



# Status of mental health amongst college going youth of Udaipur district, Rajasthan

■ Prerna Gupta\* and Gaytri Tiwari

Department of Human Development and Family Studies, College of Community and Applied Sciences, Maharana Pratap University of Agriculture and Technology, Udaipur (Rajasthan) India  
(Email : [guptaprerna404@gmail.com](mailto:guptaprerna404@gmail.com), [TiwariGaytri@gmail.com](mailto:TiwariGaytri@gmail.com))

## ARTICLE INFO :

**Received** : 26.04.2019  
**Revised** : 06.05.2019  
**Accepted** : 17.05.2019

## KEY WORDS :

Youth, Mental health

## HOW TO CITE THIS ARTICLE :

Gupta, Prerna and Tiwari, Gaytri (2019). Status of mental health amongst college going youth of Udaipur district, Rajasthan. *Adv. Res. J. Soc. Sci.*, 10 (1) : 17-21, DOI: 10.15740/HAS/ARJSS/10.1/17-21. Copyright©2019 : Hind Agri-Horticultural Society

## ABSTRACT

Youth, defined by the United Nations as persons between the ages of 15 and 24 years, is a transitional period from childhood to adulthood, represents almost 18 per cent of the current global population. Young people often show an increase in risk-taking behaviours, such as substance misuse, use of illegal drugs, careless driving, eating disorders, unsafe sexual behaviour, crime and suicidal behaviors (Keren and Hasida, 2007). Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community (WHO, 2014). Due to inexperience of life, they find easy to indulge in drug or alcohol abuse to overcome stress or problem, but it ultimately results in another psychological problems. So there is a need to address these issues and assess their mental well-being in order to make a better life. The present study aims to investigate the Mental health status of 360 college going youth in the age group of 19 to 22 years of Udaipur district of Rajasthan State. Simple random sampling procedure was followed to collect the data. The study was conducted in both government and private colleges. A representative sample of total 360 respondents (180 boys and 180 girls) which was further divided stream wise, that is, 120 each from arts, science and commerce was selected from undergraduate and graduate classes for the present study. Mental health battery by Singh and Gupta (2000) was administered for data collection. Frequency, percentage were used for analysis of data. Results revealed that among overall respondents majority of youth had good mental health. It was also reported that majority of youth were found to be good in emotional stability, overall adjustment, autonomy, security- insecurity and intelligence component of mental health except self-concept where they were fell into the category of average.

\*Author for correspondence

Youth, defined by the United Nations as persons between the ages of 15 and 24 years, is a transitional period from childhood to adulthood, represents almost 18 per cent of the current global population. It is a sensitive developmental period when the personal identity is formed

and the foundation for later mental health is prepared. It's a well-known fact that phase is mainly filled with socio-emotional and financial challenges. They deal independently with their emotions and move towards self-sufficiency. Young people experience self-organization

and role confusion. Young people often show an increase in risk-taking behaviours, such as substance misuse, use of illegal drugs, careless driving, eating disorders, unsafe sexual behaviour, crime and suicidal behaviours (Keren and Hasida, 2007). Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community (WHO, 2014). The fear of exams, a lot of assignments and workload create stress among students. Bullying has also been increasingly recognized as a major public health problem among adolescence which has resulted in higher suicidal attempts among them. They want to maintain the lifestyle and fulfill the demand of articles like mobile, bikes and cars etc. Family don't support youth for their lavish lifestyle. Along with this, the high competition, less job opportunities, inconsistent and delay in the recruitment, underpay, lack of job security are also some causes of stress. A lack of time management also causes stress on youth. These factors negatively affect individuals' performance and overall well-being of his body and mind. Balancing academics, peer activities and home life can be difficult, due to lack of experience and immaturity. Due to inexperience of life, they find easy to indulge in drug or alcohol abuse to overcome stress or problem, but it ultimately result in another psychological problems. So there is a need to address these issues and assess their mental well- being in order to make a better life. In this context the present study was carried out with the following specific objectives:

- To assess the overall mental health of youth
- To compare between the dimensions of overall mental health of youth.

