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**TO STUDY THE INTERACTION FOR TYPES OF FACULTY, SEX AND AREA  
VARIABLES ON MENTAL HEALTH**

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**Abstract**

People's physical and behavioral health is always correlated with their mental health. It is crucial for a person's mental, physical, and financial development. A healthy person is fully conscious of his strengths and obligations. He or she is able to support the community in which they reside and deal with the typical difficulties of their existence with ease. It suggests that a community's mental health affects its overall health, happiness, and well-being. Social functioning, physical health, and mental health are all interrelated. A person's mental health has an impact on how they think, feel, act, and handle difficult situations. Every stage of a person's life, including childhood, adolescence, adulthood, and old age, is vital for maintaining mental health. Mental health is described as: "Emotional, behavioral, and social maturity or normality, the absence of mental or behavioural disorders, a state of psychological well-being in which one has achieved a satisfactory integration of one's instinctual drives acceptable to both oneself and one's social milieu, an appropriate balance of love, work, and leisure pursuits," according to Medilexicon's medical dictionary.

**Key Words:** Interaction, Faculty, Sex, Area, Mental Health.**INTRODUCTION****MENTAL HEALTH**

Mental health is crucial for personal development and is crucial to a country's productivity. It is in charge of ensuring that people live happy and healthy lives in every country in the world. — The World Health Organization defines health as the absence of disease or disability, as well as one's physical, social, spiritual, and mental well-being.

The general well-being of an individual depends heavily on their mental health. Without a person's mental health, there is no such thing as health. People's health is currently changing as a result of sociodemographic and epidemiological changes. People these days work like robots to maintain their high levels of living and to satisfy their insatiable desire for advancement.

Many studies on mental health have been conducted both in India and overseas. Numerous problems with people's mental health were discovered as a result of these studies. Alcoholism, drug addiction, internet addiction, and suicidal thoughts and behaviors were identified across all

studies as common mental health-related concerns. The WHO defines mental health as a "state of well-being in which every individual realizes his or her own potential, can cope with the typical stresses of life, can work successfully and fruitfully, and is able to make a contribution to his or her community."

## **HISTORY OF MENTAL HEALTH**

William Sweetser was the first to use the term "mental hygiene," which can be viewed as the forerunner of modern strategies for supporting good mental health, in the middle of the 19th century. One of the thirteen founding members of the American Psychiatric Association, Isaac Ray, further defined mental hygiene as an art form to shield the mind from events and circumstances that can sap or destroy its vitality, excellence, or advancement.

One of the key figures in the development of the "mental hygiene" movement was Dorothea Dix (1802–1887). Dix worked as a teacher and devoted her life to helping those with mental illnesses and exposing the appalling situations in which they were kept. The "mental hygiene movement" was the name given to this. Before this movement, it was usual for people with mental illnesses to be severely mistreated, frequently left alone in appalling conditions, and frequently without even proper clothing.

Dix's efforts were so successful that there was an increase in the number of patients in mental health facilities, which regrettably led to these people receiving fewer concentrations and worrying because these institutions were typically understaffed. Clifford Beers established the National Committee for Mental Hygiene at the dawn of the 20th century and launched the nation's first outpatient mental health facility. The social hygiene and mental hygiene movements were related, and at times the mental hygiene movement advocated sterilizing people who were too mentally unstable to be helped into creative careers or comfortable families.

After 1945, the phrase "mental health" was frequently used in place of allusions to mental hygiene. According to data from the World Health Organization, about half of the world's population suffers from a mental illness that affects their capacity to function in daily life, their relationships, and their ability to value themselves. A person's emotional well-being can affect their physical health, and poor mental health can result in problems like substance abuse.

Living a long and healthy life requires maintaining strong mental health. Poor mental health may prevent someone from leading a life that is elevating, while good mental health may make life better. There is rising evidence, according to Richards, Campania, and Muse-Burke (2010), that emotional intelligence is linked to practical actions like stress management and physical well-being (2010). Their research also found that those who struggle to articulate their emotions are more likely to engage in antisocial actions. Their actions are a clear reflection of their mental state. To repress feelings, one may engage in self-destructive behavior. Some of these behaviors include using drugs and alcohol, fighting, or vandalizing property.

