

Mental Health Levels among University Students - Bordj Bou Arreridj University as a Model

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Abstract.

The present study aimed to identify the reality of mental health among students at Mohamed El Bachir El Ibrahimi- University of Bordj Bou Arreridj- as a model- and study the differences between students considering the variables of sex, major and level by following the descriptive method, and the study adopted the mental health scale SCL 90-R (abu Hayn, 1992): Physical symptoms, Obsessive-compulsive disorder, Interactive allergy, Depression, Anxiety, Enmity, Phobia, Paranoia, Psychosis. Which was applied to a sample of 400 students from all levels of literary and scientific disciplines of the university faculties.

The statistical Package in social sciences (SPSS)- version 22- was adopted to analyses the study data. The outcome is as follows:

- There are no statistically significant differences between the mental health averages of university students due to the sex variable (male/ females).
- There are no statistically significant differences between the mental health averages of university students due to the major variable (literary/ scientific).
- There are no statistically significant differences between the mental health averages of university students due to the education level variable (first year, second and third years bachelor, first year and second year master).

We conclude that there are no differences in mental health among students of the University of Mohamed El Bachir El Ibrahimi.

Keywords: *Mental health, Students, University, University Training, Depression, Obsessive-compulsive disorder, Phobia, Paranoia, Psychosis*

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