## MATERIAL AND METHODS

The present study aims to investigate the mental health status of college going youth in the age group of 19 to 22 years. The sample for the present study constituted of students from three streams *i.e.* arts (120),

science (120) and commerce (120). The total sample was further divided equally on the basis of gender and family type *i.e.* 180 boys from joint and nuclear family and 180 girls from joint and nuclear family. The study was conducted both in government and private colleges situated within the municipal limit of Udaipur district. Simple random sampling procedure was followed to collect the data. The sample was delineated by the researcher, for which a preliminary survey was conducted on identified sample by using a self- structured proforma. Mental health battery developed by Singh and Gupta (2000) was administered for data collection. For analyzing the data frequency and percentage were used.

## OBSERVATIONS AND ANALYSIS

Results revealed that individual's mental health is most important for one's life which affects the other areas of well- being either personal or social. Table 1 and Fig. 1 depicted that majority (61.11%) of respondents had good level of mental health followed by 35.83 per cent having excellent level of mental health. Merely 3.06 per cent of respondent had average level of mental health. It can be inferred that youth experience stress in this stage due to their changing life style but also able to manage the stress by their coping skill and adjustment ability in the particular situation. Parents, community members, service providers

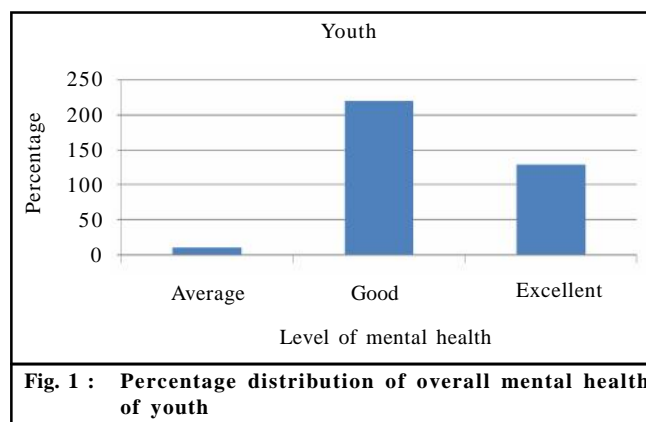


Fig. 1 : Percentage distribution of overall mental health of youth

Sr. No.	Level of mental health	f (%)
1.	Average	11 (3.06)
2.	Good	220 (61.11)
3.	Excellent	129 (35.83)

and social institutions have the responsibility to promote the development and adjustment of adolescents. They should guide them effectively when problems occur to help them withstand pressures and make the smooth transition from childhood to adulthood (Raju and Rahmatullah, 2019).

