

## Mental Health, Adjustment, Security-insecurity of Industrial and non-industrial College Students

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### Abstract

Industrialization has brought many changes in the socio-psychological aspect of life, such as migration of rural people to urban areas, From one state to another in search of more paying jobs, weakening of joint family system, reduced parental care of children, etc. All these have affected the mental health of the individuals. The purpose of this study was to examine the difference in mental health of students living in industrial and nonindustrial areas. A modified form of "Aligarh Adjustment Inventory" adapted by Ahmad (1982); and Hindi version of Langner's Mental health scale adapted by Ahmad (1983); and 'Security- Insecurity Scale' adapted by G P. Srivastava (1976) for Hindi speaking population of Bihar was used on 160 college students of industrial area and 160 college students of non-industrial area. Thus, this research supports the contention that industrialization promotes mental health, adjustment and security among college students.

**Key Words:** Mental Health, Adjustment, Security- Insecurity, Industrial-Non-industrial

### INTRODUCTION

The concept of mental health has been variously defined by the Psychologists. However, positive mental health and negative mental health has been differentiated. Positive mental health is indicated when a person fully utilizes his capacity or is working in that direction. Kornhauser (1965) reported mental health of worker's as "those behaviours, attitudes, Perceptions and Feelings that determine a worker's overall level of personal effectiveness, success, happiness and excellence of Functioning as a person."

Besides, this Psychologists, Sociologist, Psychiatrists and Social workers have also concentrated on the process of culture change caused by industrialization, urbanization and migration which has been

regarded as factors responsible for many psychological problems. In the process of culture change people are faced with new language, new food, new living habits and gets involved in a conflict between performance for old and familiar as against the new and unfamiliar. Person's undergoing cultural change experience much more isolation, anxiety, depression and feeling of considerable distress. The forces of culture change also have great impact on the mental health, adjustment and security. Mental health has been extensively studied in industrial as well as organizational settings. There are studies showing the impact of industrialization, urbanization and migration on mental health, adjustment and security of individuals. While examining the impact of above said factors on mental health, adjustment and security of individuals, some

demographic variables such as age, cost, income, nature of family, level of education, marital status, housing condition type of family have also been taken into consideration.

The number of such studies is limited and demographic variables have not been properly studied, their effect on mental health, adjustment and security also seems somewhat unclear and contradictory. While going through the literature no study could be traced which focused on the joint effect of some major demographic factors on the mental health, adjustment and security of individuals.

The major concern of the present research has been to investigate the effect of industrialization on mental health of students of industrial as well as students living in Surrounding areas of an industry, here in called the non-industrial area. The changes introduced by industrialization in socio- Psychological aspects of living have caused problem of adjustment, security and mental health. The present research has been taken to examine various hypothesis formulated by the researcher. The hypothesis was framed on the basis of concerned literature. The following four hypothesis were formulated for the purpose of verification:-

- (i) Mental health, adjustment and security of the college students of industrial area was expected to be better than that of the students of nonindustrial area.
- (ii) Mental health, adjustment and security of high caste college students was likely to be superior to that of the low cost college students.
- (iii) Mental health, adjustment and

security of the junior college students was expected to be better than that of senior college students.

- (iv) Mental health, adjustment and security of the high income groups was expected to be better than that of low income groups.

### **Methodology**

(a) **Sample:** In this research stratified sample technique was used. 320 college students were randomly drawn from industrial and non-industrial backgrounds. The college students were matched on age, cast, income and some other demographic factors. Students of industrial area were selected from the different college of Bokaro, who were residing in hostels and staff quarters provided by the Bokaro Steel City. 160 junior and senior students from different colleges were randomly drawn. The other 160 non-industrial students were drawn from the villages of Bokaro district. Most of them were sons of cultivators and teachers in rural school and some were actively engaged in their own business. These students were residing in their villages and used to come to attend classes in local colleges. The age of both students of industrial and non-industrial are ranged between (15 to 20) years and their monthly income was 5000/-to 10,000/-

(b) **Design:** A2 x 2 x 2 x 2 design with two levels of the nature of children of workers reading in college (industrial and non-industrial), caste (high and low), age (junior and senior) and income (high and low) has been used in this research.

