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Mental Health In Relation To Personality - A Study of Male and Female Hostlers and Day Scholars

Abstract
Education is a formal /informal technology of instructional delivery of communicative intelligence generally imported by elders to quantitatively change the knowledge, skills and conscious of the learners. So it is highly important to see the fact of outside residential environment of the students and its deferential impact upon various bio-psychosocial aspects of the learner, it becomes more important to unveil and unravel the larger complexity of psychosocial environment here hostellers v/s days scholars. Besides male v/s female in the seven billion population of world epidemiologically half of the population is that of women, if not the majority but unfortunately throughout whole world we witnessed that in any sphere of life, women are a psychological minority. By studying such a problem (Male v/s Female) can lead to a better understanding of women simply as different but not unequal through empirical dispersions and understanding. This study is especially illuminating in its results and guidance when it reveals how eco system transformation can mean a lot for the students are it male or female.

Keywords: Mental Health, Personality, Hostellers, Days scholars.

Introduction

Health is indispensible quality in human being. It has been described a s soil from which the finest flowers grow. Health indicates psychosomatic well being. There is no health without mental health and mental health is more than the absence of mental disorders, the essential dimension of mental health is clear from the definition of health in the Who constitution: "health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity." Mental health promotion involves actions that create living conditions and environments to support mental health and allow people to adopt and maintain healthy lifestyles Positive psychology is increasingly prominent in metal health. It includes theoretical perspectives from personality, social, clinical, health and developmental psychology. Human beings function at three levels: the personal (beyond the personal), the interpersonal (with others),and transpersonal (beyond the personal) balance is 3 dimensional and involves in being harmony with oneself, the human society, fulfilling the orders and commands of the creator to attain his pleasure.

Subjective well being is often used as a synonym for mental health in psychology. It is a construct that reflects an understanding of an individual's appraisal of his/her life. This appraisal may be primarily cognitive as well as affective, consisting of pleasant or unpleasant emotions that individual's experience. Subjective well being is defined by Snyder and Lopez (2002) as "a person's cognitive and affective evaluations of his or her life. These evaluations include emotional reactions to events as well as cognitive judgments of satisfaction and fulfillment." The cognitive component refers to life satisfaction and the emotional component divided into positive and negative affect (Bradburn, 1969: diener, 1998) the emphasis in this study falls on the cognitive component.

Perspective of well being

many researchers conceptualize well being from a person logical perspective. Personality often referred to as a structured combination of attribute, motives, values and behaviors unique to each individual and consists of personality traits or characteristics such as sociability, independence and dominance (sigelamn & rider, 2006). These traits are

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believed to be relatively enduring and the presence or absence of traits allows some individual, more than other to enjoy a higher level of subjective well being.

Personality

Mental and psychological well being are affected to a large extent by the underlying personality. Individual differences in personality influence the occurrence, reporting and outcome of mental health problems across the life course, personality is the totality of behavior of an individual with a given tendency system interacting with a sequence of situations. The relationship between two personality characteristics (neuroticism, extraversion), three type of supportive transactions (emotional support, social championship, instrumental support) satisfaction with these transactions and two aspects of mental health (feeling of anxiety & depressive mood were studied.

Traits are distinguished qualities or characteristics of person, personality traits are of two types mainly: idiographic vs. nomothetic.

Idiographic

people have unique personality structures: some traits (cardinal) are more important in understanding the structure of some people than others, traits may differ in importance from person to person.

Nomothetic

people's unique personalities can be understood as them having relatively greater or lesser amounts of traits that are consistent across people. This views traits as having the same personality meaning in everyone. The belief is that people differ only in the amount of each trait, it is this which constitutes their uniqueness.

Aim

Mental health in relation to personality - A Study of male and female hostellers and scholars.

Methodology

The study has been conducted to investigate the mental health in relation personality. mental health inventory (Mhi) has been used to measure six dimensions, Neo-Five has been used to measure five factors.

Sample

A purposive sample of 400 students- 200 hostellers and 200 day scholars with balanced number of males and females age 19-23 years was selected for the study, these students were sampled from various urban colleges of Haryana states.

Tools

Mental health inventory (Jadish Singh and A.K Srivastava 1983.

