A Study on Mental Health Awareness among Undergraduate Students in Tirunelveli City

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Abstract: *Mental health problem is one of the most deadly problems in this modern world. Every person in the world is suffering because of this problem and now most of the students are facing suicidal thoughts because of the lack of mental health awareness. Depression, anxiety and mood disorders are commonly arise in the mind of youngsters. Students are suffered enough in their school life because of state board and central board exams. When they join college all they want to do is enjoy their life and do some funny activities. But instead of enjoying their college life they are being force by then college management to do assignments, projects, weekly exams and what not. This makes the students to lose their focus and makes their brain to slow while processing whatever is happening. They are not having enough time to deal with their mental health and focus on themselves. Academic stress, relationship stress, family problems, financial problems, childhood traumas can easily trigger mental health problem among students. Students now days are having inferiority complex, fear of rejection, fear of failure and what not. Even the assignment works and simple class test make them feel nauseous in a very bad way. The main objective of this study is to determine the stress factors and mental health problems of undergraduate students in Tirunelveli City.*

Keywords: Academic stress, College, Failure, Mental health, Time

I. INTRODUCTION

Mental health and stability is a very important factor in a person's everyday life. Social skills, behavioural skills, and someone's way of thinking are just some of the things that the human brain develops at an early age. Learning how to interact with others and how to focus on certain subjects are essential lessons to learn from the time we can talk all the way to when we are so old that we can barely walk. However, there are some people out there who have difficulty with these kinds of skills and behaving like an average person. This is a most likely the cause of having a mental illness. A mental illness is a wide range of conditions that affect a person's mood, thinking, and behavior. Depression, stress, suicide, these words have become casual in the urban dictionary and are often used irresponsible, by the media, cinema, and in daily conversations. However, the gravity of mental illness is rarely comprehended by the masses. According to an India Spend report, the number of Indians suffering from mental illness exceeds that of the population of South Africa. At present, the mentally ill account for nearly 6.5 percent of the country's population and it is estimated that by 2020 this number will increase to a staggering 20 percent. Further, the World Health Organization estimates that nearly 57 million Indians suffer from depression. Simply put, one in every 22 people suffers from depression and yet, the social stigma and label attached to this increasingly common mental illness continues to scare individuals away from seeking appropriate treatments.

1.1 Objectives
- To analyze the demographic profile of the respondents in Tirunelveli City.
- To identify the awareness and problems of mental health of under graduate students.

II. METHODOLOGY

- **Primary data**: Primary data was collected from the respondents through systematically prepared questionnaire through structured interview methods.
- **Secondary data:** The main source of information for secondary data was collected from the old records and the websites, books, journals, newspapers etc…

III. REVIEW OF LITERATURE

Akash R. Wasil (2022)[1] in his articles entitled Improving Mental Health on College Campuses: Perspectives of Indian College students: Finally, Society identified topics that they would like to learn about in mental health and wellness courses like how to identify mental health concerns, how to identify mental health concerns, how to support friends. By rising, several potential targets for mental health and wellness interventions for Indian college students, and how useful it will become for students.

Kristin Reid, N Armstrong, D Todd, L Ballard, C Szczepaniak, C Tinsley (2021)[7] in his article entitled an examination of mental health perceived barriers and outreach recommendations among rural college students: Now-a-days, many students are experience stressors that negatively impact their college experience. Study participants reported that their major sources of stress were financial strains and academic performance pressures, along with body image and food related issues to a lesser degree. College students face a variety of stressors and mental health issues that threaten the quality of their lives and their ability to perform well academically.

