

**MENTAL HEALTH OF SCHOOL GOING ADOLESCENTS: A COMPARATIVE
STUDY**

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Abstract

Mental health and physical health are correlated with each other. First of all parents should give due attention towards the adolescents. Teacher should also pay healthy role to provide moral values among adolescents. Besides family factor socio-cultural factors also effect mental health. The negative impact of mass media and wrong cultural values affect mental health especially of the adolescent. It needs serious intervention on the part of government and responsible people of the society also. As healthy mind resides in healthy body so emphasis should be laid on to intricate values healthy activities in such school so that the adolescents can never delineate or alienate towards wrong side.

Key Words: *Mental health, School Going, Adolescents.*

Introduction: The quality of nation depends upon the educated citizens which further depend upon good mental health of adolescent students. Education is a powerful instrument for the social, political and economic development of a country. Student has to play a major role in developing the greatest resources of our nation. In fact adolescents, being more energetic, curious and eager to learn are the future of the nation. Teacher have to develop the personality of their students and they can do so only when they are aware of mental health of students. It is the need of the hour that student should have good mental health so that they can be responsible citizens.

Mental health: It is a global term, which refers to the condition of individual which results from the normal organization of the functioning of the mind. Mental health in a broader sense, suggest degree of happiness and satisfaction under the condition of warrant such a state of mind and

capacity of making satisfactory personal and social relationships. Mental health can also be called the process of self realization, self satisfaction and fully successful existence.

Mental health plays an important role at every stage of life. However mental health is significant at adolescent as in this time one takes on new responsibilities and roles. It is marked by efforts of renegotiate with adults in the family and peers, to experiment with things symbolic with adult life, and to raise questions about the family and social roles and customs. Mental health influences adolescent bases on how an adolescent chooses to express the developmental task, the developmental tasks, the frequency and the intensity with which it is done, and it does not just affect the personal health of an individual but it can also be affected by individual's own traits. Mental health can be conceptualized as a state of well being in which the individual realizes his or her own abilities, can cope with normal stresses of life, work can productivity and fruitfully, and it is able to make a contribution his or her community. Mental health is often taken as behavioural process by which humans maintain balance among the various needs or between their needs and obstacles of their environment.

According to WHO, "Mental Health is emotional and spiritual resilience, which allows us to enjoy life and to survive pain, disappointment and sadness. It is positive sense of well being and underlying belief of our own others dignity and wealth."

Mental Health plays an important role at every stage of life. However mental health is significant at adolescent as it this time on takes on new adults in the family and peers, to experiment with things symbolic with adult's life, and to raise questions about the family and societal roles and customs. Mental health influences on adolescent chooses to express the developmental tasks, the frequency and the intensity with which it is done, and it does not just affect the personal health of individual but it can also be affected by individual's own traits. Mental health is the ability to adjust satisfactory the various strains of the environment, meet in life & mental hygiene as the means to assure this adjustment thus on the basis of above mentioned definitions of mental health. It can be said that the term mental health has been used in different ways by psychologists, psychiatrists and others and is influenced by multiplicity of factors like intelligence, personality education level, diatomic achievement, cultural level and physical health. Emotionally healthy individuals accept themselves as they are with all their weaknesses as well as their strengths. They remain contact with reality as they are able to deal with stress and

frustration they also act independently to outside influences and show genuine concern for other people.

According to Crow & Crow (1951), “Mental health is a science that deals with human welfare as pervades fields of human relationships.”

According to Encyclopedia Britannica (1968),”Mental health in the broader sense, suggests degree of happiness & satisfaction under condition that warrants such a state of mind as capacity for making satisfactory personal and social relationships.”

In this modern era no one is free to conflicts to its heightened competitiveness everyone years to achieve high standards of life. The adolescents today in a strive to adapt life can either adopt a healthy way to strive or, are often full of self doubts, fear of disapproval and are deeply embarrassed about mistakes they commit. This can result in decreased productivity in studies, I impaired health, troubled interpersonal relationships and low self esteem and makes the adolescence vulnerability. Further an adolescent strive to attain acceptable physical appearance, peer reckonable praise from family members and attention from opposite gender, choosing an appropriate career path adds to strain in these strivings. Thus this transition phase gains marked significance for this study. The researcher wishes to study these factors in which the adolescents strive hard to make worthy place in peer group and society and its efforts on mental health of the adolescent. A good mental health created an adaptive behaviour which is a result of underlying problems like anxiety, depression, and uncontrollable anger. In this modern time with the rapid development in all walks of life problems have also multiplied in the proportion. Student is the back bone of the nation and is the member of the larger society. There are many factors and conditions which cause maladjustment in students. So it is very essential to study the mental health of senior secondary students because they are the future teachers, engineers, doctors, politicians etc.

