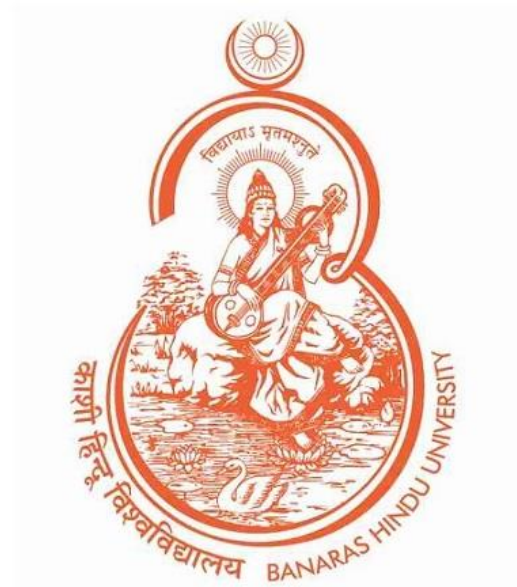# A REPORT ON MENTAL HEALTH OF STUDENTS

Project report

Submitted for the partial fulfillment of the

Bachelor Degree (Hons.)

Under the supervision of: Submitted by:

Dr. Kaushalendra Kumar Singh   *Ankit Maurya*

Professor   B.Sc. (Hons.) Statistics 3rd year

Department of Statistics   Enrollment No.- 432339

Institute of science   Exam Roll No. – 20220STA008

Banaras Hindu University   Institute of science

Certificate

The project report titled

'**An overall study of the mental health of students'**

*Submitted by **Ankit Maurya** (Exam roll no.- 20220STA008) for the partial fulfillment of the B.Sc.(Hons.) in statistics for the session 2022-2023, has been originally completed by him under my supervision. I recommend this project report for the evaluation.*

Dr. Kaushalendra Kumar Singh
Department of Statistics
Institute of Science
Banaras Hindu University
Varanasi 221005

Date:

<u>Acknowledgement</u>

I have a great pleasure in expressing my deep sense of gratitude and ineptness to **Dr. Kaushalendra Kumar Singh (Department of Statistics), Banaras Hindu University**, *my supervisor of the continuously guidance and giving invaluable suggestion at all stages during course of this work. In his natural parental style, he has provided constant support and encouragement in successful completion of this work in its present form.*

Again, I want to say my sincere thanks to my supervisor and Head of Department, Department of Statistics, Institute of Science, Banaras Hindu University (BHU) for providing facilities existing in the department during project work.

And I want to express my gratitude towards our senior research scholars Sanjiv Singh and Shubham Pathak for their constant support.

At last, I am very thankful to my parents for providing me their valuable time and financial help for completing this project work.

Ankit Maurya
B.Sc. (Hons.)3rd year
Institute of Science
Date: **Banaras Hindu University**

ABSTRACT

The purpose of this project is to explore the issues surrounding mental health particularly of students, with a particular focus on the report of WHO on world mental health. We will examine the prevalence of mental health issues, the factors that affect the mental state of students, as well as the social and cultural factors that influence mental health. Through this project, we hope to raise awareness about the importance of mental health, reduce stigma and discrimination associated with mental health issues, and promote access to high-quality mental healthcare services for all individuals.

The report has shown that the mental health of students is greatly influenced by their relationship with parents, girlfriends/boyfriends and their family background. The report also shows that the students are affected by the sudden emotional changes.

CONTENTS

- ❖ Introduction
- ❖ Methodology of the Survey

  - ➢ Planning of the survey
  - ➢ Objective of the survey
  - ➢ Area of the survey
  - ➢ Sampling technique
  - ➢ Technique of the data collection
  - ➢ Analysis and reporting
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- ❖ Tabulation and Graph Interpretation
- ❖ Data analysis and Interpretation
- ❖ Limitations and difficulties
- ❖ Future scope of the study
- ❖ Conclusion
- ❖ Questionnaire
- ❖ References

<u>Introduction</u>

Mental health refers to the emotional, psychological, and social well-being of an individual. It is a state of mind that enables a person to cope with the daily stresses of life, to work productively, and to contribute to society. Mental health includes factors such as emotional regulation, stress management, cognitive functioning, and social skills. Mental health is a critical component of overall health and well-being. The World Health Organization (WHO) has identified mental health as a global priority, recognizing that mental health issues can have a significant impact on individuals, families, communities, and society as a whole. Mental health issues are prevalent worldwide. According to the World Health Organization (WHO), one in four people will experience a mental health issue at some point in their lives. Mental health issues can range from mild to severe, and they can affect people of all ages, genders, races, and socioeconomic backgrounds. The aim of this project report is to provide an overview of mental health of students and the factors affecting their mental wellbeing. Mental health is an essential aspect of overall health, and it is important to understand the challenges people face when dealing with mental

health issues.

There are several risk factors associated with mental health issues. Some of these factors include the environmental factors, substance abuse, trauma, chronic medical conditions, and stressful life events. It is important to identify and address these risk factors to prevent the development of mental health issues.

Mental health is extremely important for students as it can have a significant impact on their academic performance, social relationships, and overall well-being. Students face a range of challenges, including academic pressure, social isolation, financial difficulties, and uncertainty about the future. These challenges can contribute to mental health issues such as stress, anxiety, and depression, which can negatively impact academic performance, increase the risk of substance abuse, and reduce overall quality of life.

Poor mental health can also lead to a range of physical health problems, including headaches, digestive issues, and sleep disturbances. It can also affect social relationships, leading to social withdrawal and difficulty connecting with others.

Addressing mental health issues in students is crucial for promoting academic success and overall well-being. By providing access to evidence-based treatments such as

counseling, therapy, and medication, we can help students manage their mental health conditions and reduce the negative impact on their lives. It is also important to promote mental health through initiatives such as stress reduction programs, mindfulness training, and social support networks.

In addition to individual-level interventions, addressing mental health issues in students requires a broader societal response. This includes reducing the stigma associated with mental health issues, increasing access to mental healthcare services, and addressing the social and economic factors that contribute to poor mental health. By addressing mental health issues in students, we can promote overall well-being and help ensure that they have the resources they need to thrive academically and personally.

In the current situation, mental health has become increasingly important due to the ongoing COVID-19 pandemic and its impact on individuals' lives. The pandemic has led to increased levels of stress, anxiety, and depression, as individuals face uncertainty, isolation, and economic hardship. It has also highlighted the existing inequalities in access to mental healthcare services, particularly for vulnerable populations such as frontline workers, people with pre-existing mental health conditions, and those living in poverty.

The importance of mental health in the current situation cannot be overstated. Addressing mental health issues is crucial for promoting overall well-being and reducing the burden of disease. It can also have positive ripple effects, such as improved productivity, better social relationships, and reduced healthcare costs.

Mental health is just as important as physical health because the two are closely interconnected and affect overall well-being. Mental health refers to an individual's emotional, psychological, and social well-being, while physical health refers to an individual's physical well-being. However, the two are closely intertwined and can have a significant impact on each other.

Poor mental health can contribute to physical health issues such as cardiovascular disease, obesity, and diabetes. Mental health issues such as anxiety and depression can lead to sleep disturbances, poor appetite, and reduced physical activity, which can have negative effects on physical health.

Conversely, poor physical health can contribute to mental health issues such as stress, anxiety, and depression. Chronic physical health conditions such as chronic pain, diabetes, and heart disease can be emotionally taxing and contribute to mental health issues.

In addition to individual-level interventions, addressing mental health issues in students requires a broader societal response. This includes reducing the stigma associated with mental health issues, increasing access to mental healthcare services, and addressing the social and economic factors that contribute to poor mental health. By addressing mental health issues in students, we can promote overall well-being and help ensure that they have the resources they need to thrive academically and personally.

Methodology of The Survey

➤ _**Planning of the survey**_:

The purpose of this study was to understand the overall mental health of students and the risk factors associated with it. And to achievethis, hypothesis was established. Quantitative methods was selected for the same. The focus was on the students who are pursuing undergraduate and postgraduate courses across all streams in Banaras Hindu University.

The significance of the study is to highlight the basic mental state of students and the factors that does or does not affect their current mental wellbeing and the extent of mental awareness amongst the students.

➤ _**Objective of the survey**_:

- To identify the risk factors that contribute to poor mental health outcomes among students, such as family background, relationship, academic pressure, social isolation, and financial stress.

- To understand the prevalence of mental health issues among students, such as depression, anxiety, and stress.

- To study the dependence of mental health of students on their family background and various

factors.

➢ *Area of the survey*:

According to the aim of the survey the area for samplecollection would be broader but we have fixed it to Banaras Hindu University. We being a student of Banaras Hindu University, the students are easily available to support us for this survey and they co-ordinated very sincerely.

➢ *Sampling technique*:

A group of units or elements which have well defined characteristics under study, called Population. The population may be finite or infinite, a finite populationis one in which unit of population is finite and an infinite population is one in which member of population is infinite. A sample is a finite subset of statistical individuals in a population and a number of individuals/units in a sample is called a sample size. On the basis of sample, we can estimate about the population parameter in which we are interested. The sample was selected by using simple random sampling as sampling technique and sample size collected for survey is 359.

➢ *Data collection*:

Data for this project was collected through Online Questionnaire Method (Google form is used). We did make sure that the form is sent to Whatsapp group of all faculty inside the campus of Banaras Hindu university. We also collected responses from the various faculties and hostels.

➢ *Data analysis and reporting*:

Data analysis involves summarizing the raw data and interpreting their meaning which provides clear answer to questions in which we are interested. For this purpose, we have used software named as MS-EXCEL, IBM SPSS & MS- WORD. Then we analysed and interpret the data using statistical tools (bar chart and pie chart) available in MS EXCEL and also did Chi-square test and made cross tables using SPSS.

➢ *Time of the survey*:

The questionnaire has been prepared by me and group, and shared to students through Whatsapp & E-mail to get response in month of April.
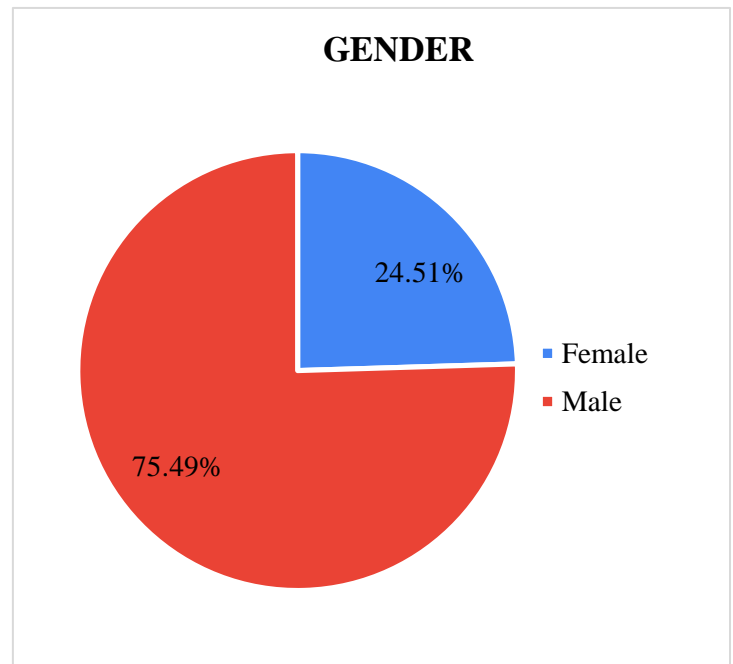
TABULATION AND GRAPH INTERPRETATION

GENDER WISE RESPONDENT

TABLE-1

GENDER	FREQUENCY	PERCENTAGE
Female	88	24.51%
Male	271	75.49%
Grand Total	359	100.00%

GENDER

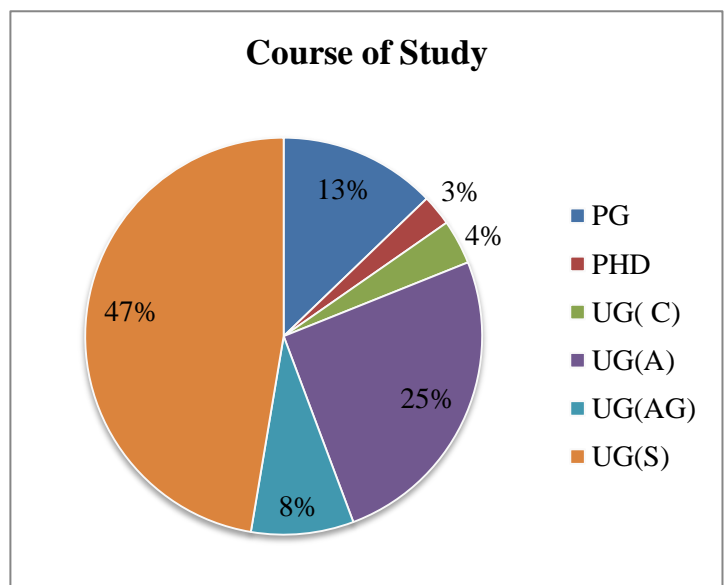## INTERPRETATION

From the above pie chart we can see clearly that in our survey, 24.51% respondents are female and 75.49% respondents are male.

