



MENTAL HEALTH OF ADOLESCENTS IN RELATION TO GENDER AND LOCALE

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Abstract

The main objective of the study was to study mental health of adolescents in relation to gender and locale. To accomplish the objectives mental health check list by Praomod Kumar, 2008 was adopted. The descriptive survey method was employed. The sample consists of 200 adolescents studied in senior secondary school of Kapurthala district of Punjab. The sample was categorized into urban and rural areas and it was further categorized on the basis of gender. The results revealed that there is significant difference in the mean scores of mental health of adolescent boys and girls. There exists significant difference in the mean scores of mental health of urban and rural adolescents. Further the result indicates that adolescents of Kapurthala district have poor mental health.

Keywords: mental health, adolescents, senior secondary schools



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INTRODUCTION

As we know adolescence stage is a very critical and crucial not only for adolescents but also for parents, teachers and society. An adolescent faces a lots of changes, challenges and problems during this phase because of optimum physical, mental, emotional, social and intellectual development. They are full of energy and enthusiasm. They formed new concept about themselves and their world. They have developed the ability to create the new realm of their dreams; but this could be possible if they know about themselves, their thinking, feeling, attitudes and values of oneself. Mental development during adolescence accelerates on many intellectual fronts. It develops mental stamina and enables a person to face realization of life. Thus role of mental health in adolescents and human life is very important. It plays its role not only in lives of individual's but also in life of societies. Mental health is perceived as a positive source contributing to asset development individually, socially and economically. Better mental health outcomes in adolescents are characterized by greater adaptation in family, society and school environment.

MENTAL HEALTH

Mental Health is the adjustment of individuals to themselves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and society's considerable behaviour and the ability to face and accept the realities of life. Mental health is a state of emotional and psychological wellbeing in which an individual is able to use his cognitive and emotional capabilities.

Mental health is a combined outcome of five health .i.e. physical, emotional, moral, spiritual and social health. Mental health of a person helps the person in making best use of his intelligence, capacities like thinking, reasoning, memory, intelligence, concentration, problem solving, creativity etc. Thus mental health is a basic factor that contributes to the maintenance of physical health as well as of social effectiveness. If a person is well adjusted then he has good physical health and desirable social and moral values and his mental health is likely to be good. It is a state of one's peace of mind, satisfaction, happiness, effectiveness and harmony brought out by one's level of adjustment with him and world at large.

Mental health is a positive state and not mere absence of mental disorders. A mentally healthy person is one who is happy, lives peacefully with his high hours, makes his children healthy citizens and after fulfilling such basic responsibilities is still empowered with sufficient strength to serve the cause of society in anyway.

World Health Organization (2014), "Mental health is defined as a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

OBJECTIVES

- ✓ To find out the difference in mental health of adolescents boys and girls.
- ✓ To find out the difference in mental health of urban and rural adolescents.

RATIONALE OF THE STUDY

The life in modern era is becoming more and more complex, as the complexities increases; the case of mental illness, stress, depression also increases. We are living in the age of conflicts, loneliness, and doubts. There is hardly any area of life in which mental health doesn't play any role. There is no stage of human life which is beyond the area of mental health. Poor mental health during the adolescence period, can lead to several crucial problems such as-school failure, poor physical health, negative attitude, pessimistic attitude. So it is

necessary to equip them with sound mental health. Mental health of adolescents boys and girls are equally important because boys and girls are two wheel of a vehicle if one wheel puncture the other will not able to move the vehicle alone similarly rural and urban people both have significant importance in the progress of a country which is not possible without accomplish the goal of good mental health. Studies conducted by Nanda (1999) found that mental health is accepted as an important indicator of all round growth and development of students of school, Gupta (2008) found that there is no significant difference in the mental health of boys and girls.

