CHAPTER - V

FINDINGS, CONCLUSION AND SUGGESTIONS

5.1 INTRODUCTION

In this chapter, the researcher has tried to derived, discussed and presented overall findings of the data collected and suggestions for the further research.

5.2 FINDINGS

- The study shows that 75.3 % (n=113) respondents are feeling that they are not punished without any crime and 24.7 % (n=37) respondents are feeling that they are punished without any crime.

- The study shows that 66 % (n=99) respondents do not lose balance of mind during ordinary pressure of circumstance and 34 % (n=51) respondents lose balance of mind during ordinary pressure of circumstance.

- The study shows that 70.7 % (n=106) respondents do not have unsteadiness of mind and 29.3 % (n=44) of respondents suffer from unsteadiness of mind.

- The study shows that 66.7 % (n=100) respondents do not stutter during the interaction with strangers and feel confident while talking while 33.3 % (n=50) respondents are not confident enough in talking with strangers and stutter while interaction.

- The study shows that 77 % (n=115) respondents are quite positive for their life while 23 % (n=35) respondents are negative for their life and believe that the life is useless and they have left the positive hope for the life.

- The study shows that 72 % (n=108) respondents don’t get emotional or sensational and don’t weep easily in front of others while 28 % (n=42) respondents don’t control their sentiments and weep easily in an ordinary situation and in front of others.

- The study shows that 60.7 % (n=91) are not having conflict regarding sin and righteousness in life while 39.3 % (n=59) respondents believe in sin and righteousness and conflict of such thoughts in mind.
The study shows that 57.3 % (n=86) don’t get excited in remembering the past bad experiences of life and keep positive approach while 42.7 % (n=64) respondents get sentimental and excited by just remembering the past bad experience and feel negative for the life.

The study shows that 61.3 % (n=92) respondents have good tolerance capacity and they do not lose mind in certain circumstances while 38.7 % (n=58) respondents have low tolerance level and they lose their mind even in simple circumstances.

The study shows that 78.0 % (n=117) respondents don’t get scared and manage their interaction with others and show self confidence while 22.0 % (n=33) respondents get scared due to drying up of tongue and also lose their confidence during interaction with others.

The study shows that 89.3 % (n=134) respondents do not feel guilt or own self a sinner without any reason and have positive approach towards life while 10.7 % (n=16) respondents consider own self sinner and default of any mistake and are negative towards life.

The study shows that 79.3 % (n=119) respondents do not feel pressurized and don’t take mental strain and keep own self tension free while 20.7 % (n=31) respondents take unnecessarily strain and stress on mind and on neural system.

The study shows that 64.7 % (n=97) respondents do not have the feelings of fear or phobia while 35.3 % (n=53) respondents have fear feelings and are suffering from negative mentality phobia.

The study shows that 56.7 % (n=85) respondents do not have sleeping disorder and have the habit of sound asleep while 43.3 % (n=65) respondents have the problem of sleeping disorder and suffer from lack of sleep which may in future lead to certain psychological problems.

The study shows that 58.7 % (n=88) respondents can handle themselves in the critical or problematic situation and they don’t need to keep own self busy to divert mind while 41.3 % (n=62) % respondents cannot come out easily from the problems and they keep own self busy to divert their mind.

The study shows that 48.0 % (n=72) do not run away to various places to get rid of problems while 52.0 % (n=78) respondents have the habit of escapism to divert the mind from the problems.

The study shows that 62.0 % (n=93) respondents do not commit mistakes repetitively which are difficult to manage and solve while 38.0 % (n=57)
respondents commit mistakes repetitively which are hard to manage and solve.

- The study shows that 63.0 % (n=96) respondents do not commit errors due to restlessness while 37.0 % (n=54) respondents could not manage own self due to restlessness and commit certain errors in their activities.

- The study shows that 76.0 % (n=114) respondents do not suffer from acrophobia while 24.0 % (n=36) respondents are afraid of going to high places and are suffering from acrophobia.

- The study shows that 67.3 % (n=101) respondents do not suffer from physical weakness and are fit mentally and physically while 32.7 % (n=49) respondents.

- The study shows that 86.0 % (n=129) respondents are positive in life and do not think much on bitter experiences or sadness while 21.0 % (n=21) respondents feel that life will remain sad and are pessimistic in life.

- The study shows that 74.0 % (n=111) respondents do not shed tears due to little sympathy by others while 36.0 % (n=36) respondents shed tears due to little sympathy by others in the problematic situation.

