

A Study on Mental Health Literacy among College Students

Dr. M. Punitha¹, Aswathy. S²

¹Professor & Head, PG and Research Department of Social Work,

²Student, PG and Research Department of Social Work,

^{1,2}Hindusthan College of Arts and Science, Coimbatore, Tamil Nadu, India

ABSTRACT

Mental health literacy is a crucial trait for human lifestyles in addition to physical, non-secular and financial properly being. It is reality that a healthy thought is an effective key thru which an individual attains delight in lifestyles. When we're mentally healthful, we revel in our lifestyles and environment, and the humans in it. A mentally healthful man or woman may be innovative to examine new matters and take dangers for better achievement. He may be capable of deal with issues in our non-public and expert lives. But it's far real that these days' secondary and university college students are going through intellectual fitness issues because of numerous reasons. Mental health issues are affecting educational overall performance of learner and massive reasons of negative educational achievement. Learners with negative intellectual fitness are going through failure in educational pursuit and a main reason of suicide. Various researches had been completed in distinct components of the sector to apprehend which have an effect on intellectual fitness literacy of adolescents. **Research Methodology:** The modern take a look at used a descriptive studies layout and non-chance sampling because the sampling method. To attain statistics from dad and mom for this take a look at, the researcher used a purposive pattern strategy. An interview time table became used to collect a pattern length of 60 humans. **Tools for statistics collection:** The researcher used shape questionnaire O'Connor, M., & Casey, L. (2015). The intellectual fitness literacy scale (MHLS) became used. It has 35 questions with four factor & five factor scale 35 items.

KEYWORDS: Mental health literacy, College students

INTRODUCTION

Mental fitness is an crucial and important component which performs massive position within side the improvement of every section of existence. Mental fitness is an effective tonic for improvement of all cognitive, affective and psychomotor improvement. Mental fitness consists of our emotional, mental and social -wellbeing. It impacts how we think, feel, and act. It additionally facilitates to decide how we take care of stress, relate to others, and make choices. Mental fitness may be very crucial at each degree of existence, from youth and childhood via adulthood. The term 'intellectual fitness' is on occasion used to intend a scarcity of a mental disorder. Mental fitness can have an effect on every day existence,

relationships, or even bodily fitness. Mental fitness additionally consists of a person's capacity to experience existence - to acquire stability among existence sports and efforts to obtain mental resilience. The term "Mental Health Literacy" changed into described via way of means of Anthony F Jorm and associates in 1997 as "Knowledge and ideals approximately intellectual problems which useful resource their popularity, control or prevention. Mental fitness literacy consists of the capacity to understand particular problems; understanding a way to are looking for intellectual fitness information; understanding of danger elements and causes, of self-treatments, and of expert assist available; and

How to cite this paper: Dr. M. Punitha | Aswathy. S "A Study on Mental Health Literacy among College Students" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-4, June 2022, pp.396-400, URL: www.ijtsrd.com/papers/ijtsrd50051.pdf



Copyright © 2022 by author(s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



attitudes that sell popularity and appropriate help-seeking.”

DEFINITION

Mentalhealth

Mental health is the level of psychological well-being or an absence of mental illness. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mentalhealthliteracy

Mental health literacy is defined as what we know and believe out mental disorders, which help us to recognize, manage, and prevent them.

STATEMENT OF THE PROBLEM

The widespread publisher's rather poorer cognition of the signs of intellectual fitness problems and looks to emphasize self-assists over well-known scientific remedies. A negative attitude toward intellectual contamination that hinders people from looking for expert treatment, and assist-looking for is the not unusual place problems. Mental fitness literacy amongst university college students is huge in such a manner that they are able to assist the society in selling the significance of intellectual fitness and looking for scientific remedies as needed. There is a pressing want to enhance cognizance of intellectual contamination and intellectual fitness literacy most of the college students.

