5.1 INTRODUCTION:

The present chapter is confined to the main findings of the study based on analysis, interpretation of the data and discussion of the result.

The discussions, data analysis and interpretations of the study in the previous chapters would naturally lead one towards a conclusive phase but it is very difficult to summarize briefly the large amount of data and facts dealing with the attitude towards research, mental health and stress among JRF, NET and NOT-NET research scholars. Therefore, the researcher has tried his best to discuss and conclude the main findings pertaining to the study with an attempt to present all salient features so as to maintain the charm of the study.

5.2- MAIN FINDINGS:-

In the light of the interpretation of the result of the present investigation as already discussed in the previous chapter the following are the main findings:

5.1.1: OBJECTIVEWISE HYPOTHESIS NO 1:-

There is no difference in the level of attitude towards research among JRF, NET and NON-NET research scholars in Universities situated in Uttar Pradesh.

According to the table 4.1, it is clear that there is no difference in the level of attitude towards research among JRF, NET and Non-NET research scholars. The level of attitude of JRF, NET and NON-NET search scholars towards research is same as it is calculated by taking mean scores of JRF, NET and Non-NET research scholars of Universities. Judith A.Jellison and Donold M.Taylor (2007) found that there was no significant increase of attitudes in two different streams. Mo. Shahid Farooq and Sayad Zia Ullah Shah (2008)
studied student’s attitude towards Maths. All the students of 10th grade of the secondary school of Lahore had same type of attitude towards Mathematics. Melhsan Lennic et. al. (2008), too, reported that no significant difference was found between groups, trends were seen overall among string teachers through descriptive statistics, factors analysis and interview. Support to findings may be sought from that Kaisar and Harting (2008) who came out with the conclusion that no significant difference had been found among nursing students towards research. The result shows that all nursing students had positive difficulties towards research and there was a difference across but it was presented by only Intzar Hussain Butt & Jahan Arashams (20013) who found that there was significant difference in the attitude with respect to the type of program and area of specialization. Thus the hypothesis “There is no different in level of attitude towards research among JRF, NET and NET research scholars in University situated in Uttar Pradesh.” was ACCEPTED. It is suggested that all types of research scholars have equal attitude towards research because of their equal work and procedure. The major reason for no difference in the level of attitude towards research among JRF, NET and Non-NET are common area of interest, proper guidelines given, understanding the advantages of the research, research being need of an hour, research oriented ideas, research improving the process and practice of education at every level.

5.1.2: OBJECTIVEWISE HYPOTHESIS NO 2:

There is no significant difference in attitude towards research among JRF, NET and NET research scholars in Universities situated in Uttar Pradesh.

It is revealed from table 4.2 that JRF, NET and NON-NET research scholars had equal attitude towards research. It was very interesting to say that the JRF, NET and NON-NET
research scholars had no significant difference in the attitude towards research which was
calculated using F-Test (ANOVA). Maheshwari and R.Haridas (2013) also found no
significant difference in undergraduate students towards higher education. Intzar Husain Butt
& Jahan Arashams (20013) found the same attitude with respect to the type of program and
prior areas of specialization. Khalid Saleem, Butt and Jahir Khan (2014) too reported no
significant difference towards research attitude and program fee in higher education institutes
in Pakistan. Byrl G. Short and Michael Szabo (1974) too reported no significant difference in
the attitude scores of the teacher when stratified on the other demographic variables. Jellison,
and Donald M. Taylor (2007) found no significant difference in attitudes were found in two
other studies with college students as participants. Lennic, Miami and Forid A.(2008) who
came out with the conclusion that no significant difference was found between the groups,
trends were seen overall among string teachers through descriptive statistics, factor analysis
and interview. Fanny Honalt, Van Praag et.al (2015) found different result and they found that
students of Turkish and Moraccan decent was significantly higher than the students of
Belgium decent for abstract attitudes and significantly lower for concrete attitudes. Thus, the
hypothesis” There is no significant difference in attitude towards research among JRF, NET
and NET research scholars in University situated in Uttar Pradesh.” was ACCEPTED. The
major reasons for no significant difference in the attitude towards Research among JRF, NET
and Non-NET are common engagement in research areas, understanding guidelines properly,
understanding steps of research properly, accepting the advantages of the research, applying
research in day-to-day life, necessitate research for career, acquainted completely with
research concepts, serving society through research, research improves the process and
practice of education at every level.
5.1.3:- OBJECTIVEWISE HYPOTHESIS NO 3:-

There is no significant difference in attitude towards research among research scholars of various universities situated in Uttar Pradesh.

