other relevant information from the participants

➢ **Mental health screening questionnaire**: Mental health screening questionnaire was developed by the researcher, the scale consists a total of 33 items and the psychometric properties were calculated and presented below

The reliability of the scale by using Cronbach's Alphais -.19 which indicates The value is negative due to a negative average covariance among items. This violates reliability model assumptions. You may want to check item codings.

Case Processing Summary

		Numbers	%
Cases	Valid	61	100.0
	Excluded[a]	1	.0
	Total	62	100.0

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.608	.642	33

The above reliability analysis indicated that the scale is reliable to measure the mental health among young adults

Procedure for Data Analysis/Statistical Analysis

Descriptive statistics is used to summarize and organize the data and thus describe it. Keeping in view the objectives and hypotheses of the present study to see the role of stream on level of mental health among under graduate students

Analysis of results and interpretation

Keeping in view the objectives of the study, descriptive statistical procedures, a ANOVA test was calculated and the results were analyzed and discussed in this chapter. In order to understand the role of stream on level of mental health among under graduate students in the sample a descriptive statistics i. e Mean, Standard deviation and Graphical representations were used and discussed and to understand the significant the role of streamon level of mental health among under graduate students a One way ANOVA was calculated and analyzed the results in the following section.

(**For Hypothesis 1**: There is a significant influence of course on level of mental health among under graduate students)

Table1: *Shows the mean, S.D and t ratio on the role of streamon level of mental health among under graduate students*

Groups	N	Mean	Sd	F ratio	Sig
B A	40	78.53	9.73	.45	.63
B.Com	11	85.09	11.82		N S
B.Sc.	9	86.22	9.18		
Total	60				

*p<0.05; **p<0.01

Figure-1: *Shows the mean, S.D and t ratio on the role of streamon level of mental health among under graduate students*
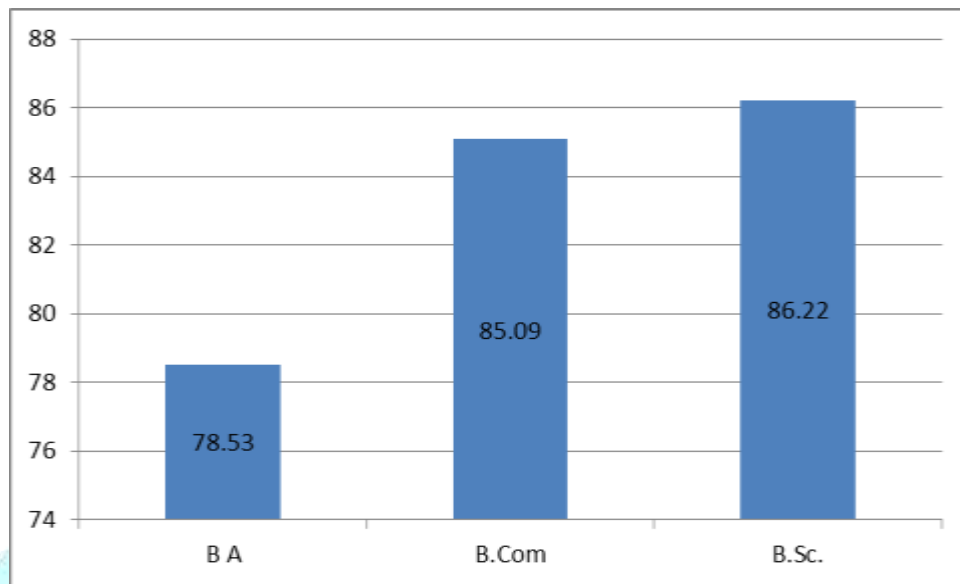

Table 1 showed that the mean score, standard deviation and f ratio on the influence of on the influence of course on level of mental health among under graduate students. The B A students have reported a high level of mental health (M=78.53, SD= 9.73) when compared to B.Sc, (M=86.22, SD= 9.18) and B.Com (M=85.09, SD= 11.82). The mean difference of all the three groups has been shown in graph 1. In comparing the significant mean differences on level of mental health as influenced by their course i, e B.A , B.Sc and B.Com among college student a One way ANOVA was calculated and the obtained *f (2, 68) = 2.55, p >.0.08* which clearly indicates that there is no significant influence of course on the level of level of mental health among college students; hence the obtained results are not according to the hypothesis stated that "There is a significant influence of course on level of mental health among under graduate students". In supporting the results a study conducted by Mohanty, & Mishra, (2018) revealed that females had higher n-achievement than males, and students in science stream had better mental health compared to their counterparts in arts and commerce streams. Stream x Gender interaction had significant effects on all the three dependent variables. Females of arts streams had the highest n-achievement whereas maximum stress was experienced by the female students in science stream. But in case of mental health, male students of science stream were better compared to all other groups of subjects.

Conclusion:

➢   There is no significant influence of course (B.A, B.Sc and B.Com) on the level of level of mental health among college students.

References:

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