SCOPE OF THE STUDY:

Mental health is a international concern. Every fourth character within side the globe having the enjoy of a few sort of intellectual fitness issues for the duration of their existence spans which account 450 million human beings. Every year, approximately 800, 000 human beings misplaced their existence because of suicide and is putting 2d main motive of demise some of the youth (15-29 age). According to WHO reality files, false impression and stigma partner with intellectual infection forestall the sufferers from intellectual fitness care and result in exclusive sort of abuse and isolation in India. India is characterized through a variety of assorted cultural and philosophical systems that have in current years blended with western modes of thinking making it tough to discover a uniform Indian paradigm of thoughts and mental health.

Mental illness is a prime contributor to international disorder burden and that is predicted to growth over years. In network intellectual infection has now no longer been properly understood through the lay humans, ensuing in stigmatizing attitudes closer to humans with intellectual infection and mentally ill.

Good intellectual fitness literacy in younger human beings and their key helpers may also result in higher effects for people with intellectual issues, both through facilitating early assist-looking for through younger human beings themselves, or through assisting adults to discover early symptoms and symptoms of intellectual issues and are seeking assist on their behalf. High intellectual fitness literacy which incorporates ok understanding and advantageous attitudes in university college students closer to psychiatric ailments might gain society at large.

REVIEW OF LITERATURE

1. PaulGorczynski, Wendy Sims-Schouten and Clare Wilson (2020) conducted a country wide study on evaluating mental health literacy and help-seeking behavior in UK university students. Overall, 78 per cent of participants indicated mild or more severe symptoms of distress. Students reported lower levels of mental health literacy when compared to students in other nations. Women, bisexuals, and those with a history of mental disorders indicated high levels of mental health literacy. Participants indicated they were most likely to seek support from intimate partners and least likely to seek support from religious leaders. No significant correlations were found between mental health literacy and help-seeking behaviours. Mental health literacy was not correlated with distress, mental well-being or self-compassion. Help-seeking behaviours were only significantly positively correlated with mental well-being.

2. SurendranVenkataraman, RajkumarPatil, SivaprakashBalasundaram(2019) carried out a study on why mental health literacy still matters: are view. In this study the researcher's states that, Poor MHL, remains an urgent public health concern because it is known to influence the public's decision-making in relation to their mental health, particularly their low rates of help-seeking for psychiatric symptoms. MHL may also influence other aspects of the help-seeking process, such as attitudes toward mental health practitioners, stigma and bias toward patients, treatment choice, and compliance with treatment. There is an awareness of mental illness and mental health literacy among the general population, as well as among various population groups and professions. Findings revealed that the general public have relatively poor recognition of the symptoms of mental health disorders and appear to emphasize self-help over standard medical treatments. A negative attitude toward mental illness that hinders individuals from seeking professional treatment, and help-seeking is the common themes that emerge.

3. Gregor Rafal, BS, Amy Gatto (2018) conducted study on Mental health literacy, stigma, and help-

seeking behaviours among southern United States male college students. They assessed mental health literacy, psychosocial determinants, and help-seeking behaviours among male university students. Participants showed low scores for all constructs with statistically significant differences between undergraduate and graduate students, as well as between races and major classifications. Undergraduate men had moderate mental health literacy and low intentions to seek professional care. Interventions focusing on increasing mental health knowledge and improving beliefs can improve mental health literacy among male college students.

METHODOLOGY OF THE STUDY

Objectives of the Study:

- To find out the socio demographic details of the respondents
- To assess the level of mental health literacy among college students
- To examine the ability of students to identify various kinds of mental disorders.