It can be seen from the table 4.3.1 that the research scholars of Central Universities, State Universities and Private Universities have different attitude towards research. It is very interesting to say that attitudes of research scholars are different according to the status of Universities in Uttar Pradesh, which is found by using F-Test (ANNOVA). Al-Nashmy and Abdul Haleem (2015) also found that knowledge and attitude perceived towards scientific research is different according to types of institution in province of Saudi-Arabia, However, contrary results were reported by Iihand and Dede (2015) and Reghieh Ghasemi (2015) stated that type of University are not associated to attitudes towards medical science, research. Students should have favourable knowledge of research but their attitude to the field was inadequate. Support to findings may be sought from that E. Alpay & R.Vrschoor (2014) who came out to the conclusion that various types of institutions show the effect on the attitudes of teaching researcher faculty towards the teaching and research. Thus, the hypothesis that “There is no significant difference in attitude towards research among research scholars of various universities situated in Uttar Pradesh” was REJECTED. The mean score of an attitude towards research among research scholars of Central Universities was maximum followed by Private Universities and then State Universities. The major reasons found for the difference is infrastructure, placement issues, co-operative environment and student-teacher relations that affects the personal and social life of the researcher, which results in development of code of ethics among them. Their attitude towards the usefulness of research for professional growth depends upon the above mentioned factors. It is also found that the
differences in process of fellowships, procedure and organization climate in different universities have affected the attitude of researches.

5.1.4. OBJECTIVEWISE HYPOTHESIS NO 4:-

There is no significant difference in attitude towards research between male and female research scholars of various universities situated in Uttar Pradesh.

Table 4.4 shows that the attitude towards research between male and female research scholars differs significantly. It is remarkable to say that the male and female research scholars have different attitude towards research which was found with the help of using T-test. The attitude towards research is found more among male researchers as compared to female research scholars. Contradictory result were reported by Mo. Shahid Farooq & Sayed Zia Ullah Shah (2003) who studied that the male and female students of 10th mathematics. It means that gender differentiation has no impact on the student’s attitude towards mathematics in Pakistan. Mehmet Ali (2011) also found that female research scholars have higher attitude as compared to male research scholars towards educational research scale. Sadia Saukatet et.al. (2014) too reported that the male have significantly positive attitude towards research as compared to females. It is clear that male and female postgraduate students had different attitude towards research. The H0 “There is no significant difference in attitude towards research between male and female research scholars of various universities situated in Uttar Pradesh.” was REJECTED. It is found that male candidates are more focused for their professional career so they have positive attitude towards research as compared to female researchers. The other reasons are females are engaged in social issues, favourable reservation policies for female candidate and relaxation in the procedure of Ph.D. Admissions, etc.
5.1.5 OBJECTIVEWISE HYPOTHESIS NO 5 -

There is no difference in Level of mental health among JRF, NET and NON-NET research scholars in Universities situated in Uttar Pradesh.

It is clear from the table 4.5 that JRF, NET and NON-NET research scholars have different mental level. It is very surprising to say that mental levels are different according to the status of research scholars in Universities of Uttar Pradesh. It was found by using mean scores of each type of research scholar. Eisenberg, Golberstein and Gollust (2007) also found that mental health disorders are different according to their range in University student’s population. Joshanloo and Badi (2009) too reported that respondent with different level of mental health differed significantly. All in all, the result of the study coverage with prior finding was about the importance of big five personality traits in predicting wellbeing. Support to the findings may be sought from Susam Antaranian (2015), who came out with the result which indicated the difference in subjective wellbeing among college student performance. Thus, $H^{105}$ “there is no significant difference in level of mental health among JRF, NET and NON-NET research scholars in Universities of Uttar Pradesh.” was REJECTED. It is found that the mental health of JRF is higher as compared to NET and Non-NET research Scholars. The major reason was found that JRF researchers are getting fellowship from University Grant Commission which increases the confidence level and so they can take right decisions easily.