COURSEWISE RESPONDENTS

TABLE-2

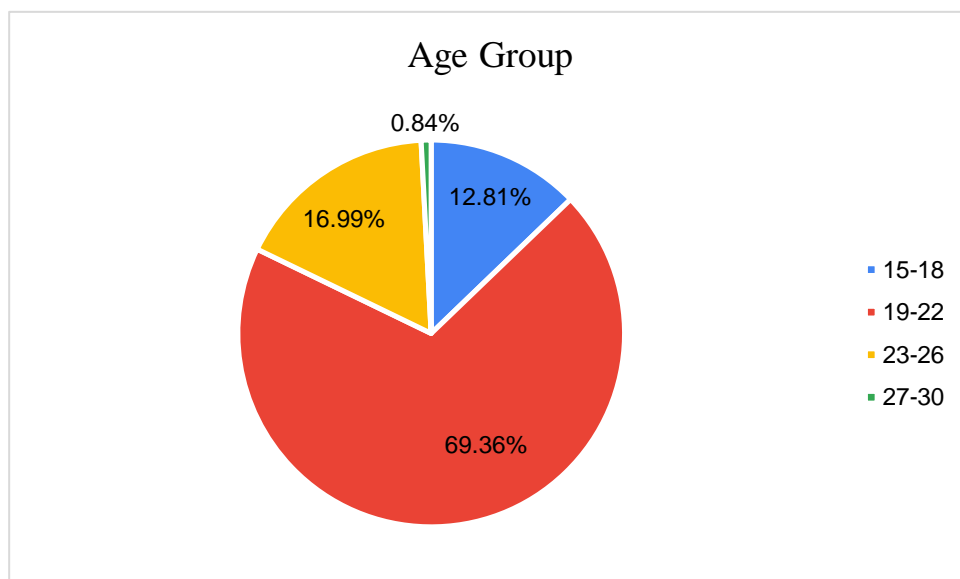| Course	Frequency	percentage
PG	46	12.81%
PHD	9	2.51%
UG(C)	13	3.62%
UG(A)	91	25.35%
UG(AG)	30	8.36%
UG(S)	170	47.35%
Grand Total	359	100.00%

Course of Study

INTERPRETATION

From the above pie chart it can be observed that about 47.35% respondents are Undergraduates from Science stream, 25.35% are Undergraduates from Arts stream, 3.62 % are Undergraduates from Commerce stream, 8.36% are Undergraduates from Agricultural studies, 2.51% are Ph.D and 12.81% are Postgraduates

AGE WISE RESPONDENT

TABLE – 3

Age	Frequency	Percentage
15-18	46	12.81%
19-22	249	69.36%
23-26	61	16.99%
27-30	3	0.84%
Grand Total	359	100.00%

Age Group

0.84%

12.81%

16.99%

69.36%

- 15-18
- 19-22
- 23-26
- 27-30
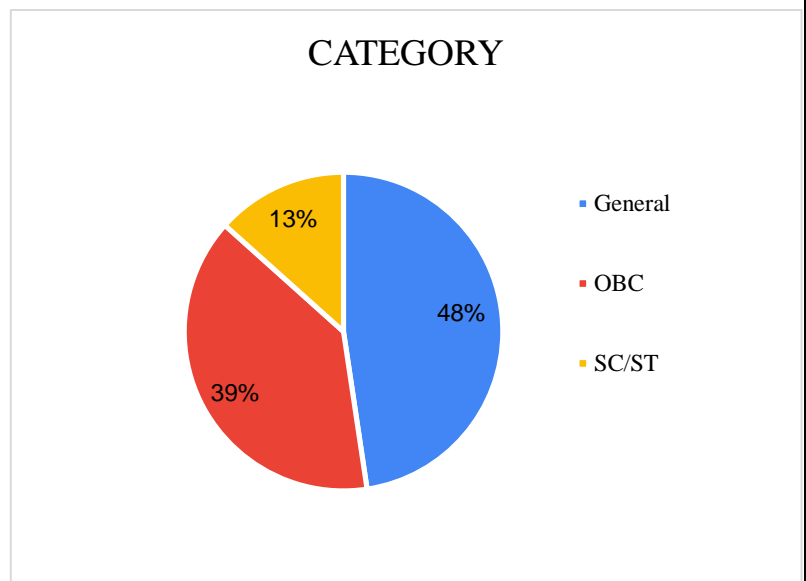
INTERPRETATION

From the above pie chart, we can see clearly that in our survey, the majority 69.36% respondents are from age group 19-22 .

CATEGORY WISE RESPONDENT

TABLE – 4

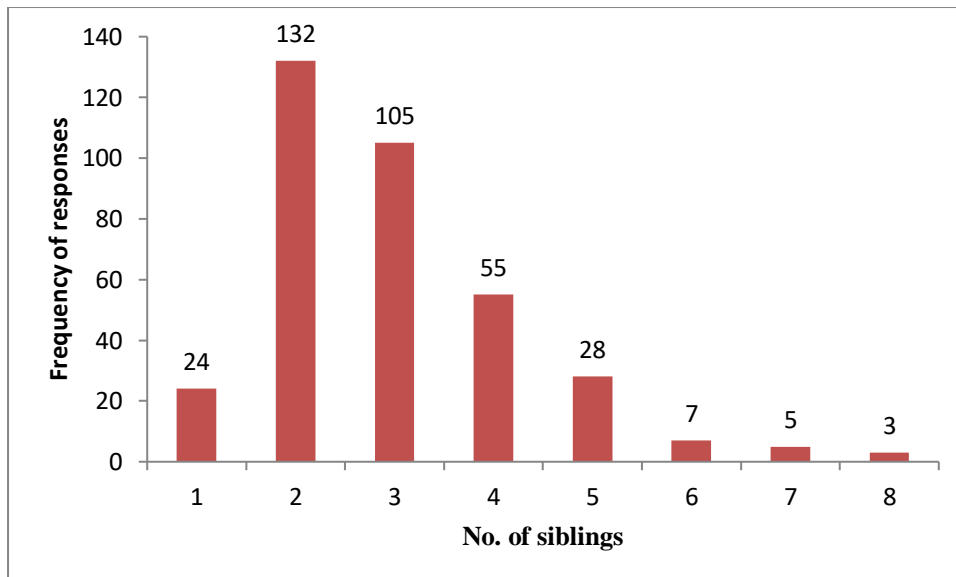| CATEGORY	FREQUENCY	PERCENTAGE
General	171	47.63%
OBC	140	39.00%
SC/ST	48	13.37%
Grand Total	359	100.00%

INTERPRETATION

From the above pie chart, we can see clearly that in our survey, 47.63% respondents are from General category, 39% are from OBC and 13.37% are from SC/ST category.

NUMBER OF SIBLINGS

TABLE – 5

| No. of Siblings	Frequency	Percentage
0	24	6.69%
1	132	36.77%
2	105	29.25%
3	55	15.32%
4	28	7.80%
5	7	1.95%
6	5	1.39%
7	3	0.84%
Grand Total	359	100.00%

INTERPRETATION

From the above bar graph, we can see clearly that in our survey, majority of the respondents have 1,2 or 3 siblings.

RESPONDENTS FROM DIFFERENT PLACE OF LIVING

TABLE – 6

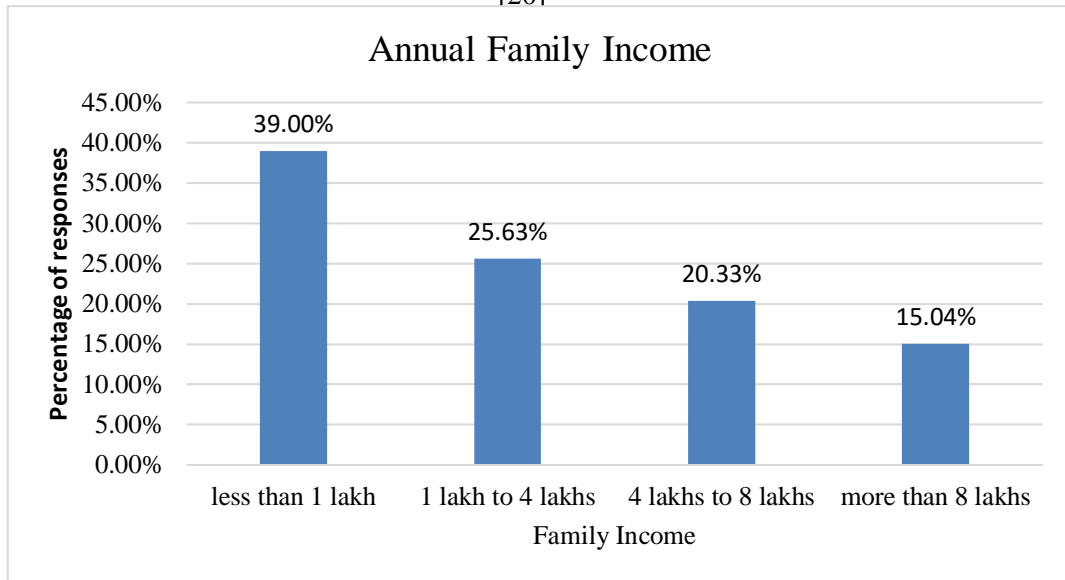| AREA OF LIVING	FREQUENCY	PERCENTAGE
Hosteller	205	57.10%
Non Hosteller	91	25.35%
Paying Guest (PG) / Rent	63	17.55%
Grand Total	359	100.00%
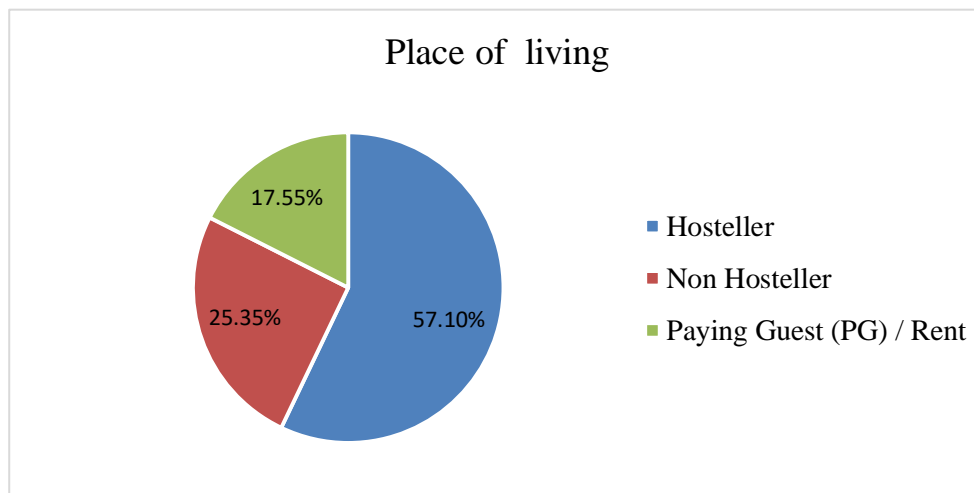
INTERPRETATION

From the above pie chart, we can see clearly that in our survey, 57.10% are hosteller and rest are non hosteller.

RESPONDENTS AND THEIR FAMILY ANNUAL INCOME

TABLE – 7

| Annual family income	Frequency	Percentage
less than 1 lakh	140	39.00%
1 lakh to 4 lakhs	92	25.63%
4 lakhs to 8 lakhs	73	20.33%
more than 8 lakhs	54	15.04%
Grand Total	359	100.00%

Annual Family Income

INTERPRETATION

From the above bar graph, we can see clearly that in our survey, 57.10% are hosteller and rest are non hosteller.

