

**MENTAL HEALTH IN RELATION TO PSYCHOLOGICAL HARDINESS
AMONG COLLEGE STUDENTS**

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ABSTRACT

The present study was undertaken to find the relation between mental health and psychological hardiness among college students. 100 first-year college students, of which 50 males and 50 females studying in the colleges of Chandigarh were selected using a random sampling technique. Mental Health battery by Singh and Gupta (2012) and Singh's Psychological Hardiness Scale (2008) was used to measure the mental health and psychological hardiness of college students. Analysis of data was done using the Pearson product-moment correlation coefficient. The study showed that mental health is positively and significantly correlated to psychological hardiness among college students and that male and female students also do differ in their mental health and psychological hardiness.

Keywords: Mental Health, Psychological Hardiness, College Students

.INTRODUCTION

Education is the most important tool of one's personality. The aim of Education is not only to impart knowledge but to make the students good citizens who are responsible towards society. Education can help in bringing about a change in their physical, mental, emotional, and intellectual development. Thus, Education is essential to make the students competent and psychologically hardy individuals who can become well-adjusted in the environment.

A lot of change in experiencing human relations and social capability is noticed when an individual enters college life. In such circumstances, the thinking and performance of an individual start getting influenced with stress and anxiety (Lehtinen et al., 1990). Relationship changes with family, friend's influence, sleeping, eating habits and loneliness also starts impacting health of some students (Ross et al., 1999). Thus, Attention to mental health is one of the prime issues to be undertaken.

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Mental Health

Mental health is defined as a well-being state in which individuals can deal with everyday strains and stresses, has the potential to channelize their focus, and work efficiently towards making the community a better place to live.

According to WHO (2003), Health is a state of complete physical, mental and social well-being and not merely the absence of a disease or infirmity.

Whereas Lulla (1981) categorized mental health into five aspects of which include physical, moral, spiritual, emotional, and social health. Mental health requires the right thought, right attitude, and right action on dealing with any situation. It is the process of human self-realization, self-satisfaction, and the successful existence of a person.

Further, Cutts and Mosely (1941) have defined mental health as the talent to manage the different situations of the environment and mental hygiene comfortably and suitably as the way and means to assure of the adjustment towards the different situations.

Psychological Hardiness

Psychological Hardiness is that personality trait which is alienated from a person's capacity to manage the problems of stressful life with some coping strategies that converts the potential unfortunate situations into learning experiences. It is usually characterized by a desire to be involved completely, to take charge of situations, and to learn from life's experiences instead of focusing on the outcomes. Psychological hardiness which is also a personality hardiness is a personality style which was first introduced by Kobasa in 1979.

Kobasa(1979) divided psychological hardiness traits into three major categories: 1)challenge, 2)control, and 3) commitment. These challenges refer to the ability of the person to see stressful situations as opportunities which are to be challenged and to rise above the given circumstances. Control refers to the perception that a person is in control of his own life and can overcome the challenges through one's own ability. Commitment is the tendency to involve oneself in the activities of life and to take a real interest in the surrounding world. These three traits bring in positive thinking and the confidence which are needed to be successful in life by the students.

According to Maddi (2004), the individuals who possess all the three C's are healthier. There are three dimensions (popularly known as 3 C's to Psychological hardiness) that tend to generalize the hardiness and in turn, helps in building physical well-being of the students.

But, Bartone (2006) considers psychological hardiness as something more global than just mere attitudes. He describes hardiness as a broad personality style that includes the cognitive,

emotional, and behavioral qualities. This style of functioning involves commitment, challenge, and control, which affects how one views oneself and how one interacts with the world around.

In review of the literature, many studies concluded on the relationship between mental health and psychological hardiness. Hasel, Abdolhoseini, and Ganji (2011) did an exploratory study and investigated the development of a hardiness training program to determine whether perceived stress can be reduced, and hardiness could be increased among college students. Findings suggested that the use of a hardiness training programs were effective in increasing hardiness. Hardiness decreases perceived stress levels in students and can have a positive impact on students. Further, Hasanvand, Mohammadi Arya, and Dogaheh (2014) conducted research aimed to predict the psychological hardiness based on mental health and emotional intelligence in students. Findings revealed that there was a positive and significant relationship between mental health and emotional intelligence.

Moreover, Saxena (2015) conducted research that aimed to study the relationship between psychological hardiness and mental health among college students. The results of the study showed that there exists a significant positive relationship between psychological hardiness and mental health among college students.

According to Kobasa (1979) and other researchers, hardiness which is an internal resistance source can help in reducing the effect of stress on health (Shafi Abadi et al., 2009). In another study on the relationship between psychological hardiness in elderly women, the results showed that psychological hardiness is related to mental and social health (Adams, 1997, quoted by Jafari et al., 2012).