5.1.6: OBJECTIVEWISE HYPOTHESIS NO 6 :-

There is no significant difference in mental health among JRF, NET and NON-NET research scholars in Universities situated in Uttar Pradesh.
It is revealed from the table 4.6 that JRF, NET and NON-NET research scholars are different on the basis of measurement of mental health in the Universities of Uttar Pradesh. It is very remarkable to say that JRF, NET and NON-NET research scholars have different wellbeing which was found using F-test (ANNOVA). Support to the findings may be sought from Taylor and Adelman (2006) who found that significant difference of mental health problems in school and public health. However, contradictory results were reported by Dharma Raj and Dr. Nitin Verma (2017), who stated that there was no significant difference with regard to physiological well being and physiological distress among the scholars of TISS and IIPS. Pand, Pradhan and Senepathy (1996) found that there was significant difference between secondary school teachers of government and private sectors. Support to the findings Sinha and Bhan (1978) who came out with the result that engineering boys were significantly superior in mental health than the University boys in Kurukshetra University. Thus, H0. “there is no significant difference in mental health between JRF, NET and NON-NET research scholars in Universities situated in Uttar Pradesh.” was REJECTED. The major reason found that the confidence level and ability to take decision was much better in JRF researchers, low level of irritation, insecurity, feeling of dejection, etc. JRF researchers were able to perform task for longer duration due to financial back-up. JRF research scholars had wider perception towards life as compared to NET and Non-NET research scholars.

5.1.7: OBJECTIVEWISE HYPOTHESIS NO.7:

There is no significant difference in Mental Health among research scholars in various universities situated in Uttar Pradesh.

It is revealed from the table 4.7 that the mental health of research scholars of Central, State and Private Universities are same. It is very surprising to say that the research scholars have
same level of mental health in Central, State and Private Universities which was found using F-test (ANOVA). Support to our findings may be sought from Dharma Raj and Nitin Veram (2017) who came out with the result regarding the psychological well being and psychological distress among the scholar of TISS and IIPS. However, contradictory results were reported by Sinha and Bhan (1978) who stated that Engineering boys were significantly superior in mental health than University boys. Rasen Thal et.al (2008) reported that significant difference was found in mental health and well being of international students at an Australian University. Susan Antaramian (2015) found different mental health and well being between college student performances. The hypothesis “There is no significant difference in Mental Health among research scholars in various universities situated in Uttar Pradesh” was ACCEPTED. Status of University affected the mental health but because of the similarity in the process of research and procedure, the research scholars had equal mental health in Central, State and Private Universities. Moreover, it was found that the factors which were related with mental health and organizational climate were almost same in the all universities.

5.1.8: OBJECTIVEWISE HYPOTHESIS NO.8:-

There is no significant difference in Mental Health between male and female research scholars in various universities situated in Uttar Pradesh.

It is evident from the table 4.8 that male and female research scholars don’t differ on the measure of mental health in Uttar Pradesh. It is very remarkable to say that male and female research scholars in Uttar Pradesh have same level of mental health which was found using T-test. Contradictory results were found in the studies like, Thal, Russel and Thompson (2008) stated that age and gender had significant impact on students, wellbeing. Yorgason and zitzman (2011), too reported that male having fewer years in college were related to less
knowledge of campus mental health service and females in college were predictive of higher service use. Robertson (2013) found that females in the total sample had lower freedom from anxiety than the males and were more expressed and had frequent concern than a comparison standardization group. Dharma Raj and Nitin too reported that there also appeared significant different between male and female research scholars in life satisfaction domains in the comparative study of TISS and IIPS. However, supporting result was found by Poda, Pradhan and Senepaty (1996) who found that there was no significant difference between male and female secondary school teacher in their satisfaction and mental health.

Therefore, the hypothesis “There is no significant difference in Mental Health between male and female research scholars in various universities situated in Uttar Pradesh” is ACCEPTED. The major reason found for no significant differences are organizational policies, job demands and job control, the supervisor’s leadership style, perception of a career outside academic world, work-family interface and team decision making culture.

5.1.9 : Objective wise Hypothesis No.9

There is no significant difference in level of stress among JRF, NET and NON-NET research scholars Universities situated in Uttar Pradesh.

It is clear from the table 4.9 that JRF, NET and NON-NET research scholars have same stress level towards research which was found using mean scores of each group of research scholars. It is because of their same work pressure and procedure. David Robotham & Clarree Jalian (2006) also found that the prevalence of stress is increasing among students studying in higher education but they belonged to same level of stress. However, contradictory results were reported by Suldo and Dedric (2013) who stated that ninth grade students reported more perceived stress than students in general education of higher level.
Madhyastha, Latha & Asha Kamth (2014) too reported that no differences were found in level of stress of medical students. All students reported stress and majority of them experienced stress to a moderate degree (50.5%).

Thus $H_0$ “There is no significant difference in level of stress among JRF, NET and NON-NET research scholars in Universities situated in Uttar Pradesh.” is ACCEPEED. It was found that the same stress level among the research scholars is due to common working conditions.

5.1.10 : OBJECTIVEWISE HYPOTHESIS NO 10:-

There is no significant difference in stress among JFR, NET and NON-NET research scholars in Universities situated in Uttar Pradesh.