Finds of the Study

S.NO	FACTORS	MEDIUM	FREQUENCY	PERCENTAGE(%)
1	Age	22yrs - 25yrs	47	78.3
2	Gender	Female	47	61.7
3	Designation	PG	37	61.7
4	Year of studying	II YEAR	36	60.0
5	Educational institution	Self- financing	36	60.0
6	Residential background	Rural	39	65.0
7	Marital Status	Unmarried	54	90.0
8	Type of family	Nuclear family	50	83.3
9	Social class	Middle class	57	95.0

Simple Percentage Analysis

- Majority (78.3%) of the respondents are in the age group between 22- 25 yrs.
- More than half (61.7%) of the respondents are females.
- More than half (61.7%) of the respondents are PG students.
- More than half (60.0%) of the respondents are II years.
- More than half (60.0%) of the respondents are in self- financing educational institutions.
- More than half (65.0%) of the respondents are from rural area.
- Majority (90.0%) of the respondents are Unmarried.
- Majority (83.3%) of the respondents are from nuclear family.
- Majority (95.0%) of the respondents are from middle class.

DISTRIBUTION OF THE RESPONDENTS BY LEVEL OF MENTAL HEALTH LITERACY

S. No	Mental Health Literacy	No. of Respondents	Percentage (%)
1	High (65-100)	10	16.7
2	Moderate (51-64)	43	71.7
3	Low(0-50)	7	11.7
TOTAL	60	100	

INTERPRETATION

The above table shows that (71.7%) of the respondents are having moderate mental health literacy ie, (51-64), (16.7%) of the respondents are having High mental health literacy, (65-100) and (11.7%) of the respondents are having Low mental health literacy, (0-50).

- To evaluate the association and difference of socio demographic and mental health literacy of the respondents.

Research design: The researcher followed descriptive research design for the study.

Universe of the study: The universe of the present study was conducted in various colleges

Sampling: The sampling technique used in the present investigation is Non – probability sampling. The sampling method adopted for the present study is purposive sampling. The size of the sample was **60 College students.**

Tools for data collection: The researcher used structure questionnaire O'Connor, M., & Casey, L. (2015). The mental health literacy scale (MHLS) was used. It has 35 questions with 4 point & 5 point scale 35 items. The data were analyzed using various statistical tools like simple percentage, independent t-test, and ANOVA.

Influence of Personal Profile Factors and general health of the respondents

Variables	Statistical Tool	Value	Result
Age & Mental health literacy of the respondents	t-test	$P = .007 < 0.05$	Significant
Year of studying & Mental health literacy of the respondents	ANOVA	$P = .006 < 0.05$	Significant
Social class & Mental health literacy of the respondents	ANOVA	$P = .870 > 0.05$	Not Significant
Educational institution & Mental health literacy of the respondents	ANOVA	$P = .361 < 0.05$	Not Significant
Gender & Mental health literacy of the respondents	t-test	$P = .572 > 0.05$	Not Significant
Marital status & Mental health literacy of the respondents	ANOVA	$P = .047 < 0.05$	Significant
Residential background & Mental health literacy of the respondents	t-test	$P = .011 < 0.05$	Significant

- There is significant difference in the age&mental health literacy of the college students.
- There is significant difference in the Year of studying &mental health literacy of the college students.
- There is no significant difference in the Social class &mental health literacy of the college students.
- There is no significant difference in the Educational institution &mental health literacy of the college students.
- There is no significant difference in the gender&mental health literacy of the college students.
- There is significant difference in the marital status&mental health literacy of the college students.
- There is significant difference in the residential background&mental health literacy of the college students.

Recommendations

- In order to improve mental health literacy education or internship should be integrated in colleges.
- Stereo types of mental disorders should be addressed.
- Intervention based on narrative advertising and printed mental health information is successful at improving mental health literacy.
- Appointment of professionals in the area for helping the students in attaining knowledge regarding mental health.
- Researches may be conducted on the role of parents in enhancing mental health, emotional and spiritual health of their children.
- A study of impact of mental health, emotional intelligence, achievement motivation, scientific temper and personality factors on academic achievement of secondary and higher secondary students may be conducted.
- A study of impact of mental health, emotional intelligence, social intelligence, and spiritual intelligence on academic achievement of secondary and higher secondary students may be conducted.

