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## Comparison of Alienation and Mental Health among Rural and Urban College students

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**Abstract** - Adolescence is a crucial period for developing and maintaining social and emotional habits which are important for their mental health. Alienation may start at preschool age and persist until adolescence or even for life. There are many factors which contribute to the negative impact on psychological development of adolescents. These could be the physical changes they are going through or outside environment which in many cases criticize the adolescents or are misunderstood. When we talk about the Alienation in context to psychological health it is referred to as despair, loneliness, loss of self, isolation, loss of beliefs etc. Mental Health incorporates that concept of personality characteristics and behavior all in one. A mentally healthy person is the person who shows full harmonal relationship with his attitudes, desires, values, self concept and also with the world. The objective of the study is to find out the correlation between Alienation and mental health of adolescents. The sample of the study consisted of 50 adolescents of Udaipur district. 25 students belong to the rural background and 25 were from urban background. Sample age ranging is of 18- 25 years. Sample was selected with the help of random sampling from colleges of Udaipur district. Test administered was Student Alienation Scale (SAS) by Dr. R.R. Sharma and Mental Health checklist by Pramod Kumar. The findings indicated that there was significant difference between rural and urban students in aspect to social alienation and mental health.

**Keywords** - Adolescence, Mental Health, Alienation.

**Introduction** - When we are talking about health, always the physical health is given the priority, it is forgotten that there is the another aspect that is mental health, which is also the major part of the health which affects the individual very drastically. Mental health is the aspect with the help of which the person behave, think and take actions. It is very important in all the development stages of human being. When a person is mentally healthy he/she is easily aware about his/ her capabilities and can easily cope up with all the difficulties of the daily life. He/ she is purely in the state of wellbeing. Whereas talking about the concept of alienation it is a mentally ill state, in which a person experience of being alienated or in easy language it is referred as isolated, detached and estranged. This defines that individual feels that there is no controlling power on himself, on the situations, its own destiny and he or she feels that everything is out of control and believes that external factors are controlling like luck. The theoretical concept of Social Alienation was given by Karl Marx. This is used for the disconnectedness of the individual with his norms, values, society etc. The individual has difficulty finding the meaning of his actions, behavior, goals, relationships and plans. The individual feels the lack of commitment to other social relationships and also shows distrust, suspicion. The feeling of missing values and beliefs is also there. And yes, the individual feels isolation and

disconnected with the other societal relations. And there is also the feeling of self diconnectedness.

**Significance of the Study-** The present study will give insight to the teachers of the colleges that how the background (rural and urban) of the college students affect the mental health of the students and also how the level of alienation also differs.

It will help counselor and eduactors to deal the student with the mental health issues faced by the students.

### Review of literature

Chen, N. et. al. (2019) studied on 372 migrants, 254 urban and 268 rural children from various schools. The purpose of the study was to compare the mental health among migrants, urban and rural school going students from china. Rural and migrant children were found to have poor mental health as compred to the urban students. Rural children have a higher prevalence of the mental health problems.

Qadir & Basu (2018) studied the alienation among students of rural and urban higher secondary school. The sample consisted 300 rural and 300 urban that is total of 600 higher secondary school students from two districts that is Srinagar and Bandipora of Kashmir. Tools were used Student Alienation Scale developed by R.R. Sharma. It was found in the results that there is significant difference between rural and urban higher secondary school students on the

score of alienation and students from urban higher secondary school was found to have more level of alienation as compared to the students from rural higher secondary school.

El-Deep (2012) researched to identify the dimensions of the alienation. The sample taken was 150 college students that are male and female from rural and urban background which were studying in Zagazig University. This study was to determine the relationship between some independent variables and the dimensions of alienation. The results of the study revealed that there is no significant difference in the alienation of rural and urban adolescents.

Monika & Neeru (2017) studied to compare the 200 students from urban and rural area colleges of Delhi University. From each area 50 male and females students were taken. The scale used for the data collection was Dr. R. R. Sharma's Alienation scale. The study revealed that the male students who belongs to the urban area college have more level of alienation as compared to the rural area.

Naik, P., Prasanta, B. and Suradha, A. (2015) studied to compare the mental health of rural and urban adolescent students of Chhattisgarh. A sample size of 200 secondary adolescent students was selected for the study. The test used for the study was General Health Questionnaires-28 (GHQ-28), developed by Goldberg and Hillier in 1979. The study revealed that there are significant differences among rural and urban students.

**Objectives :**

1. To study the effect of background of student (Rural & Urban) on Alienation.
2. To study the effect of background of student (Rural & Urban) on Mental Health.

**Hypothesis**

1. There is no effect of background of student (Rural & Urban) on Alienation.
2. There is no effect of background of student (Rural & Urban) on Mental Health.

**Methodology**

**Sample-** The sample consisted of total 50 college students (rural & urban) in the age range 18-25 years.

**Variables-**

**Independent variable-**

Background of student- Rural  
Urban

**Dependent variable-**

Alienation  
Mental health

**Tools:**

1. Student Alienation Scale (SAS) by Dr. R.R. Sharma, &
2. Mental Health checklist by Pramod Kumar.

**Procedure-** The test was administered on groups. Brief instructions were given to them. The scores obtained were analyzed statistically. Mean, S.D. and t value were calculated to see the effect of independent variables on dependent variables.

**Result & Discussion :**

**Table-1 : A Statistical Summary of Alienation among**

**Rural & Urban Students.**

Group	N	Mean	STD	SEM	t value
Rural	25	21.28	5.68	1.136	7.37significant
Urban	25	34.76	7.16	1.433	

**Table -1** shows the mean scores of alienation on rural & urban students. The mean score of rural students is 21.28 and the mean score of urban students is 34.76. It shows that urban students have high level of alienation as compared to rural students.

**Table-2 : A Statistical Summary of Mental Health among Rural & Urban Students.**

Group	N	Mean	STD	SEM	t value
Rural	25	14.56	3.60	.721	8.98significant
Urban	25	27.32	6.11	1.22	

**Table -2** shows the mean scores of mental health of rural & urban students. The mean score of rural students is 14.56 and the mean score of urban students is 27.32. It shows that urban students have poor mental health as compared to rural students.

Urban students have high degree of alienation as compared to rural students. It is a fact that urbanization brings with its unique set of advantages and disadvantages. As per the sociologist it is believed that alienation increases when the people move from small, closed community to an urbanized, industrialized, and complex society. A study done by Simmel (1950) and Wirth (1938) showed that alienation is supposed to increase when urbanism increases. When the geographical area is small and people are strongly involved with each other in neighbors, they can easily interact and contact with each other. Rural adults were more likely than urban adults to say that they could rely on family and friends, and they have a large numbers of close friends and relatives. The rural adults were found to have less anxiety and make them more comfortable with trying a new social experience. Urban adults encounter more competition in their fields so they are more prone to have self-esteem issues as compared to the rural adults. Also mental health of urban students is poorer as compared to rural adults because of certain factors like more competition, distractions like social media and absence of interaction with their friends and family. With the growing technology era, the eye contact has been replaced with the screens of computers and mobiles which is easier than to have the feeling of being judged. These are the main issues which affect urban adults more than rural adults when talking about alienation and mental health.

**Conclusion -** Urban students have more alienation and poorer mental health as compared to rural students. The students who feel alienated can be given personal counseling also family counseling can be preferred. This could be a great help for the students as they can be more interactive and be friendly to the environment.

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