It is revealed from the table 4.10 JRF, NET and NON-NET research scholars differs on the measure of stress. It is clear that JRF, NET and NON-NET research scholars had different stress level on their professional work which was found using f-test. David Robotham & Jalian (2006) also found the prevalence of stress is increasing among students, studying in higher education. Stress was different according to their stream, curriculum and process of examination also. Waghachavare & Dhumale et.al (2010) found that there was statistically significant association between stress and the field of education among dental, medical and engineering students respectively. They had different type of stress according to their stream. Support to the finding may be sought from that of M.Suldo and Elizabath dedrick (2013), who came out with the conclusion that ninth grade students in the IB program reported more perceived stress than the students in general education at levels higher. Thus $H_0$ “there is no significant difference in stress among JRF, NET and NON-NET research scholars in Universities of Uttar Pradesh.” was REJECTED. It was found that personal stress is more
among NET Research scholars due to lack of fellowships and difficulties of rules and regulations to be followed. As JRF Research Scholars are financially secure during the Ph.D. tenure they are having low stress level as compared to NET Research Scholars. On the contrary, NON-NET research Scholars are job oriented parallel with the Ph.D. Program and they don’t worry about the time bound for the completion of research.

5.1.11: OBJECTIVEWISE HYPOTHESIS NO 11 :-

There is no significant difference in stress among research scholars of various Universities situated in Uttar Pradesh.

It is evident from table 4.11 that stress level of research scholars is different according to the type of Universities in Uttar Pradesh. It is very interesting to say that status of Universities, stress of research scholars is significantly different, which was found using f-test (ANOVA). Support to finding may be sought from Wagh Chauare, Dhuale et.al. (2010), who came out with the conclusion that there was statistically significant association between stress and the field of education. Stress was found different among Dental, Medical and Engineering students respectively according to their stream and institutions. Ross et.al (1999) to reported that result are suggestive as to the necessary components of a stress management program specific to the needs of college students as compared to universities. Therefore Hypothesis “There is no significant difference in stress among research scholars of various Universities situated in Uttar Pradesh” was REJECTED. It was found that higher level of stress was there among the research scholars of State University as compared to Central University and Private University. Major reasons found are the difference in infrastructure, placement issues, co-operative environment and student-teacher relations that affects the personal and social life of the researcher which results in development of code of ethics
among them. It is also found that the differences in process of fellowships, procedure and organization climate in different universities has affected stress among researches.

5.1.12: OBJECTIVEWISE HYPOTHESIS NO 12 :-

There is no significant difference in stress between male and female research scholars of various Universities situated in Uttar Pradesh.

It is clear from the table 4.12 that male and female research scholars differ on the measure of stress in Universities of Uttar Pradesh. It is surprising to say that male and female research scholars have different level of stress in Universities of Uttar Pradesh which, was found using t-test. Support to the findings may be sought from that of Reda Abouserie (1994), who came out with stress categories, respectively and there was significant difference between females and males students in both academic and life stress. Female students were more stressed than males. Greer (2008) also found perceived stress differ according to gender, Waghchaware et.al (2010) reported, stress was observed in 27.7% female and 20.4% male, the association with gender was statistically significant and found significant difference. Madhyastha, Labha & Kamat (2014) also found that female student had more academic performance stress. Thus, the hypothesis “There is no significant difference in stress between male and female research scholars of various Universities situated in Uttar Pradesh.” is REJECTED. 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.
5.3 EDUCATIONAL IMPLICATIONS:

The present study has dealt with the attitude towards research, mental health and stress in relationship to JRF, NET and Non-NET research scholars in universities of Uttar Pradesh. The study has thrown an adequate light on the various areas as under-

The findings of the study are likely to prove the importance of the psychologists, sociologists, researchers, administrators and supervisors/guide having attitude towards research in various research programs/projects in education discipline. The following are some of the educational implications arising out from the research.

1. Universities will come to know difference between type of research scholars who have high and low stress and positive and negative attitude. The high or low stress directly or indirectly affects the attitude and quality of researches. The method will be used to remove the difference of research effectiveness among scholars.

2. Research scholars of state universities have poor attitude towards research as compared to those of central and private universities. Care may be taken to find out the area of negative attitude formation and make better suitable with situations.

