

A STUDY ON HIGHER EDUCATIONAL INSTITUTIONAL STUDENT'S MENTAL ILLNESS IN RURAL AREAS OF TIRUPATTUR TALUK IN TIRUPATTUR DISTRICT TAMILNADU

Dr. S. SASI KUMAR

Assistant Professor and Head of PG & Research Department of Management Studies, Sacred Heart College (Autonomous) Tirupattur.

Abstract

Every Student's mind condition is usually relying on well being of the mind which is based on the stress, anxiety, emotions and social and psychological conditions. It shows how they Contemplate, Perceive and behave. It also shows how we reason out the stressful situations caused out and to take better decisions to handle the same. It is very important that mental illness is key factor in every stage of human life starting from child to youth, which is the stage to shape the better life style conditions and it is important factor for shaping and accomplishing ones objective. The intention of this study is to identify the mental health of the rural students of higher education of Tirupattur Taluk in Tirupattur District, TamilNadu. To conduct this study the investigator used Descriptive research design which helps him to take decision on factors causing mental illness. The sample size determined for the study is 250. . The sampling technique for the study is convenience sampling method. The tool for the analysis taken for the study is percentile analysis and also used hypothesis. The implications of the study were the engineering and technology students were mentally strong. Especially female students are stress free. The government and higher education institutional were implementing certain policies and schemes for promoting mental soundness. To conclude this study the rural students of the higher education students have significant difference in mental illness.

Key words: Contemplate, Perceive, Behave, Social and Psychological, Higher Education Institutional

Introduction to the Study

Normally the mental soundness of the college students are becoming worsen day by day and in every walk of life due to change in life style, change in technology usage, health issues and especially the spread of covid-19, nuclear family concepts, single child leads to loneliness, mobile technology, low physical activity, food habits were the majority factors, which students faces at least one of the causes for mental illness. In another study conducted by the American College Health Association in the year 2021 three fourth of the students were facing at least moderate or severe illness.

Today the higher educational students are also adroitly facing array of mental illness and challenges related to academic work, students and teacher relationship and difficult to adjust the campus life with respect to economic aspect, violence among the students, injustice with respect to the social well being of the students and different forms of loss which is related to pandemic covid -19. We can also witness many behavioural changes like poor turnout of the students to the learning centres, giving less importance in submitting the assignments, bedraggled appearance, lack of interest in outdoor sports, etc may be due to the important factor of stress.

Significance of the study

We generally say that today's every nation depends on the youth (students) they are considered as wealth of the nation, as they are tomorrows scientists, doctors, engineers, administrators, educators and law makers etc, We see that they have key responsibility to take the nation ahead. Hence it is very essential to have good mental soundness to take up the responsibility of moving the nation ahead. Thus it is very reasonable to investigate the higher educational students of the rural areas as India is the hub of villages by which it explore the educational interventionson

mental illness which will be significantly enhancing the students of higher educational institutions in rural areas. The study will also exhibit the implications of the gender issues, fear, anxiety, depression, physical activity, logical functioning and self esteem. The researcher reviewed and come with the importance of physical activity and logical functioning will be the proof which will enhance the academic achievements, but this may not be consistent and inactive behaviour. We can see that students are coherent psychosomatic whose habits are influenced by physical and mental aspects. We should focus how we can balance the mental soundness and other aspect of life like emotional, spiritual physical and societal factors. Hence we take this study to determine the students mental health in higher education institutions of rural areas.

OBJECTIVES

- To study the mental health of the rural students of higher educational institutions in Tirupattur taluk.
- To identify the factors causing mental illness among the rural students
- To find the ways and means to solve mental illness
- To make suggestions

HYPOTHESIS OF THE STUDY

Hypothesis- 1: There exists significant difference between the mental health of male students and female students.

Hypothesis -2: There exists significant difference the mental health of engineering students and Arts and Science college students.

Methods

In this study the researcher used Descriptive research design which helps him to take decision on factors causing mental illness. The sample size determined for the study is 250. The sampling technique for the study is convenience sampling method.

Tools for analysis

The tool for the analysis taken for the study is percentile analysis and also used hypothesis with t test

Analysis and Interpretation

The data collected from the respondents was tabulated and analysis was done

Gender of the respondents

Particulars	No of respondents	Percentage
Male students	150	60
Female students	100	40
Total	250	100

From the above table it is inferred that 60 percent of the respondents were male students and 40 percent were female respondents

Student’s stream wise

Particulars	No of respondents	Percentage
Engineering	50	20
Arts	100	40
Science	50	20
Education	20	08
Polytechnic	25	10
Medicine	5	02
Total	250	100

From the above table it is inferred that 40 percent of the respondents were from Arts stream, 20 percent from Engineering and science streams 10 percent from polytechnic stream, 8 percent from education stream and 2 percent were from medicine stream.

Table showing the No of siblings of the respondents

Particulars	No of respondents	Percentage
Single child	80	32
Two	100	40
More than Two	70	28
Total	250	100

40 percent of the respondents have two siblings, 32 percent of the respondents were single child and 28 percent has more than two siblings.