STREAM OF STUDY OF RESPONDENTS

TABLE – 8

Stream	Frequency	Percentage
Arts	92	25.63%
Commerce	41	11.42%
Science	226	62.95%
Grand Total	359	100.00%
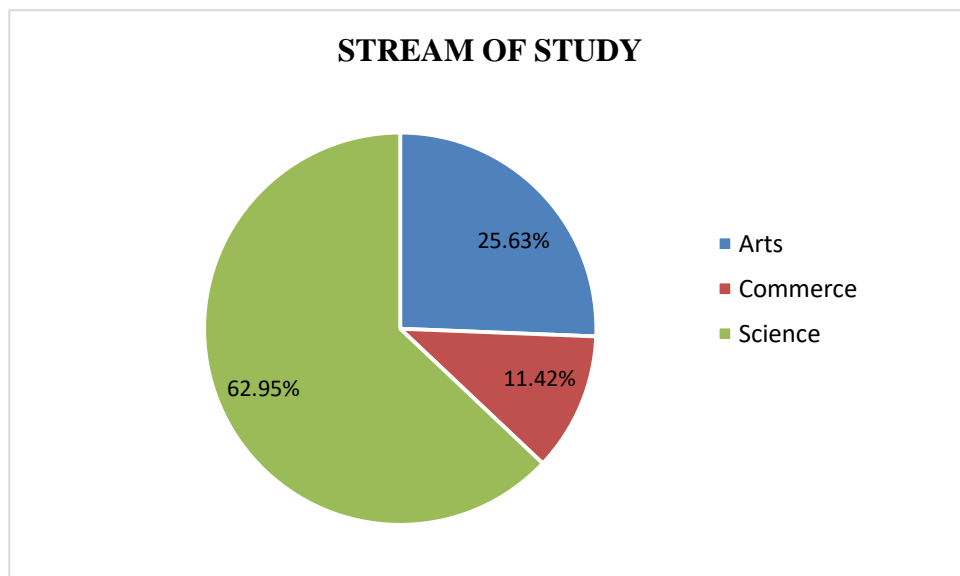
INTERPRETATION

From the above pie chart, we can see clearly that in our survey, 62.95% are from science stream, 25.63% are from arts stream and 11.42% are from Commerce background.

## TYPE OF FAMILY AND EDUCATIONAL QUALIFICATION OF PARENTS OF RESPONDENTS

TABLE – 9

TYPE OF FAMILY	FREQUENCY	PERCENTAGE
Joint Family	159	44.29%
Nuclear Family	200	55.71%
Grand Total	359	100.00%

TABLE-10

FATHER'S EDUCATION	FREQUENCY	PERCENTAGE
Graduation	145	40.39%
High School (10th) or lower	63	17.55%
Inter mediate (12 th)	71	19.78%
Post Graduation and higher	80	22.28%
Grand Total	359	100.00%

TABLE-11

MOTHER'S EDUCATION	FREQUENCY	PERCENTAGE
Graduation	103	28.69%
High School (10th)	73	20.33%
Inter mediate (12 th)	68	18.94%
Post Graduation and higher	40	11.14%
Uneducated	75	20.89%
Grand Total	359	100.00%

FAMILY TYPE

44% Joint Family

56% Nuclear Family

Count of FATHERS EDUCATION

FATHER'S EDUCATION

Total

Graduation — High School (10th) or lower — Inter mediate (12 th) — Post Graduation and higher

FATHERS EDUCATION

MOTHER'S EDUCATION

Graduation — High School (10th) — Inter mediate (12 th) — Post Graduation and higher — Uneducated
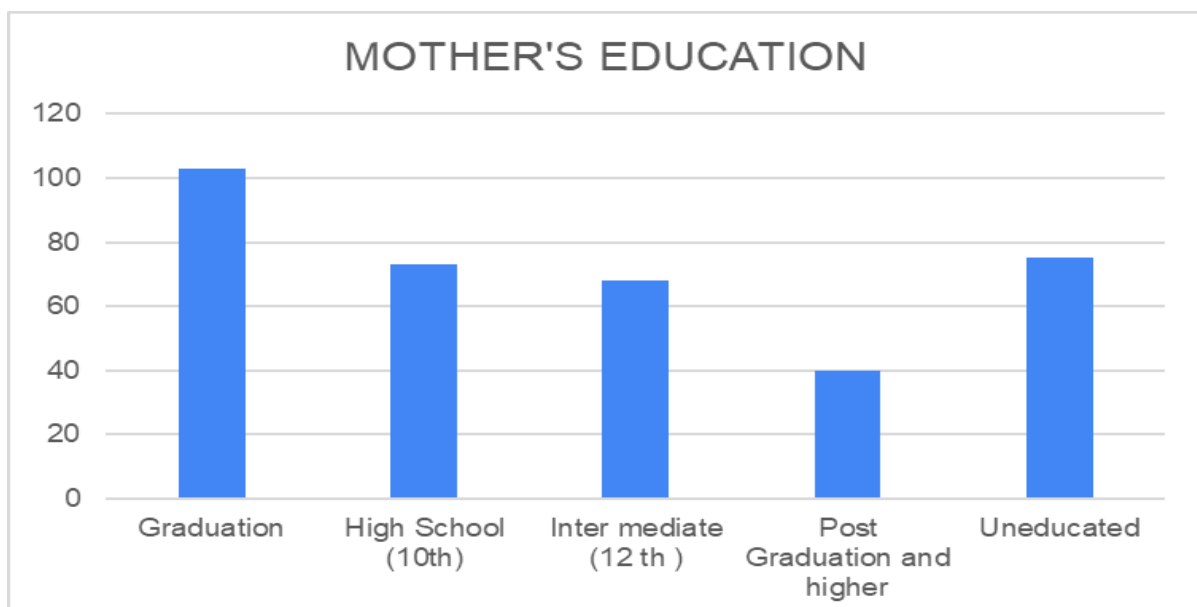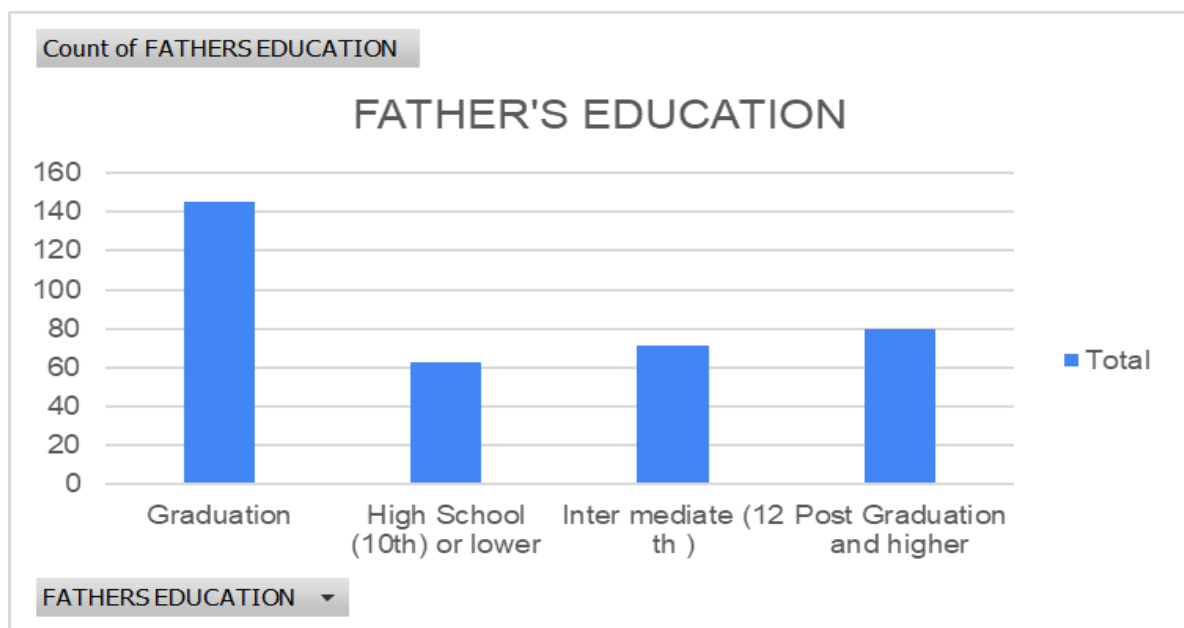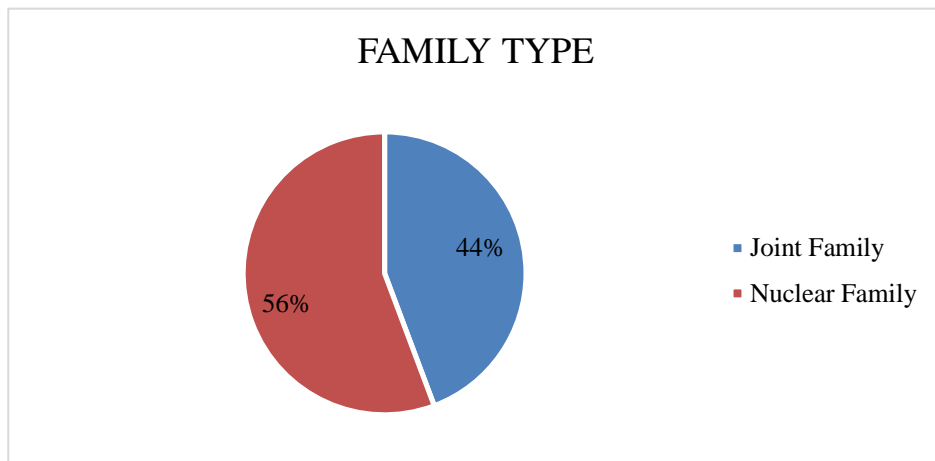
INTERPRETATION

The percentage of respondents from joint family is 44.29% and from nuclear family is 55.71%. Also it clear from the tables and bar graph that more percentage of respondents' father have relatively higher education as compared to mother.

MENTAL STATE OF THE RESPONDENTS

TABLE - 12

		Frequency	Percent
Worried	Always	69	19.2%
	Never	104	29.0%
	Occasionally	186	51.8%
Lack of concentration	Always	95	26.5%
	Never	50	13.9%
	Occasionally	214	59.6%
Sleeping difficulty	Always	40	11.1%
	Never	146	40.7%
	Occasionally	173	48.2%
	Total	359	100%
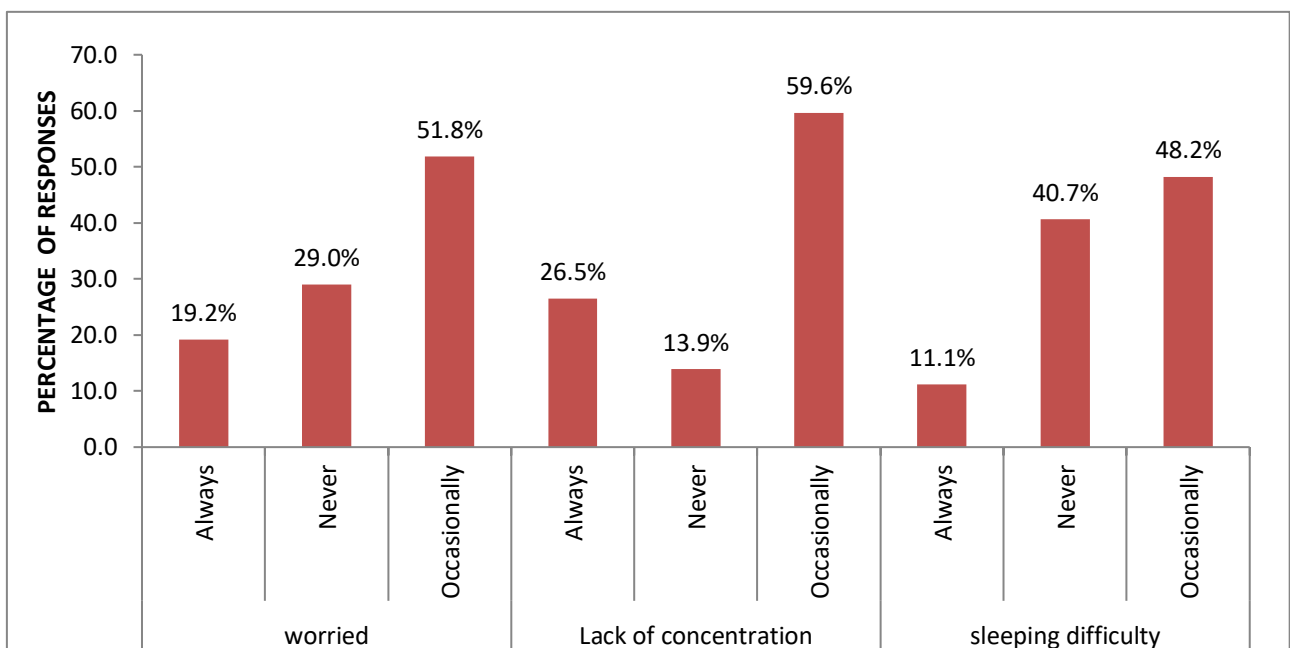
INTERPRETATION :- From the above data it can be observed that most of the respondents experience Lack of concentration, worry and sleeping difficulty occasionally in last one month.