## CONCEPTS OF MENTAL HEALTH

- The absence of mental disorders is a sign of mental wellness.
- Good mental functioning, positive interpersonal relationships, and the capacity to adapt to various environmental factors are all indicators of mental health.
- A sound psychological state of the mind is known as mental health.
- A person's cognitive, behavioral, and emotional well-being are all referred to as their mental health.
- Having good mental health helps you deal with life's stresses.
- Working productively requires good mental health.
- Mental wellness benefits the community in significant ways.
- Maintaining a good outlook and maintaining relationships with others are essential to mental health.
- Being physically active and lending a hand to others promotes mental health.

## DEFINITIONS OF MENTAL HEALTH

- The full and harmonious operation of the entire personality is mental health. Mental health, according to Hadfield, is the capacity to suitably modify one's environment in accordance with reality.
- "Mental health as the adjustment of the human being to the environment and to other individuals with the greatest possible effectiveness and satisfaction." Meninger, K. A.
- "Mental health is an adjustment that is reasonably good enough if it both reduces the tension caused by conflict of dissatisfaction and produces useful improvements in the state underlying the irritation," the author says.
- The capacity to balance one's feelings, desires, objectives, and ideals in daily life is referred to as mental health. It denotes the capacity to acknowledge and accept life's truths. Kuppuswami.
- Mental hygiene is a science that deals with human welfare and permeates every aspect of human interaction, according to Crow & Crow (1951).
- According to Driver (1952), "mental hygiene" is the study of the rules governing mental health as well as the implementation or support of policies aimed at promoting it.
- Mental hygiene, as its name implies, is concerned with realizing and maintaining the health and effectiveness of the mind, according to Kleine D. B. (1965).

## CRITERIA OF MENTAL HEALTH

The standard for mental effectiveness is: Mental well-being and cognitive performance are tightly related. Efficiency refers to using our abilities for observation, imagination, learning, thinking, and decision-making effectively as well as to the ongoing improvement of mental processes to a greater level of effectiveness. It is clear that mental health and mental efficiency are directly related, just as physical health and physical efficiency are. An emotionally disturbed individual cannot watch, think, or learn as efficiently as a sick child can play or study.

Control and fusion of mind and behavior: Control and integration of ideas and behavior are traits of excellent mental health. People with low mental health are unable to control or integrate their ideas. Effective control is a sign of a sound mind and a positive outlook on life. Obsession, fixed beliefs, phobias, and other symptoms are hence likely to emerge in the absence of such control.

Integration of reasons and management of tension and annoyance: People with sound mental health are able to combine their motivations and manage problems. Serious disputes may arise from a failure to integrate motives. Only someone with a good mental state can effectively combine the motivations, manage disputes, and control dissatisfaction.

Positive, healthy emotions and feelings include: Positive thinking is a sign of mental health, whereas negative thinking disturbs mental stability. Negative emotions of any kind, such as jealousy, insecurity, inferiority, and guilt, indicate an emotional disturbance and might result in mental disease. Positive emotions of every kind, such as love, belonging, and security, support mental wellness.

Peace of mind refers to mental and emotional serenity. It is stress-free and worry-free. When someone has peace of mind, they experience quietness, happiness, and independence. Therefore, all forms of happy feelings are indications of a calm mind.

### **CHARACTERISTICS OF GOOD MENTAL HEALTH**

- A person who can manage stressful situations better than others; • A person who enjoys every moment of his life, which is a sign of good mental health.
- A person's mental health is improved when their personal life is in balance.
- A healthy individual wisely allocates his or her time to social, family, and self-care activities.
- Another trait of a mentally healthy individual is flexibility.
- A person with a healthy mind is not rigid.
- He or she is adaptable depending on the occasion and setting. One sign of mental health is the ability to make flexible exceptions.
- Someone who is mentally healthy has the capacity to learn new things from their surroundings.

### **CHARACTERISTICS OF MENTALLY HEALTHY PERSON**

- A person who is mentally healthy is always aware of both his and her strengths and weaknesses. He or she analyzes their behavior to identify their weaknesses. In peer groups, he or she always feels secure.
- A person with a good mental state may adapt to any type of setting.
- He consistently has an understanding of another person's issue.
- An individual with a good mental state creates his or her own personal philosophy of life and is always prepared to meet any issues that may arise.
- Such individuals exist in the actual world.

**RESEARCH METHODOLOGY****STUDY AREA**

Selected colleges at Visakhapatnam.

**DATA COLLECTION OF THE STUDY**

This section lists the numerous organizations where the study was conducted and the guidelines under which it was approved. The responders for this study will be 700 subjects, Through the use of the testing inventories, the group was chosen at random.

