



Impact of Optimistic and Pessimistic Attitude on Mental Health and Neuroticism among College Students

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ABSTRACT

The present study Objective 1. To find out mental health among optimistic and pessimistic attitude college students. 2. To find out neuroticism among optimistic and pessimistic attitude college students. Hypotheses: 1. There will be no significant difference among optimistic and pessimistic attitude college students with respect to mental health. 2. There will be no significant difference among optimistic and pessimistic attitude college students with respect to Neuroticism. Sample For the present study 100 college students were selected from Aurangabad city, Maharashtra State. The effective sample consisted of 100 adolescents among them 50 Optimistic attitude college students and 50 pessimistic attitude college students. Assessment of optimism and pessimism scale as a used for optimism and pessimism attitude (Scrutiny Test). Tools 1. Assessment of optimism and pessimism:- The scale was developed by Schierer and Carver's (1987). 2. Mental Health Inventory (MHI): Mental health inventory (MHI) developed by Jagdish and Srivastav (1983) 3. The Neo Five Factor Inventory (NEO-FFI): The NEO Five factor inventory (NEO-FFI) Conclusion:- 1. Optimistic attitude college students have significantly high mental health than the pessimistic attitude college students. 2. Pessimistic attitude college students have significantly high Neuroticism than the optimistic attitude college students.

Introduction:-

Positive and negative expectations involving the future are vital for perception the vulnerability to intellectual disorders, in precise temper disorders. Recent research have determined an inverse correlation between optimism and depressive signs and symptoms, and additionally between optimism and suicidal ideation. As such, optimism looks to have an essential moderating function in the affiliation between emotions of loss of hope and suicidal ideation. In relation to this, Van der Velden et al. have lately studied the affiliation between 'dispositional optimism' and despair in victims of a herbal disaster. The consequences of this lookup exhibit that in contrast to optimists, pessimists nurtured little hope for the future and had been extra at danger for depressive and anxiousness disorders, with subsequent impairment of social functioning and nice of life.

The position of optimism in the fantastic of lifestyles has additionally been investigated in depressive issues rising in sufferers struggling from somatic pathologies, (such as acute coronary syndrome, for instance) in which a considerable inverse correlation used to be observed between dispositional optimism and stage of pleasure in



lifestyles on one hand and depressive signs rising after the cardiovascular tournament on the different hand.

Giltay et al. raised the query of the use of psychotherapy to promote an confident disposition in pessimistic subjects, hence growing an environment friendly approach to battle depression. Evidence related to this problem has emerged additionally from research carried out on victims of catastrophic activities such as herbal disasters. In fact, it has been discovered that even one single session of cognitive-behavioural therapy, focused at bettering the feel of manipulate and coping with incapacitating disturbances that take place after a herbal disaster, might also make contributions to improving the well-being of the individual. A short intervention of this type, centered on improving an lively coping approach and regaining control, may additionally be substantial for 'pessimistic' victims, thinking about that they are greater inclined to keep away from issues and "give up", rather of attempting to regain manipulate of their lives.

Research Methodology:-

Objective of the study:

- 1) To find out mental health among optimistic and pessimistic attitude college students.
- 2) To find out neuroticism among optimistic and pessimistic attitude college students.

Hypotheses:

- 1) There will be no significant difference among optimistic and pessimistic attitude college students with respect to mental health.
- 2) There will be no significant difference among optimistic and pessimistic attitude college students with respect to Neuroticism.

Sample:-

For the present study 100 college students were selected from Aurangabad city, Maharashtra State. The effective sample consisted of 100 adolescents among them 50 Optimistic attitude college students and 50 pessimistic attitude college students. Assessment of optimism and pessimism scale as a used for optimism and pessimism attitude (Scrutiny Test). The age range of subjects from 18 to 25 years ($M = 20.33$, $SD = 3.45$). Non probability random sampling method was used.

Variables:-

Independents variables:

- 1) **Types if Attitude**
 - 1) Optimistic
 - 2) Pessimistic

Dependent Variables:

- 1) Mental health
- 2) Neuroticism

**Tools****1) Assessment of optimism and pessimism:-**

The scale was developed by Schierer and Carver's (1987). This scale consists of 15 items 6 of which measure the dimension of optimism and 9 measures pessimism. Each item is to be responded to in terms of either strongly agree, agree, neutral, disagree and strongly disagree.

2) Mental Health Inventory (MHI):

Mental health inventory (MHI) developed by Jagdish and Srivastav (1983) was utilized to access positive aspects of mental health. This test can be used as a group or an individual test, for ages 15 and above, no time and age limit is enforced in the testing. Each items from 1 to 56 given in the test booklet to be rated on 4 point rating scale.

3) The Neo Five Factor Inventory (NEO-FFI):

The NEO Five factor inventory (NEO-FFI) is most widely used instrument to assess personality on five dimensions namely neuroticism, extraversion, openness, agreeableness, conscientiousness. This inventory has a number of versions-240, 180, 96 or 60 items inventory. However most applicable one is the 60 items inventory, with least no of items to be respondent, within a 5-point scale.

Table 1.1.
Mean, SD, and t value of mental health among optimistic and pessimistic attitudecollege students.

Types of Attitude	Mean	SD	N	F	Sign.
Optimisticstudents	178.36	6.58	50	5.19**	$P<0.01$
Pessimisticstudents	169.56	5.07	50		

Table 1.1 shows First Mean of optimistic attitudecollege students 178.36 and SD= 6.58 and the second mean of pessimistic attitudecollege students 169.56 and SD = 5.07 on dimension of Mental health. The t value is 5.19. These two mean are highly significant at $p<0.01$ level. Research null hypothesis is rejected and alternative hypothesis is accepted. It concluded that the optimistic attitudecollege students have significantly high mental health than the pessimistic attitudecollege students.

Table 1.2.
Mean, SD, and t value of Neuroticism among optimistic and pessimistic attitudecollege students.

Types of Attitude	Mean	SD	N	F	Sign.
Optimistic students	29.10	4.07	50	5.75**	$P<0.01$
Pessimistic students	33.27	3.87	50		

Significant $p<0.01= 6.69$ and $p<0.05= 3.86$

Table No.1.2 Table No.1.1 shows First Mean of optimistic attitude college students 29.10 and SD= 4.07 and the second mean of pessimistic attitude college students 33.27 and SD = 3.87on dimension of Neuroticism. The t value is 5.19. These two mean are highly significant at $p<0.01$ level. Research null hypothesis is rejected and alternative hypothesis is accepted. It concluded that the pessimistic attitude college students have significantly high Neuroticism than the optimistic attitude college students.



Conclusion:-

- 1) Optimistic attitude college students have significantly high mental health than the pessimistic attitude college students.
- 2) Pessimistic attitude college students have significantly high Neuroticism than the optimistic attitude college students.

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