Table showing Distance of respondents to Educational Institution

Particulars	No of respondents	Percentage
Below 10 kilometres	80	32
Below 20 Kilometres	100	40
Above 20 Kilometres	30	12
Less than 5 kilometres	40	16
Total	250	100

The students travel less than 20 kilometres are about 88 percent and 12 percent of the respondents travel above 20 kilometres to get their higher education.

Factors causing mental illness

Particulars	No of respondents	Percentage
Childhood abuse	20	8
Social isolation	30	12
Stigma like racism	50	20
Poverty	25	10
Physical health condition	13	5
Bereavement	10	4
Drug and alcohol misuse	12	6
work pressure at learning centre	50	20
Work pressure at home	40	15
Total	250	100

From the above table it is inferred that 20 percent of the respondents say they have mental illness due to stigma like racism and work pressure in learning centre, 15 percent of respondents says that it is due to work pressure at home, 12 percent due to social isolation, 10 percent of respondents says it is due to poverty.

Factors to overcome mental illness

Particulars	No of respondents	Percentage
Workshop	125	50
Orientation classes	125	50
Total respondents	250	100

The above analysis shows that respondent feels that workshop and orientation classes can be conducted to overcome mental illness.

Kinds of workshop

Particulars	Respondents	Percentage
Time management	120	120
Goal setting	80	80
Decision making	30	30
Leadership	20	20

Majority of the respondents says that they need Time management, Goal setting, Decision making and leadership workshops can be organised to give psychological relief to the students to overcome the mental illness.

Activities required for mental illness

Particulars	Respondents	Percentage
Counselling	150	60
Physical activity	80	32
Skills	20	8
Total	250	100

Sixty percent of the respondents says that they need Counselling, thirty two percent of the students requires physical activity where as 8 percent requires skills for overcoming the mental illness.

Hypothesis- 1: There exists significant difference between the mental health of male students and female students.

Table showing Mean score Value, S.D Value and T- Value scores obtained by the male students and female students.

Mental health of the respondents	No of students	Mean value	S.D Value	t- Value
Male respondents	150	58.89	13.36	7.43
Female respondents	100	60.51	7.43	

df = 248

P >.01

By testing the hypothesis t- value has been calculated. The calculated t- value is 7.43 with 248 degrees of freedom. The table value @ 0.01 levels is 2.59. Hence the calculated value 7.43 is greater than table value 2.59. Hence the hypothesis is accepted at 0.01 levels. Therefore there exists significant difference the mental health of Male college students and female college students.

Hypothesis -2: There exists significant difference the mental health of engineering students and Arts and Science college students.

Table showing Mean score Value, S.D Value and T- Value scores obtained by the engineering students and Arts & science stream students.

Educational Stream of the students	No of students in each stream	Mean value	S.D Value	t- Value
Engineering	50	49.23	9.98	13.81
Arts and science	150	58.89	13.36	

df = 198

p >.01 level

By testing the hypothesis t- value has been calculated. The calculated t- value is 13.81 with 198 degrees of freedom. The table value @ 0.01 level is 2.59. Hence the calculated value 13.81 is greater than table value 2.59. hence the hypothesis is accepted at 0.01 level. Therefore there exists significant difference the mental health of engineering students and Arts and Science college students.

Findings

- ✓ From the analysis it is inferred that 60 percent of the respondents were male students and 40 percent were female respondents
- ✓ From the analysis it is inferred that 40 percent of the respondents were from Arts stream, 20 percent from Engineering and science streams 10 percent from polytechnic stream, 8 percent from education stream and 2 percent were from medicine stream.

- ✓ 40 percent of the respondents have two siblings, 32 percent of the respondents were single child and 28 percent has more than two siblings.
- ✓ The students travel less than 20 kilometres are about 88 percent and 12 percent of the respondents travel above 20 kilometres to get their higher education.
- ✓ From the above table it is inferred that 20 percent of the respondents say they have mental illness due to stigma like racism and work pressure in learning centre, 15 percent of respondents says that it is due to work pressure at home, 12 percent due to social isolation, 10 percent of respondents says it is due to poverty.
- ✓ The above analysis shows that respondents feel that workshop and orientation classes can be conducted to overcome mental illness.
- ✓ Majority of the respondents says that they need Time management, Goal setting, Decision making and leadership workshops can be organised to give psychological relief to the students to overcome the mental illness.
- ✓ Sixty percent of the respondents says that they need Counselling, thirty two percent of the students requires physical activity where as 8 percent requires skills for overcoming the mental illness.

Findings of Hypothesis

- ✓ By testing the hypothesis t- value has been calculated. The calculated t- value is 7.43 with 248 degrees of freedom. The table value @ 0.01 level is 2.59. Hence the calculated value 7.43 is greater than table value 2.59. Hence the hypothesis is accepted at 0.01 levels. Therefore there exists significant difference the mental health of Male students and female college students.
- ✓ By testing the hypothesis t- value has been calculated. The calculated t- value is 13.81 with 198 degrees of freedom. The table value @ 0.01 level is 2.59. Hence the calculated value 13.81 is greater than table value 2.59. hence the hypothesis is accepted at 0.01 level. Therefore there exists significant difference the mental health of engineering students and Arts and Science college students.

