MENTAL HEALTH OF THE COLLEGE STUDENTS WITH RESPECT TO GENDER, COMMUNITY AND DOMICILE

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ABSTRACT

Mental health includes emotional, mental, and social well-being. Positive mental health improves the quality of life, educational achievement; relationship and psychological resilience. The present study attempts to determine the mental health of the tribal and non-tribal college students of Tripura. Further it aims to investigate the effect of gender upon mental health. It also aims to compare the mental health of tribal hostillian and non-hostillians. The sample was randomly selected from three government degree colleges. The sample comprises of 190 subjects aged from 19-24 years. Among them 96 was tribal students (M=49, F=47) and 94 was non-tribal students (M=44, F=50). Mental Health Inventory (M.H.I) was used as an instrument for this research. The data were analyzed by using t-test. Findings reveal significant differences between mental health of tribal and non-tribal college students, male and female college students, tribal hostillians and non-hostillians. Results further reveal that, the college students from both the community possess poor mental health. The results of the present study can be used retrospectively for ensuring psychological intervention to improve the mental health of the college students.

KEY WORDS: Gender, Hostillian, Mental Health, Tribal and non-tribal.

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