By reviewing the related studies it has been found that many researches have been conducted on mental health of adolescents in relation to academic achievement, social competence, occupational aspiration, emotional intelligence. The present investigation is an attempt to provide an insight into the mental health of adolescents with respect to gender and locale. The present study will help the parents and teachers to find out the factors responsible for poor mental health of adolescents and also helps the parents and teachers to provide congenial environment so that mental health can be improved.

HYPOTHESES

- ✓ There is no significant difference in the mean scores of mental health of adolescent boys and girls.
- ✓ There is no significant difference in the mean scores of mental health of urban and rural adolescents.

Method

The Present study was a descriptive survey which is conducted on senior secondary school students of Kapurthala district.

TOOLS USED

Mental Health Check-List by Kumar (2008).

STATISTICAL TECHNIQUES USED

Descriptive statistical techniques namely mean and S.D was calculated.

't'-ratio was calculated.

Procedure

Before administering the test rapport was established with students and instructions were given in simple language. The responses made by the students to MCL were recorded, tabulated and analyzed using appropriate statistical techniques.

ANALYSIS AND RESULTS

Table 1: Mean Scores of Mental Health of Adolescents of Kapurthala District (Total Sample)

N	MEAN	S.D.
200	26.87	5.24

Table1: Shows the mean scores of mental health of adolescents among Kapurthala district. The mean scores are 26.87 and S.D. is 5.24. The high mean scores of mental health reveals that adolescents have poor mental health. This is due to uncongenial and undemocratic environment at home and school, strict discipline, burden of curriculum, examination system, partial behaviour of the teacher etc.

Table 2: Mean scores of mental health of adolescent boys and girls.

Group	N	MEAN	S.D.	S.ED	t-value	Level of significance
Boys	100	27.95	5.15	0.72	3.05	Significant

Table 2: Shows that the mean scores of mental health of adolescent boys and girls. The mean scores are 27.95 and 25.75. The S.D. is 5.15 and 5.11 respectively. The S.ED value is 0.72 and t-value of the difference is 3.05. The two groups are significant at both levels of confidence i.e. 0.05 and 0.01 level. The table also reveals that mean scores are little bit more in case of boys than girls. Which shows that boys have poor mental health than girls? This may be due to responsibilities of family, economic dependence on parents, strict discipline at home and school, present examination system.

Hence, hypothesis (1) stating, “There will be no significant difference in the mean scores of mental health of adolescents boys and girls”, stands rejected.

Table 3: Mean scores of mental health of urban and rural adolescents.

Group	N	MEAN	S.D.	S.ED	t-value	Level of significance
urban	100	27.85	4.90	0.72	2.70	Significant
rural	100	25.9	5.37			

Table 3: Shows the mean scores of mental health of urban and rural adolescents. The mean scores are 27.85 and 25.9 respectively. The S.D. are 4.90 and 5.37 respectively. The S.ED value is 0.72 and t-value of the difference is 2.70. The two groups are significant at both levels i.e. 0.05 level and 0.01 level. Further it shows that urban adolescents have slightly more mean than rural adolescents. That indicates they have poor mental health than rural adolescents. This is due to urban environment, peer group pressure, burden of school and curriculum.

Hence, Hypothesis (2) stating, “There will be no significant difference in the mean scores of mental health of urban and rural adolescents”, stands rejected.

SUGGESTIONS FOR FURTHER RESEARCH

- The study can be conducted on mental health in relation to self-actualization, self-concept, aspirations, achievement motivation, socio-economic status, intelligence, anxiety etc.
- Students from B.Ed. colleges, open universities, Engineering and management, colleges, medical colleges can also be taken.

CONCLUSION

Under the light of above discussion and results the investigator reaches at the conclusion that there is significant difference in the mental health of adolescent boys and girls and there is also significant difference in the mental health of urban and rural adolescents. Further it can be concluded that adolescents have poor mental health. Hence it can be said that it is prime duty of parents, social workers, administrator to know the various factors responsible for good mental health of adolescents and also helps in maintaining a good relationship between students-teacher, parent-child that is foremost need of sound mental health. So it is necessary to equip them with sound mental health.

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