IV. TYPES OF MENTAL HEALTH DISORDERS

1. Mood disorders
2. Anxiety disorders
3. Personality disorders
4. Psychotic disorders

V. TYPES OF PERSONALITY DISORDER:

- Paranoid personality disorder
- Schizoid personality disorder
- Schizotypal personality disorder
- Anti social personality disorder
- Border-line personality disorder
- Histrionic personality disorder
- Narcissistic personality disorder
- Avoidant personality disorder
- Dependent personality disorder
- Obsessive Compulsive personality disorder (OCPD)

VI. PILLARS OF MENTAL HEALTH

- Connect with other people
- Be physically active
- Learn new skills
- Give to others (positive vibes)
- Pay attention to the present moment

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119

VII. AGE WISE CLASSIFICATION

S. No	Age	Frequency	Percent
1	Below 20 Years	35	18.9
2	21 Years to 31 Years	34	18.4
3	31 Years to 40 Years	17	9.2
4	41Years to 50 Years	50	27.0
5	Above 50 Years	49	26.5
	Total	**185**	**100**

Source: Primary Data

From the above table 4.2 it shows that out of 185 respondents, 18.9 percentage of the respondents are belong to the age group of below 20 years, 18.4 percentage of the respondents are belong to the age group of 21 years to 31 years, 9.2 percentage of the respondents are belong to the age group of 31 years to 40 years, 27.0 percentage of the respondents are belong to the age group of 41 years to 50 years, 26.5 percentage of the respondents are belong to the age group of above 50 years.

VIII. EDUCATION WISE CLASSIFICATION

S. No	Education	Frequency	Percent
1	B.Com/B.Com (CS)	16	8.6
2	BBA	18	9.7
3	BCA	21	11.4
4	BA English/Economics	41	22.2
5	B.Sc Physics/Chemistry/Mathematics	55	29.7
6	B.Sc Computer Science/Information Technology	34	18.4
	Total	**185**	**100**

Source: Primary Data

From the above table 4.3 shows out of 185 respondents, 8.6 percentage of the respondents are studying B.Com/B.Com (CS) department, 9.7 percentage of the respondents are studying BBA department students, 11.4 percentage of the respondents are studying BCA department, 22.2 percentage of the respondents are studying BA English/Economics department, 29.7 percentage of the respondents are studying B.Sc Physics/Chemistry/Mathematics department, and 18.4 percentage of the respondents are studying B.Sc Computer Science/Information Technology department.

IX. AGE AND AWARENESS ABOUT MENTAL HEALTH

Data relating to the age wise classification of the respondents and awareness about mental health of under graduate students are described in the following table.

sH_01: There is no significant difference between the age wise classification of the respondents and awareness about mental health of undergraduate students.

AGE AND AWARENESS ABOUT MENTAL HEALTH

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	410.852(a)	12	0.000
Likelihood Ratio	366.718	12	0.000
Linear-by-Linear Association	63.320	1	0.000
N of Valid Cases	185		

Source: Computed Data

Since the 'P' values are less than 0.05 at five percent level of significance the null hypotheses are rejected and it is concluded that there is a significant difference between the age-wise classification of the respondents and awareness about mental health of under graduate students.

X. FINDINGS

1. Majority 27.0 percentage of the respondents are belong to the age group of 41 years to 50 years.
2. Majority 29.7 percentage of the respondents are studying B.Sc Physics/Chemistry/Mathematics department.
3. There is no significant difference between the age wise classification of the respondents and awareness about mental health of undergraduate students.

XI. SUGGESTION

- Students are advised to be in a proper diet to maintain their physique and this proper diet will also help the students to relieve from their stressful mind and making them engage in sport or exercise.
- Taking a proper 8 hours sleep will be very helpful for students who all are suffering from their mental health problems.
- Always try to be connected with people, they will give easy solution and make everyone to be comfortable around them.
- People who all are suffering from mental health problem have to reduce their screen time, because that will affect the mind's ability of thinking and make everyone tired without even any work.

XII. CONCLUSION

Mental health problem is the most important raising problem among youngsters. Having a limited amount of stress will help the students to achieve whatever goals they are having for their life. But when it exit the limited amount stress, depression and anxiety will cause lot of unwanted problems and make the students to concentrate less in their goals. So the management and government have to take necessary steps to develop the awareness about mental health and its problems.

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