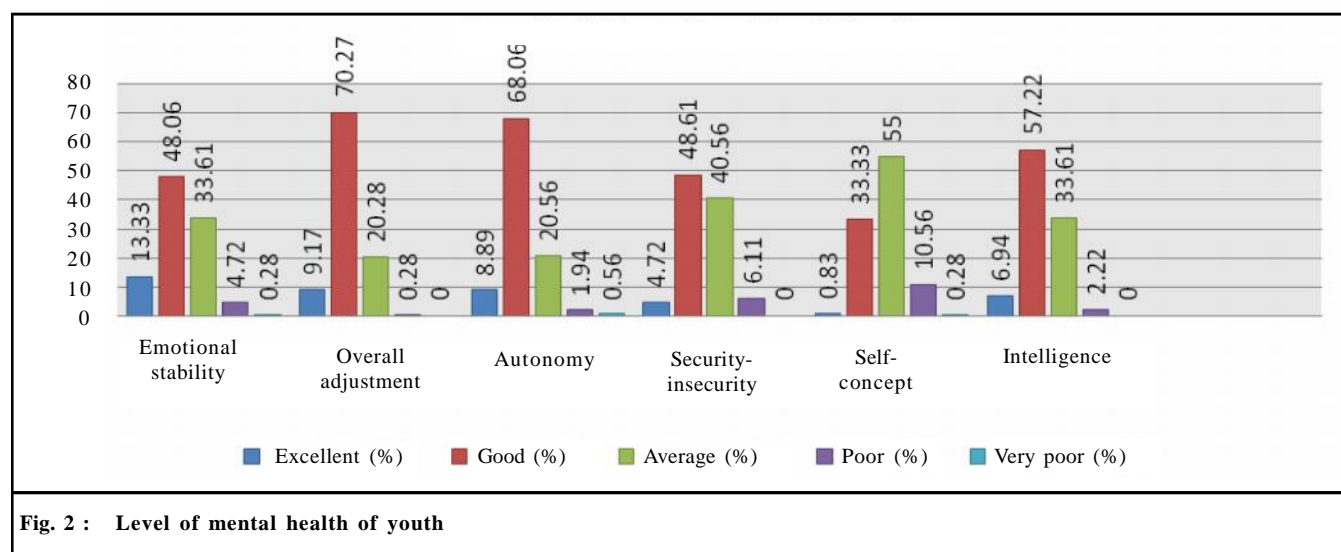
Table 2 depicts that majority (48.06%) of the youth were having good emotional stability followed by 33.61 per cent in category of average emotional stability. Regarding excellent emotional stability 13.33 per cent possessed, followed by 4.72 per cent with poor emotional stability. Just 0.28 per cent was found in very poor emotional stability category which reflects a satisfactory picture of the society on the contrary to the common belief.

According to Mohanraj and Latha (2005) family perceived as self- sufficient, having freedom to make their own decision which provide safe home environment and influence the academic performance. Peer group also

provides emotional supports. In consonance of this study, data also shows good in emotional stability component of mental health of youth. Parallely, it can also be stated that cause and effect relationship and logical thinking etc. somewhere and somehow prepare the students for equipping in optimizing their life skills.

In overall adjustment component of mental health 70.27 per cent of youth were found to be good mental health followed by 20.28 per cent in average mental health category. 9.17 per cent possessed excellent mental health. Very few (0.28%) were found in poor mental health category. It indicated that if an individual becomes organized and self-oriented and able to cope up, this result in good social relationships and less health problems (Erkutlu and Chafra, 2006).

Table 2 revealed that majority (68.06%) of the subjects were found to be good in autonomy followed by 20.56 per cent average category of autonomy. 8.89 per cent possessed excellent autonomy followed by 1.94 per



Sr. No.	Aspects of mental health	Level of mental health of youth				
		Excellent f (%)	Good f (%)	Average f (%)	Poor f (%)	Very poor f (%)
1.	Emotional stability	48 (13.33)	173 (48.06)	121 (33.61)	17 (4.72)	1 (0.28)
2.	Overall adjustment	33 (9.17)	253 (70.27)	73 (20.28)	1 (0.28)	-
3.	Autonomy	32 (8.89)	245 (68.06)	74 (20.56)	7 (1.94)	2 (0.56)
4.	Security- Insecurity	17 (4.72)	175 (48.61)	146 (40.56)	22 (6.11)	-
5.	Self – concept	3 (0.83)	120 (33.33)	198 (55.00)	38 (10.56)	1 (0.28)
6.	Intelligence	25 (6.94)	206 (57.22)	121 (33.61)	8 (2.22)	-
	Overall mental health	129 (35.83)	220 (61.11)	11 (3.06)	-	-

cent with poor autonomy. Good mental health level of youth may be due to their ability to deal with rising expectations and to bear responsibility effectively with greater family, peer and social support. Studying in coeducational institution, greater media exposure may also increase autonomy and self-concept (Dhariwal and Connolly, 2013).

Majority (48.61%) of the youth were found to be good in terms of security- insecurity followed by 40.56 per cent in average security- insecurity category as depicted in Table 2. Very few (4.72%) possessed excellent security- insecurity with slight increase (6.11%) in percentage of youth in poor security- insecurity category of mental health. The reasons may include positive parenting style which seen as central source of support, stable environment which assist in difficult circumstances, close knit relations with friends or team member at their work place.