- The study shows that 70.7 % (n=106) respondents do not feel helpless and are positive in life while 29.3 % respondents (n=44) feel helpless and lonely and are negative in life.

- The study shows that 81 % (n=122) respondents do not get lost into their own self and become introvert while 19.0 % (n=28) respondents are affected by the problems and so they get lost into the self and become sad in life.

- The study shows that 69.3 % (n=104) respondents do not feel pressure and strain in work while 30.7 % (n=46) respondents feel pressure and strain and work under stressful condition.

- The study shows that 72.0 % (n=108) respondents do not remain in anxiety while 28.0 % (n=42) respondents remain in anxiety in life situations.

- The study shows that 71.3 % (n=107) respondents do not suffer from unnecessary mental tension while 28.7 % (n=43) respondents suffer from mental tension in life.

- The study shows that 66.0 % (n=99) respondents do not feel suffocated due to fear and can handle their self while 34.0 % (n=51) respondents feel exhausting and suffocated due to fear and become mentally disturbed.
The study shows that 66.0 % (n=99) respondents do not become sad due to thought and statement contradiction while 34.0 % (n=51) respondents feel sad due to contradictory thought and their statements.

The study shows that 82.0 % (n=123) respondents do not feel that their life is dark and 18.0 % (n=27) respondents believe that their life is dark and useless.

The study shows that 64.7 % (n=97) respondents do not have fear of being unsuccessful in task while 35.3 % (n=53) respondents have fear of being unsuccessful even after proper preparation.

The study shows that 79.3 % (n=119) respondents do not feel that they will lose everything in life and are confident enough while 20.7 % (n=31) respondents feel that they may lose everything in life and are lacking self confidence in life.

The study shows that 62.0 % (n=93) respondents do not think too much on past adverse experiences and do not get confused under same but new situations while 38.0 % (n=57) respondents get confused and get fearful in the same situation in which they have suffered.

The study shows that 80.0 % (n=120) respondents do not feel that life is full of despair and sadness while 20.0 % (n=30) respondents feel that life is full of despair and difficulties.

The study shows that 63.3 % (n=95) respondents do not feel confused and helpless when they see someone fainting or senseless in front of them while 36.7 % (n=55) respondents are more sensitive and feel confused when they are confronted with semi conscious or unconscious people.

The study shows that 64.7 % (n=97) respondents do not feel restless due to troubles while 35.3 % (n=53) respondents feel restless due to difficulties in various situations.

The study shows that 42.0 % (n=63) respondents do not feel restless due to troubles while 58.0 % (n=87) respondents feel restless in the situation of troubles.

The study shows that 64.0 % (n=96) respondents do not feel bad and restless by the erroneous assumption and under estimation of others while 36.0 % (n=54) respondents get sad and restless by others assumption and under estimation.

The study shows that 64.0 % (n=96) respondents do not feel tired due to pressures while 36.0 % (n=54) respondents feel physically tired.
The study shows that 66.0 % (n=100) respondents do not take small things or matters so seriously and do not feel that it will make problem for them while 34.0 % (n=50) respondents feel that every small things can create problems for them and are over possessive for them.

The study shows that 75.3 % (n=113) respondents do not feel that they may be caught by any serious epidemic disease while 24.7 % (n=37) respondents feel that they may get caught by epidemic disease and are over conscious for their health.

The study shows that 64.0 % (n=96) respondents do not act in such way that make them feel repented while 36.0 % (n=54) respondents commit such mistakes which make them feel repented and guilt.

The study shows that 52.7 % (n=79) respondents do not get afraid by the imagination of failure while 47.3 % (n=71) respondents have major impact of past failure on mind and so they are afraid of imagination of failure based on past experiences.

The study shows that 66.0 % (n=99) respondents do not feel restless and annoyed by the useless talks of others while 34.0 % (n=51) respondents feel restless by useless talks and gossips of others.

The study shows that 66.0 % (n=99) respondents do not get disturbed by imagination of evils while 34.0 % (n=51) respondents get disturbed by the imaginary evils.

The study shows that 78.7 % (n=118) respondents are not affected by the tension or anxiety while 21.3 % (n=22) respondents suffer from the problem of constipation due to tension.

The study shows that 73.3 % (n=110) respondents do not think and feel that their fortune does not favour them while 26.7 % (n=40) respondents believe that their fortune is not favoring and they are unlucky.

