Assessment of Psychosocial Problems among College Students in Selected Educational Institution, Kancheepuram District, Tamil Nadu

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Abstract

Assessment of Psychosocial Problems Among College Students in Selected educational institute, Kancheepuram District, Tamil Nadu. Aim of the study is to assess the prevalence of psychosocial problems among college students. Objectives of the study to assess the level of psychosocial problems among college students, to find out the association between the level of psychosocial problems with their selected demographic variables. Non experimental descriptive design used for this study. The samples were selected by using convenient sampling 120 college students from selected educational institution. Self structured demographic questionnaire used to assess the demographic variables and Standardised General Health Questionnaire (GHQ-28) used to assess the level of psychosocial problems in college students.

Data collected from 01-04-2019 to 06-04-2019. The data collected from 120 college students (Girls and Boys) in the age group between 18 to 22 years in selected Educational institution. Dhanalakshmi Srinivasan Engineering College (Pooncheri), Tamil Nadu. The study result shows psychosocial problems among college students 8 (6.6%) have faced somatic symptoms, 62 (51.6%) anxiety/insomnia, 97 (80.83%) social dysfunction and 79 (65.83%) severe depression.

Study shows that there was significant association between the level of psychosocial problems faced by college students with occupation status of parents, education status of parents, average family income and any history of mental illness (p value =<0.05).

Keywords: *Assess, Psychosocial Problems, somatic symptoms, anxiety/insomnia, social dysfunction, severe depression.*

Introduction

College is a new space and time period for the students-most of them in the late adolescent age, physically getting mature and psychologically unstable. During this period students are undergoing confusion and ambivalence. There will be a lot of opportunities and challenges available in that colleges. This may lead to some competitions or conflict among the students and within the student. The unhealthy levels of stresses can have the capacity to hinder the students abilities to socialize and achieve the academic goals.[(1)]

College students can easily feel anxious trying to balance studies, work, friends and family while also trying to figure out the rest of their lives. In India there are 3300 engineering colleges, Tamil Nadu there are 552 engineering colleges, 17 engineering colleges in Kancheepuram and 6 colleges in Kelambakkam. Among

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these colleges, Anxiety disorders are one of the most common mental health problems on college campuses. 41.6% stated anxiety as the top presenting concern among college students.

Narman David Nsereka, (2017) conducted a study on,Evaluation of psychosocial problems among African university students in Uganda, Development and validation of a screening instruments. The psychometrically sound psychosocial instrument used to identify psychosocial problems among university students. The resulting 17 item university students evaluation of psychosocial problems (USEPP) scale was interpreted as a multidimensional measure of psychosocial problems namely, emotional problems, trauma experience, antisocial behaviour and academic problems among university students. USEPP cut off point was established at 18 and it reported sensitivity at 99.1% (95%CI=95-100), specificity at 98.03% (95%CI=96-99). Area Under Curve (AUC)=0.997. It has an internal consistency of 0.81.If was validated with HSCL -10 a psychological distress instrument.(2)

The Report on workforce need in India (2001) Vaibhav Jain, documented that throughout the 20th century, many reports addressed the magnitude of the emotional, behavioral and developmental problems in the nation's children, adolescents and their families. Consistently, these reports stated that 16-20% of the population of children and adolescents had some psychosocial disturbance; 4-7% suffered significant functional impairment. All these psycho-social problems include conduct disorders, educational difficulties, depression, anxiety, substance abuse, psychosomatic disorders, delinquency, truancy, insomnia, fatigue, antisocial behaviors and low self-esteem.(3)

MUMBAI: Malathy Iyer (February 25, 2017)As per Times of India, Not only do 56 million Indians - or 4.5% of Indian's population suffer from Depression at this moment, another 38 million Indians suffer from Anxiety disorders. Thus, according to latest World Health Organization report on Depression. Almost 7.5% of Indians suffer from major or minor mental disorders that require expert interventions.(4)

Half of lifetime mental disorders begin before the age of 14 years and 75% begin by the age of 24 years (4,5). In developing countries, such as Nepal and south Asian countries, scenario of mental health and its care system is worse than compare to developing countries. Similarly lack of mental health-related evidence in Nepalese context; available evidence from hospital settings does not represent the situation accurately and this situation highlights lack of serious effect on adolescent health. In the Indian context, 14-45% of adolescent students are assumed to have mental health problems.(5)

Statement of the problem: Assessment of Psychosocial Problems among college students in selected educational institution, Kancheepuram District, Tamil Nadu.

