

A Comparison of Mental Health between Fresher and Senior Psychology Students of Herat University and Eshraq University

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Abstract: *The purpose of this research is to study and compare the rate of mental health between freshmen and senior students of psychology students in education faculty and Eshraq Higher Education Institution. It is a quantitative research in which statistical population is from freshmen and seniors in psychology department of education faculty and Eshraq higher education institution. The sample size is 158 students from both institutions selected proper randomly. Research device for data collection is GHQ_28 questionnaire prepared by Goldberg. Data is analyzed by Excel and SPSS software. Analyzed data show that there is not meaningful relation between mental health and psychology field of study. Also data show that there is not any meaningful relation between mental health of freshmen and seniors.*

Keywords: Mental Health, Psychology, freshmen, seniors

1. Introduction

Afghanistan is third world country which has undergone many decades of civil war. All this war really created many traumas among which mental problems are more outstanding. Mental problems are from the beginning of human creation and no one is safe from this problem. Fortunately, movement of health and psych in recent half-century has changed the common attitudes toward mental diseases and the same as physiological diseases are considered and analyzed.

Mental health is to harmonize someone with environment and to compromise ideally with those around or where to live, thus it can influence and affect all aspects of life. One of the issues can be affected by mental health is selecting the field study. It can play a great role in someone's life and future. It is more sensitive when someone with lack of mental health select a field of study and this problem is a factor by which someone mistakenly select that field. This is issue is so affective which later on it impacts can grow positively or negatively. An outstanding example is: when someone selects a field of study due to his/her childhood failure or inferiority feelings of something in that time decides to select a field of study to get more power and take his/her revenge of that hard time from someone compel something on someone else. It is observed that they do so. Selecting psychology is also one of the choices of them.

2. Literature Review

Faeq Yusufi in a research in 2013 studied the rate of mental health and its relation to age, sex and field of study among the students in Kurdistan medical university. Its statistic sample size was 1000 students (384 boys, 418 girls). His kind of study was descriptive analytic and sampling method was in access. He has used GHQ 28 questionnaire for data collection. The results show that 40% of the students do not have normal mental health. Since most of them suffer from

lack of mental health so preventing actions and counselling services are really need.

Mohammad Baqir et al. in a research in 2007 studied the relation of mental health with improvement motivation among medical students of Tabriz. His sample size was 300 students (150 boys and 150 girls). Data were collected by Goldberg General Health questionnaire and Herince Motivation questionnaire then analyzed by SPSS. The results show that respondents partially have normal mental health however it is different for variables such as sex and fields of study.

Amina Rahmati in a research in 2018 studied the role of religious believes on mental health among 300 university students in Herat University. She randomly selected her respondents and used GHQ 28 for data collection. After analyzing data by SPSS she found out that is there is a meaningful relation between believes and mental health.

Academic Magazine of Medical University of Kurdistan in Iran in a research in 2007 has studied the mental health of the all university students in this field studying in Iran. The sample size of the research was 44162 students randomly selected from each medical university and data were collected through GHQ28 questionnaire and finally analyzed by spss. The results show that the effects of mental disorders are common among Iranian university students. And this trend has been increasing since 1993 to 2005.

3. Research importance

Mental health is the biggest wealth of a country. If someone is mentally fine in a society, he or she can change the environment around positively and this may cause to cooperate with other ones and in the long run, lead the whole society to success and prosperity. This mental health can affect our daily individual and collective life. It can help us to know our competencies, abilities and understand our feelings as well as controlling our feelings and other skills (Bulhary.1396) . Moreover, it contributes how compromise

Volume 9 Issue 2, February 2020

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with the environment around. In a society where residents are mentally healthy we can see developments and improvements; however, in others with lack of mental health we can see conflicts either it is individual or in the society level. In a more precise question we ask: if the psychiatrists in country are not normally mentally healthy can we expect from the other layers being mentally healthy? In the recent years a large number of the students are eager to pursue their higher education and major in psychology and counselling fields. So it is so important to know and be sure of our psychiatrists' and counsellors' mental health. This issue needs to be explored and more studies are required by psychologists. The reason to study more on this issue is to have a preventing preparation of this problem. One the reason of this research is find out the relation of selecting field of psychology and mental health of the students. To find out how the graduated students from the field of psychology mental health is? And to compare their situation with students in Eshraq Higher Education Institute.

