

# A Study of Influence of Mental Health on Occupational Aspiration of College Students in District Haridwar



**Sushil Kumar**  
Research Scholar,  
Deptt.of Education  
J.V. Jain College,  
Saharanpur



**Shubhra Chaturvedi**  
Associate Professor,  
Deptt.of Education,  
J.V. Jain College,  
Saharanpur

## Abstract

This paper focus on studying the influence of mental health on occupational aspiration for college students in district Haridwar (Uttarakhand, India). The sample consists of 400 (200 male and 200 female) students of B.A, B.Sc. B.Com. First year, from different degree colleges of Haridwar district. The investigator used Arun Kumar Singh's Mental Health Battery to study the mental health and Prof. N.P.S Chandel's occupational aspiration scale to study the occupational aspiration of sample subjects. The data collected was subjected to the statistical treatment for which Pearson's coefficient of correlation was used by the investigator. After analyzing the data it was found that mental health and occupational aspiration of college students have positive and significant relationship. This study reveals that mental health of college student have significant influence on their occupational aspiration.

**Keywords:** Mental Health, Occupational Aspiration, Emotional Stability, Over-All Adjustment, Autonomy, Security-Insecurity, Self-Concept, Intelligence.

## Introduction

Aspirations have been defined as 'the educational and vocational dreams' that students have for their future, whereas occupational aspirations is a process of circumscription and compromise in which an individual may change his or her original career choices to ones perceived as more appropriate or accessible. Students may perceived one job or career path to be more accessible than another based on factual information's they have gathered however certain factors can shape student's occupational aspirations overtime.

Occupational choices, (as *Singh (2006)* asserts) have become wide and certain jobs require specific knowledge and skills. In the past it was thought that choosing a life's work was largely a matter of chance. This cross sectional myth of career planning and choice has been challenged in recent times. Today aspiring for an occupation is considered as a process, which spans a considerable number of years usually from the childhood to early adulthood. The notion of life span developmental perspective has highlighted the need for career exploration and preparation in later childhood and adolescence. The underlying assumption is that the continued exposure will provide the students with the requisite skills and attitudes in making career decisions and finding the right career niche.

Owing to competitiveness in academic and diversification of courses, adolescents need the presence and help of people who could steer him to right paths of the future. Today, besides the high competitiveness the demanding nature of jobs not only makes the adolescents in the state of confusion but they remain in dilemma about their choices or preferences of vocational needs in the modern times.

The aims of self realization, good human relations and high occupational aspiration to make better carrier decisions by students cannot be fulfilled if children do not enjoy good mental health.

## Review of Literature

Perumal (2008) conducted a study to find the relationship between status of mental health and academic achievement. The sample for the study consisted of 450 students of standard VIII of the state of Kerala. The sample was selected on the basis of proportionate stratified technique. Results showed that there exists a significant correlation between mental health and academic achievement in English language.

Kaur and Sharma (2012) the study conducted at U.T. Chandigarh on senior secondary students with an objective to study and compare the occupational aspirations of senior secondary school students studying in government and private schools with regard to gender and their home environment. The findings of the study implied that there is no significant difference has been found in level of occupational aspiration among students of government and private schools.

Kaur and Arora (2014) investigated to find out the relationship between academic achievement and mental health of adolescents belonging to Ludhiana and Moga districts of the state of Punjab on a sample of 300 adolescents (150 rural and 150 urban) from various government schools. In this study, the relationship between academic achievement and some dimensions of mental health like overall adjustment and intelligence were found to be highly significant.

Utpal Kalita (2014) made an attempt to assess the occupational aspiration of secondary school students in relation to their school facilities. For that Occupational Aspiration Scale developed by J.S. Grewal (1973) and self standardized Questionnaire were administered to a sample of 250 secondary school students from Lakhimpur district of Assam and for which statistical hypotheses were framed and tested through t-test and correlation. The study was concluded that existence of significant relationship between occupational aspiration and school facilities of secondary school students.