TABLE-13

|		Frequency	Percent
Depressed	Always	47	13.1%
	Never	147	40.9%
	Occasionally	165	46.0%
Happy	Always	117	32.6%
	Never	24	6.7%
	Occasionally	218	60.7%
Hopeful	Always	118	32.9%
	Never	33	9.2%
	Occasionally	208	57.9%
	Total	359	100.0%
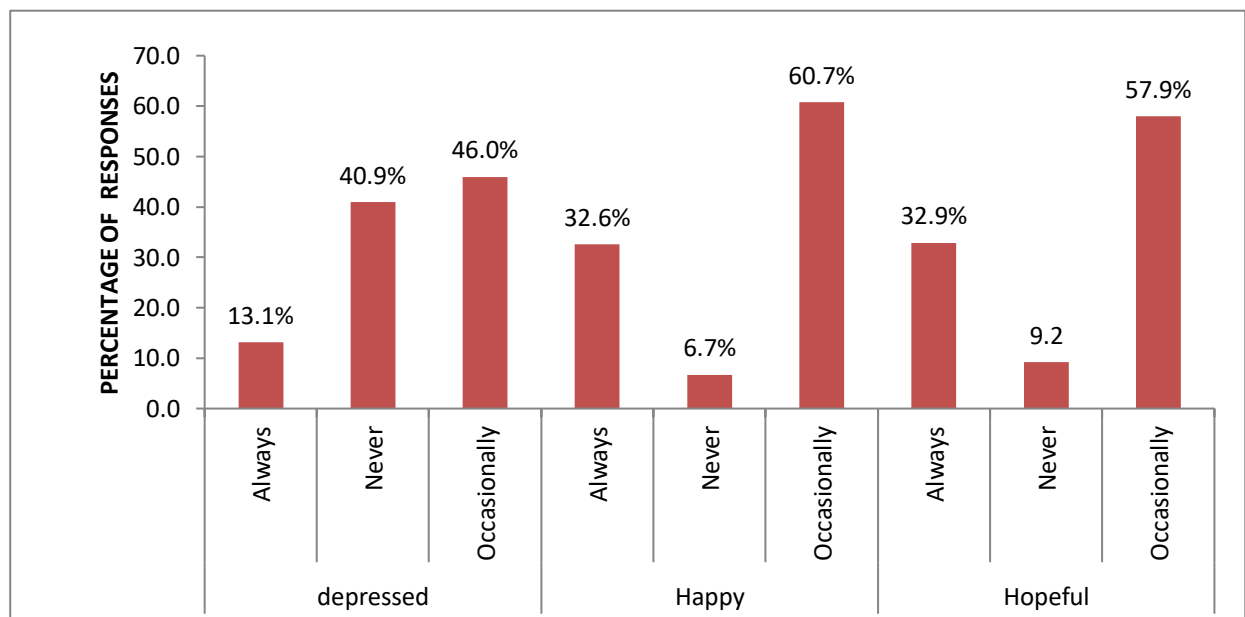
INTERPRETATION :- From the above data, we can observe that

majority respondents experience depression, happiness and hopefulness occasionally.

TABLE-14

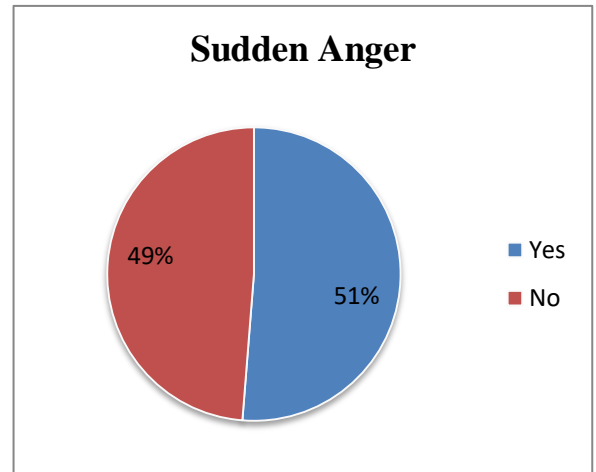|		Frequency	Percent
Loneliness	Always	72	20.1%
	Never	129	35.9%
	Occasionally	158	44.0%
Suicidal	Always	19	5.3%
	Never	291	81.1%
	Occasionally	49	13.6%
Irritated	Always	53	14.8%
	Never	74	20.6%
	Occasionally	232	64.6%
	Total	359	100.0%
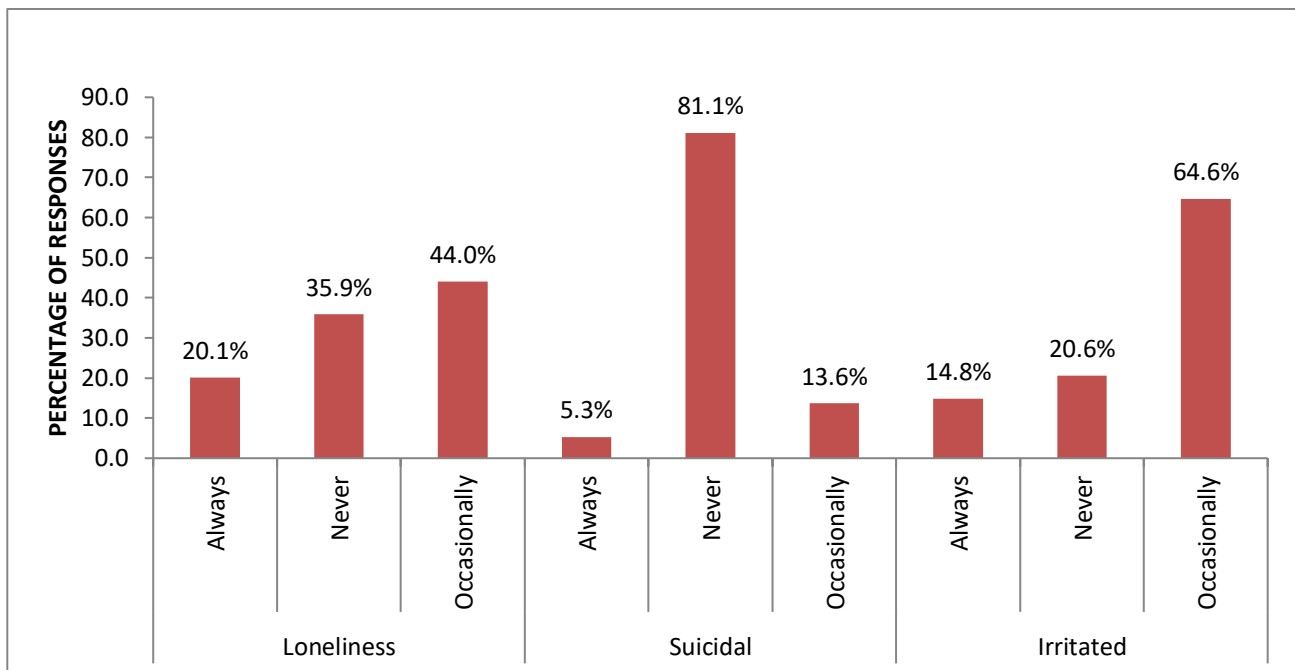
INTERPRETATION :- From the above data we can observe that 44% of the respondents feel loneliness occasionally, 81.1% respondents never feel suicidal and 64.6% respondents feel irritated occasionally in last one month.
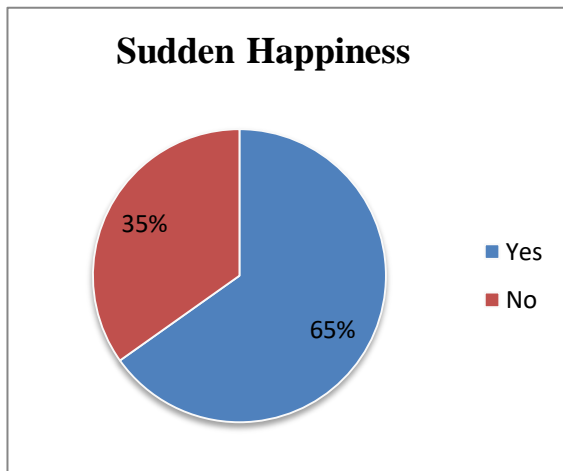
SUDDEN MOOD CHANGES OF RESPONDENTS

TABLE-15

Sudden Anger	Frequency	Percentage
Yes	184	51.25%
No	175	48.74%
Grand Total	359	100%

Sudden Anger

Sudden Happiness

TABLE-16

Sudden Happiness	Frequency	Percentage
Yes	234	65.18%
No	125	34.81%
Grand Total	359	100%

TABLE-17

Sudden Sadness	Frequency	Percentage
No	145	40.38%
Yes	214	59.61%
Grand Total	359	100%
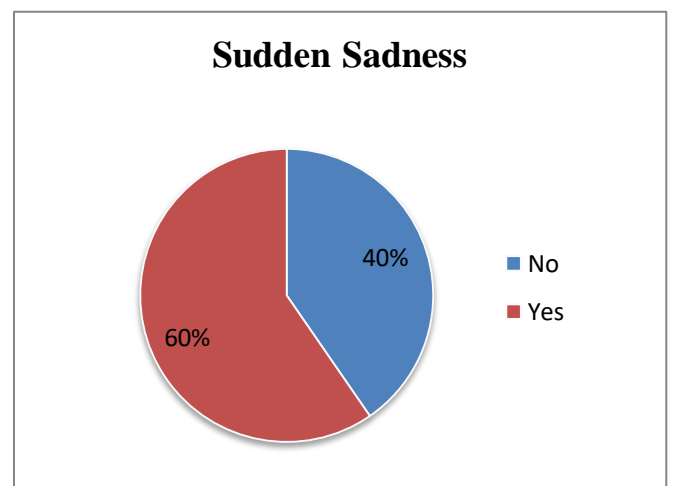
Sudden Sadness

INTERPRETATION

From the above pie charts, we can observe that 51% of respondents feel sudden anger issue ,65% respondents feel sudden happiness and 60% of respondents feel sudden sadness in last one month.

REACTION OF RESPONDENTS WHEN THINGS DO NOT GO WELL
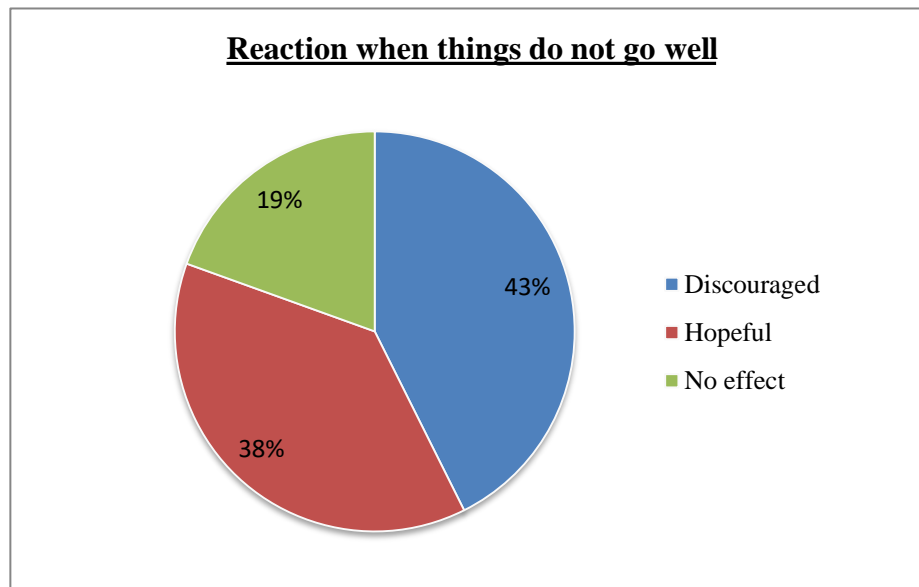
TABLE-18

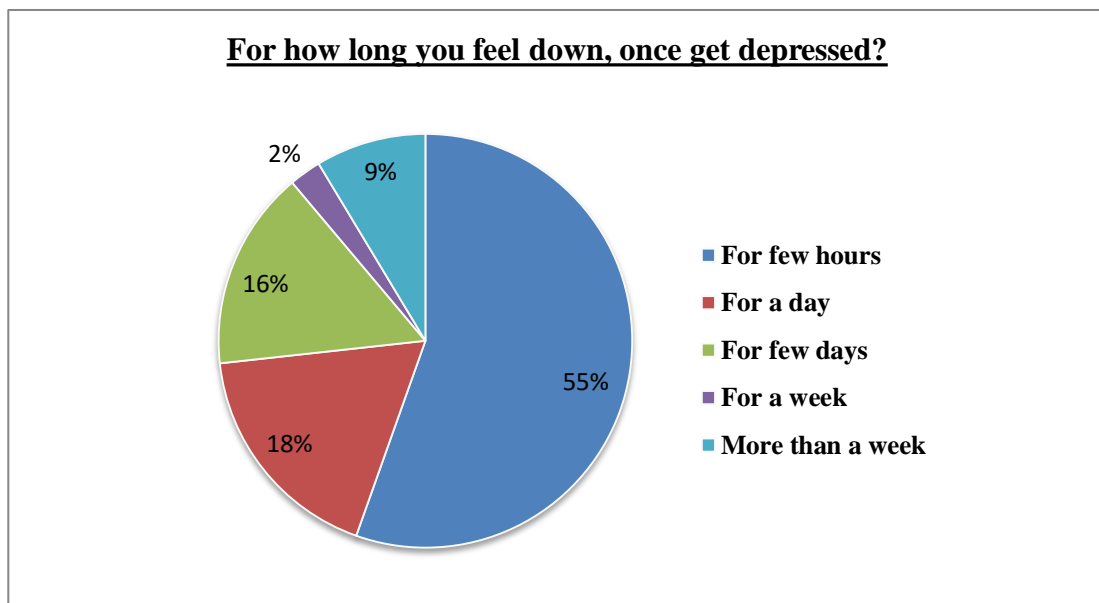| Reaction	Frequency	Percentage
Discouraged	153	42.62%
Hopeful	136	37.88%
No effect	70	19.50%
Total	359	100%

Reaction when things do not go well

INTERPRETATION

From the above pie chart we can see that about 42.62% respondents feel discouraged, 37.88% respondents feel hopeful and 19.50% respondents feel no effect when things do not go well as they have expected to go.

