



“Mental Health Of School Going Adolescents In Relation To Their Institution Type”

Dr. Devender Kumar

Assistant Professor
Abhilashi College of Education
Ner Chowk Distt. Mandi HP

Ms. Deepa Sagar

Assistant Professor
Abhilashi College of Education
Ner Chowk Distt. Mandi HP

Abstract: 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 family and peers, to experiment with things symbolic with adult's life, and to raise question about the family and societal roles and customs. Mental health influence on adolescent choose 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. In present study investigator found that the mental health plays a very important role in every field. The study applied in 300 students studying in senior secondary school by using Mental Health Battery (MHB) constructed by Arun Kumar Singh, Department of Psychology Patna University Patna and Alpana Sen Gupta, Department of Psychology, College of Commerce (M.U) Patna. To study the institution-wise difference in mental health of school going adolescents the statistical technique 't'-test was employed. After 't'-test the result shows that there is significant institution-wise difference in overall mental health of school going adolescents. Adolescents studying in government institutions possess significantly higher level of overall mental health than the adolescents studying in private institutions.

Index Terms – Mental Health, adolescents, institution type.

1 INTRODUCTION

Before the second half of the twentieth century, mental health was considered as the absence of mental diseases, but now it has been described in its more positive connotation, not as the absence of mental illness. Mental health has been mentioned as the ability of person to balance one's desires and aspirations, to cope up with life's stresses and to make psycho-social adjustment. Mental health has both individual and social aspects. The individual aspect connotes that the individual is internally adjusted and free from internal conflict, tensions and inconsistencies and skillful enough to be able to adapt to new situations but he achieves this internal adjustment in a social setup although society is constantly moving and changing. If a person maintains equilibrium and adjust to changing situations and is acceptable as member of his society it is defined as mental health. It can be said that the whole concept of mental health has evolved into more elaborate and

comprehensive field of human psychology and sociology. Basic concept of mental health is to some extent still controversial notion, based upon philosophical premise of the separation of mind and body. Out of this controversy a dichotomy was born about the whole concept of mental health. One view limited to the medical science, where health has largely been seen as absence of identifiable pathology. The other view is related to the psychological concepts. It has been concluded in various studies on mental health that mental health is the ability to make adequate adjustments to the environment, on the plane of reality.

Mental health is the result of interaction between the individual and the environmental factors. These factors include home, school, parent's education, parent's occupation, caste, category, area in which the individual resides, work tensions and socioeconomic status. Everyone has to live within these factors, so it has very wide influence on them. After individual's birth he is brought up in the family. In the family he learns the basic habits and morals taught by his parents. As he grows, he is sent to school. School is just like next home for him where he is taught many things. He is exposed to the outside world. His circle increases. Many new people come in his contact. He learns different lessons from them and gets influence by their company. At certain stage of life during this exposure to the world around, some children fall into bad company and gets diverted. In the beginning the parents do not care for it and ignores it, but at the later stage it matters a lot and the individual is lost into his own world which may give the adverse results at the end. All these factors are in some or the other way responsible for the stressful condition in individual's life. We cannot overestimate the importance of mental health. Fortunately, a great deal of attention has been given in recent years to this important aspect of the individual's total personality. Not only the schools become much more conscious of its responsibility in this connection but the community at large has also demonstrated its interest in the problem through very active mental health groups composed of lay persons as well as professional medical, clinical and teaching personnel.

“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 other dignity and wealth.”

WHO

Mental health is the ability to adjust satisfactory the various strain of the environment meet in life and 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 other and is influenced by multicity of factors like intelligence, personality, education level, diatomic achievement, culture 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 and show genuine concern for other people.

“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 relationship.”

Encyclopedia Britannica (1968)

Sharma (2013) conducted a study on mental health of school going adolescents studying in different government and private institutions in district Kangra of Himachal Pradesh and found that:

- ❖ There is no significant gender-wise difference in the overall mental health of school going adolescents.
- ❖ There is no significant locality-wise difference in the overall mental health of school going adolescents.

Bartwal (2014) conducted a study on mental health of senior secondary students in relation to their social intelligence. The study was aimed to compare the mental health and social intelligence of senior secondary students. A sample of 400 students was drawn adopting simple random sampling technique from government senior secondary school of Chamoli district of Uttarakhand and Saharanpur district of Uttar Pradesh. Descriptive survey method was employed to collect the data. The 't'-test and correlation were used for finding the significance of means and significance of relationship between dependent and independent variable. The study revealed that there was no significance difference in mental health of rural and urban students. The study also explored that there was a positive relationship between mental health and social intelligence.