The study shows that 63.3 % (n=95) respondents do not get involved in such matters which make them forget own self while 36.7 % (n=55) respondents involve themselves in such matters in which they forget their own self.

The study shows that 89.3 % (n=134) respondents do not feel that they are awkward by nature while 10.7 % (n=16) respondents believe that they are unpleasing by nature and are considered awkward by others.

The study shows that 59.3 % (n=89) respondents do not feel difficulty in making any decision while 40.7 % (n=61) respondents feel difficult in decision making in life.
The study shows that 67.3% (n=101) respondents do not get touched and disturbed by short time waiting while 32.7% (n=49) respondents get touched and disturbed even by short time waiting.

The study shows that 72.0% (n=108) respondents do not have the fear and doubt of conspiracy in life while 28.0% (n=42) respondents feel that their life may be in danger due to conspiracy by others.

The study shows that 66.7% (n=100) respondents do not have the fear of something or other in life while 33.3% (n=50) respondents have fear phobia in life and think negative in life for others.

The study shows that 81.3% (n=122) respondents do not feel that they are unfortunate and they do not compare their own with others while 18.7% (n=28) respondents feel that they are unfortunate and they compare own self with others and get depressed in life.

The study shows that 54.0% (n=81) respondents do not feel that they are misunderstood by others while 46.0% (n=69) respondents feel that they are not accepted by others because they are always misunderstood by them.

The study shows that 62.7% (n=94) respondents do not feel too much restless and can handle their own self while 37.3% (n=56) respondents feel too much restless that they cannot even sit at one place for long time.

The study shows that 70.7% (n=106) respondents do not compare their own self with others and do not feel inferior to others due to failures while 29.3% (n=44) respondents feel inferior to others and keep on comparing own self with others.

The study shows that 70.7% (n=106) respondents do not feel that they will loss rather than gain due to earlier failure while 29.3% (n=44) respondents feel negative that they will loss rather than gain and are under the adverse impact of past failure.

The study shows that 66.7% (n=100) respondents do not lose presence of mind in ordinary bad situation while 33.3% (n=50) respondents lose their presence of mind in ordinary bad situation in life.

The study shows that 44.7% (n=67) respondents do not get too much excited for the regular work while 55.3% (n=83) respondents get too much excited for every work.

The study shows that 52.7% (n=79) respondents do not feel too much trouble and do not leave their work incomplete while 47.3% (n=71) respondents lose their confidence and leave their work incomplete due to troubles.
The study shows that 36.0% (n=54) respondents do not get excited for any things or by their recollection while 64.0% (n=96) respondents feel excited by certain experienced things in life.

The study shows that 63.3% (n=95) respondents do not feel heaviness in head due to pressure or anxiety while 36.7% (n=55) respondents feel heaviness in head due to tension and anxiety.

The study shows that 69.3% (n=104) respondents do not feel that they are taunted against their talks by the people while 30.7% (n=46) respondents feel that they are taunted and criticized by others for their talks with others.

The study shows that 72.7% (n=109) respondents do not get annoyed if they are not accepted by others while 27.3% (n=41) respondents get annoyed if they are opposed by others.

The study shows that 72.0% (n=108) respondents do not feel that death is better than to live while 28.0% (n=42) respondents believe that death is better than to face difficulties and criticisms.

The study shows that 76.7% (n=115) respondents do not forget recent talks and do not have short term memory loss problem while 23.3% (n=35) respondents forget recent talks and suffer from memory loss problem.

The study shows that 82.0% (n=123) respondents do not have the feelings of fear of being defeated while 18.0% (n=27) respondents have the feelings of fear that they will be defeated by others.

The study shows that 68.0% (n=102) respondents do not feel restless and excited while 32.0% (n=48) respondents feel restless and excited in life.

The study shows that 62.7% (n=94) respondents do not get lost in day dreaming and in fantasy world while 37.3% (n=56) respondents get lost in day dreaming and fantasy world.

The study shows that 60.7% (n=91) respondents do not get angry with own self while 39.3% (n=59) respondents get angry with own self in difficult situation.

The study shows that 74.7% (n=112) respondents do not feel like heart failure in loss or difficulty while 25.3% (n=38) respondents feel that they may get attack of heart failure in tension and difficult situation.

The study shows that 76.7% (n=115) respondents do not have the feelings of fear of seeing a crowd while 23.3% (n=35) respondents have the fear of crowd and suffer from Anochlophobia.
The study shows that 64.0 % (n=96) respondents do not have the problem of concentration and presence of mind while 36.0 % (n=94) respondents are under tension and pressure and they feel hard to concentrate on certain things.

