

The purposes of this research were to investigate the self-adjustment and mental health of Southern Srinakharinwirot University. Sample subjects were daytime bachelor degree students of this university in second semester of 1992. The sample groups consist of 379 students, 125 male, and 254 female. The data collecting instrument were a modified questionnaire of Mooney Problem Check list and mental health questionnaire SCL - 90

Data analysis using percentile, t-test, ANOVA, Newman-Kuels method chi-square test were calculated and compared by the software SPSS/PC+ (Statistical Package for The Social Science/Personal Computer)

The results were as follows :

1. Bachelor degree students of Southern Srinakharinwirot University were normal for self-adjustment and mental health in every aspect.
2. By comparing the self-adjustment and mental health of male students with female students it was found that no significant differences.
3. By comparing the self-adjustment of students indifferent classes (Freshman, Sophomore, Junior) with the upper classes (Sophomore, Junior, Senior) it was found that upper class students could adjust themselves better than lower class students.
4. By comparing the mental health of students in classes it was found that the mental health of students in upper class were better than the mental health of students in lower class.

5. There was no significant differences in self-adjustment and mental health of students who study in different faculty.

6. There was no significant differences in self-adjustment and mental health of students who come from different home place.

7. There was a relation between self-adjustment and mental health of students of the Southern Srinakharinwirot University.