The current study's objective was to compare internet addiction and mental health among students in the different colleges. The following test tools were taken into consideration for this purpose with their respective manuals' descriptions of their objectivity, reliability, and validity. In this study, two (02) inventories were used. The Internet Addiction Test, which was employed in this study, was created by Kimbal Young and translated and standardized into the region's language by Mittal Vekariya.

The questionnaire for mental health was created by D.J. Bhatt and Gita R. Gida and utilized in this study to gather data. Thus, 700 subjects who were chosen at random from various institutions and neighborhoods in the Visakhapatnam District will serve as the study's respondents. The whole sample consists of 700 subjects.

**POPULATION**

Data from both primary and secondary sources would be gathered. Individuals and internet use would be considered primary sources, whereas articles from presented papers, scholarly journals, and web pages from the internet would be considered secondary sources. The information gathered, presented, and compared in order to derive conclusions about the importance and priority of both these studies. Also revealed are the causes of addiction. In the study, statistical methods like ratios, percentages, arithmetic averages, trends, etc., wherever necessary, are to be employed for meaningful analysis and for producing accurate suggestions based on the findings. The study's conclusions will be supported with tables and graphs.

**RESULTS AND DISCUSSION**

**H<sub>01</sub>: There is no significance difference of Mental Health based on Interaction for types of faculty and Area variables.**

**Table No-1 Interaction For Types Of Faculty And Area Variables On Mental Health**

Variables	A1 (Arts faculty students)	A2 (Commerce faculty students)	A3 (Science faculty students)	F	Sig.
C1 (Rural)	92.85	96.75	98.22	13.55	0.01
C2	95.12	96.25	90.54		

(Urban)					
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Significance levels  $df_2 = 0.05 = 3.00 / 0.01 = 4.63$

**Table: 2- Table For Interaction Of Types Of Faculty And Area Variables On Mental Health**

Sr.N0.	Pairs	Mean Diff.	Significance
1	A1C1 vs. A1C2	2.23	N.S.
2	A1C1 vs. A2C1	3.92	0.01
3	A1C1 vs. A2C2	3.42	0.01
4	A1C1 vs. A3C1	5.30	0.01
5	A1C1 vs. A3C2	2.28	0.05
6	A1C2 vs. A2C1	1.66	N.S.
7	A1C2 vs. A2C2	1.18	N.S.
8	A1C2 vs. A3C1	3.07	0.05
9	A1C2 vs. A3C2	4.54	0.01
10	A2C1 vs. A2C2	0.51	N.S.
11	A2C1 vs. A3C1	1.43	N.S.
12	A2C1 vs. A3C2	8.22	0.01
13	A2C2 vs. A3C1	1.90	N.S.
14	A2C2 vs. A3C2	5.71	0.01
15	A3C1 vs. A3C2	7.63	0.01

Sig. levels for L.S.D.  $0.05 = 2.61 / 0.01 = 3.41$

Interaction F for Types of Faculty and Area Variables on Mental Health may be shown. The F value was 13.55, and the significance level was 0.01. As a result, the  $H_01$  was disregarded, and it was possible to conclude that there was a significant mean difference between the Mental Health scores of the various types of faculty and geographic areas.

It evaluated the outcome and noted that most pairwise comparisons were significant at 0.05 or 0.01 levels. The largest mean difference (between Commerce rural students and Science urban students) between A2C1 and A3C2 was 8.22, which was a significant difference. On Mental Health, there was a mean difference of just 0.51 between A2C1 and A2C2 (Commerce rural vs. Commerce urban students).

**Ho2: There is no significance difference of Mental Health based on Interaction for Sex variables and Area variables**

**Table No-3 Interaction F For Sex Variables And Area Variables On Mental Health**

Variables	B1 (Male students)	B2 (Female students)	F	Sig.
Rural students	97.15	94.74	<b>0.18</b>	<b>N.S.</b>

