

原著

大学生の精神健康調査

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A Survey of Mental Health of University Students

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Abstract

A questionnaire was prepared that contained UPI and other items concerned with the home and school lives of university students. Its' aim was to check their level of adaptation and mental health. Our subjects were 1 st and 2 nd year students at Kawasaki University of Medical Welfare. The questionnaires were given to the students at a class and collected at the same class on the following week. 604 questionnaires were returned. The mean UPI score was 9.7. The scores were divided into two groups, the H group and L group. UPI scores of the H group were the mean +1 SD and the L group were less the mean -1 SD. In comparing the H group with the L group, we found that the H group had greater dissatisfaction with their parents and homes. They had conflicts with and were critical of their parents. Their attitude toward school was similar and they tended to have bad feelings about their school lives. Next, we divided the students into the P and N groups. Members of N group had some traumatic experience in their past while members of P group did not. The P group numbered 325 and the N group 279. In comparing the two groups, the findings were similar to results comparing H group with L group. In addition, the UPI scores of the P group were higher than the N group. Specifically, those students in P group who had gotten into a neurotic state, had suicidal thought, etc. had significantly higher scores than those in the L group.

要約

大学生の学校および家庭への適応状況を調べ、精神的健康度をチェックする目的で、UPIを含む

調査表を作成した。実施法としては授業時に配付し、つぎの同じ授業時に回収する方法によつた。対象者は川崎医療福祉大学の1, 2年生で有効回収数は604名であった。UPIの訴え数平均値は9.7であったが、この値から訴え数の多い者89名、少ない者56名を選びそれぞれをH群、L群として、調査表の他の項目への応答を比較した。家庭生活上でH群は両親のしつけや接し方に批判または不満を感じ、それゆえ反抗・批判・無視という態度をとる者が多かった。学校生活でも友が少なく、友への感情も陰性または両面的であるとともに、学校そのものにも不満を感じ将来を「暗い」とする者が多かった。つぎに調査表のなかの過去の問題状態にチェックのあった学生325名(P群)とチェックのない学生279名(N群)について、他の項目への応答を比較したところ、H群とL群の比較に類似の結果が得られた。なおUPIの平均値もP群が高かった。特に家出、いじめられ経験、ノイローゼ、自殺念慮の項では有意に高い。その他各項目について、学科別、学年別、性別に比較を試みた。一貫して見られた傾向は2年生の方が、1年生に比べて特に学校生活に不満や不安を多く感じているらしいことであった。学科別の特徴は人数の少ない項目がいくつかあったので省略する。