(c) **Tools :** The following tools were used in this research:

- (i) **Mental health Scale:** Hindi version of

Langner's mental health scale adapted by Ahmad (1983) for Hindi speaking population of Bihar was used to measure mental health.

(ii) **Adjustment Inventory:** A modified form of "Aligarh Adjustment Inventory adapted by Ahmad (1983) was used to measure adjustment. This was used as a supplementary tool to measure mental health.

(iii) **Security-Insecurity Scale:** Adapted by G.P. Srivastava (1976) for Hindi population of Bihar. The security-insecurity test measures Security, Friendliness and sociability Vs. Insecurity hostility and ego centrisism.

(iv) **Personal data questionnaire**

(d) **Procedure:** According to our design, after collection of data scoring was done. Appropriate statistical technique was used in the treatment of data.

### **Result & Discussion:**

Means, SD and 't' scores for the Measures of Adjustment, Mental Health and Security - Insecurity for the variables of Industrialization, cast, age and Income.

Table indicates that the mean adjustment scores of college students of non-industrial area are significantly higher (M=30.07, SD=12.29) than those of students of industrial area (M=23.40, SD = 10.16). This reveals that non-industrial students have more adjustment problems than industrial students (t = 5.20, p / .01). Similar pattern is also observed on the mental health security-insecurity measures. College students of non-industrial area have shown more mental health problems (t = 3.76, p / .01) as also greater feeling insecurity (t = 4.58, p / .01)

than those of students of industrial area.

The difference between mean values of high caste (M=24.46, SD = 10.77) and low caste (M = 29.02, SD = 12.63) group was also significant (t = 3.48, p/.01) on the measure of adjustment. There seem to be more adjustment problems faced by low caste group than their counterpart high caste group. Similarly on mental health measures, two caste group scored higher (M = 4.71, SD = 3.29) than high caste group (M = 3.8, SD = 4.12). The difference between these mean scores was statistically significant (t=2.17, p /.05). On security- insecurity measures, the same trend was observed as for caste, but the difference was statistically not significant. These mean values show the impact of caste on mental health of subject and indicate overall mental health of high cast college students to be better than those of low caste.

Age was also found to be associated with mental health of college students of industrial area. Mean value have demonstrated good adjustment as well as better mental health on the part of junior students (M = 25.66 and 3.78, SD = 11.90 and 2.95 respectively) as compared to their counterpart senior age students (M = 28.41 and 4.73, SD = 11.74 and 3.42, respectively). For the measures of adjustment and mental health. The 't' values between mean scores of junior and senior students were significant (t = 32.54, p/.05 for adjustment and t = 2.66, p / .01 for mental health measures.) This indicates greater problems of adjustment and mental health on the part of senior age students. Degree of felling of security-insecurity was almost similar; the mean difference between junior and senior students was negligible

and 't' value was not significant here.

On all the measures of mental health the low income group of students had higher mean score showing greater problems of adjustment, mental health and security. The 't' values between mean score of high and low income groups were statistically significant for the measures of adjustment ( $t = 3.33, p / .01$ ) and mental health ( $t = 4.44, p / .01$ ). However, on security-insecurity measures the difference was not significant.

### **Finding:**

Data obtained from industrial as well as nonindustrial college students were analysed Mean, SD, 't', analyzing of variance and Duncun's multiple comparison test as statistical techniques. The findings reveal that:

1. Students of Industrial area had better adjustments, mental health and greater Feeling of security as compared to their counterpart nonindustrial area. High caste students were found better on the measures of adjustment, and mental health as compared to the low caste students.

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However, on the measures of security-insecurity, low caste students have shown more feeling of security.

2. As for the age factor, better adjustment, mental health and greater feeling of security were found among young students as compared to their counterpart senior students.

3. Mental health of both students of industrial and non-industrial area was found to be related their parents' income. Higher income group of students showed better adjustment, mental health and greater feeling of security than low income group of students.

4. On the measure adjustment analysis of variance revealed all the main effects of industrialization, caste, age and income to be statistically significant.

5. On the measure of mental health also the main effect of industrialization, caste, age and income were significant.

6. On the security-insecurity measure, only the main effects of industrialization was found to be significant.

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