Das and Bhagati (2016) A Study of Occupational Aspiration of Higher Secondary Girls Students in Nagaon District, International Journal of Advanced Research in Education and Technology(IJARET), Vol.3, Issue 2 (April-June 2016) p. 56-58. This study discusses the occupational aspirations of higher secondary girls with regards to their location and caste. The study shows that the girls from rural and urban area have no significant difference in their occupational aspirations. However at the secondary stage of education special provisions of relevant information, career guidance and counseling, role models deliberately encouraging the girls to take the right decisions to choose right occupation.

#### Objectives of the Study

1. To study the influence of mental health on occupational aspiration of the students.
2. To study influence of dimensions of mental health on occupational aspiration of the students.

#### Hypothesis of the study

1. There is no significant influence of mental health on occupational aspiration of students.
2. There is no significant influence of 'emotional stability' dimension of mental health on occupational aspiration of students.
3. There is no significant influence of 'overall adjustment' dimension of mental health on occupational aspiration of students.
4. There is no significant influence of 'autonomy' dimension of mental health on occupational aspiration of students.

5. There is no significant influence of 'security-insecurity' dimension of mental health on occupational aspiration of students.
6. There is no significant influence of 'self-concept' dimension of mental health on occupational aspiration of students.
7. There is no significant influence of 'intelligence' dimension of mental health on occupational aspiration of students.

#### Sample

Sample of the present study is consisted of 400 college students (200 male and 200 female) selected randomly from different degree colleges of district haridwar.

Subjects	N
Male students	200
Female students	200
Total	400

#### Tools

Following tools were used for the present study:

1. Mental Health Battery by Arun Kumar Singh and Alpana Sen Gupta (original Hindi version) All the following six popular indices of this tool have been used in present study
  - a. Emotional Stability
  - b. Over-all Adjustment
  - c. Autonomy
  - d. Security-Insecurity
  - e. Self- Concept
  - f. Intelligence
2. Occupational Aspiration Scale by Prof. N.P.S. Chandel and Dr. Vibha Laxmi

#### Statistical Treatment

Pearson's coefficient of correlation was used for statistical analysis to find the influence and relationship between two variables.

#### Analysis and interpretation of the data

**Table 1**

**Coefficient of Correlation of Mental Health with Occupational Aspiration of students**

Variable	Coefficient of Correlation	Level of Significance
Mental Health	0.16	.01

N=400

The table 1 show the coefficient of correlation between mental health and occupational aspiration of students is +0.16 which is positive and significant at .01 level of significance. So, the null hypothesis "There is no significant influence of mental health on occupational aspiration of students" is rejected. It means that mental health and occupational aspiration have positive and significant relationship. It can be concluded that mental health of the students has significant influence on their occupational aspiration.

**Table 1.1**  
**Coefficient of Correlation of Mental Health**  
**Dimensions with Occupational Aspiration of**  
**Students**

S. No.	Dimensions of Mental Health	Correlation	Level of significance
1	Emotional Stability	+0.10	.05
2	Over-all Adjustment	+0.15	.01
3	Autonomy	-0.05	NS
4	Security-Insecurity	-0.08	NS
5	Self- Concept	-0.04	NS
6	Intelligence	+0.19	.01

N=400

Table 1.1 shows the coefficient of correlation between occupational aspiration and various dimensions of mental health viz. emotional stability, over-all-adjustment, autonomy, security-insecurity, self-concept, and intelligence of students.

#### **Emotional Stability and Occupational Aspiration**

Coefficient of correlation between emotional stability dimension of mental health and occupational aspiration is +0.10 which is positive and significant at .05 level of significance. So, the null hypothesis "There is no significant influence of 'emotional stability' dimension of mental health on occupational aspiration of students" is rejected. It means that emotional stability dimension of mental health and occupational aspiration has positive and significant relationship. It can be concluded that emotional stability dimension of mental health influences the occupational aspiration of the students.

