

PSYCHOLOGICAL DISTRESS BETWEEN UNDERGRADUATE MALE AND FEMALE STUDENTS

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Abstract: Psychological distress is a state of emotional distress associated with stresses and demands that are difficult to cope with in daily life. The present study deals with the comparison of psychological distress of Male and Female students. For measure the Psychological distress of the study, the self-design questionnaire was used. The sample consisted of 75 male students and 75 female students were selected for the study. The findings of the research showed that significant difference of Psychological distress was found between Male and Female students; male students was found to have got more psychological distress rather than female students.

Keywords: Distress, gender, students

I. INTRODUCTION

Psychological distress refers to non-specific symptoms of stress, anxiety and depression. High levels of psychological distress are indicative of impaired mental health and may reflect common mental disorders, like depressive and anxiety disorders (Cuijpers et.al 2009). Distress is a state of mental distress that can include a wide variety of symptoms. Psychological distress can be caused by a mental health problem or special circumstances, such as relationship difficulties (Smith , Peterson , Degenhardt , Johnson ,2007). Common warning signs of distress include: eating or sleeping too much or too little, withdrawing from people and things, having little or no energy, unexplained aches and pains, feeling helpless or hopeless, smoking excessively, drinking alcohol or using drugs. worrying a lot of the time, including prescription drugs; feeling guilty but not sure why, thinking about hurting or killing yourself or someone else, and having difficulty re-adjusting to home or work life (Dunkley, et.al,2000).

Psychological distress is particularly reported among those who fail to succeed academically (Essandoh, 1995; Solberg, & Villarreal, 1997).). Many students rank in the top tiers of their schools, and their expectations regarding academic performance in the new academic environment may be unrealistically high, in addition to the additional pressure to obtain financial aid that is often limited to male students. occurs, contributes to their stress (Mori, 2000).

In recent years there is a growing appreciation of the stresses involved in education (Solberg, & Villarreal,1997).. Educating in a professional course it is also important to take into account the quality of life of the students during the years of education (Yusoff , Rahim , Yaacob, 2011).. There is no literature available on student distress between genders, so the investigators decide to investigate psychological distress among male and female students.

II. METHODS

Data was collected individually through questionnaires from the 75 male and female students selected for the study. The data was checked for accuracy and completeness and was coded and putup into the SPSS Descriptive statistics for all studied variables, percentage mean, standard deviation and t-ration , was considered statistically technique throughout the study and the level of significant was set-up at 0.05 level. Psychological distress self-design questionnaire was utilised.

Sample Size and research Design

The study was conducted on 150 male and female students during the study period. Study population will be consisted of undergraduate students of Nanded district . Non-experimental, descriptive research design was used for this present study.

Tools of the study**1. Consent form:**

This form was formatted in Hindi and English language & give to all participants of this study. The written consent was taken from each subject before screening procedure.

2. Socio-demographic information sheet :

The demographic information about, health history, current disease, age, height, weight, WhatsApp use, internet use recreational activities etc

Measurement of Psychological distress :

The self-design questionnaires used to measure the Psychological distress and found out the reliability of the questionnaire

III. RESULTS AND DISCUSSION

The results and discussion have been presented in concise and comprehensive manner that is easy to comprehend starting with selected physical parameter. As the primary aim of the study was to compare the mental health of medical students with the help of t-ratio

The results concerning this are presented in the form of tables. For the sake of convenience and methodical presentation of the results, following order has been adopted.

TABLE – 1
PERSONAL CHARACTERISTICS OF MALE AND FEMALE STUDENTS

Sr.No.	Personal characteristics	Students	
		Male	Female
1)	Any disease	10.50%	9.00%
2)	Use of Internet	86.66%	61.33%
3)	Daily use of WhatsApp	92.00%	74.66%
4)	Any reactional habits	69.33%	58.66%

Table-1 indicates the percentage of personal characteristics of Male and Female students. The result revealed that , 10.50 % Male students suffered from any disease , whereas 9.00% Female students suffered from any disease respectively.