Looking into the self-concept of youth it can be stated that majority (55 %) were found to be average followed by 33.33 per cent good and 10.56 per cent in poor category of self-concept. Very few (0.83 %) were found in excellent self-concept category followed by 0.28 per cent with very poor self-concept.

In intelligence component, it can be concluded that majority (57.22) of the youth were found to be good in intelligence followed by 33.61 per cent in average intelligence category. 6.94 per cent possessed excellent intelligence. Very few (2.22%) were found in poor intelligence category.

Table 2 gives an understandable picture that youth were good in all the five aspects of mental health, except the self- concept aspect where they showed the average results.

The reason for average self- concept may be bullying by others, being unpopular, failed to be volunteer, family trouble or emotional stress. Contrary to popular assumptions that self- concept is positively related to mental health and low self-concept is associated with depression in an inverse manner (Zhu *et al.*, 2016) the overall mental health of the youth found to be good.

The contributing factors for good mental health may be good social relationship with teacher, students and family members, supportive university environment, adequate resources to perform academic and other community task. These help to build emotional support and security, better adjustment and autonomy in an

individual (Awino and Agoslla, 2008).

Though individual may vary due to different personality factor, but leaning of various life skills such as thinking, social and negotiation skills make them able to manage hardships and become resilient to the normal situation.

### Conclusion:

The finding revealed that among the overall respondents, majority of respondents had good level of mental health followed by excellent level of mental health and very few respondents were having average level of mental health. Though individual may vary due to different personality factor, but learning of various life skills such as critical thinking, social and negotiation skills make them able to manage hardships and become resilient to the adverse situations. Feeling happy and positive about oneself and enjoying life, healthy relationships with family and friends, social skills, the ability to relax and to get a good night's sleep, community participation and belonging, positive climate, strong cultural identity and ethnic pride all helps to promote resiliency.

### Recommendations:

-The study recommends formulation and implementation of effective strategies to improve mental health status of youth at excellent level.

- Training programmes on life skills should be conducted in schools and college for the youth.

### REFERENCES

- Awino, J.O. and Agoslla, J.E. (2008). A quest for sustainable quality assurance measurement for universities: case of study of the University of Botswana. *Educational Research Review*, **3** (6) : 213-218.
- Dhariwal, A. and Connolly, J. (2013). Romantic experiences of homeland and diaspora South Asian Youth: Westernizing processes of media and friends. *J. Res. Adolesc.*, **23**(1): 45-56.
- Erkutlu, H.V. and Chafra, J. (2006). Relationship between leadership power bases and job stress of subordinates: example from boutique hotels, *Management Research News*, **29**(5): 285-297.
- Keren, M. and Hasida, B. (2007). Risk taking among adolescents: Associations with Social and Affective Factors. *J. Adolescence*, **30** (1): 17-31.

Mohanraj, R. and Latha (2005). Perceived family environment in relation to adjustment and academic achievement. *J. Indian Acad. Appl. Psychol.*, **31**(1-2): 18-23.

Singh, A. K. and Gupta, A. S. (2000). *Mental health battery*. Ankur Psychological Agency, Lucknow (U.P.) India, 1-12 pp.

Zhu, J.C., Wang, X.Q., Liu, Z.L., Liu, T.T., Wei, G.Q. and Chen, X.Y. (2016). The relationship between self-concept and mental health among chinese college students: The mediating effect of social adjusting. *Open J. Soc. Sci.*, **4**:

118-125.

#### WEBLIOGRAPHY

---

Raju and Rahmatullah (2019). Adolescence-psychology today. Available from [www.psychologytoday.com/.../adolescence](http://www.psychologytoday.com/.../adolescence).

WHO (2014). Mental health: a state of well-being. 2014. Retrieved from [http://www.who.int/features/factfiles/mental\\_health/en/](http://www.who.int/features/factfiles/mental_health/en/) on December 9, 2018.

★ ★ ★ ★ ★ 10<sup>th</sup> Year of Excellence ★ ★ ★ ★ ★