Suggestions

The researcher recommends to make the following steps to enhance the mental soundness of the higher education students of rural areas and the same can be generalised .

- To conduct more number of exercises like workshop, orientation classes on stress related factors like sleep, fear and anxiety.
- They can be given attention on organizing programs related to time management, goal setting , decision making, leadership etc;
- Students should be given counselling related to Self- esteem, interpersonal conflicts, issues on loneliness, irregular eating behaviours, physical assault, stress etc.
- It is important to motivate the higher educational institutions should be transparent about the counselling facilities provided to the students.
- To encourage the students to acquire the skills related to the employability which will help to meet the global standards.
- Provide counselling to the students to overcome the psychological challenges and issues.
- Physical activity will reduce the mental illnessso we should make them to go for yoga, meditation and outdoor sports.

Conclusions

A detailed study was conducted on higher educational institutional student's mental illness in rural areas of Tirupattur Taluk in Tirupattur District Tamilnadu. It is highly recommended to enhance the mental soundness of the higher education students of rural areas offering exercises like workshop, orientation classes on stress related factors like sleep, fear and anxiety. It is also suggested to give attention on organizing programs on time management, goal setting, decision making, and leadership. Students can be given counselling related to Self- esteem, interpersonal conflicts, and issues on loneliness, irregular eating behaviours, physical assault, and stress. Thus students of the rural higher education institutions can be morally improved and can be given good mental soundness.

Acknowledgement:

The paper titled “A Study on higher educational institutional student’s mental illness in rural areas of Tirupattur Taluk in Tirupattur District Tamilnadu.” is part of the Don Bosco Research Grant (Ref. SHC/DB Grant/2021/13) The author Principal investigator is highly thankful and grateful to the management of Sacred Heart College for the financial assistance granted .

References

- Ziyuan Ren, Yaodong Xin, Junpeng Ge, Zheng Zhai, Dexiang (2021) “Psychological Impact of Covid 19 on College Student After School Reopening A Cross Sectional Study Based on Machine Learning” Journal of Frontiers in Psychology, Vol, 12, April 2021, PP.1-13.
- Alessandro Rigolon and Olivia Mcanirlin (2020); Psychological Impact from Covid 19 among University Students Risk Factors across se-ven states in the united states; August 2021.PP 3-33.
- Dr. N. Kesavan, “Exports and Imports Stagnation in India During Covid-19- A Review” GIS Business (ISSN: 1430-3663 Vol-15-Issue-4-April-2020).
- Dr.D.Paul Dhinakaran, “Customers Delight towards Service Excellence in Indian Overseas BankChennai” International Journal of Business Education and Management Studies (IJBEMS), ISSN:2941- 9638, (Vol.3.Issue 1. 2020 (March).
- Dr. M. Surekha, “A study on utilization and convenient of credit card” Journal of Positive School Psychology, <http://journalppw.com>, 2022, Vol. 6, No. 4, 5635–5645.
- Dr.M.Rajarajjn “Bus Operations of Service Quality in Tamil Nadu State Transport Corporation Limited, Kumbakonam” Asian Journal of Management,(A and V Publication),(ISSN:0976 – 495X), Volume: 4, Issue: 1, May, 2013.
- Dr.Umesh U, “Impact Of Human Resource Management (HRM)Practices On Employee Performance” International Journal of Early Childhood Special Education (INT-JECSE), ISSN: 1308-5581 Vol 14, Issue 03 2022.
- M.Rajalakshmi “Current Trends in Cryptocurrency” Journal of Information and Computational Science, ISSN: 1548-7741, Volume 13 Issue 3 – 2023.
- Dr.M. MohanaKrishanan “Consumer Purchase Behavior Towards Patanjali Products in Chennai” Infokara Research, ISSN NO: 1021-9056, Volume 12, Issue 3, 2023.
- Anwasha Banerjee and Samadder (2021), “Psychological Impact of Covid-19 on Students of Higher Education During Second Wave in India”, The International Journal of Indian Psychology , ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print), Vol 9, Issue 4, October- December, 2021, PP.1678- 1690.
- Bryan Kwon and Latha Ganti (2020); Jenny Lee1, Matthew Solomon, Tej Stead1, “Impact of COVID-19 on the mental health of US college students”;BMC Psychology Journal PP.1-10.
- Enba, Thandavaraj and Gani (2020). “A Review of Psychological Impact on Students Online Learning during Covid-19 in Malaysia” International Journal, Vol.6. PP. 24-30.
- Parthiban Bijulakshmi and Vikhram Ramasubramanian (2020),“Psychological Impact of COVID 19 on the Amount of Perceived Stress among College Students Studying across Various Streams in India during the Period of Lockdown”; Evolution Med Dent Sci / eISSN - 2278-4802, pISSN - 2278-4748 / Vol. 9 / Issue 39 / Sept. 28, 2020,PP.2889-2893.