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A study of neurotic tendency among College-going-male and female students

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Abstract : *The title of the present project is "A Study of Neurotic Tendency Among College Going Male and Female Students." Keeping in mind the title of the project the purpose of the present study was to obtain a reliable measure of neurotic tendencies of adult people for diagnosis, selection and guidance. In view of the objective of the study the following hypothesis was formulated :*

"Neurotic tendency will be greater in College going female students as compared to male students." The research was conducted on the sample of 100 students (50 male and 50 female) of urban area. The age of the sample ranged from

18 to 22 years. The data were collected from two different institutions of Patna District namely, Patna College and Patna Women's College. Kundu Neurotic Personality Inventory was used for data collection. The result was analysed on two basis:(1) Norms given in the manual of Kundu Neurotic Personality Inventory. (2) By using Psychometric methods, such as mean, SD and t-ratio. On the basis of obtained scores it was found that all the male students fall under the classification of normal as their scores were within the range of scores 181 and below. Among the female students out of 50, only 13 female students came under the classification of normal as their scores fall within the range of scores 181 and below and the rest that is 37 female students were found to be slightly neurotic as their scores were within the range of 182 – 215. This supported the hypothesis. The formulated hypothesis was proved on the basis of mean, SD and t-ratio. Less variations were found in the response of male and female students. The value of t-ratio (13.70) was significant at 0.01 level which further supported the hypothesis.

Key words : *Neurotic tendency, Diagnosis, Maladjustment.*

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Introduction :

The way in which an individual adjusts with the external environment and internal demands is known as personality. It is a dynamic totality which continuously changes due to interaction with the environment.

Personality can be viewed in two ways – Normal and Abnormal.

Many meaningful researches have proved satisfactorily that mental disease occur because of disorganization of personality. Neurotic personality is one among them in which the people have low frustration level, anxiety is associated with fear, indecisiveness is found among them.

Psychoneuroses also known as Neurosis refers to mild mental illness “William Cullen” (1769) coined the word Neurosis to explain disorder sensation of the nervous system.

The nature of Neurosis reflects maladjustment in behavior, anxiety as a source of personality and maladaptive lifestyle characterized by anxiety and defence oriented behavior.

Neurotic disorder can negatively affect the ability of a person to carry out effectively the activities related to daily life, such as going to work and school, looking after the family and taking care of one's basic needs.

Purpose :

The researchers selected this topic with the following purpose :

To obtain a reliable measure of neurotic tendencies of adult people for diagnosis, selection and guidance.

Hypothesis :

The hypothesis formulated was :

Neurotic tendency will be greater in College going female students as compared to male students.

Methodology :

Sample : The sample consisted of 100 students (50 male and 50 female) of urban area, age ranging from 18 to 22 years. 50 male students were taken from Patna College and 50 female students from Patna Women's College. The selection of the sample was done by incidental-cum-purposive sampling method.

Research Tool : The research tool used for testing the hypothesis was Kundu Neurotic Personality Inventory (K.N.P.I) developed by Kundu, Ramnath.

Procedure for Data Collection: The researchers selected two colleges and took almost one week to complete the data collection. The name of the colleges were Patna College and Patna Women's College. Data of male student was collected from Patna College, Patna where as the data of female student was collected from Patna Women's College, Patna. Important instructions were also given along with Kundu Neurotic Personality Inventory test booklet and the answer sheet. The respondents answered the statements and returned them back to the researchers.

Result and Interpretation :

The result was analysed on two basis :

- (i) **On the basis of norms given in the manual of Kundu Neurotic Personality Inventory.**
- (ii) **On the basis of Psychometric techniques used for data processing.**
- (i) **Interpretation on the basis of norms given in the manual of Kundu Neurotic Personality Inventory :** According to the severity of neurotic symptoms that is (degree of neuroticism) the respondents can be classified for proper interpretation in the following way :

Range of Scores and the Classification of Neuroticism

Range of Scores	Classification
241 and above	Highly Neurotic
216 – 240	Moderate Neurotic
182 – 215	Slightly Neurotic
181 and below	Normal

On the basis of the obtained scores it was observed that all the male students fall under the classification of normal as their scores were within the range of scores 181 and below. Among the female students out of 50, only 13 females student came under the classification of normal as their scores fall within the range of scores 181 and below and the rest that is 37 female students were found to be slightly neurotic as their scores were within the range of 182 – 215. This supported the hypothesis.

Table - 1

Table showing N, Range of Scores and Description.

Sample	Range of Scores	Description
50 male students	181 and below	Normal
50 female students	181 and below (13 female students)	Normal
	182 – 215 (37 female students)	Slightly Neurotic

(ii) On the basis of Psychometric techniques used for processing of data:

Table – 2

Table showing Mean, SD, t – ratio and level of significance in male and female respondents

Sample	Mean	SD	t-ratio	df	Level of significance
50 male students	160.06	11.56	13.70	df= 98	P >.01*
50 female students	191.42	11.33			

*Significant at 0.01 level (2.63)

The mean score of male students is 160.06 and that of female students is 191.42. There is a difference of 31.36 between the mean of male and female students. This proves the hypothesis. The SD of male student is 11.56 and of female student is 11.33. They are quite less to their means, so it can be said that there is less variations in the responses of male and female students, hence it further supports the hypothesis.

The mean difference between the male students and female students is 13.70 which is greater than the table value, thus it is significant at 0.01 level of confidence. Hence, difference between these two means is real and not due to chance factor which further proves the hypothesis.

Conclusion :

Some of the conclusions drawn are as follows:

1. It is in the nature of the female students that they show more maladjustment in their behavior because they have lack of self-confidence and courage to face the problems in normal situations of life as compared to males.
2. As the society is male dominated the females get less chance to take their own decisions and to express their views, which are also not taken into consideration, so they are less decisive in comparison to males.
3. Females are more involved in household activities than male counterparts. Hence, they have less exposure to the outer world and low confidence level. As a result of which there is a possibility of their being anxious and worried.
4. It can also be said that females get more depressed because of feelings of sadness, hopelessness and discouragement in comparison to males.

Suggestions :

The researchers suggest the following points on the basis of their study :

- Those who have the tendency towards neuroticism can be given assistance, support so that they become capable to take their own decisions.
- Those who are developing neurotic tendency should not be left alone as it will worsen their situation.
- Those who are prone to neurotic symptoms can be made aware of coping techniques so that they can apply them in their troublesome situation.
- Those who have neurotic symptoms must be motivated, encouraged and counselled to think about their problematic situation in a positive way and act towards them decisively.
- Proper guidance should be given to them time to time.

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