HOW LONG RESPONDENTS FEEL DOWN ONCE GET DEPRESSED

TABLE-19

		Frequency	Percentage
For how long you feel down, once get depressed?	For few hours	199	55.43%
	For a day	64	17.83%
	For few days	56	15.60%
	For a week	9	2.51%
	More than a week	31	8.64%
	Grand Total	359	100%

For how long you feel down, once get depressed?

- For few hours
- For a day
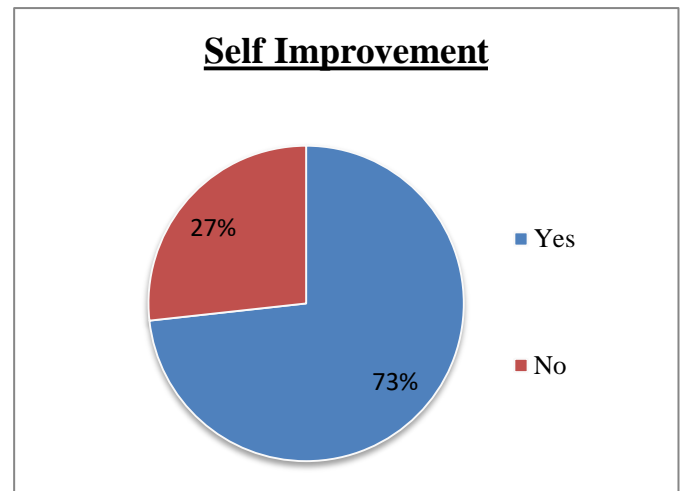- For few days
- For a week
- More than a week

55% 18% 16% 2% 9%

INTERPRETATION

From the above data, we can observe that 55.48% of the respondents feel depressed for few hours once they get depressed.

SELF IMPROVEMENT

TABLE-20

Self improvement	Frequency	Percentage
Yes	263	73.26%
No	96	26.74%
Grand Total	359	100.00%

Self Improvement

INTERPRETATION

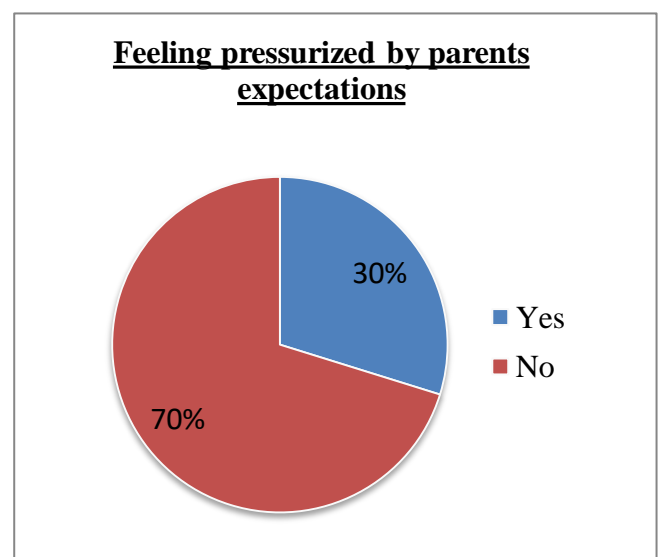From the above data, we can observe that 73.26% respondents have felt that they have been improving, if they compare themselves from past.

FEELING PRESSURIZED DUE TO PARENTS EXPECTATIONS

TABLE-21

Feel pressurized by parents	Frequency	Percentage
Yes	107	29.81%
No	252	70.19%
Grand Total	359	100.00%

Feeling pressurized by parents expectations

INTERPRETATION

From the above data, we can observe that about 30% of the respondents feel pressurized due to parents expectations.

FEELING AFTER SLEEP

TABLE-22

Feeling after sleep	Frequency	Percentage
Refreshed	225	62.67%
Sleepy	76	21.17%
Tired/Exhausted	58	16.16%
Grand Total	359	100.00%

Feeling after sleep
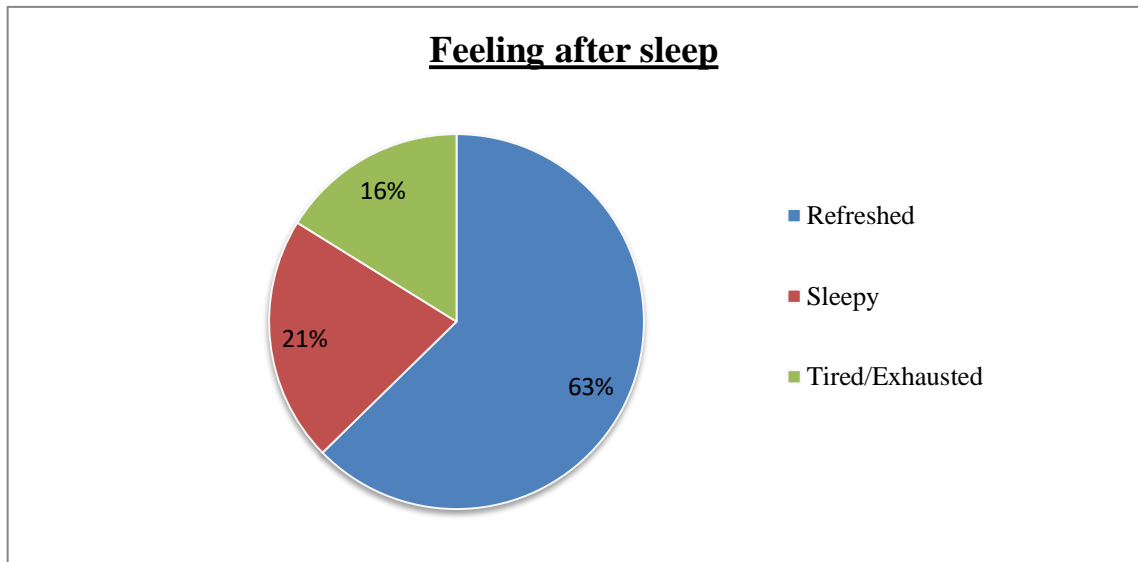
INTERPRETATION

From the above data, we can see that majority i.e., 62.67% of respondents feel refreshed after their sleep, 21.17% of respondents feel sleepy after their sleep and 16.16% of respondents feel exhausted after sleep.

TIME SPENT ON WORK / STUDY

TABLE-23

Time spent on work/study	Frequency	Percentage
Less than 1	49	13.65%
1 – 3	100	27.86%
3 – 5	119	33.15%
5 – 8	71	19.78%
More than 8	20	5.57%
Grand Total	359	100.00%

Time spent on study/work

INTERPRETATION

Form the above data, it can be observed that majority 33.15% of respondent study/work 3 - 5 hours a day and about 61% of the respondents work/study 1 – 5 hours daily.

FEELING PRESSURIZED DUE TO WORK/STUDY

TABLE-24

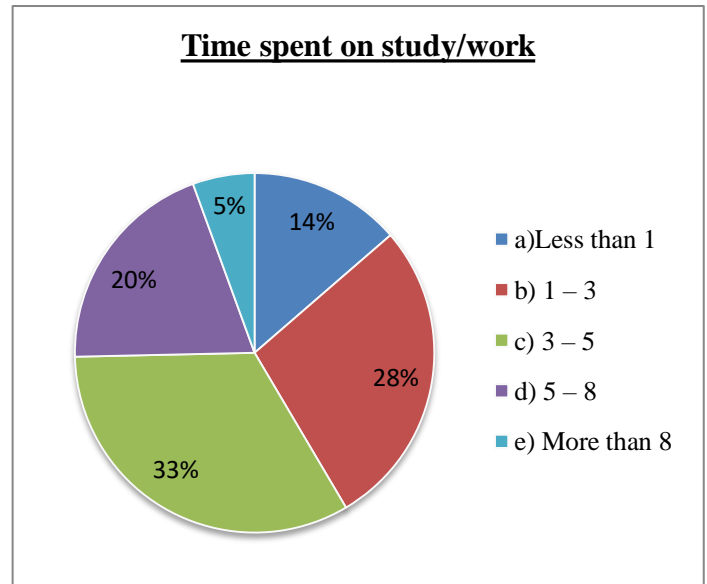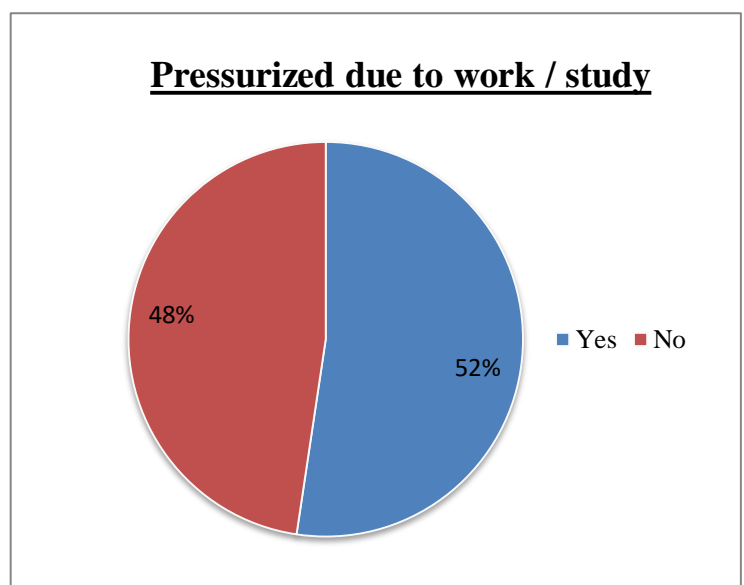| Pressurized due to work / study	Frequency	Percentage
Yes	188	52.37%
No	171	47.63%
Grand Total	359	100.00%

Pressurized due to work / study

INTERPRETATION

From the above data it can be observed that 52.37% of the respondents feel pressurized due to their work/study.

ANGRY WITH PARENTS

TABLE-25

Angry with parents	Frequency	Percentage
Always	12	3.34%
Never	206	57.38%
Occasionally	141	39.28%
Grand Total	359	100.00%
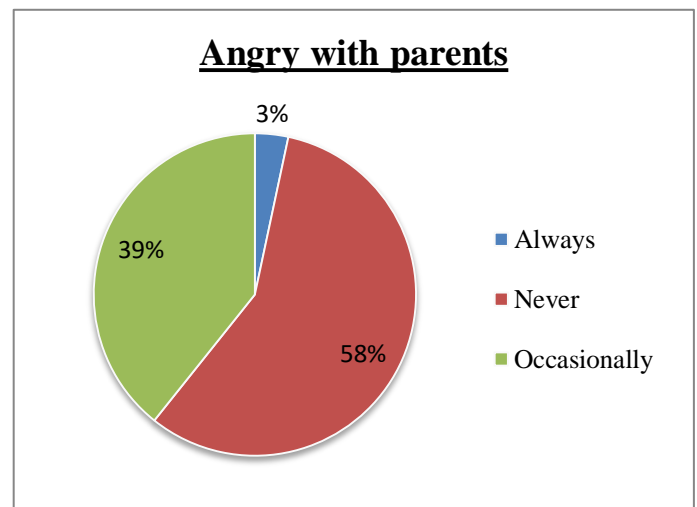
Angry with parents

INTERPRETATION

From the above data, we can see only 3.34% respondents always feel angry with parents, 39.28% of respondents occasionally feel angry with parents and 57.38% of respondents never feel angry with parents.