3. Male research scholars held more positive attitude towards research than the female research scholars. A possible reason for these findings may stem from the fact that the male assumed the research useful for their professional career, where as females are usually supposed to look after domestic responsibilities so, they consider research subject as a degree requirement. Another reason of the positive attitude of males towards the research may be that they are more inclined towards mathematics, statistics and economics than the females.
4. The research scholars in Ph.D. program enrolled in private universities perceived research usefulness of life significantly more than those research scholars of State Universities. Effect size of the difference was low. There is a dire need to revise the research program for developing positive attitude in the research scholars towards research. Significantly better perceived research usefulness of life was in private sector universities. The current study may be attributing to the fact that in education discipline private sector is more qualitative, Conscious and competitive as compared to public sector. Their teachers have to demonstrate more dedication, commitment and persistent behavior to bring about change in the student’s attitude towards research.

5. The Teachers, management persons and policy makers relating to education will come to know the effect of mental health and stress on research scholars in the different educational institutions and universities. The institution/universities were setup by the different agencies like UGC, ICSSR to achieve a goal of education. Step should have been taken to create an atmosphere where researchers are free from any kind of stress so that they are able to achieve the goal of research. Steps should have also taken to remove the lack of placement percentage of research scholars during Ph.D. programs in all universities/ research centers.

6. To remove the mental illness of research scholars, steps should be taken by different agencies UGC/ICSSR to arrange the different scholarships for the research scholars of all the universities and it should have been made mandatory for all the researches in humanities. Steps should have been taken to arrange various workshops of stress management in universities for the research scholars. Steps should taken by different
educational agencies to appoint counsellor and create counseling cell in universities for research scholars.

7. Female research scholars have low mental health in comparison to male research scholars. Care should be taken to find out the area of poor mental health. Female research scholars also need to believe that accomplishment comes through their own action. This is often referred to as self-efficacy or self-determination.

8. Intelligence is also associated with attitude formation and mental health of research scholars. Hence, intelligence skills should be included among research scholars.

9. NET and Non NET research scholars have low mental health as compare to JRF students. Fellowships reduce the pressure on academic performance providing money for all research scholars and alternative educational routes.

10. Research scholars of State and Private Universities have low mental health as compared to Central University. The process and academic environment should be equal. Universities can encourage faculty to imitate the activities that are sensitive to the diversity of research scholars.

11. The sample of the study is small and it selected through purposive sampling technique. A similar study on a large sample may be attempted before the result could be generalized to all the university like study may be conducted among the research scholars of Central, State and Private Universities, JRF, NET and Non-NET scholars and among the scholars of Deemed and Regional colleges. Mental health influences the study habits and attitude of the prospective research scholars. So, introduction of spiritual, mental, moral education and yoga education should be considered as compulsory part of curriculum. Refresher courses and workshops should be organized
for research scholars to make them aware in the area of mental health. Research scholars apart from their Pre-Ph.D. course work, should involve themselves in learning activities for limited days. It is recommended to enhance the number of working days as a part of their research activities with the establishment of counseling cells to improve research works and promoting sound mind.

12. Research scholars who have negative attitude towards research need to improve their reading, writing, way of communication and presentation skills for better quality of research work.

13. Efforts should be made to develop and enhance leadership skills among scholars. They should be made aware about their departmental responsibilities.

14. Measures should be taken to check whether the researchers are spending their fellowships for the right cause. They should feel moral obligations for spending it.

15. Researcher should try to maintain the copyright law and order while documenting the thesis. They should also know the limitations of the e-content. Researches should be well aware that their research cause no social and legal harm.

5.3: SUGGESTIONS FOR FURTHER STUDIES:

Research, though performed in an illustrated manner, still there remains space for future areas to be discovered. This gives basis to work for future researches for the facts not yet explored and suggested areas of other studies.

1. Similar study can be conducted for two states in India.

2. The study can be performed between two streams of universities in Uttar Pradesh.

3. The study can be conducted on other students like M.Ed. and M. Phil students.
4. This study is conducted on Central, State and Private Universities of Uttar Pradesh. Similar research can be performed individually on Central, State, Private or Deemed University.

5. The present investigation may be extended to include some psychological factors viz. locus of control, creativity, self-efficacy, academic adjustment and academic achievement in relation with mental health, attitude towards research and stress.

6. A comparative study may be carried out on the prospective research scholars studying in minority colleges, traditional universities, religious universities and private universities.

7. This study can be conducted among the faculties of Self-Financed colleges, State Universities, Central Universities, Traditional Universities, Religious Universities and Private Universities.

8. Comparative analysis of research scholars of universities can be conducted on single variable also.

9. A preventive and counselling program may be designed to enhance the positive mental health and improve attitudes.

10. This study can also be conducted among research scholars of humanities and that of professional studies (like IIM and IIT) also.