4. Problem Statement

The problem focused in this research is the issue of mental health of those who select psychology as their field of study in which they major and pursue their higher education. As so many observation, reports and studies in this respect show that students taking entrance exam for university experience more stress, anxiety and negative thoughts however, not only students taking entrance exam for university suffering from this issue but most of the people experience it in their lives. As already studies show 45% Afghans suffer from mental problems. We can name mental diseases as silent war among the nations but when it spreads among adolescents it gets more critical. It is mentionable that is so important for those who they select psychology as their field of study by which they get start to work with. Based on global statistics from every five persons one is suffering from mental problems but the situation in Afghanistan is more severe. The result of a research done by BBC show that from every tow Afghans, one is suffering from mental stresses. Hence, this issue requires more attention and studies from psychologists, psychiatrists and authorities; however, if they do not do any preventive actions it may get more dangerous, then its impacts can be a human crisis. As studies in respect show that majority of those commit self-killing, self-burning and even suiciding are mostly suffering from mental problems and stresses. Here it is questioned that is there meaningful relation between selecting psychology as the field of study and mental health of the students. Is the rate of mental health different those who recently joined university and those who are senior and graduating? In the long run, to compare the rate of mental health the students in Psychology Department in Education Faculty of Herat University with Psychology students in Eshraq Higher Education Institute?

5. Research Objectives

Main Objective

Finding the rate of mental health of the students studying psychology

Sub-objectives

- Finding and comparing mental health of freshmen and seniors in Education Faculty
- Finding and comparing mental health of freshmen and seniors in Eshraq Higher Education Institute
- Comparing the rate of mental health of the students in Education Faculty with Eshraq Higher Education Institute

Hypothesis

- It seems that there is a significant difference in mental health between Herat and Eshraq Universities' students.
- It seems that there is a significant difference in mental health between male and female students
- It seems that there is a significant difference in mental health between fresher and senior students.

Research Methodology

This is a quantitative research which is consist of librarian part from which many updated and valid sources are used such as books, monographs, magazines and reports and data collected through questionnaire. Statistics population of this research is psychology students of education faculty and Eshraq Higher Education Institute and the sample size 158 students (boys and girls). Students were randomly selected as respondents. Device for data collection was GHQ-28 of Goldberg and data were analyzed by SPSS.

6. Analysis of Data

This study reveals first, the gender differences of the students of both Universities; second, there has been compared the differences of fresher and senior students of both Universities; third, there was an analysis to understand the differences of Herat University and Eshraq University's students in mental health. The last objective was to find out the severity of mental distress among students of both aforementioned Universities.

Figure 1, shows Mean of fresher and senior students of Herat and Eshraq Universities. It indicates that the mean for fresher students is 24.0 and the mean for senior students is 25.2. The result can conclude that there is a difference between fresher and senior students regarding the severity of mental distress.

