Levels of Mental Health among University Students: A Comparative Study Between Public and Private University

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Abstract
The study was carried out to examine the levels of mental health among university students, the public and private university students were constituted the population of the study, the sample of the study consist 455 students (Jadara university 203 and Yarmouk university 252 students) representing the existing socio-economic classes: low, middle, and high classes, they are similar in age ranging from 18- 45 years, the levels of mental health of university students was measured with the help of General Health Questionnaire founded Goldberg & Willems. The findings of the study revealed that the level of mental health among students in private universities are higher than level of mental health among students in public university. Also, the study points out that there are statistically differences between the groups in Psychosomatic mental health, Anxiety freedom, and depression freedom in favor of Jadara university students who are presents the private university. Final, the results showed that there are no statistically differences in levels of mental health based on age and Gender variables.

Mental health can be defined as a state of psychological contentment, or the condition when there is no mental illness. It is the psychological state of someone who is functioning at a satisfactory level of emotional level and behavioral adjustment (Jonynien & Kern,2012). In the content of positive psychology, mental health may involve an individual's capacity to cherish life, and amination at alliance between his/her action in life and endeavor to accomplish psychological adjustability. According to the World Health Organization (WHO), mental health indicates "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others (Gilbert & Morawski, 2005). The WHO, additionally, points out that the individual well-being revolves around the recognition of their capabilities, adapting to standard stresses of life, creative world, and support to their community (Corey, 2009). Sigmund Freuds definition of mental health as the capacity to world and to love (Bani Yonis, 2007). Is widely acknowledge by mental health specialists.

According to U.S. surgeon general (1999), mental health implies the fruitful achievements of mental function, bringing about beneficial activates, helping people to achieve relationship with one another's, and offering the opportunity for people to cope with changing and misfortune. The term mental illness refers collectively to all diagnosable mental disorders health conditions characterized by alterations in thinking, mood, or behavior associated with distress or impaired functioning (Altaieb & Al bahaas, 2009). A individual, struggling with his or her mental health may encounter stress, stress, depression, anxiety relationship problems, grief, addiction ADHD or learning disabilities, mood disorders, or other mental illnesses of varying degrees (Al-Shakhanbeh, 2010). Therapists, psychiatrists, psychologists, social workers, nurse practitioners or physicians can help manage mental illness with therapist such as therapy, counseling, or medication.

Mental health refers to our emotional, psychological, and social contentment. It therefore exists an influence upon the way we think, feel, and act. In additionally, mental health helps people to decide how to deal with stress, communication with others, and mare choices, it is essential entry period life, from childhood and adolescence through maturity (Al semri, 2014).

During the life events, if the individuals experience the problems of mental health. the behavior, way of thinking and mood will be affected. There are many factors contribute in problems of mental health, involving environmental and biological factors, such as family history and conditions brain chemistry, family dealing, and genes. Being mentally healthy is important to the individuals to build a positive social functions and skills positive (Ahmad, 2001).

There are some steps as coping stress can lead a good mental health such as enjoying the time with friends, express feelings, doing sports and keep active, starting new skills, try to challenge a capability, relaxation and enjoy hobbies, set realistic targets, sleep well, keep away from alcohol and drugs (Al shamari. 2013). there is a mental health crisis facing the universities students. According to researcher's survey says 95% the number of students with significant mental health problems is a growing concern in their state or on campus, and 70% of

teachers believe that the number of students with severe mental health problems on their campus has increased in the past years. In university campuses, the mental Health has become a critical state. in this issue, psychologists point out that the number of students in crisis coming in for help has increased clearly. And the number of students needing clinical methods psychological evaluation has also risen (Cohen, Mannarino & Rogal , 2003).

Renee D, Alic G, Jack S, Daina K, Michael P (2014) studied the rates of hookah use and associated demographic characteristics in a sample of undergraduates at a small Northeastern university. Also, this study aimed to investigate the relationships between hookah use and other substance use, perceived levels of stress, and mental health problems. The sample of the study were 1799 students from Northeastern university in spring of 2009. The relationship between hookah use and other substance use, perceived stress levels, and mental health problems, were examined by logistic regression analyses.

Results indicated that the Hookah use in the past month points out about 14.1% of sample. Results of the study also presents the Hookah users were more likely to use other substances, involving cigarettes, cocaine, amphetamines cannabis, and alcohol. The strongest relationship between hookah use and alcohol and cigarette use. Finally, results manifest there were no significant relationship between hookah use and any perceived stress levels or mental health problems.

Jeremy B., Deanna Linville & Bryan Zitzman (2010) studied the connections between university students' mental health and their knowledge and use of campus mental health services. The participants were 266 undergraduate students have been served in March 2001, and the tools of the study was web-based questionnaire. Results of the study points out that the students who were mentally distressed were more likely to know about and use services; moreover, some students who reported to be mentally distressed either did not know about services or knew about services but did not use them. Living off campus, identifying as male, and having fewer years in college were related to less knowledge of campus mental health services. finally, the female students and number of years in college were predictive of higher service use.

