ABSTRACT

The problems of attitude, mental disorders and stress have been increasing tremendously for the last two decades all over the world. We have witnessed a rapid growth in mental disorders and all types of stress during this period. The cases of mental illness and stress are gaining the unusual dimensions every year, causing a great concern to educationists, psychologists, sociologists, social workers who are closely related with the welfare of the individual and society as a whole. Doctoral Research supervision is one of the major avenues for retaining student’s satisfaction with the program, preparing students to be independent researchers and effectively initiating the students into the academic community. These indications cover a wide variety of phenomenon. They involve research scholars at work place, who are excessively zealous of the status of their siblings. The Ph.D. students who hate researches are truants on every possible occasion can be included in the category of mentally ill about the research. In these favourable and non favourable conditions research scholars feel highly stressed. Many students are leaving their research work because they are unable to complete their work according to U.G.C. guidelines. In India, concerns are being expressed at various quarters on the poor quality of doctoral dissertation. Poor quality of thesis points to the attitude and mental illness of students. In this study, researcher used survey method during data collection. This study is descriptive type and based on quantitative research methodology. In this study, researcher has used self made and standardized tools for data collection. Three types of questionnaires were used in this study. First one is ATR (Attitude towards Research) scale which is developed by the researcher himself and the second one is MHI (Mental Health Inventory) scale which is developed by Dr. Jagdish and Dr. A. K. Srivastava and the third one is PSSI (Personal Stress Scale Inventory) which is developed by
Dr. A.K. Singh. In this study, 320 research scholars were selected as a sample of the whole population from the universities of Uttar Pradesh through purposive sampling technique. In Uttar Pradesh region, 12 universities were selected from the entire population through purposive sampling technique. In this study, researcher used descriptive (Mean, S.D., T-test) and inferential statistics (F-test). The level of attitude of JRF, NET and NON-NET research scholars towards research was same, which is calculated by taking mean scores of JRF, NET and Non-NET Research Scholars of the Universities. It is suggested that all of them have identical attitude towards research because of their identical work and procedure. JRF, NET and NON-NET research scholars have no significant difference in attitude towards research which was calculated using F-Test (ANNOVA). Attitude towards research were found different among research scholars according to the status of the Universities in Uttar Pradesh region, which was found by using F-Test (ANNOVA). Also, male and female research scholars have divergent attitude towards research which was found with the help of using T-test.

Mental levels differ according to status of research scholars in Universities of Uttar Pradesh. It is remarkable to say that JRF, NET and NON-NET research scholars had different mental health which was found by using F-test (ANNOVA). Mental health of research scholars of Central, State and Private Universities was found equal, but in gender study, male and female research scholars in Uttar Pradesh had divergent level of mental health which was observed using t-test.

JRF, NET and NON-NET research scholars have same stress level towards research which was found using mean Scores of each group of research scholar. It was found that the same
stress level among the research scholars are due to common working conditions. JRF, NET and NON-NET research scholars have different stress level on the basis of their professional work which was found using F-test. It has been found that personal stress is most among NET Research scholars due to lack of fellowships and difficulties of rules and regulations to be followed. It is very interesting to say that the stress level among the research scholars is significantly different on the basis of the status of Universities, which was found by using F-test (ANOVA). High level of stress was found among the research scholars of the State University as compared to Central University and Private University. In the gender study, it was found that male and female research scholars in the various Universities of Uttar Pradesh had different levels of stress, which was found using T-test. The major reasons found were variation in organizational policies, job stress and job control, the supervisor’s management style, insight of a career outside academic world, work-family interface and team decision making culture.

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