

Mental health of ashram and urban junior college students of Kolhapur

¹Dr. Ganesh Maruti Lawangare

¹Associate Professor, Department of Physical Education, Rajarshi Chhatrapati Shahu College, Kolhapur, Maharashtra, India

Corresponding Author: Dr. Ganesh Maruti Lawangare

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Abstract

The present study was comparative research which was conducted. In research study whole samples of ashram junior college students selected the researcher in according the samples of this study was ashram and urban junior college students those selected boys' and girls' students between the age group under 16-18 years from Ahmednagar district (N=100). So therefore, ashram schools Shri Gadge Maharaj Ashram Shala, = 50, (each 25 boys & girls) and Navchetna Madhymik Vidyalaya, Samarth Nagar = 50, (each 25 boys & girls) selected from Ahmednagar district were tested through simple random sampling technique was used for selection sample. After selection of sample variables & tools were selected for the collection of data for the study which are mental health battery is given by Gupta AS and Singh AK (2000) these inventories used for data collection. After given the instruction about the importance about the research work and filled questionnaire from the Ashram and Urban junior college students. After collection of data, analysis of data used descriptive statistical and ANOVA statistical method used. Also mean value of boy's junior college students were comparatively lower than mean value of girl's school students on mental health & shown that there was significant difference among variable of mental health with respect to boys school students & girls school students.

Keywords: ANOVA, Mental Health, ashram students, urban students, junior college students, gender differences, adolescents, educational environment

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Introduction

Mental health is an important trait for human life as well as physical, spiritual and economic well-being. It is truth that a fit mind is a powerful key through which a human being attains pleasure in life. When we are mentally healthy, we enjoy our life and environment, and the people in it. A mentally healthy person can be creative to learn new things and take risks for higher achievement.

Objectives of the study

- To compare the mental health among ashram and urban junior college students.
- To study the difference on mental health among ashram and urban junior college boys' and girls' students.

Variables

Table 1: Independent variables

Group of College Students	Ashram Junior College Students
	Urban Junior College Students
Gender of Students	Boy's Junior College Students
	Girls' Junior College Students

Dependent Variables

- Mental Health

Research design of the study

In the present study a balanced 2 x 2 factorial design was used.

The two independent variables are type of students and gender. Dependent variables are mental health.

Population and Sample

The population of this study was ashram and urban junior college students those selected boys' and girls' students between the age group under 16-18 years from Ahmednagar district (N=100). So therefore, ashram schools Shri Gadge Maharaj Ashram Shala, = 50, (each 25 boys & girls) and Navchetna Madhymik Vidyalay, Samarth Nagar = 50, (each 25 boys & girls) selected from Ahmednagar district were tested through simple random sampling technique was used for selection sample.

Research Tool

Table 2: Tool of data collection

Variable	Scale	Developed by
Mental Health	Mental Health Battery	Arun Kumar Singh Alpna Sen Gupta

Data Collection and Procedure

Objective of research with the help of simple random sampling techniques total 100 students were selected from different junior college of ashram & urban areas of Ahmednagar. Out of these 100 students, 50 were selected from ashram and 50 were from urban junior college in which 100 of ashram and urban students were further divided in to two equal group i.e. Boy's

students (n=25) and the other group were of Girl's students (n = 25). MHB Mental health battery is given by Gupta AS and Singh AK (2000) [11]. For collecting data for investigator first retested tool by using Cronbach's Alpha and the reliability of the tests are shown in table.

Table 3: Reliability of mental health battery

Cronbach's alpha	Number of Items
0.87	130

Obtained permission of the junior college authorities. The doubts were clarified and then tool was administered to the students. Students were given response sheets and after completion of the test, both the tool and response sheet were collected back. After completing visits to the junior college, the investigator has done scoring according to the scoring key with the manual. Data entry was done on SPSS and finally analyzed for the results.

Statistical Analysis

Descriptive statistics and one way Analysis of Variance (ANOVA) & interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

Table 4: Descriptive statistics for the data on mental health

Types of College	Gender	N	Mean	Std. Deviation
Ashram Schools	Boys	25	72.38	14.57
	Girls	25	73.87	14.92
	Total	50	73.12	14.73
Urban Schools	Boys	25	76.20	13.89
	Girls	25	76.25	15.37
	Total	50	76.22	14.61
Total	Boys Students	50	74.29	14.33
	Girls Students	50	75.06	15.16
	Total	100	74.67	14.73

Table 5: Analysis of covariance table for mental health

Source	Sum of Squares	DF	Mean Square	F	Sig.
School	961.00	1	961.00	4.44	0.03
Gender	59.29	1	59.29	0.27	NS
School * gender	51.84	1	51.84	0.24	NS
Error	85607.62	96	216.18		
Total	2317222.00	100			
Corrected Total	86679.75	99			

R Squared = .012 (Adjusted R Squared = .005)

Table 6: Mean value of interaction among the types of college and gender of students

Gender (B)	Types of School (A)	
	Ashram Junior College (a1)	Urban Junior College (a2)
Boys (B1)	72.38	76.20
Girls (B2)	73.87	76.25

Conclusion

It was concluded that there is a significant difference between the ashram & urban junior college students in the term of mental health (f-value = 4.44 and p-value = 0.03) and as per the results found the mean value of urban school students had better mental health compared than the ashram junior college students.

It was concluded that there is no significant difference between the boys and girls junior college students in the term of mental

health (f-value = 0.27 & p-value = 0.60) and as per the results found the mean value of girls students had better mental health compared than the boys school students.

It was concluded that no significant interaction among the types of schools and gender of junior college students in relation to their mental health (f-value = 0.24 & p-value = 0.62), Overall, it was seen that boys and girls be they in urban junior college students, better on mental health compared than ashram school boys and girl's junior college students, also boys & girls studied in urban students shown the best score on mental health.

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