

Mental Health Challenges among Girls College Going Students of Balodabazar District

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ABSTRACT

College life is a second life of students after school life. After school life study students entered into college study. From the begging students feel mental pressure because they face new challenges such as admission pressure, syllabus, breaking friends groups, academic work etc. the online survey based on 58 samples via email. Chosen research area was Raipur and Balodabazar Girls Colleges. A Survey tools questionnaire were used to collected data. In this questionnaire 11 questions used to collect answer and 4 questions for demographic profile. Results carried out like few (3.4%) students face pressure, few students unable to focus in class because of disturbance. These little thing make them anxious and the face mental pressure.

Keywords: College life, School life, Mental health, Challenge

INTRODUCTION

Now day's mental health challenges are very common in student's life because of changing pattern of academic. As we all know that college life is the second life students after school life. They face lots of mental health challenges during session. They face challenge from admission to get graduate degree. In today's era of industrial revolution, significant changes are also being observed in the World of education. As the world changes, so does the worlds of education. Children learnt certain things at the school level, but when they enter college, the direction of their studies changes, which can lead to mental health challenges.

Background:

Mental health problems are very common among college students. This may be due to the fact that attending college corresponds to challenging time for many traditional and non- traditional undergraduate students. Traditional college students Start College after completing high school, are typically younger, depend on parents for financial support and do not work to work

part time (Pedrelli *et al.*, 2015). Students mental health challenges problems are a growing concern in higher education. In recent times, these concerns have doubled due to the significant socioeconomic, political and technological changes in the world (Salimi *et al.*, 2021). Mental health among university students represents an important and growing public health concern. International research has shown a higher prevalence of depression and anxiety among university students (Worfel *et al.*, 2016). The world health organization defined "Health as a state of complete physical, mental and social being and not merely absence of the disease or infirmity (Misra, 2017)". It Was observed from the National Mental health survey 2016 that mental morbidity excluding tobacco use disorders currently is 10.6% and life time prevalence was 13.7% mental morbidities include a range of mental disorders F10-F49 categories with the international classification of disease (ICD-10 (<https://journalofcomprehensivehealth.co.in>)).

Aims:

The survey aims to spread awareness of mental health challenges among college going students.

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Objective:

- To collect the data of college students who facing mental health challenges during study.
- To collect the data of college students to get understand mental health.
- To collect the data of college students to resolve their academic problem.

METHODOLOGY

Research area:

To collect data, two research area (Govt. Mini Mata Girls' College Balodabazar and Govt. Naveen Kanya College, Raipur) were chosen to Collect Data.

Sample size:

In this present study to collect data 100 sample sizes were used and calculated.

Tools and techniques:

The present study was based on online survey. Self-made structure Questionnaire were used as tool to collect data.

Methods:

First of all, a self-structure questionnaire made to collect data online via – email. Self- structure questionnaire were made by the help of Google form. In the self-structure questionnaire 11 questions were formed to collect data. Few of were to demographic information (Name, age, address), few of were to educational section (class, chosen subject) and study pattern. Online survey were used to collect data. With the help of via- email collect data.

RESULTS AND DISCUSSION

100 sample sizes are responded to get complete the online survey

Fig. 1 shows that 75.9% students chose subject by choice 20.7% by force and 3.4% were not sure that whom was the responsible.

Fig. 2 shows that 62.1% students feel didn't feel pressure during study, 27.60% were feel pressure during study and rest of 10.30% were not sure, respectively.

Fig. 3 shows that 27.6% were feel misunderstanding or confusion during study, 63.8 weren't and rest of 1.2 weren't sure, respectively.

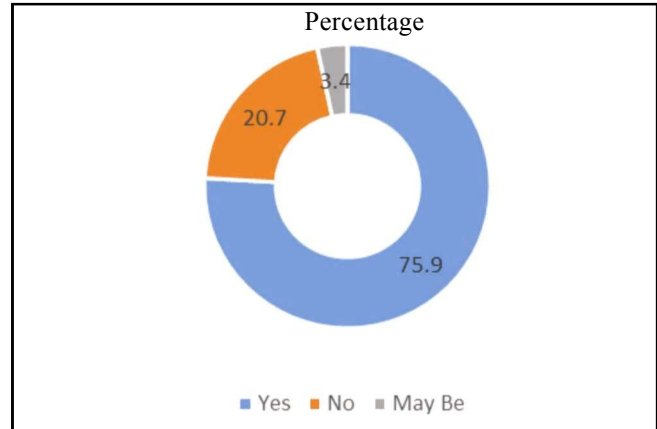


Fig. 1 : Did you chose your subject by choice or someone else suggested to you?

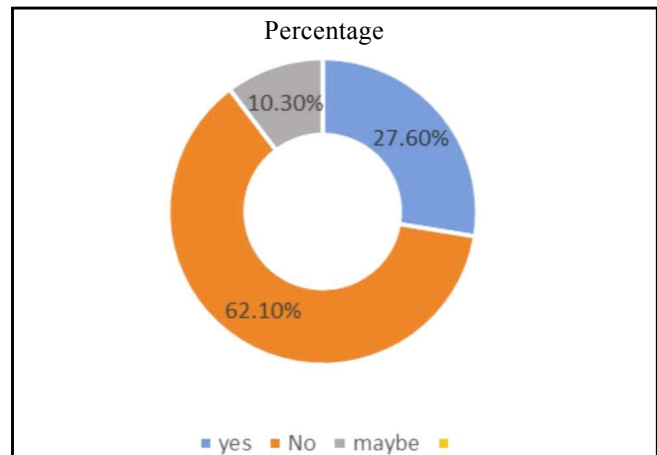


Fig. 2 : Do you feel mental pressure during study?