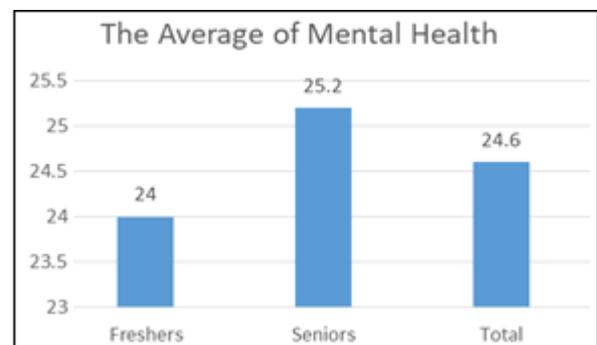


Figure 1: Comparison of Mental Health between Fresher and Senior students

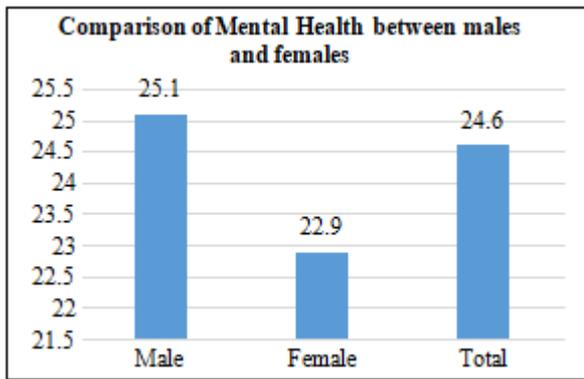


Figure 2: Comparison of Mental Health between males and females

Figure 2, shows that the mean for men is 22.9 and the mean for women is 25.1. The result indicates that women suffer from a more severe distress than men.

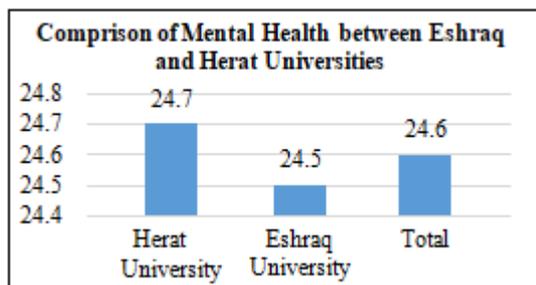


Figure 3: Comparison of Mental Health between Eshraq and Herat Universities

Figure 3, shows that the mean for the students of Herat University is 24.5 and the mean for the students in Eshraq University is 24.7, the result reveals that there is a difference between students of Herat and Eshraq Universities.

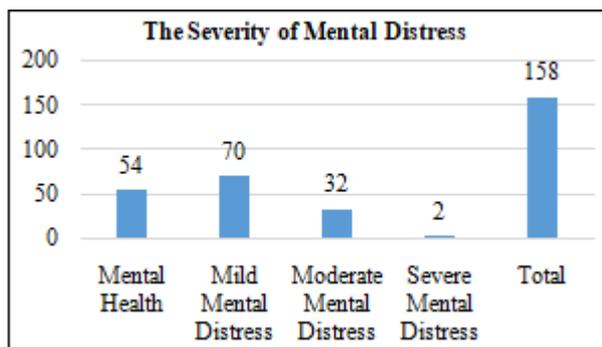


Figure 4: The Severity of Mental Distress

Figure 4, shows that there are 158 people participated to the research. 54 out of 158 participants were mentally healthy. 70 out of 158 participants were having mild mental distress. 32 out of 158 participants were having moderate mental distress. Finally, only two participants were having severe mental distress.

7. Results of the Research

The research I have done is to study and compare mental health of the psychology students in Herat University and Eshraq Higher Education Institute. Findings in this research

show there is a difference between freshmen and seniors in mental health; it means both categories almost own the same and this difference is not significant. It is mentionable that both freshmen and seniors undergo mental distress. The research also found that there are differences among students mental health according to their genders and universities. It is found that Herat University students are more confident about their mental health that students of Eshraq University. The other finding shows that male students reported a better mental health that female students. In general, the data collected from 158 respondents show 54 respondents are mentally fine, 70 respondents are mildly mentally distressed, 32 of the respondents are moderately mentally distressed; however, 2 of them severely suffer from severe mental distress. Many research has been done on mental health among teachers, workers, shopkeeper but few research is focused on psychologists and psychiatrists. Moreover, most of these research is quantitatively done; however, qualitative research is also required to find out factors and causes of these problems.

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