RELATIONSHIP STATUS

TABLE-26

Relationship	Frequency	Percentage
Yes	71	19.78
No	288	80.22
Grand Total	359	100.00

Relationship

INTERPRETATION :- From above data, we can observe that about 20% of the respondents are in relationship.

RESPONDENTS WHO HAD TRAUMATIC EXPERIENCE IN THE PAST

TABLE-27

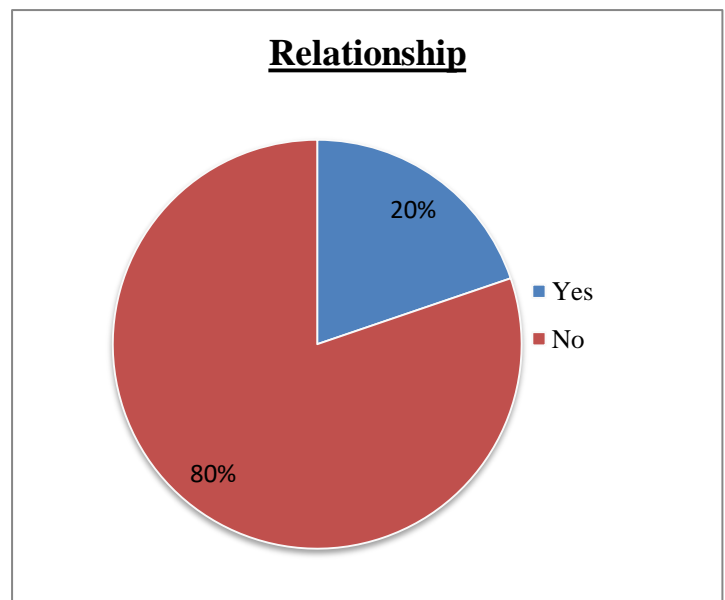| Traumatic experience in the past	Frequency	Percentage
Yes	143	39.83%
No	216	60.17%
Grand Total	359	100.00%

Traumatic experience in the past

■ Yes ■ No
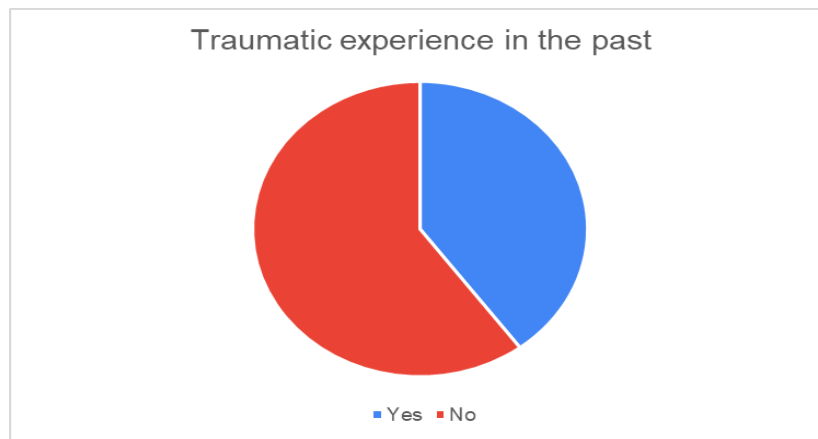
INTERPRETATION

The percentage of respondents who had traumatic experience in the past is 39.83%.

AVERAGE SLEEP TIME OF THE RESPONDENTS

TABLE-28

Average daily sleep	Frequency	Percentage
less than 5 hours	41	11.42%
5 - 6 hours	52	14.48%
6 - 7 hours	100	27.86%
7 - 8 hours	115	32.03%
more than 8 hours	51	14.21%
Grand Total	359	100.00%

Average daily sleep
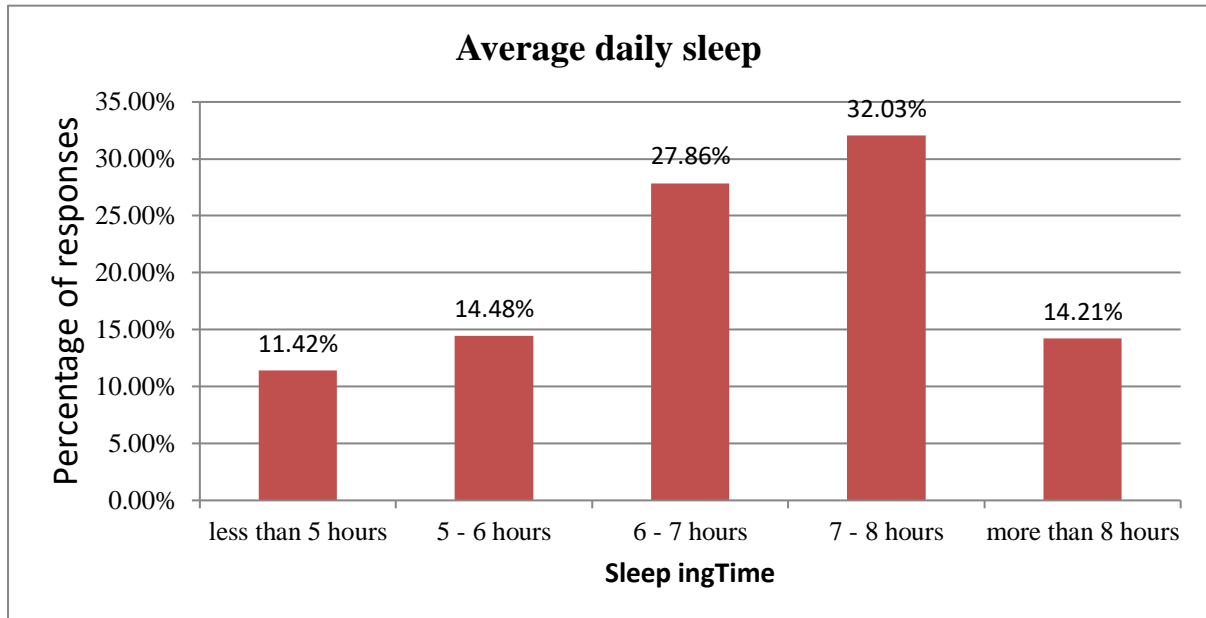
INTERPRETATION

From the chart, it is clearly seen that the average sleep time of the majority(about 60%) of the respondents is between 6 - 8 hours

COURSE SATISFACTION OF THE RESPONDENTS

TABLE-29

Course Satisfaction	Frequency	Percentage
Dissatisfied	55	15.32%
Satisfied	218	60.72%
Very dissatisfied	29	8.08%
Very satisfied	57	15.88%
Grand Total	359	100.00%
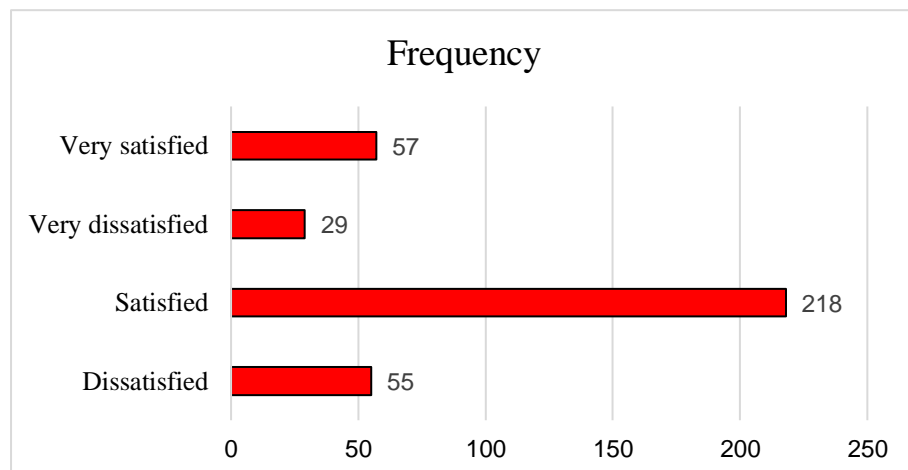
INTERPRETATION

From the chart, it is clearly seen that the frequency of students who are satisfied and very satisfied with the course they are studying is larger and their percentage is 76.6%

AVERAGE TIME SPENT ON SOCIAL MEDIA OF THE RESPONDENTS

TABLE-30

Time spent on social media platforms in hours	Frequency	Percentage
Less than 1	70	19.50%
1 – 3	155	43.18%
3 – 5	87	24.23%
5 – 8	35	9.75%
More than 8	12	3.34%
Grand Total	359	100.00%

Time spent on social media
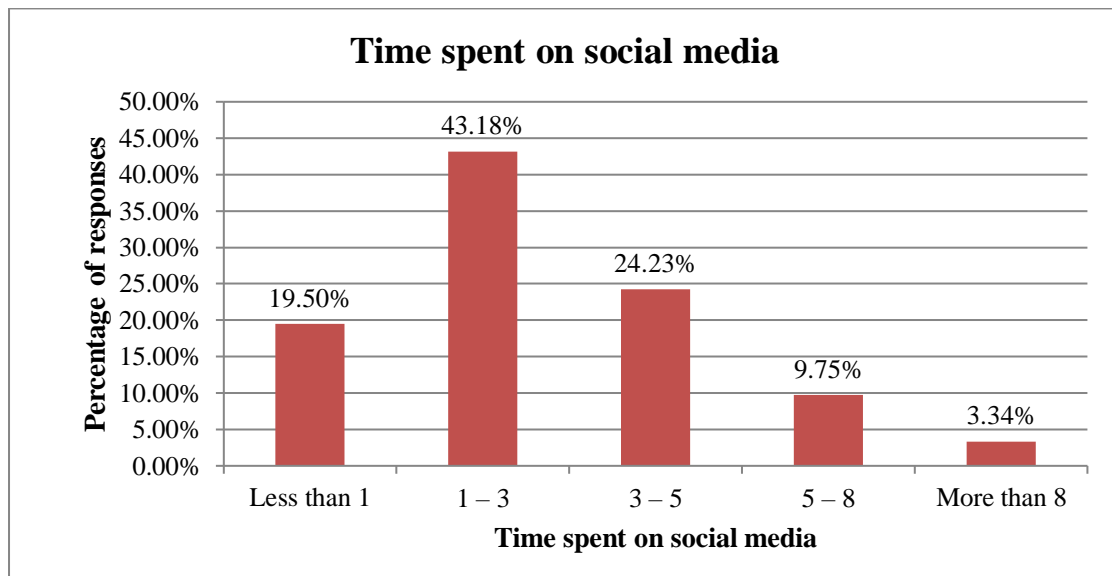
INTERPRETATION

From the bar chart, it is clearly seen that the average time spent on social media for majority of students lies between 1-3 hours for 43.18% of the respondents and 3-5 hours for 24.23% of the respondents.