Gupta (2002) conducted a study on mental health of adolescents in relation of self concept. She conducted that there is a significant difference between mental health of male and female adolescents 7 between government & private school adolescents.

Richards,et al(2010) have reported that emotional abilities are associated with pro-social behaviour, such as stress management and physical health. It was also concluded in their research that lack of emotion expression lead to misfit behaviour among people. This behaviour is a direct reflection of their mental health.

Objectives of the Study: 1. To compare the mental health of male and female senior secondary school students. 2. To compare the mental health of Humanities and Science senior secondary schools. 3. To compare the mental health of Rural and urban senior secondary school students.

Hypotheses: 1. There is no significant difference between the boys and girls of senior secondary school on the basis of mental Health. 2. There is no significant difference in mental health of Science and Humanities students of senior secondary school. 3. There is no significant difference in mental health of Rural and Urban students of senior secondary school.

Sample of the Study: The research investigation was carried out on 200 senior secondary school students. The sample was selected randomly from schools of Ludhiana district.

8. Delimitation of the Study: 1. The present study was delimited to school going adolescents only. 2. It was delimited to Ludhiana District Only. 3. It was delimited to mental health of boys and girls only. 4. It was delimited to mental health of adolescents based on their level of education i.e. Science and Humanities.

Tools used: Mental Health inventory developed by Srivasta and Jagdish Rai (1986)

Statistical Techniques Used: To test the hypothesis based on the objectives of the study the following Statistical Techniques were Used:- 1. Mean, Median, Mode and Standard deviation were applied to find the Central Tendency & Distribution of the scores, 2. T-test was applied to see the significance of the difference between different groups.

Analysis of Data and Findings: Value of the Mean, S.D. and t-ratio to locate difference in mental health of boys and girls (adolescents)

Adolescent	No of Students	Mean	S.D.	t-test	Significance
Boys	100	142.18	14.93	0.843	Non-Significant
Girls	100	143.9	13.86		

Table-1

Table-1 shows that the **mean of mental health of male adolescents is 142.18 and female adolescents' is 143.9**. Value of mean is nearly the same. It is evident that the mental health of boys and girls has no significant difference. Therefore in the light of the above result, hypotheses no 1, that there is no significant difference between boys and girls on the basis of the mental health is retained in the present study.

Value of Mean, S.D. and t-ratio to locate the difference in the mental health of Science and Humanities group of boys and girls (adolescents)

Adolescent	No of Students	Mean	S.D.	t-test	Significance
Science Group	100	144.08	15.85	1.324	Non-Significant
Humanities Group	100	142	12.73		

Table-2

The data analyzed in the above table indicate that the **mean score of mental health of Science students is 144.05**. The Science students are a little in good mental health as compared to Humanities group. But the difference is not significant at any level of confidence. Therefore in the light of the above result, hypotheses no-2, that there is no significant difference between Science and Humanities group on the basis of mental health retained in the study.

Value of Mean, S.D. and t-ratio to locate the difference in the mental health of Rural and Urban group of boys and girls (adolescents)

Adolescent	No of Students	Mean	S.D.	t-test	Significance
Rural	100	142.54	15.044	0.49	Non-Significant
Urban	100	143.54	13.78		

Table-3

The data analyzed in the above table indicate that the **mean score of mental health of rural students is 142.54 and score of students belonging to urban area is 143.54**. Therefore in the light of the above result, hypotheses no-3, that there is no significant difference between rural and urban adolescents on the basis of mental health retained in the study.

Conclusion:

1. No significant difference is seen in the mental health of boys and girls (adolescents). Thus there is no significant difference between boys and girls on the basis of the mental health is retrieved in the study.
2. No significant difference is seen in the mental health of Science and Humanities group. Thus, hypothesis-2 that there is no significant difference between Science and Humanities group on the basis of mental health retained in the study.

3. No significant difference is seen in the mental health of rural and urban adolescents. Thus, hypothesis-3 that there is no significant difference between the mental health of urban and rural adolescents retained in the study.

Educational Implications: Mental health and physical health are correlated with each other. First of all parents should give due attention towards the adolescents. Teacher should also play healthy role to provide moral values among adolescents. Besides family factor socio-cultural factors also effect mental health. The negative impact of mass media and wrong cultural values affect mental health especially of the adolescent. It needs serious intervention on the part of government and responsible people of the society also. As healthy mind resides in healthy body so emphasis should be laid on to intricate values healthy activities in such school so that the adolescents can never delineate or alienate towards wrong side.

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