The inventory may be used for measuring mental health of individuals in various sphere of life. This scale is helpful in screening the individuals with poor mental health and in educational field.

Neo Five Factor Inventory Neo Ffi.

For measuring personality, it was decided administer Neo Five Factor inventory by Paul T.Costa & Robert R. McCrae. This can help you understand your client's basic emotional. interpersonal, experimental, attitudinal and motivational styles.

Procedure

Testing sessions were conducted in the classroom setting with adequate facilities and proper seating arrangements in various urban colleges of Haryana states. The sample of 400 college students (male and female hostellers and day scholars) was administered on MHI mental health inventory and Neo-Five factor (Neo Ffi).the test were administered accordingly to the instructions and administration procedure mentioned in respective manuals of the tests.

Descriptive Group Statistics for Mental Health, Personality, in Total Male & Female Hostlers and Day Scholars

S. No.	Variables		Mean	S.D.
1.	Mental Health			
	1.	Positive Self-evaluation (Pse)	15.24	8.202
	2.	Perception of Reality (Pr)	14.53	7.164
	3.	Integration of Personality (Ip)	17.21	6.858
	4.	Autonomy	11.80	7.029
	5.	Group-oriented Attitudes (Goa)	14.70	6.465
	6.	Environmental Mastery (Em)	13.81	6.250
2.	Personality			
	1.	Neuroticism (N)	22.74	2.180
	2.	Extraversion (E)	39.25	4.133
	3.	Openness (O)	31.32	3.977
	4.	Agreeableness (A)	42.38	4.992
	5.	Conscientiousness (C)	41.19	5.570

Regression Analysis

Coefficients of the Regression Model: Personality Factor and Mental Health in Male & Female Hostellers and Day Scholars

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.632[a]	399	.391	16.042	.399	52.308	5	394	.000[a]

a. Predictors : (Constant), C, A, E, N, O

Anova[b]

Model	Sum of Squares	df	Mean Square	F	Sig.
1. Regression	67309.377	5	13461.875	52.308	.000[a]
Residual	101398.800	394	257.357		
Total	168708.178	399			

a. Predictors : (Constant), C, A, E, N, O

b. Dependent Variable : Tmh

Coefficients [a]

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	30.936	16.399		1.886	.060
N	-1.852	.380	1.196	-4.869	.000
E	.125	.203	.025	.617	.538
O	.398	.211	.077	1.883	.060
A	-.048	.164	-.012	-.290	.772
C	2.055	.150	13.742	13.742	.000

a. Dependent Variable : Tmh

Regression Analysis

The Multiple Regression was computed through Spss 17.0 to find out the predictors of mental health. The mean and SD table depicts the predictors of mental health regarding the personality factors in male and female hostellers and day scholars. It is observed that the constant p coefficient is 30.94 and standardized p coefficient of neuroticism (c) is -.196 which is significant at 0.01 level of confidence. The T-value of neuroticism (c) is -4.87 which is also significant at level of confidence. The F value is 52.31 which is also highly significant at 0.01 level of confidence. The R^2 value is .399 which explains 40% of variance in mental health. The value of adjusted R^2 .391, which explains 39% of variance in mental health. It is empirically proved that neuroticism is a significant negative predictor of mental health in male and female hostellers and day scholars. Therefore as neuroticism increases, Mental Health decreases in male & female hostellers and day scholars.

It is observed that the constant p coefficient is 30.94 and standardized p coefficient of Extraversion (E) is .025 which is not significant at 0.05 level of confidence. The T- value of Extraversion (E) is .62 which is also not significant at level of confidence. The F value is 52.31 which is also not significant at 0.05 level of confidence. The R^2 is .399 which explains 40% of variance in mental health. The value of adjusted R^2 is .391, which explains 39% of variance in mental health. Therefore as Extraversion is not a significant predictor of Mental Health decreases in Male & Female hostellers and day scholars.

It is observed that the constant p coefficient is 30.94 and standardized p coefficient of Openness (O) is .077 which is not significant at 0.05 level of confidence. The T- value of Openness (O) is 1.88 which is also not significant at level of confidence. The F value is 52.31 which is also not significant at 0.05 level of confidence. The R^2 is .399 which explains 40% of variance in mental health. The value of adjusted R^2 .391, which explains 39% of variance in mental health. Therefore as openness is not a

significant predictor of Mental Health decreases in Male & Female hostellers and day scholars.