TIME SPENT ON DAILY EXERCISE OF THE RESPONDENTS

TABLE-31

Hours spent exercising daily	Frequency	Percentage
Less than 30 minutes	136	37.88%
30-60 minutes	54	15.04%
More than 1 hour	39	10.86%
I do not exercise	130	36.21%
Grand Total	359	100.00%

Hours spent exercising daily

I do not exercise	130
More than 1 hour	39
30-60 minutes	54
Less than 30 minutes	136

FREQUENCY
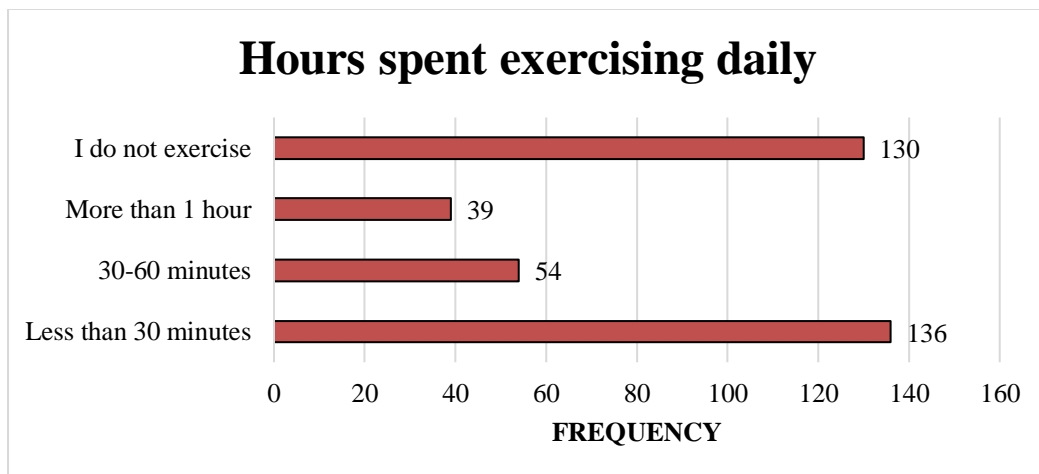
INTERPRETATION

From the bar chart, it is clearly seen that the majority of the students do not exercise (36.21%) or exercise for less than 30 minutes (37.88%)

WITH WHOM RESPONDENTS SHARE THEIR HONEST FEELINGS

TABLE-32

Share feelings honestly with	Frequency
Parents	113
Friends	219
Girlfriend//Boyfriend	71
Other	97

Respondents share there honest feelings with
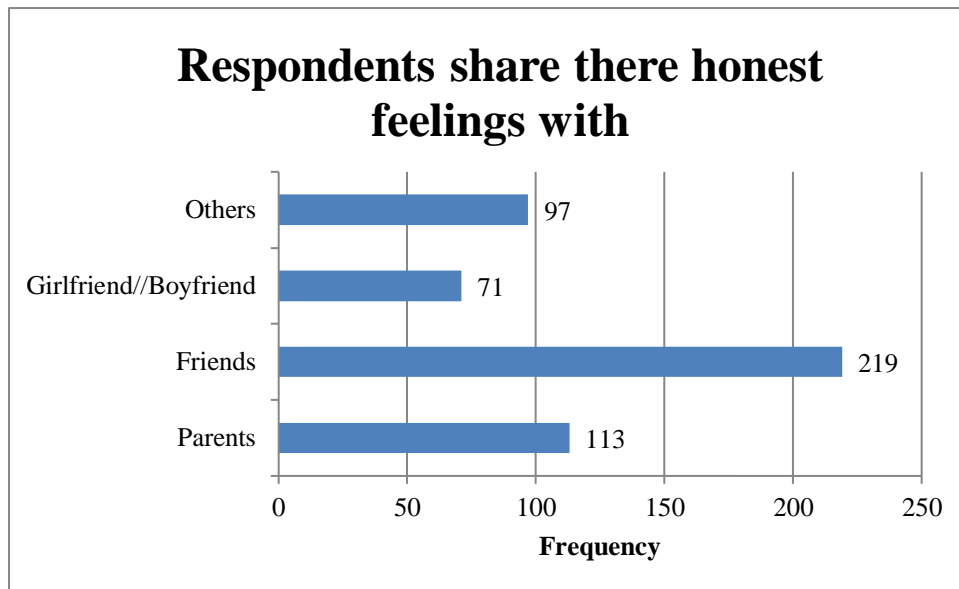
INTERPRETATION

From the bar chart, it is clearly seen that the majority of the students share their feelings honestly with their friends (61%) and parents (31.5%).

SATISFACTION OF RESPONDENTS BASED ON THE AMOUNT OF MONEY THEY GET FOR MONTHLY EXPENSE

TABLE-33

Sufficient Money	Frequency	Percentage
Yes	249	69.36%
No	110	30.64%
Grand Total	359	100.00%

Respondents getting sufficient money for expense or not
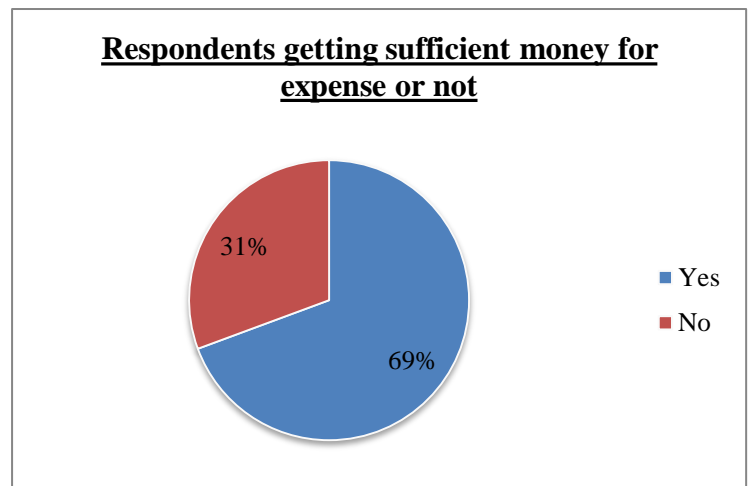
INTERPRETATION

From the above data, we can observe that about 69.36% of respondents feel satisfied and about 30.64% respondents feel unsatisfied by the amount of money they get for monthly expenses.

SOURCES OF MONEY FOR MONTHLY EXPENSES

TABLE- 34

Source of money	Frequency	Percentage
Earn by self	54	15%
Parents	317	88.30%
Scholarship	47	13.10%
Loan	16	4.50%
Others	12	3.30%

Source of money
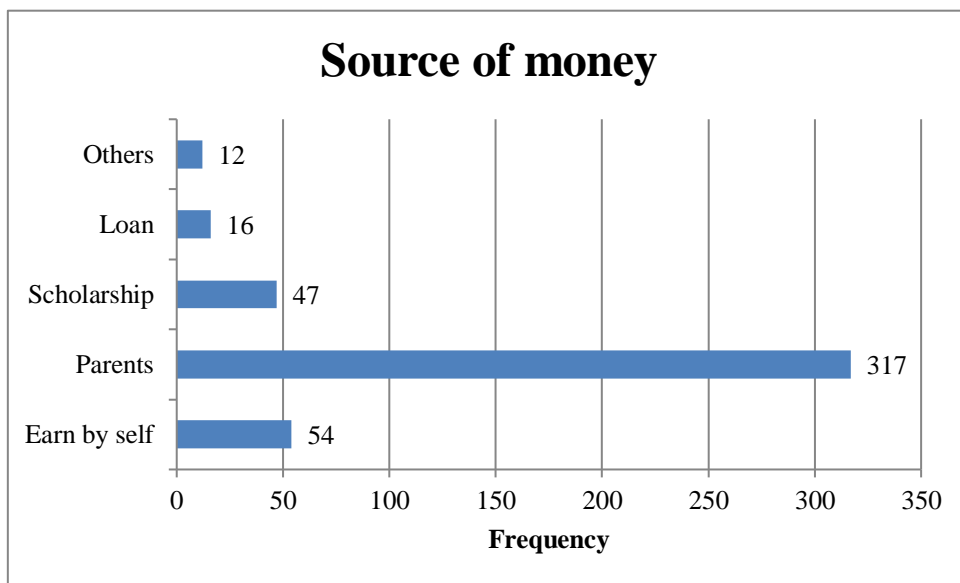
INTERPRETATION
From the above data it can be observed that majority (88.3%) of responders get money from their parents for monthly expenses and about 15% responders earn by themselves to meet monthly expenses.

TIME SPENT WITH RELATIONSHIP PARTNER ON CALL , MEETING OR CHATTING (DAILY)

TABLE – 35

Time spent with partner	Frequency	Percent
Less than 1	23	32.39%
1 – 3	32	45.07%
3 – 5	7	9.86%
More than 5	9	12.68%
Grand Total	71	100.00%

Time spent with partner

- Less than 1 hour — 32%
- 1 – 3 hours — 45%
- 3 – 5 hours — 10%
- More than 5 hour — 13%
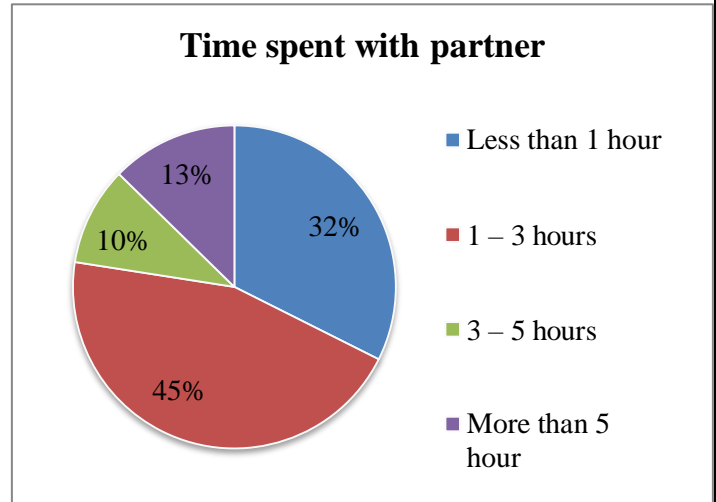
INTERPRETATION

From the above data, it can be observed that majority of respondents spend 1 – 3 hours daily with their relationship partner. About 77.46% respondents spend up to 3 hours daily with their relationship partner.

HOW OFTEN RESPONDENTS GET ANGRY WITH THEIR RELATIONSHIP PARTNER

TABLE-36

Angry	Frequency	Percentage
Rarely	26	36.61%
Frequently	15	21.12%
Occasionally	22	30.98%
Never	8	11.26%
Grand Total	71	100.00%

Angry with partner

- Rarely — 37%
- Frequently — 21%
- Occasionally — 31%
- Never — 11%
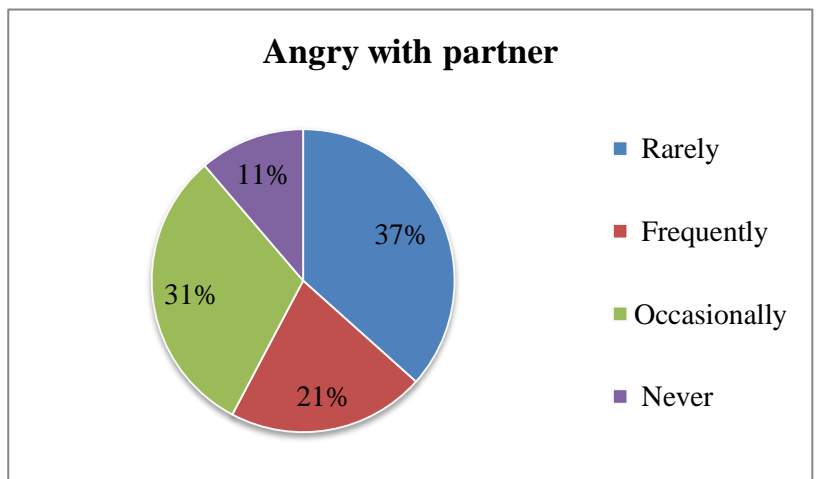
INTERPRETATION

From the above data it can be observed that about 36.61% rarely get angry with their partner, 21.12% frequently get angry, 30.98% occasionally get angry and 11.26% never get angry with their relationship partner.

PRESSURISED BY PARTNER'S EXPECTATIONS

TABLE-37

Pressurized by partner	Frequency	Percentage
Yes	20	28.16%
No	51	71.83%
Grand Total	71	100.00%

Pressurized by partner's expectation
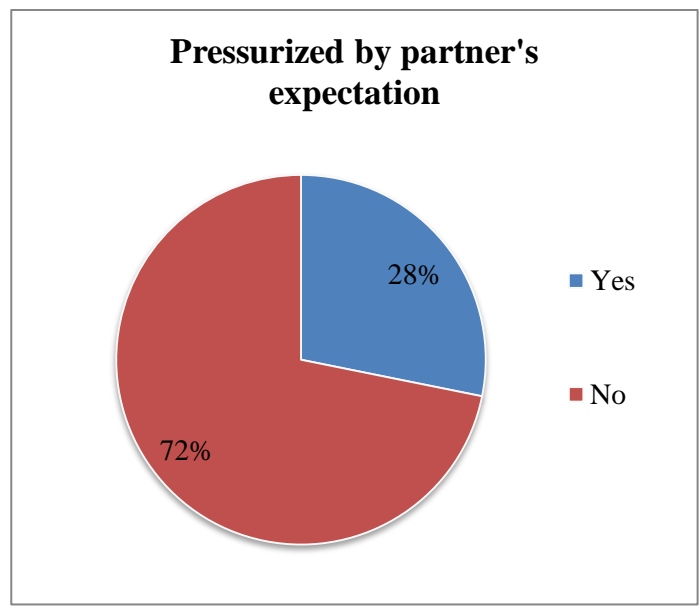
INTERPRETATION

From the above data we can observe that about 28.16% of the respondents who are in relationship feel pressurized by their partner's expectation.

DATA ANALYSIS
&
INTERPRETATION

DATA ANALYSIS

Analysis is performed based on the information collected from the responses. Chi-Square test of independence of attributes is used to investigate the dependency between various attributes.