The study shows that 57.3 % (n=86) respondents do not commit errors when they are fully prepared for the work while 42.7 % (n=64) respondents commit errors due to tension and difficulty even after proper preparation and due care in work.

The study shows that 86.0 % (n=129) respondents do not feel that they lack sex potency while 14.0 % (n=21) respondents feel that they lack sex potency.

The study shows that 70.0 % (n=105) respondents do not have conflicting thoughts while 30.0 % (n=45) respondents have the problem of conflicting thoughts.

The study shows that 62.7 % (n=94) respondents do not get excited very quickly while 37.3 % (n=56) respondents get excited very quickly in various situations.

The study shows that 70.0 % (n=105) respondents do not have the fear and anxiety of own failure while 30.0 % (n=45) respondents have fear and are anxious of their own failure.

The study shows that 69.3 % (n=104) respondents do not feel restless due to criticism done on own while 30.7 % (n=46) respondents get disturbed and become restless due to criticism done on their own.

The study shows that 72.7 % (n=109) respondents do not feel like urination or latrine during tension and undertaking of some important work while 27.3 % (n=41) respondents suffer from anxiety urinal problem while undertaking important work.

The study shows that 64.0 % (n=96) respondents do not get angry or pleased with others without any reasons while 36.0 % (n=54) respondents get angry or pleased with others without any reasons.

The study shows that 52.7 % (n=79) respondents do not feel high tension when their work in not complete while 47.3 % (n=71) respondents feel tension when their work is not complete.

The study shows that 68.7 % (n=103) respondents do not get sad by unknown reasons and feel relaxed while 31.3 % (n=47) respondents get sad without any reasons.
The study shows that 85.3 % (n=128) respondents do not feel anxiety on sex matters while 14.7 % (n=22) respondents feel anxiety on sex matters.

The study shows that 80.0 % (n=120) respondents do not feel restless without any reason while 20.0 % (n=30) respondents feel restless without any reasons.

The study shows that 78.0 % (n=117) respondents do not feel that they have more anxiety than others and do not compare own self with others while 22.0 % (n=33) respondents feel that they have more anxiety than others.

The study shows that 64.7 % (n=97) respondents do not unliking thoughts in mind while 35.3 % (n=53) respondents have contradiction in mind and have unliking thoughts in mind.

The study shows that 80.7 % (n=121) respondents do not have the problem of respiration while 19.3 % (n=29) respondents suffer from the problem of respiration due to high tension.

It show that 61.3 % (n=92) respondents do not get disturbed by imaginary thoughts while 38.7 % (n=58) respondents get disturbed by imaginary thoughts.

The study shows that 44.7 % (n=67) respondents have rare problem of anxiety and tension, 35.3 % (n=53) respondents sometimes suffer from anxiety and tension, 10.7 % (n=16) respondents very often suffer from anxiety and tension and 9.3 % (n=14) respondents always suffers from anxiety and tension.

The study shows that 39.3 % (n=59) respondents have rare problem of restlessness, 46.0 % (n=69) respondents sometimes suffer from restlessness, 10.0 % (n=15) respondents very often suffer from restlessness and 4.7 % (n=7) respondents always suffers from restlessness.

The study shows that 45.3 % (n=68) respondents have rare problem of nervousness, 42.0 % (n=63) respondents sometimes suffer from nervousness, 10.7 % (n=16) respondents very often suffer from nervousness and 2.0 % (n=3) respondents always suffers from nervousness.

The study shows that 42.7 % (n=64) respondents have rare problem of loneliness, 36.7 % (n=55) respondents sometimes suffer from loneliness, 16.0
% (n=24) respondents very often suffer from loneliness and 4.7 % (n=7) respondents always suffers from loneliness.

➢ The study shows that 54.7 % (n=82) respondents have rare problem of hopelessness, 37.3 % (n=56) respondents sometimes suffer from hopelessness, 8.0 % (n=12) respondents very often suffer from hopelessness and 0.0 % (n=0) respondents always suffers from hopelessness.

➢ The study shows that 29.3 % (n=44) respondents have rare problem of anger, 49.3 % (n=74) respondents sometimes suffer from anger, 14.7 % (n=22) respondents very often suffer from anger and 6.7 % (n=10) respondents always suffers from anger.

