(R 14) A STUDY OF MENTAL HEALTH AND ADJUSTMENT IN SCIENCE AND ART STUDENTS

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Abstract

The investigator in this paper tried to explore mental health and adjustment in science and art College students. The study was conducted in Bhiwani District of Haryana. The sample of the study consists of 150 College students who are studying in B.Sc. and B.A.; there are 75 science students (both boys and girls) and 75 art students. Mental health checklist developed by Kumar (1992) was used to measure the mental health status of the students. Adjustment inventory for College students constructed by Sinha & Singh was used to measure the adjustment level of the students. The 't' test was used to compare the mean score of science and art students. The result revealed that there were significant difference exits between science and art students at .05 level of significance. Art students have had better mental health status and better adjustment level in comparison with science students.

Keywords: *Mental Health, Art Students, Science Students, Adjustment.*

Mental Health: Mental health is the ability to make adjustment to the external world. It is the abilities to accept and face the realities of life (Bhatia 1982). It is the adjustment of a person to another person effectively to face the realities of life. It is a way of person to think, act and feel when comes in contact with real life situation. It refers how one feels about himself, one's life and what other people feel about him when he faces the real life situations. It is the evaluation of situation and challenges of life. It is related with effective coping tendency to face environmental situation with one's pace and efficiency. This mental strain is generally expressed in the form of anxiety, hopelessness, tension and restlessness. Mental health represents the mental peace and

harmony. It represents adjustment problems in every step of life. It reflects way of thinking, feeling, behaving and one's attitude towards new situation/problems.

Fox (2000), Edwards (2003), Palaver (2005) found that various types of physical activities and sports are essential for health and particularly for mental development. Dehkoda & Saiah (2010) found that various types of physical activities not only improve the physical health but they are very useful in decreasing anxiety, depression and causes happiness among the students. Mental health is indispensable for youth who copes with so many problems in every walk of life.

Adjustment : Regulating and adapting in various situations is called adjustment. It maintains a balance between human needs and hindrance in the environment. Hurtado (1996) found that a sequence of adjustment commences when a need arises and it ends after its satisfaction. While a student studying in a College, requires adjustment among students and degree of adjustment depend upon experience, family background, prior schooling and on emotional intelligence. Adjustment of the College students depends upon the nature of College, size of students in the College, 'affiliation of students to any religious or social group and controlling agency in the College. Some students who stay for longer period in the College have to make more adjustment as compared to those who stays for shorter period. College gives students freedom, responsibility, outside influence and time pressure. Pressure of adjustment can lead to adjustment disorder. Adjustment disorder is a short-term condition of a student not to cope with a particular situation. It may lead to academic failure, tearfulness, feeling of hopelessness, loss of interest in any activity. It is called situational depression. This type of stress does not exist when a person get adjusted to the situation.

Objective of the Study:

1. To study correlation between mental health and adjustment of science and art College students.
2. To find the difference of mental health of science and art college students.
3. To find the difference of adjustment of science and art college students.

Hypotheses of the Study :

1. There is no relationship between mental health and adjustment.

2. There is no significant difference between science and art college students on mental health level.

3. There is no significant difference between science and art college students on adjustment level.

Methodology:

Descriptive survey method was used for the study.

Population :

Art and science students of the age group 19-22 were the target population of the present investigation.

Sample :

Sample was selected from Bhiwani district of Haryana. A sample of 75 art college students and 75 science college students was taken for the study.

Tool used

(i)   Adjustment inventory by R.P. Singh and Sinha for College students was used to measure the adjustment. This inventory consists of 102 items relating to home, health, social, emotional and educational area.

(ii)   MHC (Mental Health Checklist) developed by Kumar (1992) was used to measure mental health of the college students. It consists of 11 items and it is a likert type of scale with numerical value 4, 3, 2, and 1 was assigned to 4 types of responses. Total scores is 44 and minimum is 11. Low score on this checklist indicates maximum mental health level while higher scores indicate low mental health level.

Analysis of the Data : The data collected underwent analysis by using different statistical techniques such as mean, S.D., and 't' values.

Table-I: Relationship between mental health and adjustment level.

Variable	N	r	Remarks
Mental Health and Adjustment	150	.058	Positive correlation

It is revealed from the Table-I that there is a positive correlation (r = .058) exist between mental health and adjustment. Both these variables depend on each other. A person having balanced mental health, he/she is able to cope with environmental situation i.e. social, emotion or

physical. He is able to adjust his way of thinking, feeling and attitude according to prevailing situation of the environment. It indicates that both science and art college students try to cope with new developing environment. Student of both categories try their best to cope with new challenging situations to satisfy their needs.

Mental Health : Result (Table-2) revealed that the mean score of art students was 13.50 where as the mean score of science students were 18.25. The 't' value was 10.93 which is significant at 0.05 level. Thus the hypothesis that there is no significant difference between science and art college students on mental health level was confirmed.

Table-2 : Showing mean score, S.D. and 't' value of science and art student with regard to their level of mental health (df = 148).

	Science Students	Art Students
No. of Students	75	75
Mean	18.25	13.50
S.D.	3.25	2.75
t	10.93*	

*= Significant at .05 level

As the art college students spend more time with their friends and others. They exhibited different type of feeling on different occasions. They are more stable as they possess the ability to control the emotion at right time at right place in right direction. This is main reason that art students show higher level of mental health as compared to science students. Science students are very shy and remain busy in studies. They don't waste their time in participating in various co-curricular activities of the college like sports, physical activities, debate, declamation and various types of hobbies. These students are generally introverted and stay away from parties and function of the college. Hence, they have less interaction with other persons. This decreases their social adjustment; hence they are less stable to control their feeling. On the other hand, Art students form strong emotional bond with others as they work independently to solve their routine problems.

Adjustment :

Result (Table-3) revealed that the mean score of science students was 32.6 where as the mean score of art students was 37.5 The 't' value was 3.47 which is significant at .05 level (2.62). Thus,

the hypothesis, "there is no significant difference between science and art college students on adjustment level".

Table-3: Showing Mean scores S.D. and 't' value of science and art college students with regard to their level of adjustment (df = 148)

	Art Students	Science Students
No. of Students	75	75
Mean	32.6	37.5
S.D.	7.8	9.5
t	3.47*	

*= Significant at .05 level

Thus the hypothesis is rejected. College education requires a lot of adjustment. Science students interact to small extent with their peer group, parents and neighbors. On the other hand art students show more interaction with social groups i.e. in market, sport, physical activity, N.C.C., N.S.S. and other social organizations. Participation in these groups establishes close relationship with each other. Art students tend to help each other during their tough times and form strong emotional bonds with each other. They solve their routine problems with greater ease as compare to science students. Art students do not create panic for routine life problems.

Finding : In the light of the obtained results the findings of the study were:

1.   Mental health level was found positively related with adjustment level of science and art students.

2.   Art students were found to possess good state of mental health as compared to science college students.

3.   Science students were found poorly adjusted as compared to art college students on the measure of adjustment scale.

Educational Implications : The findings of the study revealed that the science students is lagging behind in possessing good state of mental health as these students have less interaction with different social groups and less participation in various physical activities and sports programme. These programmes tend to reduce the psychological stresses which results in better mental health status. Various physical activities and sport programmes should be made mandatory in the college so that the students are able to cope with routine life problems.

Conclusions:

It is concluded that art college students out scored science students on mental health level and adjustment level. Mental health and adjustment have been reported to be important predictors to work out best in the life. The findings have implications for students, parents, teachers and administrators.

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