Level of significance (α) for all tests is 0.05

HYPOTHESIS - 1
RELATIONSHIP VS HOPEFULNESS

Null Hypothesis :- Hopefulness is independent of relationship status.
Alternate Hypothesis :- Hopefulness is not independent of relationship status.

CROSS TABLE - 1

			[Hopeful]			Total
			Always	Never	Occasionally	
RELATIONSHIP	No	Count	98	21	169	288
		Expected Count	94.7	26.5	166.9	288.0
	Yes	Count	20	12	39	71
		Expected Count	23.3	6.5	41.1	71.0
Total		Count	118	33	208	359
		Expected Count	118.0	33.0	208.0	359.0

CHI – SQUARE TEST

	Value	Degrees of Freedom	Exact Significance
Pearson Chi-Square	6.455	2	.040

INTERPRETATION

Since the p – value is less than the level of significance so we reject the null hypothesis. Hopefulness is not independent of relationship status. Those respondents who are in relationship, about 17% of them never felt hopeful in last one month but those who are not in relationship, only about 7% of them never felt hopeful in last one month.

HYPOTHESIS - 2
RELATIONSHIP VS SUDDEN SADNESS

Null Hypothesis :- Sudden sadness is independent of relationship status.
Alternate Hypothesis :- Sudden sadness is not independent of relationship status.

CROSS TABLE - 2

			RELATIONSHIP		Total
			No	Yes	
Sudden sadness	No	Count	125	20	145
		Expected Count	116.3	28.7	145.0
	Yes	Count	163	51	214
		Expected Count	171.7	42.3	214.0
Total		Count	288	71	359
		Expected Count	288.0	71.0	359.0

CHI – SQUARE TEST

	Value	Degrees of freedom	Exact Sig. (2-sided)
Pearson Chi-Square	5.490	1	.022

INTERPRETATION

Since the p – value is less than the level of significance, we reject the null hypothesis. Sudden sadness is not independent of relationship status. About 71.8% of respondents who are in relationship felt sudden sadness issue but those respondents who are not in relationship, about 56.6% of them felt sudden sadness issue.

HYPOTHESIS - 3

Gender Vs Trauma

Null Hypothesis :- Traumatic experienced in past is independent of gender.
Alternate Hypothesis :- Traumatic experienced in past is not independent of gender.

CROSS TABLE - 3

			Traumatic Experience in Past		Total
			Yes	No	
GENDER	Female	Count	50	38	88
		Expected Count	35.1	52.9	88.0
	Male	Count	93	178	271
		Expected Count	107.9	163.1	271.0
Total		Count	143	216	359
		Expected Count	143.0	216.0	359.0

CHI-SQUARE TEST

	Value	Degrees of freedom	Exact Sig. (2-sided)
Pearson Chi-Square	14.033	1	.000

INTERPRETATION

Since p – value is less than the level of significance, we can reject the null hypothesis. Traumatic experience in the past is not independent of the gender of respondent. From the above data, about 56.81% female respondents experienced the traumatic but among male respondents about 34.31% of them experienced the traumatic experience in past.

HYPOTHESIS- 4
EXERCISE VS DEPRESSION

Null Hypothesis :- Depression is independent of the time spent in daily exercise.

Alternate Hypothesis :- Depression is not independent of the time spent in daily exercise.

CROSS TABLE - 4

HOURS SPENT IN EXERCISE (DAILY)		Depressed			Total
		Always	Never	Occasionally	
Less than 30 minutes	Count	10	63	63	136
	Expected Count	17.8	55.7	62.5	136
30-60 minutes	Count	2	29	23	54
	Expected Count	7.1	22.1	24.8	54
More than 1 hour	Count	5	17	17	39
	Expected Count	5.1	16	17.9	39
I do not exercise	Count	30	38	62	130
	Expected Count	17	53.2	59.7	130
Total	Count	47	147	165	359
	Expected Count	47	147	165	359

CHI – SQUARE TEST

	Value	Degrees of Freedom	Exact Sig. (2-sided)
Pearson Chi-Square	24.760[a]	6	.000

INTERPRETATION

Since the p – value is less than level of significance , we can reject the null hypothesis. Depression is not independent of the time spent in daily exercise.

From the above data it can be observed that, about 23% of respondents who do

not exercise, always feel depressed but among the respondents who exercise for 30 – 60 minutes, about 3.7% always feel depressed and among those who exercise for more than 1 hour, about 12.8% always feel depressed.

HYPOTHESIS – 5

COURSE (U.G (ARTS) AND U.G (SCIENCE)) VS ANNUAL FAMILY INCOME

Null Hypothesis :- Family income and course of study are independent of each other.

Alternate Hypothesis :- Family income and course of study are not independent of each other.

CROSS TABLE - 5

CHI – SQUARE TEST

COURSE		Annual family income				Total
		less than 1 lakh	1 lakh to 4 lakhs	4 lakhs to 8 lakhs	more than 8 lakhs	
UG(A)	Count	26	24	29	12	91
	Expected Count	33.5	22.7	20.9	13.9	91
UG(S)	Count	70	41	31	28	170
	Expected Count	62.5	42.3	39.1	26.1	170
Total	Count	96	65	60	40	261
	Expected Count	96	65	60	40	261

CHI-SQUARE TEST

	Value	Degrees of freedom	Exact Sig. (2-sided)
Pearson Chi-Square	7.891	3	0.049

INTERPRETATION

Since the p-value is less than level of significance, we can reject the null hypothesis. Family income and course of study are not independent of each other.

HYPOTHESIS-6

CATEGORY OF RESPONDENTS VS IRRITATION

Null Hypothesis :- Irritation experienced by respondents and their category are independent of each other.

Alternate Hypothesis :- :- Irritation experienced by respondents and their category are not independent of each other.

CROSS TABLE - 6

CATEGORY		IRRITATED			Total
		Always	Never	Occasionally	
General	Count	28	23	120	171
	Expected Count	25.24	35.24	110.50	171
OBC	Count	17	35	88	140
	Expected Count	20.66	28.85	90.47	140
SC/ST	Count	8	16	24	48
	Expected Count	7.08	9.89	31.01	48
Total	Count	53	74	232	359
	Expected Count	53	74	232	359

CHI – SQUARE TEST

	Value	Degrees of freedom	Exact Sig. (2-sided)
Pearson Chi-Square	12.872	4	0.012

INTERPRETATION

- Since the P-value is less than level of significance, we reject the null hypothesis. Irritation experienced by respondents and their category are not independent of each other

- From the above data, we observe that 50% SC/ST category respondents, 62.85% OBC category respondents and 70.17% General category respondents occasionally feel irritated.

- It can also be seen that, 33.33% SC/ST category respondents, 25% OBC category respondents and 13.45% General category respondents never feel irritated.

HYPOTHESIS-7

RESPONDENTS GET SUFFICIENT MONEY OR NOT VS RESPONDENTS FEELWORRIED

Null Hypothesis :- Respondents feeling worried and the amount of money they get for monthly expenses are independent.
Alternate Hypothesis :- Respondents feeling worried and the amount of money they get for monthly expenses are not independent.

CROSS TABLE-7

Sufficient Money		WORRIED			Total
		Always	Never	Occasionally	
Yes	Count	40	81	128	249
	Expected Count	47.85	72.13	129.00	249
No	Count	29	23	58	110
	Expected Count	21.14	31.86	56.99	110
Total	Expected Count	69	104	186	359

CHI-SQUARE TEST

	Value	Degrees of freedom	Exact Sig. (2-sided)
Pearson Chi-Square	7.793	2	0.02011

INTERPRETATION

- Since the P-value is less than level of significance (0.05), we reject the null hypothesis. Respondents feeling worried and the amount of money they get for monthly expenses are not independent.

- From the above data, we observe that those who get sufficient amount of money, 16.06% of them always feel worried but those respondents who are unsatisfied by the amount of money they get for monthly expense about 26.36% of them always feel worried.

- It can also be observed that, that those who get sufficient amount of money, 32.53% of them never feel worried but those respondents who are unsatisfied by the amount of money they get for monthly expense about 20.9% of them never feel worried.

- Those respondents who feel unsatisfied by amount of money they get monthly, feel more worried, than those who feel they get sufficient amount of money.

PRESSURIZED BY RELATIONSHIP PARTNER VS GENDER

CROSS TABLE - 8

			GENDER		Total
			Female	Male	
Pressurized by partner's expectations	Yes	Count	2	18	20
	No	Count	18	33	51
Total		Count	20	51	71

INTERPRETATION

- From the above data, we can observe that, about 35.3% male respondents felt pressurized by their partner's expectation while about 10% of female respondents felt pressurized by their partner's expectation.

- From the above data it can be observed that more male respondents felt pressurized than the female respondents.

CATEGORY VS DEPRESSION

CROSSTABLE – 9

Category	Depressed			Total
	Always	Never	Occasionally	
General	20	67	84	171
OBC	19	61	60	140
SC/ST	8	19	21	48
Total	47	147	165	359

INTERPRETATION

- From above data we can observe that about 13% respondents feel depressed always and about 41% of respondents never feel depressed.

- We can observe that 16.66% SC/ST category respondents, 13.57% OBC category respondents and 11.69% General category respondents always feel depressed.

CATEGORY VS FEELING SUICIDAL

CROSS TABLE – 10

Category	[Suicidal]			Total
	Always	Never	Occasionally	
General	9	134	28	171
OBC	6	123	11	140
SC/ST	4	34	10	48
Total	19	291	49	359

INTERPRETATION

- From the above data we can observe that from the total respondents about 5.3% feel suicidal always, 13.7% feel suicidal occasionally and about 81% never feel suicidal.

- In SC/ST respondents, about 8.33% always feel suicidal and about 20.83% occasionally feel suicidal.

- In OBC respondents, about 4.28% always feel suicidal and about 7.85% occasionally feel suicidal.

- In General category respondents, about 5.26% always feel suicidal and about 16.37% occasionally feel suicidal.

Key Findings

- Hopefulness is dependent on the relationship status. Those who are in relationship are found to be less hopeful than those who are not in relationship.

- Sudden sadness is dependent on relationship status. Those who are in relationship are found to have more sudden sadness issue than those who are not in relationship.

- Trauma experienced in past is dependent on gender. More female are found to have experienced the trauma in past than that of male.

- Depression is dependent up on the time spent in daily exercise. Those who do not exercise daily found to feel depressed than those who exercise daily.

- Irritation experienced by respondents and their category are dependent on each other. More General category respondents are found to have experienced irritation as compared to that of OBC and SC/ST category respondents.

- Respondents feeling worried and the amount of money they get for monthly expenses are dependent on each other. Those respondents who feel unsatisfied by amount of money they get monthly, feel more worried, than those who feel that they get sufficient amount of money for monthly expenses.

- In relationship, more males have been found to have felt pressurized than that of females.

- More SC/ST respondents have been found to have felt depressed than that of OBC and General respondents.

- More SC/ST category respondents have been found to have felt suicidal than that of OBC and General category respondents.

- Majority of respondents are found to have felt sudden emotion changes.

- Majority of respondents feel pressurized due to their work or study.

- Majority of respondents feel that they have been improving, if compared to their past self.

- Majority of respondents have never experienced trauma in past.

Limitations

Every research have some limitations, this research also have some limitations. This study is conducted mainly in Banaras Hindu University on 359 respondents, so the findings and suggestion based on this study cannot be extrapolated to entire population. In this study, respondents of both genders are not equally represented. Majority of the respondents belong to Science and Arts stream so, study lacks in representation of students of other disciplines.

Difficulties

Since the study was conducted during the period when, examinations of some faculties like Commerce, Agriculture, etc. were going on, respondents from these faculties showed negligible interest in filling the survey form. Most of the respondents tried to fill the survey form but lost their interest in middle of the form because they felt questionnaire was too long. Since in questionnaire of this survey, so many question were there about which many respondent did not wanted to talk, we felt difficulties in convincing the respondents to fill the survey form.

FUTURE SCOPE OF THE STUDY

This project can serves as a starting point for further research and action to improve the mental health and well-being of students of Banaras Hindu University. By working together, the university and its stakeholders can create a supportive and inclusive environment that promotes positive mental health and academic success for all students.

CONCLUSION

This project work provides the significant insights on the mental health status of students of Banaras Hindu University in this particular educational setting. The findings suggest that significant number of students suffering from the sudden emotional changes in their mental states and majority of students feel work or study pressure, which can impact their quality of life. This study also shows that relationship status, family background and daily habits affect the mental health of students significantly.

This project highlights the need for increased awareness and support for mental issue among students of Banaras Hindu University. This study emphasizes the importance of holistic approach to mental health that consider the unique cultural and social factors that impact the mental health in this context.

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