

Study on Psycho Social Problems Faced by college Students

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Abstract— In this study Researcher studied about psychosocial problems faced by college students. In this study target respondents are girl students. Only 60 respondents are participated. Researcher used self prepared questionnaire. Census method used. Questionnaire involved various components, physical health aspects, Academic aspects, psychological aspects, economic aspects, social aspects, peer group Influences, relationship with parents. As per research result Students need motivation and need changes in education pattern.

Indexed Terms— Physical Problem, Economic Problem, Psychological Problem

I. INTRODUCTION

Mental health includes our Feelings, psychological, and social well-being. It conjointly helps verify however we have a tendency to manage our stress, and create healthy decisions. Customarily, physical wellbeing has been characterized as the nonattendance of illness or genuine ailment. In any case, in later a long-time, cutting-edge pharmaceutical has changed this perspective.

The WHO presently characterizes wellbeing within the sense of the generally well-being of a individual, physically, rationally, and socially.

These viewpoints are complicatedly connected, and the wellbeing of an person envelops all of them. Physical and mental wellbeing have a really near association. Moreover, persistent physical conditions are connected with an increased chance of destitute mental wellbeing.

Attitudes can be learned in a assortment of ways. Consider how promoters utilize classical conditioning to impact your state of mind toward a specific item.

In a tv commercial, you see youthful, excellent individuals having fun on a tropical shoreline whereas getting a charge out of a sports drink. This alluring and engaging symbolism causes you to create a positive affiliation with this specific beverage.

Dimitrov (2017) studied A study on the impact of academic stress among college students in India. The Data were collected via survey approach total 200 students were involved. Quantitative method was used in his study. The study claimed that stress can be communicate by confirm that the students give greatest importance to their well-being. Food, exercise, work, recreation are some of the areas to address on. He also terminates that the education system is more to do with the academic qualifications and does not put up sufficient to the comprehensive development of students. Research has also been done that looks at Mental Health Problems and Treatment Considerations of college students. Paola Pedrelli, Maren Nyer, Albert Yeung, Courtney Zulauf, and Timothy Wilens (2014 Aug 21) studied the Mental health problems faced by college students. The Data were collected longitudinal via , and a total 763 candidates were involved as participants. 59 % of those reported an eating disorder at the students with depression at baseline, 27 % continued to had it 2 years later. Self-harm behaviour and suicidal thoughts also live through. Roughly 40 % of students continued to report self-harm behaviour and 35 % continued to report suicidal thoughts 2 years after baseline .

II. RESEARCH MEDHODOLOGY

STATEMENT OF THE PROBLEM:

Today Many of the students face stress and depression .Reason, They take everything very serious , low self

esteem, family pressure, Academic pressure, lack of Motivation. Day by Day student suicide case rate is increasing.

OBJECTIVES OF THE STUDY:

- To study socio-demographic details of the respondents.
- To study on Psychosocial Problem faced by College Students .
- To understand the academic behaviour of the students.
- To understand the Physical aspect of students
- To understand a psychological aspects of students
- To understand the Economic condition of respondents

RESEARCH DESIGN:

In this study the researcher wants to describe the various aspects of Psycho social problem faced by college Student from Shrimati Indira Gandhi college, and therefore the researcher has adopted descriptive research design.

UNIVERSE SAMPLING:

The universe of the study constitute of college student from Shrimati Indira Gandhi college, Trichy. The researcher collected data from 60 respondent, those who were studied MSW. The researcher selected 60 samples through Census method.

TOOLS OF DATA COLLECTION :

The researcher used self prepared interview schedule used to find out the socio demographic data of respondents and also used self prepare psychosocial problem questionnaire for data collection. This consists of number of questions printed or typed in a definite order on a form or set forms.

DATA INTERPRETATION

Distribution of the respondents according to their Age

S.No	Age	No of respondents N= 60	percentage
1	18-20	4	7%
2	21-23	53	88.3%
3	Above 23	3	5%

Total		60	100%
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From this above table shown as 7 % of the respondents are belong from 18 -20 age , 88.3% of the respondents are belong from 21-23 age and 5% of the respondents are belong from above 23 age category.

Table No: 2
Distribution of the respondents according to their Marital status

S.No	Marital status	No of respondents	percentage
1	Married	55	91%
2	unmarried	5	9%
Tota l		60	100%

From this above table shown as 91% of respondents are unmarried Category and only 9% of respondents are married.

III. RESULTS

- Most majority of the respondents 88% were between the age group of 21-23
- Most majority 91% of the respondents are unmarried
- Most majority 81% of the respondents are belong from Hindu religion
- Most majority 41% of the respondents are from urban
- Most majority 66% of the respondents are from Days scholar
- Most majority 50% of the respondents father are Have done Higher education
- Most majority 41% of the respondents father are Self employed
- Most majority 50% of the respondents mother are finished Higher education
- Most majority 50% of the respondents Mother are Home maker
- Most majority 50% of the respondents family annual income More than1,00,000.
- Most majority 83% of the respondent are from Nuclear family
- Most majority 91% of the respondent thyroid level show normal

- Most majority 66% of the respondent Have Normal BMI
- Most majority 66% of the respondents have Normal Menstrual cycle
- Most majority 66% of the respondent Haemoglobin level is normal
- Most majority 66% of the respondent Appetite Level is Normal
- Most majority 66% of the respondent have Normal sleep cycle
- Most majority 22% of respondent are belong from A+ Blood
- Most majority 82% of the respondent vision level is normal
- Most majority 66% of the respondent eat breakfast daily
- Most majority 75% of the respondent take three meals everyday
- Most majority 50% of the respondent intake Fruits daily basis
- Most majority 61% of the respondent consume fast food
- Most majority 33% of the respondents are studied 1-2 Hours daily apart from college Time
- Most majority 41% of the respondent are scored 61-70% Mark
- Most majority 59% of the respondent are not feel sleepy during study
- Most majority 55% of the respondent not feel Head ache during study
- Most majority 55% of the respondent not feel Mental process slow down
- Most majority 58% of the respondent not feel any struggle to study
- Most majority 58% of the respondent not feel trouble to concentrating
- Most majority 61% of the respondent have trouble to remembering and recalling
- Most majority 58% of the respondent not have any complex problem
- Most majority 61% of the respondents said no to forgetting Names
- Most majority 66% of the respondent said no to economic condition will affect study
- Most majority 91% of the respondent not have Part time job
- Most majority 59% of the respondents not seek any part time job
- Most majority 59% of the respondent feel her economic condition is sufficient
- Most majority 61% of the respondent show feel comfort to travel by bus
- Most majority 66% of the respondent show they are not faced gender discriminate
- Most majority 91% of the respondent said they will not forced by relatives for will to get a married
- Most majority 41% of the respondent have 3-5 friends
- Most majority 50% of the respondents follow friends word
- Most majority 66% of the respondents are spend money for friends
- Most majority 91% of the respondents said her friends motivated her
- Most majority 91% of the respondents said her parent's support for their education
- Most majority 94% of the respondents said parents motivate for Hard times
- Most majority 54% of the respondent father are non alcoholic
- Most majority 94% of the respondent are more attached with mother
- Most majority 67% of the respondent parent will allow to get a job

IV. SUGGESTION

- Researcher Suggest Motivation is needed for a student to succeed a life
- Career Guidance is always Important for student.
- Proper Nutrition and Health education are required for college Students because many of the students are not took proper nutritional food .

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