RATIONALE OF THE PROBLEM

During college life, students experience lots of ups and downs. College life brings about a lot of responsibilities. There is the pressure of dealing with day-to-day situations. Each person wants to make their life and start making a professional career. This can lead to a lot of stress and anxiety in their lives. The pressure of not only doing well in the chosen area of specialization but also coping up with daily problems leads to different situations which are sometimes difficult for the students to manage for themselves. Under these circumstances, students face a lot of anxiety to cope up with daily life routine. Thus, maintaining a healthy physical aspect along with a sound mental health is especially important and hardiness can depict a total outcome of mental health in individuals. A sound mind in a sound body is the

need of the hour and is very important for our future generations who are the Nation builders. Hence inculcation of a sound mental health with psychological hardiness made the investigators to do research on it.

STATEMENT OF THE PROBLEM

MENTAL HEALTH IN RELATION TO PSYCHOLOGICAL HARDINESS AMONG COLLEGE STUDENTS

OBJECTIVES OF THE STUDY

1. To study the relationship between mental health and psychological hardiness among college students
2. To compare the mental health of male and female college students.
3. To compare the psychological hardiness of male and female college students.

HYPOTHESES OF THE STUDY

1. There exists no significant relationship between mental health and psychological hardiness of college students.
2. There exists no significant difference between mental health of male and female college students.
3. There exists no significant difference between psychological hardiness of male and female college students.

DELIMITATIONS OF THE STUDY

The study was delimited to only 100 students of graduation 1st year out of which 50 were males and 50 were females studying in colleges of Chandigarh only.

SAMPLE

The sample consisted of 100 subjects (50 males and 50 females) who were selected from various colleges of Chandigarh using simple random sampling technique. Pearson product moment correlation coefficient was used to find out the correlation between mental health and psychological hardiness among college students.

TOOLS USED

1. Mental Health Battery by Singh and Gupta (2012).
2. Singh Psychological Hardiness Scale (Singh, 2008).

DATA COLLECTION– The tools were administered to 100 first year college students. The whole procedure was explained to them clearly. Obtained data was analyzed using t-test for comparing males and females. Pearson product moment of correlation was used to find out the degree of correlation between mental health and psychological hardiness among college students.

RESULTS AND DISCUSSION-

In order to draw statistical inference, Pearson product moment correlation was used.

Table 1 Showing correlation between mental health and psychological hardiness among college students

Variables	N	Mean	SD	Correlation
Mental health	100	304.4	129.3	0.174
Psychological hardiness	100	76.2	9.15	

The result reveal that the coefficient of correlation between mental health and psychological hardiness was found to be 0.174. Thus, mental health is positively and significantly correlated to psychological hardiness at 0.05 level of significance. This means that mental health is positively related to psychological hardiness and vice-versa.

Table 2 Showing the Mean, SD and t-value of mental health among males and females

Variables	N	Mean	SD	t-value
Males	50	275.7	119.8	2.27
Females	50	333.16	133.1	

The difference between mental health of male and female students is shown in Table 2. The results indicate that t value is 2.27 which is greater than the table value at 0.05 level of significance. Hence, the null hypothesis: 'There exists no significant difference between mental health of male and female college students' is not retained since the data did not support the hypothesis. Therefore, mental health among female college students is more as compared to male college students. ($t=2.27, p<0.05$). This may be due to the higher level of patience and endurance capacity in females. Females tend to disclose more and take their

feeling out by sharing with others. Thus, resulting in displacing more stability in mental health as compared to males.

Table 3 Showing the Mean, SD and t-value of psychological hardiness among males and females

Variables	N	Mean	SD	t-value
Males	50	30.47	4.32	2.68
Females	50	28.68	4.80	

Significant difference was found between males and females on the variable of psychological hardiness ($t=2.68, p<0.05$) vide table-3. The mean score of psychological hardiness among the male college students was more as compared to the female college students. The findings are in sync with the studies conducted by Moradi (2010), Vali Nezhad Khorrami (2007), Veisi and et al (2001), and Kiamarsi (1999) and Desai R (2017). Hence the hypothesis: 'There exists no significant difference between psychological hardiness of male and female college students' is not retained as the data did not support the hypothesis.

CONCLUSIONS

1. Positive and significant correlation was found between mental health and psychological hardiness among college students. This means that mental health is influenced by the psychological hardiness and hardiness can depict a total outcome of mental health in individuals.
2. Significant difference was found in the mental health of male and female college students. This means that females are mentally healthy than their male counter parts.
3. Significant difference was found in the psychological hardiness of male and female college students. This means that males are psychologically hardy than the female students.

EDUCATIONAL IMPLICATIONS

- 1) The results of the study help in analysing college students about the importance of good mental health to carry out every day's life activities with ease and stress free. Sound mental health at this stage of life, can guide them towards achieving their goals easily.
- 2) The present research shows the relation between mental health and psychological hardiness which showcase that psychological hardiness individuals are more capable of

dealing with life problems and tend to possess sound mental health. Thus, psychologically hardy individuals are mentally stronger.

3) Teachers should plan various activities like psychotherapy, group discussions, project works, yoga and meditation that may improve their interpersonal relations, mental health which in turn can enhance their personality traits and make them better human beings.

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