

© *Indian Journal of Psychology and Education*

July 2017, Vol.8, No.2, pp 227-234

**Study on Stress and Mental Health among College Students in Jammu
Division (India)**

Mohd Haneef Kumar*

Abstract

Stress is a mental and emotional reaction in response to an external event. Stress is both positive and negative. It is a fact of every human life, only dead people are excluded from it. The main objective of the study is to find the significant differences in stress and mental health among college students with respect to their type of family and locality. The investigator has used cross-sectional descriptive cum survey method of research. Multi-stage randomized sampling technique was used to select a sample of 1000 students, which includes 500 male and 500 female students. The results revealed no significant differences in pressure, physical stress, and anxiety however significant differences were reported in frustration among college students belongs to rural and urban areas. No significant differences were found in mental health among rural and urban college students. Significant positive correlation was found in various dimensions of stress and mental health with respect to both male and female college students. The study has a lot of educational implications.

Key words: stress, mental health, somatic health