Aim: To assess the prevalence of psychosocial problems among college students.

Objectives:

1. To assess the level of psychosocial problems among college students
2. To find out the association between the level of psychosocial problems with their selected demographic variables.

Operational Definition: Psychosocial problems refers to person's welfare, happiness, advantages, interest, utility and quality of life.

Assess: Refers to assessment of psychosocial problems among college students by using General Health Questionnaire (GHQ-28).

Psychosocial Problems: Psychosocial problem include the broad spectrum of everything that is not strictly medical-somatic. They affect the functioning of the patient in daily life and concern is environment and/ or biography.

College Students: It refers to students who undergoing under-graduate program in educational institute.

Materials and Method

Research Approach: Quantitative research approach.

Research Design: Non experimental, Descriptive research design.

Research Setting: The study was conducted in selected Educational Institution, Kancheepuram District, Tamil Nadu.

Population: Undergraduate students of selected Educational Institution, Kancheepuram District, Tamil Nadu.

Sample Size: The technique will be used,

n=[DEFF* NP [1-P]/[(d^2/z^2 1-α/2 *(N-1)+p*(1-p)]

n=120 samples

Subject Selection: Convenient sampling.

Inclusion Criteria:

- Both male and female students.
- Students who are willing to participate in this study.

Exclusion Criteria:

- Who are absent during data collection period.
- Students with existing mental illness.

Tool Description:

Section-A: Self structured demographic questionnaire.

Section-B: Standardised General Health Questionnaire (GHQ-28)

Data Collection Procedure: In this present study the researcher will obtain written consent from the samples. The sample were instructed to fill the data. Each sample will take 30 min for completion of their data. Data collection for the period of 1 week.

Data Analysis: Frequency and percentage distribution of problem faced by the college students with psychosocial problems.

Table 1:
(N=120)

S.No.	Level of with psychosocial problems	Frequency	Percentage %
1.	Somatic symptoms	8	6.6%
2.	Anxiety/insomnia	62	51.6%
3.	Social dysfunction	97	80.83%
4.	Severe depression	79	65.83%

In regard to psychosocial problems (80.83%) of college students have faced social dysfunction, 79 (65.83%) severe depression, 62 (51.6%) Anxiety/ insomnia and 8 (6.6%) somatic symptoms.

Table 2: Frequency and percentage distribution of without psychosocial problems.

S.No.	Level of without psychosocial problems	Frequency	Percentage %
1.	Somatic symptoms	112	93.3%
2.	Anxiety/insomnia	58	48.3%
3.	Social dysfunction	23	19.16%
4.	Severe depression	41	34.16%

In regard to without psychosocial problems 112(93.3%) of college students without somatic symptoms, 58 (48.3%) without Anxiety/insomnia, 41 (34.16%) without severe depression and 23 (19.16%) without social dysfunction.

Discussion

In assessing the level of psychosocial problems with there was selected demographic variables: That was significant association between the level of psychosocial problems faced by college students significant association between the level of psychosocial problems faced by college students with occupation status of parents, education status of parents, average family income and any history of mental illness (p value =<0.05). The other demographic variables does not had significant association with the level of psychosocial problems faced by college students.

Conclusion

On the basis of conducted research it can be concluded that assessment of psychosocial problems among college students as an importance in early determination of mental health problems and prevention.

Conflict of Interest: Nil

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Ethical Clearance: Chettinad Academy of Research and Education, Institutional Human Ethics Committee on 04-02-2019

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