Singh (2015) conducted a study on adjustment among senior secondary school students in relation to emotional intelligence and mental health. The study was undertaken to investigate the significance of relationship of adjustment with emotional intelligence and mental health of senior secondary school students. The study was conducted on 600 senior secondary school students selected from government schools from seven district of Punjab. Indian adaptation of adjustment inventory Sharma (1988), emotional intelligence scale by Hyde, Pethi and Dhar, (2002), and mental health battery by Singh and Sengupta (2009) were used for data collection. Result of the study revealed significant positive relationship between adjustment and emotional intelligence and also between adjustment and mental health.

2 STATEMENT OF THE PROBLEM

The problem selected for research may be defined as under.

“MENTAL HEALTH OF SCHOOL GOING ADOLESCENTS IN RELATION TO THEIR INSTITUTION TYPE”

3 OBJECTIVES OF THE STUDY

The study was conducted to achieve the following objectives.

1. To study the institution-wise difference in mental health of school going adolescents with respect to:
 - i. Emotional Stability (ES)
 - ii. Overall-all Adjustment (OA)
 - iii. Autonomy (AY)
 - iv. Security-Insecurity (SI)
 - v. Self-Concept (SC)
 - vi. Intelligence (IG)

4 HYPOTHESES OF THE STUDY

In the present study following hypotheses were formulated.

1. There will be no significant institution-wise difference in mental health of school going adolescents with respect to:
 - i. Emotional Stability (ES)
 - ii. Over-all Adjustment (OA)
 - iii. Autonomy (AY)
 - iv. Security- Insecurity (SI)
 - v. Self-Concept (SI)
 - vi. Intelligence (IG)

5 DELIMITATIONS OF THE STUDY

The present study was delimited in terms of following aspects:

1. The study was delimited to school going adolescents studying in 10th class.
2. The study was restricted to two variable i.e. mental health as dependent variable and institution type as independent variables.
3. The study was further delimited to a sample of three hundred school going adolescents studying in class 10th in district Mandi of Himachal Pradesh.

6 POPULATION AND SAMPLE

Some populations are so large that their study would be expansive in terms of time, money, efforts and manpower. Sampling is one of the most important and indispensable factors of every research study. Sampling is a process by which relatively small number of individuals, objects or events is selected and analyzed in order to find out something about the target population from which the representative sample was selected. Sampling has been increasingly used in educational research for answering certain questions about a specific population. The sample drawn out of population should be true representative of the population otherwise; the results of the study may turn to be futile. The representative proportion of the population is called a sample.

7 DATA AND SOURCES OF DATA

In the present study, the investigator selected a sample of 300 school going adolescents studying in class 10th in different schools of district Mandi of Himachal Pradesh by adopting multistage sampling technique. Firstly, the researcher took the list of schools of district Mandi and then selected the school randomly. Then, the requisite data was collected from the 10th class students from selected schools present on the day of data collection.

8 THEORETICAL FRAMEWORK

The different key terms used in present study having different connotations may be operationally defined as under:

- 1. Mental Health:** Mental health is full and harmonious functioning of whole personality of an individual. In the present study mental health status of school going adolescents was assessed by 'Mental Health Battery'

(MHB) developed by Arun Kumar Singh, (Department of Psychology, Patna University) and Alpna Sen Gupta, (Department of Psychology, College of Commerce, Patna).

2. School Going Adolescents: Students who are studying in 10th class of government and private secondary schools of Ballh and Seraj educational blocks of district Mandi of Himachal Pradesh.

4. Type of institutions: Type of institution means government and private schools.

(i) **Private Schools:** The schools which are run by private authorities and are affiliated with H.P. Board of School Education, Dharamshala.

(ii) **Government Schools:** The schools which are run by government authorities and are affiliated with H.P. Board of School Education Dharamshala.

9 RESEARCH METHODOLOGY

The descriptive investigation is of immense value in solving problems about children, school organization, supervision and administration, curriculum, teaching methods and evaluation. Survey Research is a method of collecting and analyzing data obtained from large number of respondents representing a specific population. Survey method is concerned with the present and attempts to determine status of the phenomena under investigation. Hence, the present investigation is an attempt to study the mental health of school going adolescents in relation to their institution type.