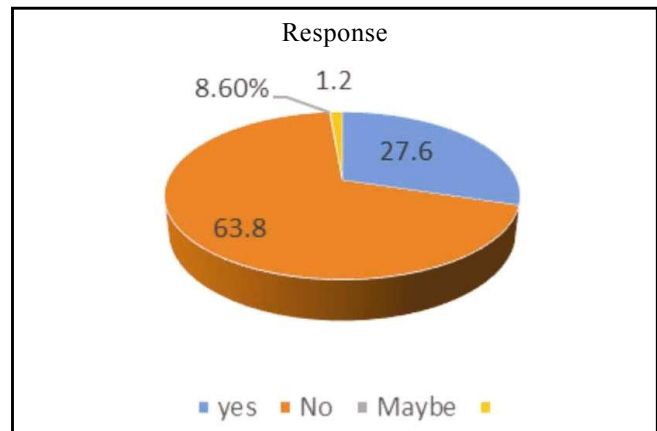


Fig. 3 : Do you feel misunderstanding during study?

Fig. 4 shows that 74.10% feel depression during study because of study pattern, 1.2 weren't and 12.1% not sure.

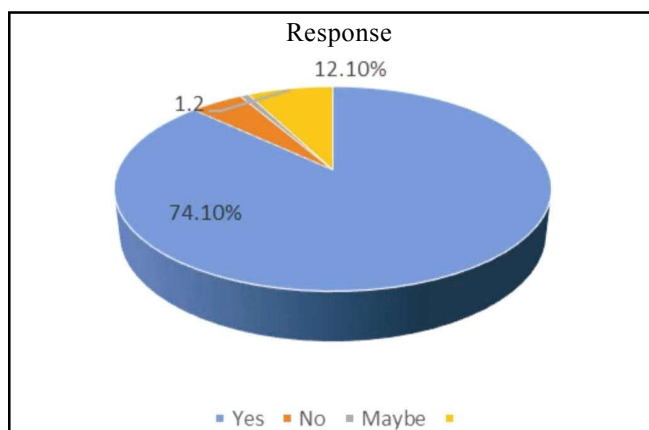


Fig. 4 : Do you feel depression during study?

Fig. 5 shows that 72% weren't feel under confident during study, 13.8 were feel under confident and 12.1 weren't sure about this.

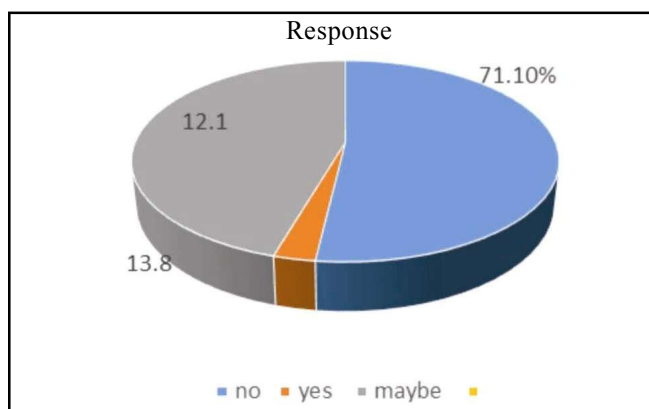


Fig. 5 : Do you feel under confident during study?

Fig. 6 shows that 82.8% were feel connected with their subject teacher, 8.6% weren't and 1.4% weren't.

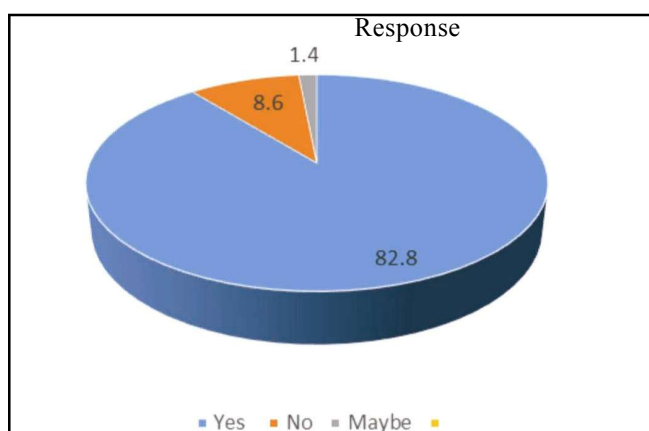


Fig. 6 : Do feel connection with your subject teacher?

Fig. 7 represent that 69% student's daily class, 13.8 weren't and 1.4 weren't daily.

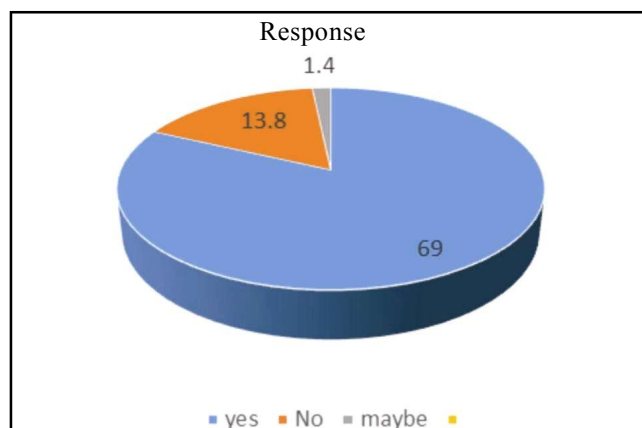


Fig. 7 : Do you attend class daily?

Conclusion:

So the present study concluded that attending college can be a stressful time for many students and as well as golden opportunities to be successful in future. College students faced lots of mental health challenges during college time. A Few students take in a good ways and a few can't made up to be successful. Many college students, there is a need to outline critical issues to consider when working with population (<https://journalofcomprehensivehealth.co.in>)

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