

A Comparative Study of Learning Style and Mental Health of Graduate Students

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ABSTRACT:

The present study was conducted to “A Comparative Study of Learning Style and Mental health of Graduate Students”. The data pertaining to this study was collected on 200 graduate students of different parts of Haryana by using “Learning Style Inventory by Mishra (2002) and Mental Health battery by Prof. Singh and Gupta (2000) and the response in YES/NO form were converted numerically following the scoring keys. The collected data were analyzed statistically through Mean, Standard Deviation (S.D) & Correlation, T-test and the level of significant was observed at 0.05 level of confidence. From the comparison of mean scores, it was found that Learning Style of Art students i.e. 36.1 are less than Science students i.e. 46.15. Therefore, it can be inferred that Science students have high learning style as compared to Art students. In terms of Mean scores, it can be seen that mean Mental Health score of Art stream graduate students i.e. 41.67 has been found less than that of Science stream graduate students i.e. 54.65. So, it can be concluded that Science stream graduate students have better mental health than Art stream graduate students.

INTRODUCTION

Education is the process of developing the capacities and potentialities of the individual so as to prepare that individual to be successful in a specific society and culture. It imparts one with all the power of necessities in making a noticeable mark in any of the field. It is meant to make one's life civilized, cultured and progressive in real sense. It helps a person to draw the best out one's mind and spirit. It makes a person rational, innovative, constructive, right thinker, intelligent, independent and creator of new values. Education is the process of developing the capacities and potentialities of individual so as to prepare the individual to be successful in a specific society or culture. From this perspective, education is serving primarily as an individual development function (Kumar, 2013). Education is an important factor that helps in bringing about various changes in human beings and also to the society. It is generally seen as the foundation of society which brings economic wealth, social prosperity and political stability. A study is enterable in the spheres of the influence of environment, parents' education and their academic back ground in the rural and urban areas and the gender effect. Education is the major aspect of development of any modern society, since if there is a deficit of educated people then society will stop its further progress. So, it should not be limited to teaching subject as one can learn history, math, science and other subjects and be a "BOOK SMART". In fact, education must be equipped with knowledge and skills which are needed to participate effectively as member of society.

LEARNING STYLE

Learning styles refer to the various in your ability to accumulate as well as assimilate information. Basically, learning style is the method that best allows the students to gather and use knowledge in a specific manner. Most experts agree that there are three basic learning styles. Each individual may possess a single style or could possess a combination of different learning styles. In most cases, the characteristics of a learning style can be even observed at a relatively young age.

MENTAL HEALTH

The concept of mental health is as old as Human beings. In recent years clinical psychologists as well as educationists have started giving proper attention to the study of mental health. However in India, relatively very few work has been conducted. Mental health as defined by Kornhauser (1965) connotes those behaviors, perceptions and feelings. that determine a person's overall level of personal effectiveness, success, happiness and retention of goals that are neither too high nor too low to permit realistic successful maintenance of belief in one's self as a worthy effective human-being (Lakshminarayanan &Prabhakaran, 1993). So a mentally healthy person is firm in his intentions and is least disturbed by strains and stresses of day-to-day life.

Thus, the concept of mental health takes a 'Gestalt' view of the individual. It incorporates the concepts of personality characteristics of the person. A mentally healthy also be understood as the behavioral of desirable attitudes, healthy values and righteous self- concept and a scientific perception of the world as a whole. Several psychologists like Erickson (1936), Rogers (1969), Hurlock (1972) have expressed their view in similar tone. A mentally sound or healthy person should also be understood as a dynamic and conscientious person who is found to be reasonably rational in the choice of means for the realization of his or her pious ends Anand (1962). It also presents a humanistic approach towards the understandings and assessment of the self, positive feeling, attitudes towards self and others.

OBJECTIVES OF THE STUDY

- 1 To compare the learning style of art and sciencestream graduate students.
- 2 To compare the Mental Health of art and sciencestream graduate students.

HYPOTHESES OF THE STUDY

- 1 There will be no significant difference between learning style of art and sciencestream graduate students.
- 2 There will be no significant difference between Mental Health of art and sciencestream graduate students.

SAMPLE

A sample is the reprehensive proportion of the population." It is from the study of this sample that something is known and said about the population. Keeping in view the expenses, time, utility and suitability, the investigator has random multistage sample selected a sample of 200 graduate students of Sonipat District (Haryana)

TOOLS USED IN THE STUDY

Selection of tools depends upon the objectives of the study and the size and nature of the sample. Gathering specific information on variety of topics and sub topics from a large number of samples which are available at one place is possible only with the help of appropriate tools. The investigator has used the following tools for her study:

1. Learning Style Inventory by Mishra (2002).
2. Mental Health battery by Prof. Singh and Gupta (2000).

DATA ANALYSIS

The collected data was analysed both quantitatively as well as qualitatively. In order to verify the objectives and to test the null hypotheses, the present study has been analysed as given below:

Objective: 1. To compare the learning style of art and science stream graduate students.

Ho1 There is no difference between learning style of art and science stream graduate students.

To test the hypothesis, Mean, Standard Deviation, t-value and level of significance of the learning style scores was calculated with respect to Stream. The results are presented in Table 1.1.

Table -1.1

Independent Variable	Groups	N	Mean	S.D.	't'	Level of significant
Learning Style	Art	100	36.10	16.76	3.67**	Significant
	Science	100	46.15	21.23		

From the Table 1.1 it can be observed that the t-value of 3.67 was found significant at 0.01 levels, which indicates that the Learning Style of Art and Science students differ significantly. So, the null hypothesis Ho1 "There exists no significant difference in Learning Style of Art and Science students" is rejected. From the comparison of mean scores, it was found that Learning Style of Art students i.e. 36.1 are less than Science students i.e. 46.15. Therefore, it can be inferred that Science students have high learning style as compared to Art students.

Objective: 2. To compare the mental health of art and science stream graduate students.

Ho2 There is no difference between the mental health of art and science stream graduate students.

Table 1.2

Dependent Variable	Groups	N	Mean	S.D.	't'	Level of Significant
Mental Health	Art	100	41.67	17.23	4.87**	Significant
	Science	100	54.65	19.92		

From the Table 1.2, it can be observed that the t-value of 4.87 was found significant at 0.01 level, which indicates that there exists significant difference in the Mental Health of Art and Science stream graduate students. So, the null hypothesis Ho2 There is no significant difference in the Mental Health of Art and Science stream graduate students, is rejected. In terms of Mean scores, it can be seen that mean Mental Health score of Art stream graduate students i.e. 41.67 has been found less than that of Science stream graduate students i.e. 54.65. So, it can be concluded that Science stream graduate students have better mental health than Art stream graduate students.

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