Hefner, J., & Eisenberg, D. (2009) aimed to evaluate the relationship between mental health and social support in a large, 1378 students from a public university have been randomly served by web – based questionnaire. The find out of the study support the hypothesis that students with characteristics differing from most other students, such as minority race or ethnicity, international status, and low socioeconomic status, are at greater risk of social isolation. moreover, the study points out that students with lower quality social support, as measured by the Multidimensional Scale of Perceived Social Support, were more likely to experience mental health problems, including a six-fold risk of depressive symptoms relative to students with high quality social support.

Carlos Blanco, MD, PhD; Mayumi Okuda, MD; Crystal Wright, BS; et al (2008) served the one year prevalence of psychiatric disorders, sociodemographic correlates, and rates of treatment among college students and their non–college-attending peers in the America. The 43093-college student's face-to-face interviews were conducted in the 2001-2002 National Epidemiologic Survey on Alcohol and Related Conditions. main outcome measures sociodemographic correlates and prevalence of one year DSM-IV psychiatric disorders, substance use, and treatment seeking among college-attending individuals and their non–college-attending peers. The finding of the study presented that the overall rate of psychiatric disorders was not different between college-attending individuals and their non–college-attending peers. College students were significantly less likely to receive past year treatment for drug or alcohol use disorders than their non–college-attending peers. College students were significantly less likely "adjusted and non-adjusted" to have a diagnosis of drug use disorder or nicotine dependence or to have used tobacco than their non–college attending peers. Bipolar disorder was less common in individuals attending college.

Finally, the non-adjusted risk of alcohol use disorders was significantly higher for college students than for their non–college attending peers (odds ratio = 1.25; 95% confidence interval, 1.04-1.50), in the face of not after adjusting for background sociodemographic characteristics (adjusted odds ratio = 1.19; 95% confidence interval, 0.98-1.44).

Questions of the study
1. What are the levels of the mental health amongst Jadara and Yarmouk university students?
2. Are there statistically differences between means score of Jadara and Yarmouk university students in levels of mental health.
3. Are there statistically differences in levels of mental health based on Gender and age variables.

Sample of the study

Describes the design used in conducting study in terms of operational measures of the variables employed for the research .The sample of the study consisted of 455 students (Jadara university 203 and Yarmouk university 252 students) representing the existing socio-economic classes: low, middle, and high classes, they are similar in age ranging from 18- 45 years, the sample describes in follow table (1).

| University | Gender | | Total | Age | | | Total |
	Male	Female		Less than 20	21 – 25	More than 25	
Jadara	123	80	203	62	136	5	203
Yarmouk	208	44	252	163	84	5	252
Total	331	124	455	225	220	10	455

Table (1) presents sample of the study details

Tools of the Study

The levels of mental health of university students was measured with the help of General Health Questionnaire founded Goldberg & Willems which is translated to Arabic language by Al shahwaan 2002. The questionnaire consisting of 28 items to measure four dimensions: psychosomatic mental health, anxiety freedom, the effectiveness of social functions and depression freedom. Scoring template for each item record the value of the response in the clear box: 1 does not correspond at all, 2 correspond a little, 3 correspond moderately, 4 correspond a lot and 5 correspond exactly.

Validity and Reliability

The questionnaires were presented to professors in psychology to check the suitability of items to measure the purpose of the study, their comments and suggestions were incorporated of terms that conveying the same meanings, easy to understand, open to one interpretation, and stabile to nature of the study. In terms of the reliability of the questionnaires, test-retest as means of achieving coefficient reliability Alpha Cronbach has been calculated. The test was administered to 40 twice with interval of 14 days. The obtained results indicated that the scale dimensions have 0.68 psychosomatic mental health, 0.84 anxiety freedom, the effectiveness of social functions 0.83 and depression freedom 0.84 whereas the total score of the scale is 0.87.

Procedures

After seeking permission from intended university, during the second semester 2013 – 2014 students were invited to participant in the study and after brief introduction, goals and propose of the study were explain to them. The questionnaires were administrated individually and total time taken by each participant varies 45 minutes to one hour. After that the data was tabulated and entered to SPSS program for analysis. The statistical techniques in accordance with the various objectives of the descriptive techniques such as mean, percentage, standard deviation, t-test and ONE WAY ANOVA have been worked out to ascertain the nature of distribution of scores.

Results of the study

This study aims to know the levels of mental health among sample of public and private universities through answering the follow questions.

First question: What are the levels of the mental health amongst Jadara and Yarmouk university students?