➢ The study shows that 45.3 % (n=68) respondents have rare problem of headache, 34.7 % (n=52) respondents sometimes suffer from headache, 14.0 % (n=21) respondents very often suffer from headache and 6.0 % (n=9) respondents always suffers from headache.

➢ The study shows that 37.3 % (n=56) respondents have rare problem of tiredness, 40.7 % (n=61) respondents sometimes suffer from tiredness, 16.7 % (n=25) respondents very often suffer from tiredness and 5.3 % (n=8) respondents always suffers from tiredness.

➢ The study shows that 48.7 % (n=73) respondents have rare problem of disturbed sleep, 36.7 % (n=55) respondents sometimes suffer from disturbed sleep, 9.3 % (n=14) respondents very often suffer from disturbed sleep and 5.3 % (n=8) respondents always suffers from disturbed sleep.

➢ The study shows that 57.3 % (n=86) respondents have rare problem of indigestion, 34.0 % (n=51) respondents sometimes suffer from indigestion, 6.7 % (n=10) respondents very often suffer from indigestion and 2.0 % (n=3) respondents always suffers from indigestion.

➢ The study shows that 60.7 % (n=91) respondents have rare problem of acidity, 34.7 % (n=52) respondents sometimes suffer from acidity, 2.0 % (n=3) respondents very often suffer from acidity and 2.7 % (n=4) respondents always suffers from acidity.
5.3 Conclusion

Summary and conclusion is very important in any research report of any study. But in the whole study, the last chapter is the most important part. The summary of the study is helpful in studying of the research, a very important in the short time of the research value of researcher. It is a tradition that a short glimpse of beginning to end is given in report of the study. Thus, this chapter is as important as other chapters.

In the last phase of the study, the researcher comes to some findings and makes aware the people of certain leading factors of Anxiety and Mental Health. So this chapter is important. In summary report, topic, its selection, data collection, statistical methods etc... are represent in a short way. Moreover, in its suggestions for further research are indicated properly.

The main aim of this research was “A study of the factors leading of Anxiety and Mental Health among Post Graduate students.” Also the aim is to test if all this dependent variables like mental health, anxiety, aggression and adjustment affects gender, age and type of people or not. All aspects of this study are represented in full in this chapter.

Based on the objective of this research, the researcher visited various post graduate institutions of Sardar Patel University to collect the data for study. The researcher discussed the problem of study to seek permission for data collection. After permission was granted researcher met randomly the PG students and collected data from 150 respondents. Researcher gave questionnaire sample to collect the data. To collect the data, the researcher first established rapport with the persons. Once the rapport was established, then questionnaire was given to the samples. In that, initially all the personal details were asked to fill in a format. Once the questionnaires of all statements were filled, the researcher checked whether all the details were completed, if not then the researcher asked them to do the needful. All 150 persons were selected as final sample for the present investigation. In this research one questionnaire was used.
The researcher has discussed all the following aspects or components in detail as part of the first and the second chapter as the review work and also tried to establish the niche for the present study. Keeping all the aspects and components in mind the tool for data collection was designed in the form of questionnaire and very carefully the questions were designed. In the same way the researcher has also drawn some hypotheses in the beginning of the study and on the basis of the responses they were discussed and justified in the fourth chapter. At present stage, the researcher is trying to offer a highlight of the whole study done keeping in mind Gender, age groups of the student, types of people in general and their responses regarding some selected psychological aspect or components for the present study.

**Mental Health and their Factors**: Depression influences 10% of Indians, yet everyday tensions are sending more Indians round the curve, say specialists in front of World Mental Health Day. Anxiety, influencing 25% of the populace, is perhaps the primary stage to the genuine to-deal with sadness if not addressed.

In this light, the researcher considered the gender of the participants and different age groups with respect to various areas of Mental Health like perception of reality, Integration of personality, Positive self-evaluation, Group oriented attitude, environmental mastery, and the researcher found significant different both the components.

**Perception of Reality**: Keeping the perception of reality component in mind, the data suggested that there was significant different between various students, gender of the participants and their different age groups.

**Integration of Personality**: Discussing the aspect of integration of personality, the researcher found significant difference among students, participants’ gender, and age groups.

**Positive self-evaluation**: In the matter of positive self-evaluation, there is significant difference between different Age groups of the participants.

**Group Oriented Attitudes**: The researcher has observed a significant difference between age groups of the student in the regard of their group oriented attitudes.
Environmental Mastery and Handling the situation: When analyzing the responses of the questionnaire, the researcher could observe significant in the matter of environmental mastery and handling of the situation among various students, gender of the participants and their age groups.