CONCLUSION

From the observe it may be concluded that good mental health literacy in younger humans and their

key helpers might also additionally cause higher consequences for people with intellectual issues, both via way of means of facilitating early assist-searching for via way of means of younger humans themselves, or via way of means of assisting adults to perceive early symptoms and symptoms of intellectual issues and are seeking assist on their behalf. High intellectual fitness literacy which incorporates ok know-how and fine attitudes in university college students toward psychiatric ailments might gain society at large. This observe finish on a observe that via way of means of growing focus of signs and reassets of assist, growing social aid and decreasing stigma, college primarily based totally intellectual fitness schooling can also assist to facilitate early popularity of intellectual issues and enhance get admission to treatment.

References

- [1] Jorm A, Korten A, Jacomb P, et al. "Mental health literacy": a survey of the public's ability to recognize mental disorders and their beliefs about the effectiveness of treatment. *Med JAust.* 1997
- [2] Jorm A. Mental health literacy: empowering the community to take action for better mental health. *Am Psychol.* 2012
- [3] Swami, V., Furnham, A., Kannan, K., & Sinniah, D. (2008). Lay beliefs about schizophrenia and its treatment in Kota Kinabalu, Malaysia. *International Journal of Social Psychology,*

- [4] Swami, V., Loo, P.W., &Furnham, A. (2010). Public knowledge and beliefs about depression among urban and rural Malay sin Malaysia. *International Journal of Social Psychiatry*,
- [5] Swami, V., Papanicoloau, A., &Furnham, A. (2011). Examining mental health literacy and its correlates using the over claiming technique. *British Journal of Psychology*.
- [6] Swami, V., Persaud, R., &Furnham, A. (2011). The recognition of mental health disorders and its association with psychiatric scepticism, knowledge of psychiatry, and the Big Five personality factors: An investigation using the over claiming technique. *Social Psychiatry and Psychiatric Epidemiology*.
- [7] Swami, V., Stieger, S., Pietschnig, J., Nader, I.,&Voracek, M.(2012).Usingmorethan10% of our brains: Examining belief in science-related myths from an individual differences perspective. *Learning and Individual Differences*.
- [8] Tonsing, K.(2018). A review of mental health literacy in Singapore. *Social Work Health Care*, 57, 27-47. Attitudes and illness factors associated with low perceived need for depression treatment among young adults. *Social Psychiatry and Psychiatric Epidemiology*.
- [9] Vimalanathan, A. & Furnham, A.(2018). Comparing physical and mental health literacy. *Journal of Mental Health*.
- [10] Watson, A.C., Otey, E., Westbrook, A.L., Gardner, A.L., Lamb, T.A., Corrigan, P.W. etal. (2004). Changing middle schoolers' attitudes about mental illness through education. *Schizophrenia Bull*.
- [11] Wei, Y., Mcgrath, P., Hayden, J., & Kutcher, S. (2015). Mental health literacy measures evaluating knowledge, attitudes and help-seeking .*BMC Psychiatry*.
- [12] Weiss, M. F. (1994). Children's attitudes toward the mentally ill: An eight-year longitudinal follow-up. *Psychological Reports*.
- [13] White, M., &Casey, L.(2017). Helping older adults to help themselves. *Journal of Mental Health*.
- [14] Wickstead, R., &Furnham, A. (2017). Comparing Mental Health Literacy and Physical Health Literacy: An Exploratory Study. *Journal of Mental Health*.
- [15] Wincelhaus, J., & Furnham, A. (2011). Psychiatric literacy and the personality disorders. *European Psychiatry*.
- [16] O'Connor, M., Casey, L., &Clough, B. (2014). Measuring mental health. *Journal of Mental Health*.
- [17] Ng, C. H. (1997). The stigma of mental illness in Asian cultures. *Australian and New Zealand Journal of Psychiatry*.