To answer this question means and standards deviations of mental health and its levels for the participants have been calculated in below table (2).

| Mental health levels | Median | Yarmouk university | | Jadara university | |
		Mean	S. D	Mean	S. D
Psychosomatic mental health	13	12.8	4.2	13.8	4.5
Anxiety freedom	14	14.3	4.9	15.6	4.9
Effectiveness of social functions	18	17.5	3.6	17.4	4.1
Depression freedom	10	10.6	4.1	12.7	5.1
Mental health in general	56	55.3	12.6	59.6	12.2

The table (2) manifest the means of the general mental health, the dimension of effectiveness of social functions and the psychosomatics dimension among Yarmouk university students are less than the median, whereas the general mental health of Jadara university students results and anxiety freedom, effectiveness of social functions, and depression freedom are higher than median. the mental health it's important for a university students and its leads to psychological development in their educational filed, its also reflect on the society in which the individual lives, because it helps the individual to control his behaviour to achieve the psychological adjustment (Al- anani,2011). The individual who are living with unstable family always suffer from behavioural problem. The results of this study agree with study of (Al shamari. 2013) which is indicated that there is relationship between the mental health and adjustment among physical education students.

The repetitions and percentage for a sample score in categories have been calculated and the results were as follows in table (3):

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	Term	Level	Yarmouk students		Jadara students		Total
			Repetitions	100%	Repetitions	100%	
Mental Health	28 - 56	Low	149	%59	89	%44	238
	85-57	Middle	99	%39	109	%53	208
	112-86	High	4	%2	5	%3	9
Total			252	100%	203	100%	455

Results in above table (3) presents that the two-thirds of Yarmouk university sample is in low level of health, while more than half of Jadara university sample is in middle level, the total sample distributed between low and medium level.

To answer the second question: are there statistically differences between means score of Jadara and Yarmouk university students in levels of mental health? t-test have been calculated in table (4).

Table (4) presents results of t-test between the students in levels of mental health.

Levels of mental health	Yarmouk university		Jadara university		F	t	Sig
	Mean	S. d	Mena	S. d			
Psychosomatic mental health	12.8	4.2	13.8	4.5	453	2.4	**0.01
Anxiety freedom	14.3	4.9	15.6	4.9	453	2.8	**0.00
Effectiveness of social functions	17.5	3.6	17.4	4.1	453	0.16	0.87
Depression freedom	10.6	4.1	12.7	5.1	453	4.8	**0.00
Mental health in general	55.3	12.6	59.6	12.2	453	3.7	**0.00

Significant at ($\alpha \leq 0.01$)

The above table shows that there are statistically differences between the groups in Psychosomatic mental health, Anxiety freedom, and depression freedom in favour of Jadara university students who are presents the private university. The high level of mental health among the private university because the facilities and the luxury which students enjoy, while there are no there are statistically differences between the groups in effectiveness of social functions.

To answer the third question: are there statistically differences in levels of mental health based on Gender and age variables? t-test have been calculated in tables (5 & 6).

Table (5) manifest results of t-test between the students in levels of mental health on the base of gender variable.

Levels of mental health	Males		Females		F	T	Sig
	Mean	S. d	Mena	S. d			
Psychosomatic mental health	12,6	4,3	13,4	4,5	453	1,7	0,07
Anxiety freedom	14,9	4,7	14,8	5,1	453	0,12	0.88
Effectiveness of social functions	17,7	3,7	17,3	3,8	453	1,1	0,29
Depression freedom	11,4	4,5	11,6	4,7	453	0,50	0,61
Total	56,8	11,5	57,4	13,1	453	0,44	0,66

Significant at ($\alpha \leq 0.01$)

Table (5) indicated that there are no statistically differences in levels of mental health based on Gender variable.

Table (6) indicted results of ONE WAY ANOVA between the students in levels of mental health on the base of age variable.

Domains	Source of Variance	Sum of squares	df	Mean squares	F	Sig
Psychosomatic mental health	between group	34.083	2	17.042	1.1	0,3
	within group	6564.554	45	14.523		
	Total	6598.637	45			
Anxiety freedom	between group	89.532	2	44.766	1.8	0,1(
	within group	11091.405	45	24.539		
	Total	11180.936	45			
Effectiveness of social functions	between group	88.455	2	44.227	2.2	0,1(
	within group	8838.367	45	19.554		
	Total	8926.822	45			
Depression freedom	between group	90.690	2	45.345	2.(	0,12
	within group	9868.044	45	21.832		
	Total	9958.734	45			
Total	between group	621.870	2	310.935	1.9	0,14
	within group	71691.967	45	158.611		
	Total	72313.837	45			

Significant at ($\alpha \leq 0.01$)

Table (6) presented that there are no statistically differences in levels of mental health based on age variable.

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