

Spiritual well-being in Relation to Mental Health Among Junior College Students

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Abstract

The Present study aims to investigate the relationship between spiritual well-being and mental health of Junior College students. In the present study an attempt to investigate gender differences on spiritual well-being and mental health. The present study was carried on 120 Students (60 Males and 60 Females) of Vasantrao Naik Secondary and Higher Secondary Ashram School, Galan Bk, Tal - Pachora, Dist - Jalgaon. Mental health inventory developed by Jagdish and Srivastava and spiritual well-being scale developed by Ellison (1983) and Paloutgian and Ellison were used in the present study. Pearson product moment correlation was applied to investigate the relationship between spiritual well-being and mental health of junior college students. t-test was applied to see the differences between mean scores of male and female students on spiritual well being and mental health.

Key Words: Spiritual well being, Existential well being, Religious well being, Mental Health, Students.

Mental health problem are among the most important contributors to the global burden of disease and disability. Mental health is an expression of emotion and signifies a successful adaptation to a range of demands, mental health issues are a serious spiraling costs, academic pressure, substance abuse break-up with opposite sex are the major problems among youngsters that may lead mental health, and illness of mind, from rural colleges to urban colleges the number of college students in distress has grown day by day. Media and Newspaper headlines increasingly reported alarming rates of deaths due to substance abuse, murder, and suicide among college students.(O'Connor, Hoover, 2003 Gately, 2005 Schaeffer, 2006).The age at which many mental disorders manifest themselves is between 18 and 23 which coincide directly with the average age of student enrolment in higher education. (Blanco et al 2008) found that psychological disorders that students are being treated for while studying in higher education are increasingly in severity. The importance of

spiritual well being as a central component of psychological well being is increasingly recognized by doctors and mental health professionals recent research has drawn attention to the importance of spirituality in human health and well-being. Researchers have studies the effect of religion and spirituality in psychological adaptation and mental health in various researchers. On the present level who takes their religion seriously can also exhibit poorer mental health. However, the numbers of studies have been found positive relations between spiritual well-being and mental health. The following description of the above variables Spiritual well-being :-

Spirituality is global human experience and it is inner world experience, Spirituality is something that everyone can experience. It helps us to find meaning and purpose in the things we value. It can bring hope in times of suffering many problems in the life and loss and encourage us to seek the best relationship with ourselves and others. Wholeness, inner happiness and purpose and