

“A Study Of Social Support And Mental Health Among Male And Female SC/ST Students”

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Abstract :

The present study aimed at assessing the study of social support and mental health among mail and female SC/ST students. the sample size of 50 out of them 25 are male and 25 are female students were selected using puroposive sampling method. the result shows that there is a significant difference in a social support Among mail and female SC/ST students. and it was also found that there is a significant difference in mental health among male and female SC/ST students conclusion the mail SC/ST students how lower level of social support and female SC/ ST students have higher level of social support because female students less likely to express their problems or emotions with their family age mches the male SC/ST student have higher level of Mental Health.

Key words: Social Support Mental Health Mail And Female SC / ST Students

Social support:

Social support meaning having friends and other people including family to turn to in times of need or crisis to give you a strength social support is an in portent factor that can affect mental health in recent decades studies provide if social support often appears in discussion of means having friends and other people social support enhances quality of life and provides a better against advisor live events social support network make share you feel comfortable with the groups beliefs, practices, and expectations while its unrealistic to think you hiver experience any disagreement with you friends family or other social support

networks spending time with them make you feel accepted peaceful and in anxious emotional support has protective factor for dialing with life diffiacties social support has positive benefits such as higher level of well being better for coping skills and a longer and healthier life social support is exceptionally import for maintaining good physical and mental health overall it appears that positive social support of high quality can enhance resilience to stress help protect against developing from related psychopathology decrease the functional consequences' of Human induced disorders.

Mental health

Mental health included over emotional psychological and social well being it affect how we think feel and out it also help determent how we why handle stress related to others and make healthy choices mental health is important at every stage of life form childhood and adolescene through adnldhood. mental and Physical health are equally important components'of overall health. Ex. Depression increases the risk for many types of physical health problems particularly long lasing conditions like diabetes heart discuss and stroke.

Causes of Mental Health

1. early adverse life experience such has trauma
2. Experience related to other on going medical conditions such as cancer or Diabetes
3. Biological factors inbalance in the brain
4. Use of alcohol are drugs.

Mental health refresh to your state of mind positive mental health is about feelings a General since of well begging and confidence and self esteem having good mental health is not just so you can get through the day but so you can form healthy relationship with others and enjoy and great the life you want mental health also leads to social problems like unemployment, broken families poverty drug abuse and related crime poor mental health plays a significant role in the diminished immune functioning mental health refresh to connective behavioural and emotional well begging mental health can affect daily living relationship and Physical health factors in heath stress depression and annxiety

can all affect mental health and disrupt a persons routine the WHO states that mental health is more than sust the absence of mental disorders or disabilities peak mental health is not only about meaning managing outline conditions but also looking after ongoing Wellness and happiness it also emphasize that processing and restoring mental health is crucial individualally and at a community and Society level problems statement " A study of social support and mental health among mail and female SC/ST students".

Objectives:

1. A study of social support among male and female SC/ ST student
2. Yah study of mental health among mainland female SC /ST students

Hypothesis

1. There is significant difference is in social support among male and female SC /ST students
2. There is significant difference in Mental Health among male and female SC /ST students

Samples:

The present study Consists of 50 sample out of them 25 are male SC/ST students and 25 are female SC/ST students selected using purposive sampling method. in Kalburgi City scale used social support scale by Ritu hehru.P.kulhara s.k verma and mental health scale by Jagadish dr.A.shrinivastav statistical Techniques mean SD and independent samples t-test was used to find out the significance difference in two groups male and female SC ST students

Table Number 1. Shows men standard division and t value of social support among mail and female SC ST students.

Social Support	Male SC/ST Students		Female SC/ST Students	
	Mean	SD	Mean	SD
	40.77	8.22	47.72	15.21
	*2.868			

Significant at 0.01 level

A glance of the above table and figure illustrates that the level of social support among male and female SC/ST students the results indicated that female SC/ST students have mean 47.72 and standard deviation 15.21 compare To Male SC/ST students who scored lower mean 40.77 and standard deviation 8.22 respectively. the calculated the t-value 2.86 which is significant at 0.01 level of significance this clearly indicate that the female SC/ST students have higher level of social support compared to male and SC ST students.

Table 2. shows mean standard deviation and t value of mental health among male and female students.

Mental Health	Male SC/ST Students		Female SC/ST Students	
	Mean	SD	Mean	SD
	53.23	17.49	44.22	14.93
	*2.780			

*Significant at 0.01 level

The above table depicts mental health among male and female SC/ST students the results indicate that there is significant difference in Mental Health among male and female SC/ST students the male SC/ST students have higher level of Mental Health compared to female SC/ST students.

Conclusion

The female SC/ST higher level of social support compared to male SC/ST students the male SC/ST students have higher level of mental health compared to female SC/ST students, because female students are very sensitive and their mental and physical health is very affected when compared to male the result shows that there is a significant difference in social support among male and female SC/ST students. and it was also found that there is a significant difference in mental health among male and female SC/ST students conclusion the male

SC/ST students have lower level of social support and female SC/ ST students have higher level of social support because female students less likely to express their problems or emotions with their family members the male SC/ST student have higher level of Mental Health. Mental health refresh to your state of mind positive mental health is about feelings a General sense of well being and confidence and self esteem having good mental health is not just so you can get through the day but so you can form healthy relationship with others and enjoy and great the life you want mental health also leads to social problems like unemployment, broken families poverty drug abuse and related crime poor mental health plays.

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