Aggression and their Factors: There is significant difference between different Age groups with regards to various areas of Aggression like Assault, Indirect Aggression, Irritability, Negativism, Resentment, Suspicion, Verbal Aggression, and Guilt.

Assault: Taking the matter of assault in consideration in the questionnaire, the result was positive and there was significant difference between genders of the participants, age groups, various types of people and their age and genders.

Indirect Aggression: Regarding indirect aggression as an aspect, it was found that there is significant difference between various students, genders (males and females) and different age groups.

Irritability: Considering Irritability as a component of the study, significant difference was observed among the students, genders and age groups.

Negativism: Negativism was also a core aspect of this present study wherein the result of the data were the clear evident that there was significant difference in the result of the genders of the respondents, between types of people their gender and age groups.

Resentment and anger: As part of resentment and anger too the result was significant considering the genders of the respondents, age groups, difference between gender and age groups, types of people their gender and age as well.

Suspicion: With regards of Suspicion, there was significant difference in the scores between males and females participants, gender and age of the participants and types of people.

Verbal Aggression: At time of focusing on verbal aggression in the questionnaire, the data gathered suggested that there was significant difference
and interaction between students, genders and age groups of the respondents, types of people their genders and age.

**Guilt** : Guilt is a very strong and one of the most important components being regarded as part of the study. Through the results of the data, it can be said that there was significant difference and interaction effect between genders and age of the participants, types of people their age and gender.

**Anxiety** : It has been observed that there is significant difference between different Age groups with regards to level of Anxiety.

**Adjustment and their Factors** : With a view to know the amount of adjustment in the areas like home, health, social and emotion, done by the respondents, this component was included in the questionnaire. It was quite interesting to know that there was significant difference found between the responses of the students, genders and age groups of the participants, types of people and their gender and age also.

**Adjustment** : When it comes to doing adjustments at home, this time too, there was significant difference among the students, genders and age groups of the participants, types of people and their gender and age.

**Health, social and emotional adjustment** : The researcher in the questionnaire has also comprised the area of health along with social and emotional adjustment and the result in the form of difference was significant considering the students, genders and age groups of the participants, types of people and their gender and age.

Misery, nervousness issue, and self-destructive ideation are pervasive among patients going to PC (Primary care) centers, however are inadequately recognized and overseen by specialists. The existence of current sorrow is autonomously connected with conjugal status and that brings down training, while current nervousness issues, freely connected with female sexual orientation and with recorded a sleeping disorder. Self-destructive ideation is related with ebb and flow MDE, with energizer utilize, and with over the top liquor utilization.
The occurrences of depression, anxiety, and stress were extremely high with anxiety and stress, importantly among the females, whereas prevalences of depression and stress were significantly higher among the students. More studies are recommended to determine the factors leading to these mental disorders.

Hence as part of this chapter, the researcher presented the outcome and findings of the data collected using questionnaire. Along with this the researcher also discussed some conclusions derived from the responses of the participants.

5.4 Suggestions

It has been the tradition to offer suggestions and future implications at the end of any research. This is very important as no research is ‘The Complete Study’ as many things might have been missed or delimited. Following the same, the researcher has offered some of the suggestions and implications of the present research study which are as discussed below;

- Anxiety in the modern era can occur at the age and therefore considering this fact it is suggested to educate the children and their parents regarding anxiety, reasons for its occurrence and ways to overcome them by the means of seminars and workshops.
- The researcher also suggests to spread awareness regarding mental health, anxiety, aggression and adjustment among the tertiary level learners and to organize awareness programs keeping these aspects in focus.
- Along with this, it is also suggested to incorporate these issues in the syllabus of the students of all universities of Gujarat in general and Indian in particular by framing a common policy.
- It is also suggested that the further research follow up may be taken on hand with different sample, as well as by using some different techniques for data analysis, like multivariate techniques, regression analysis partial correlation.
- It is suggested to the prospective researcher that more appropriate procedure for selection of sample and administering the tests be adopted.
Before administering the tests to a large sample, it should be applied to a small sample for pilot study

- The future researchers can also undertake researches on the same topic keeping the school teens and their parents in focus.

- An experimental research on spreading awareness about the Mental health issues among the school students and tertiary level students can also be undertaken.

- It is also suggested to undertake a case study based on the same topic.