86.66% Male students used internet and 61.33% female used internet respectively. 92.00% Male students reported that they have used WhatsApp daily , while 74.66% Female students reported that they have used WhatsApp daily and 69.33% Male students reported that they have participated reactional activities ,while 58.66% Female students reported that they have participated reactional activities respectively.

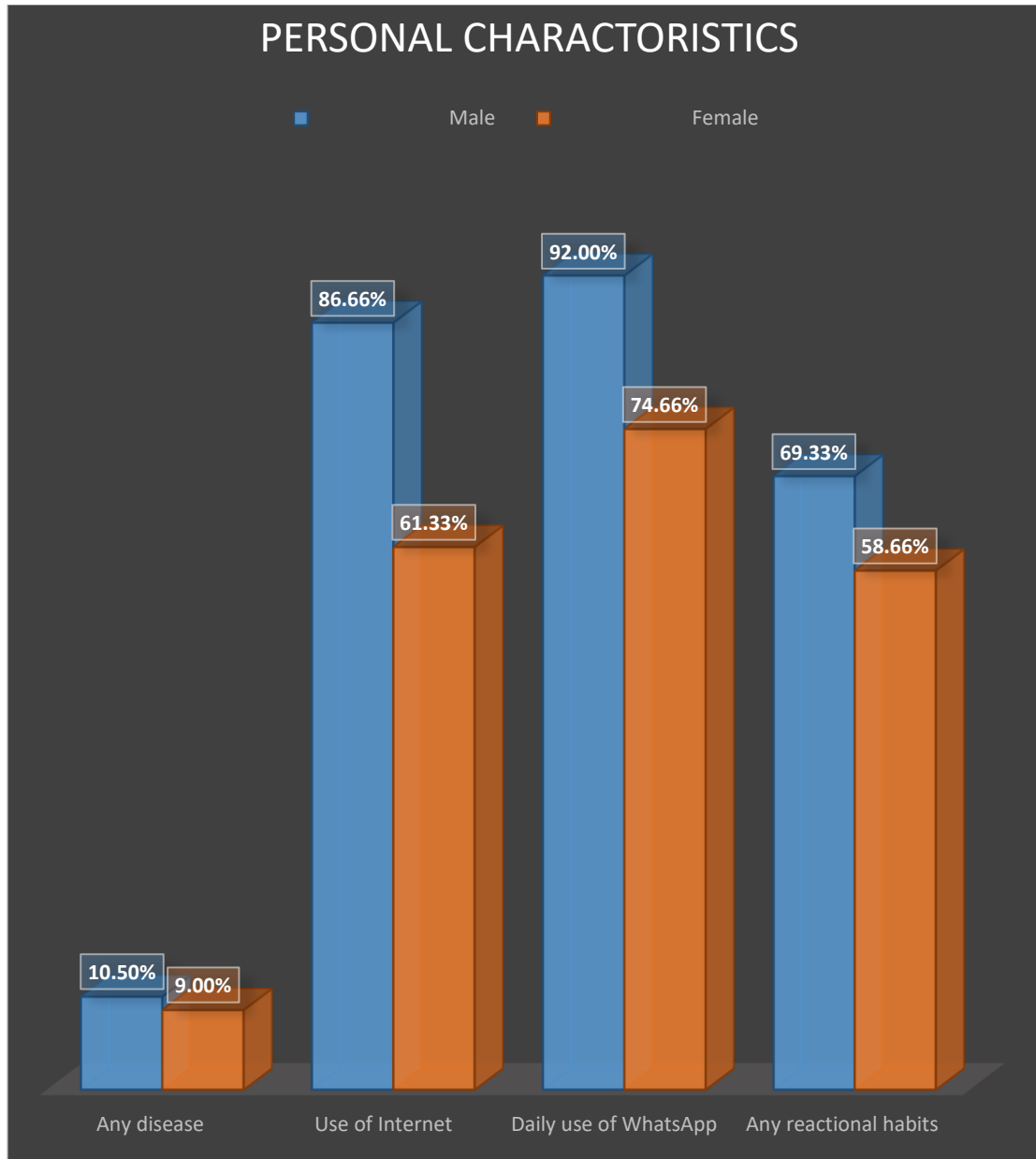


Figure : 1 Shows Personal Characteristics of male and Female Students

Table-2
 Mean Scores, Standard Deviation and t-ratio of Psychological distress between Male and Female students

Dimension	Students	Number	Mean	S.Ds.	t-ratio
Psychological distress	Male students	75	34.67	6.56	3.45*
	Female students	75	31.09	5.40	

Table 3. shows the Mean Scores, Standard Deviation and t-ratio of the Psychological distress between Male and Female medical students.