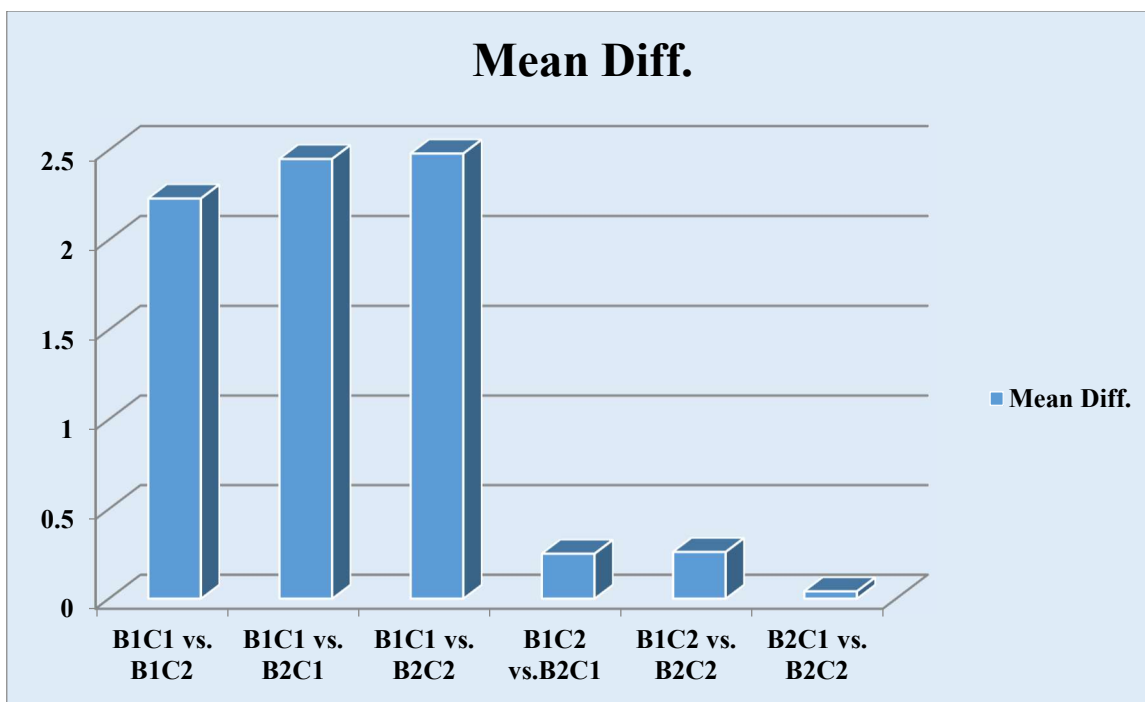
(C1)				
Urban students	94.95	94.65		
(C2)				

Significance levels  $df_2 = 0.05 = 3.85 / 0.01 = 6.66$

**Table:4 Table For Interaction Of Sex And Area Variables On Mental Health**

Sr.N0.	Pairs	Mean Diff.	Significance
1	B1C1 vs. B1C2	2.23	0.05
2	B1C1 vs. B2C1	2.45	0.05
3	B1C1 vs. B2C2	2.48	0.05
4	B1C2 vs. B2C1	0.25	N.S.
5	B1C2 vs. B2C2	0.26	N.S.
6	B2C1 vs. B2C2	0.04	N.S.

Sig. levels for L.S.D.  $0.05 = 2.13 / 0.01 = 2.80$



**Figure:1 Table For Interaction Of Sex And Area Variables On Mental Health**

The Interaction F for Sex variables and Area variables on Mental Health is shown in Table. F value was 0.18, which at 0.05 levels did not indicate significance. It may be concluded that there was no significant mean difference between the Sex factors, Area variables, and their Mental Health score. The  $H_0$  was therefore not rejected at 0.05 levels.

The results for the interaction between the Sex factors and Area variables on Mental Health are shown in table. It is noted that most pairs are significant at 0.05 levels. The highest mean difference between male rural students and female urban students (B1C1 vs. B2C2) was 2.48, thus there was a significant difference. Female students in rural areas compared to female students in urban areas had the smallest mean difference score on Mental Health, which was 0.04.

## CONCLUSION

- There is a significant difference in mental health depending on how faculty and area variables interact.
- Based on the interaction of the sex and area factors, there is no statistically significant difference in mental health.
- There is no statistically significant difference in the mental health of faculty kinds, sexes, or geographic areas based on interaction.
- Based on the different types of faculty factors, there are significant differences in the perception reality component of mental health.
- Based on sex factors, there is a significant difference in perception reality, a component of mental health.
- Based on Area factors, there is no statistically significant difference in Perception Reality, a component of mental health.
- Based on the interplay of different types of faculty and sex characteristics, there is no statistically significant difference in the perception reality component of mental health.
- Based on interactions between different types of faculty and area variables, there is a significant difference in the perception reality component of mental health.
- Based on the interaction of the Sex and Area factors, there is no statistically significant difference in the perception reality component of mental health.

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