It is observed that the constant p coefficient is 30.94 and standardized p coefficient of Agreeableness (A) is -0.12 which is not significant at 0.05 level of confidence. The T- value of Agreeableness (A) is -.290 which is also not significant at level of confidence. The F value is 52.31 which is also not significant at 0.05 level of confidence. The R^2 value is .399 which explains 40% of variance in mental health. The value of adjusted R^2 is .391, which explains 39% of variance in mental health. Therefore as Agreeableness is not a significant predictor of Mental Health decreases in Male & Female hostellers and day scholars.

It is observed that the constant p coefficient is 30.94 and standardized p coefficient of Conscientiousness (C) is .557 which is not significant at 0.01 level of confidence. The T- value of Conscientiousness (C) is 13.74 which is also not significant at level of confidence. The F value is 52.31 which is also highly significant at 0.01 level of confidence. The R^2 is .399 which explains 40% of variance in mental health. The value of adjusted R is .391, which explains 39% of variance in mental health. Therefore as Conscientiousness (C) increase, Mental Health also increase in Male & Female hostlers and day scholars.

Correla Tion Anal Ysis

Regarding personality Neuroticism is significantly negatively related with Positive Self Evaluation (rtt- -.219; p=0.01), Perception of Reality (**rtt =** -.187; p=0.01), Autonomy **(** rtt= -.274; p=0.01),Group Oriented Attitude(**rtt=** -.156; p=0.01),and Emotional Competence (rtt- -.131; p=0.01),Neuroticism is not significantly related with Integration of Personality (**rtt=** -.029).

Extraversion is not significantly related with Positive Self Evaluation (rtt- -.070), Perception of Reality (rtt = -.048), Autonomy (rtt- -.049),Group Oriented Attitude(rtt= -.017),and Emotional Competence (**rtt=** -.002), Integration of Personality (**rtt= -** .094).Neuroticism(**rtt-** -.034).

Openness is significantly positively related with Extraversion (rtt- -.241; p=0.01), & Positive Self Evaluation (rtt- -.017), Perception of Reality (rtt= .008), Autonomy (rtt= -.010),Group Oriented Attitude(rtt= -.027), and Emotional Competence (rtt= - .027), Integration of Personality (rtt= -.017). Neuroticism(rtt= -.031).

Agreeableness is significantly positively related with Openness (rtt- -.105; p=0.05), Agreeableness is significantly negatively related with Extraversion(rtt- -.141; p=0.05), Agreeableness is not significantly positively related with Positive Self Evaluation (rtt= - .006), Perception of Reality (rtt= -.036), Autonomy (rtt= -.031),Group Oriented Attitude(rtt- -.080),and Emotional Competence (rtt= -.081), Integration of Personality **(rtt= -.033)**.Neuroticism(rtt- -.024).

Conscientiousness is significantly positively related with positive self evaluation(rtt- -.410:p=0.01), Perception of Reality (rtt.430:p = 0.01) Autonomy (rtt= -.350), Group Oriented Attitude(rtt= -.305), Emotional Competence (rtt= -.311),. Conscientiousness is significantly negatively related with Neuroticism (rtt= -.0245).& Openness (rtt= -.100; p=0.05). Conscientiousness is not significantly related with Integration of Personality (rtt= -.061).Extraversion(rtt= -.019) and Agreeableness (rtt= -.015).

Result and Discussion

It was empirically proved that the personality factor conscientiousness was significantly positively correlated where as the personality factor neuroticism was significantly negative correlated with positive self evaluation, perception of reality, autonomy, group oriented attitude and environmental mastery dimensions of Mental Health in Male and Female hostellers and Days scholars. Conscientiousness as a factor of personality, which also represent the highest level of morality is obviously a natural correlate of mental health in both males and females. Kohlberg's theory of morality justified the obtained result. Neuroticism ab-initio represents irrational & violation dispositions & it is not expected to correlate positively with the dimensions of mental health. Conscientiousness increases mental health but neuroticism decreases mental health in male and female hostellers and day scholars.

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