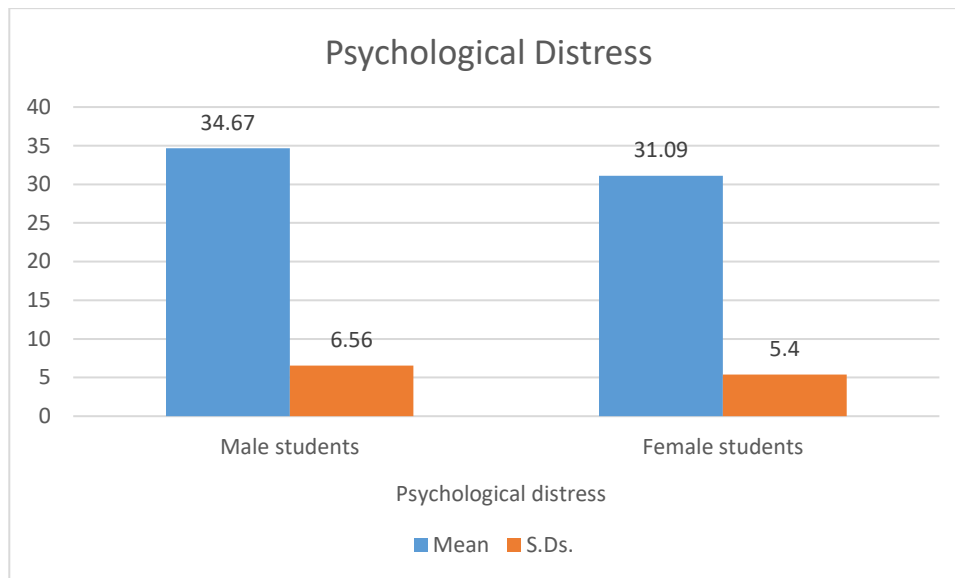


Figure-2 illustrates the Psychological distress between Male and Female students

IV. DISCUSSION

The result revealed that , 10.50 % Male students suffered from any disease , whereas 9.00% Female students suffered from any disease respectively. 86.66% Male students used internet and 61.33% female used internet respectively. 92.00% Male students reported that they have used WhatsApp daily , while 74.66% Female students reported that they have used WhatsApp daily and 69.33% Male students reported that they have participated reactional activities ,while 58.66% Female students reported that they have participated reactional activities respectively.

With regards to Psychological distress between Male and Female students they have obtained mean values (SDs) were 34.67 (6.56) and 31.09 (5.40) respectively, the result reveals significant difference of Psychological distress ($t= 3.45$) was found between Male and Female students; Male students was found to have more psychological distress rather than Female students . Although male and female students may face common psychological distress, they differ in psychological distress, in this regard, research findings showed that there was a significant difference in psychological distress between male and female students. It was found that male students suffer more from psychological distress than their counterparts.

Relatively higher psychological distress of male students may be due to unhealthy lifestyle more suffering from illness and more use of WhatsApp may contribute to lack of sleep and poor self-health Care, high pressure of studies and limited time to acquire vast knowledge can hinder the students to lead a healthy lifestyle. This research may contribute to provide valuable information for a better understanding of causes of psychological distress and its remedies.

V. LIMITATIONS OF THE STUDY

Results of this study are limited by a relatively small preliminary survey of self-reported psychological distress rather than a study of actual behaviour, which would be very difficult to achieve. As such, participants may have answered questions in a socially desirable manner to avoid the stigma associated with admitting personal inadequacies.

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