Comparison of Mental Health in S.R.T.M University Nanded Campus Students

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Abstract

The collected data on hundred subjects with the help of (Mental Health) questionnaire were analyzed by employing t-test. The mean, standard deviation and t-value analyzed each dependent variable separately. For the sake of convince and methodical presentation of results, following order has been adopted

From the above table it is observed that the mean of Anxiety of Diabetic and Blood pressure is 11.04 and 11.84 and the t-ratio was statistically analyzed as (t=2.66). which was not significant at 0.05 level of significance. Thus the hypothesis was rejected.

Introdution

Health is the level of functional or metabolic efficiency of a living organism. In humans, it is the ability of individuals or communities to adapt and self-manage when facing physical, mental or social challenges. The World Health Organization(WHO) defined health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." This definition has been subject to controversy, in particular as lacking operational value and because of the problem created by use of the word "complete" Other definitions have been proposed, among which a recent definition that correlates health and personal satisfaction. **Huber M, Knottnerus (2012)** Classification systems such as the WHO Family of International Classifications, including the International Classification of Functioning, Disability and Health (ICF) and the International Classification of Diseases (ICD), are commonly used to define and measure the components of health.

Systematic activities to prevent or cure health problems and promote good health in humans are undertaken by health care providers. Applications with regard to animal health are covered by the veterinary sciences. The term "healthy" is also widely used in the context of many types of non-living organizations and their impacts for the benefit of humans, such as in the sense of healthy communities, healthy cities or healthy environments. In addition to health care interventions and a person's surroundings, a number of other factors are known to influence the health status of individuals, including their background, lifestyle, and economic, social conditions, and spirituality; these are referred to as "determinants of health." Studies have shown that high levels of stress can affect human health. **Callahan D. (1973).**

Methodlogy

The research scholar had conducted the study entitled as “Comparison of Mental Health in anxity of Diabetic and blood pressure patients of S.R.T.M University Nanded". For this study it was required to design the experiment and in this chapter the design of the study have been presented under following headings :

Research Design:

The design in a research study refers to "the researcher's overall plan for answering the researcher's question or testing the research hypotheses" **(Politet et.al, 2001, p.167).** This study involves a test of two groups of patients in research. These two groups are Diabetic and Blood pressure patients taken by the investigator. Ultimately, the findings will increase the awareness of patients regarding universal health and enhance the quality of health care in country.

Sources of Data:

The collection of data regarding the comparison of Mental Health between Diabetic and blood pressure patients of S.R.T.M University Nanded campus.. The Hundred (100) Diabetic and blood pressure patients were selected by the researcher among them (50) Fifty were Diabetic and (50) Fifty were blood pressure. All of these selected players were act as sources of data.

Selection of Subjects:

The subjects were selected randomly for the present study in the following manner.

1. The (100) Diabetic and blood pressure patients were selected and their age was ranged from 22-30 years. The subjects were divided into two groups. Group one of Diabetic patients and the second group of blood pressure patients respectively.

Administration of The Test:

To collect data on the selected subjects, The General Mental Health questionnaires were administered on selected Diabetic and Blood Pressure patients, before one hour the instructions were given to the subjects before filling the questionnaire by the researcher.

Collection of Data:

The data was collected through the (General Mental Health) questionnaire from (100) hundred Diabetic and Blood pressure patients. The (General Mental Health) questionnaire was given to all samples and the questionnaire was received with the researcher by the direct contact to all the subjects.

Tools of The Study:

To collect the data only (General Mental Health) questionnaire was used for the tool of the study.

Statistical Analysis:

For the analyze of data Mean, Standard deviation and T- ratio were used to analyze the data. The level of significant was setup at 0.05.

Formula for Mean, Standard deviation and T- ratio are as below:

$M = \sum X/N$

$S.D = \sum X^2/N$

T- Ratio = M1 – M2/ Critical ratio.

Average or Mean:

Arithmetic average is the most important average. It is used by every man in daily life. Arithmetic average or mean of a series is calculated by adding up all the values of items and dividing the result by the number of items.

The arithmetic mean is the "standard" average, often simply called the "mean".

$$\bar{x} = \frac{1}{n} \cdot \sum_{i=1}^{n} x_i$$

Standard Deviation:

Standard deviation is the square root of the arithmetic mean of the squares of deviations of the items from there arithmetic mean. Standard deviation is called the second moment of dispersion.

Table No 1
Shows statistical comparison of Mental health of Anxiety of Diabetic and Blood pressure patients.

Test	Mean score	SD	T-ratio
Diabetic patients	**11.04**	**1.55**	**2.66**
Blood pressure patients	**11.84**	**1.67**	

NS=Not significant at 0.05 level of confidence

From the above table it is observed that the mean of Anxiety of Diabetic and Blood pressure is 11.04 and 11.84 and the t-ratio was statistically analyzed as (t=2.66). which was not significant at 0.05 level of significance. Thus the hypothesis was rejected.

Conclusion:

- There was not statistically significant effect of Anxiety on Diabetic and Blood pressure patients.

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