#### **Over-all-adjustment and Occupational Aspiration**

Coefficient of correlation between over-all-adjustment dimension of mental health and occupational aspiration is +0.15 which is positive and significant at .01 level of significance. So, the null hypothesis "There is no significant influence of over-all-adjustment dimension of mental health on occupational aspiration of students" is rejected. It means that Over-all-adjustment dimension of mental health and occupational aspiration has positive and significant relationship. It can be concluded that over-all-adjustment dimension of mental health influences the occupational aspiration of the students.

#### **Autonomy and Occupational Aspiration**

Coefficient of correlation between autonomy dimension of mental health and occupational aspiration is -0.05 which is negative and not significant at any level of significance. So, the null hypothesis "There is no significant influence of 'autonomy' dimension of mental health on occupational aspiration of students" is retained. It means that autonomy dimension of mental health and occupational aspiration has negative but not significant relationship. It can be concluded that emotional stability dimension of mental health do not influence the occupational aspiration of the students.

#### **Security-Insecurity and Occupational Aspiration**

Coefficient of correlation between security-insecurity dimension of mental health and occupational aspiration is -0.08 which is negative and

not significant at any level of significance. So, the null hypothesis "There is no significant influence of 'security-insecurity' dimension of mental health on occupational aspiration of students" is retained. It means that security-insecurity dimension of mental health and occupational aspirations have negative and not significant relationship. It can be concluded that security-insecurity dimension of mental health do not influence the occupational aspiration of the students.

#### **Self- Concept and Occupational Aspiration**

Coefficient of correlation between self-concept dimension of mental health and occupational aspiration is -0.04 which is negative and not significant at any level of significance. So, the null hypothesis "There is no significant influence of 'self-concept' dimension of mental health on occupational aspiration of students" is retained. It means that self-concept dimension of mental health and occupational aspirations have negative and non significant relationship. It means that security-insecurity dimension of mental health do not influence the occupational aspiration of the students.

#### **Intelligence and Occupational Aspiration**

Coefficient of correlation between intelligence dimension of mental health and occupational aspiration is +0.19 which is positive and significant at .01 level of significance. So, the null hypothesis "There is no significant influence of 'intelligence' dimension of mental health on occupational aspiration of students" is rejected. It means that intelligence dimension of mental health and occupational aspiration has positive and significant relationship. It can be concluded that intelligence influences the occupational aspiration of the students.

#### **Findings**

##### **Following are the Findings of This Study**

1. It has been found that autonomy, security-insecurity and self-concept dimensions of mental health do not have any significant relationship with occupational aspiration of college students. So, it can be concluded that these dimensions of mental health do not influence the occupational aspiration of the college students.
2. It has been found in the study that coefficient of correlation between 'emotional stability' dimension of mental health and occupational aspiration is positive but significant at .05 level of significance so, it can be concluded that emotional stability of the college students influences their occupational aspiration.
3. It is also found in this study that 'intelligence' dimension of mental health has positive and highly significant relationship with occupational aspiration of college students. It is concluded that 'intelligence' dimension of mental health influences the occupational aspiration. It means higher is the intelligence, higher will be the occupational aspiration of college students.
4. It has been found that mental health and occupational aspiration of the college students have positive and significant relationship. It means that mental health has significant

influence on occupational aspiration of the college's students. It can be concluded that good mental health results, higher occupational aspiration in college students.

### Conclusion

The paper discusses the influence of mental health on occupational aspiration of college going students in district Haridwar. The study shows that the dimensions of mental health like autonomy, security-insecurity, and self-concept do not have any significant influence on occupational aspiration of students. Whereas the other dimensions of mental health like emotional stability, over-all-adjustment and intelligence have positive and significant influence on occupational aspiration of college students. It means better and higher emotional stability, over-all-adjustment and intelligence lead to better and higher aspiration for carrier and occupational choices. Parents and teacher need to understand the potential of children and try to understand their emotions and mental capabilities, and help them to make their decisions to choose carrier of their choice and need.

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