10 STATISTICAL TOOLS USED

In order to study the mental health status of school going adolescents, the researcher used Mental Health Battery (MHB) constructed by Arun Kumar Singh, Department of Psychology Patna University Patna and Alpna Sen Gupta, Department of Psychology, College of Commerce (M.U) Patna. It includes six dimensions of mental health.

- i) Emotional stability (ES)
- ii) Over-all Adjustment (OA)
- iii) Autonomy (AY)
- iv) Security-insecurity (SI)
- v) Self- concept (SC)
- vi) Intelligence (IG)

11 DESCRIPTIVE STATISTICS

Descriptive Statics has been used to find the distribution of mental health scores of schools going adolescents along with mean, median, mode, standard deviation, quartile deviation, skewness, kurtosis and 't' test was used.

12 RESULTS AND DISCUSSION

Results of Descriptive Statics of Study Variables

Frequency Distribution of Mental Health Scores of Schools Going Adolescents (N=300)

Class Interval		Frequency	Cumulative Frequency		Cumulative Frequency Percentage	
100-104		4	300		100	
95-99		15	296		98.66	
90-94		39	281		93.66	
85-89		50	242		80.66	
80-84		47	192		64	
75-79		47	145		48.33	
70-74		48	98		32.66	
65-69		25	50		16.66	
60-64		18	25		8.33	
55-59		5	07		2.33	
50-54		2	02		0.66	
Total		300				
Mean	Median	Mode	S.D.	Q.D.	Skewness	Kurtosis
79.70	80.03	76.95	10.35	7.85	-0.09	0.28

Table shows that the value of mean, median and mode of the mental health scores of schools going adolescents as 79.70, 80.03 and 76.95 respectively, which are quite proximate to each other. The value of standard deviation is 10.35. Further, the value of skewness is -0.09 which shows that the curve is negatively skewed. In addition to this, the value of kurtosis was calculated to 0.28 which indicated that curve is platykurtic in nature.

13 CONCLUSIONS

From the analysis and interpretation of the data, following conclusions may be drawn.

The summary of statistical calculations for finding the institution-wise significance of difference in the mental health of school going adolescents in different dimensions is given in table 2

Dimension-wise Significance of Difference in the Mean Scores of Mental Health of School Going Adolescents Studying in Government and Private Institutions

Sr. No.	Dimension	Govt. Institution	Private Institution	df	t-value
1.	Emotional Stability (ES)	M=8.05	M=7.94	298	0.33 ^{NS}
		SD=3.38	SD=2.74		
		N=148	N=152		
2.	Over-all Adjustment (OA)	M=24.17	M=23.66	298	0.98 ^{NS}
		SD=4.11	SD=5.23		
		N=148	N=152		
3.	Autonomy (AY)	M=11.09	M=6.66	298	9.42 ^{**}
		SD=4.05	SD=4.32		
		N=148	N=152		
4.	Security-Insecurity (SI)	M=10.1	M=9.19	298	4.13 ^{**}
		SD=2.28	SD=1.96		
		N=148	N=152		
5.	Self-Concept (SC)	M=9.46	M=9.02	298	2.20 [*]
		SD=2.07	SD=1.82		
		N=148	N=152		
6.	Intelligence (IG)	M=14.62	M=17.63	298	6.68 ^{**}
		SD=4.26	SD=3.84		
		N=148	N=152		

^{NS} Not Significant at 0.05 level of Significance

^{*}Significant at 0.05 level of Significance

^{**}Significant at 0.01 level of Significance

- ❖ School going adolescents studying in government and private institutions do not differ significantly from each other with respect to their mental health in emotional stability area.
- ❖ School going adolescents studying in government and private institutions do not differ significantly from each other with respect to their mental health in over-all adjustment area.
- ❖ There is significant institution-wise difference in mental health of school going adolescents with respect to autonomy area. School going adolescents studying in government institutions possess significantly higher level of mental health in autonomy area than the adolescents studying in private institutions.
- ❖ There is significant institution-wise difference in mental health of school going adolescents with respect to security-insecurity area. Adolescents studying in government institutions possess significantly higher level of mental health in security-insecurity area than the adolescents studying in private institutions.
- ❖ School going adolescents studying in government institutions possess significantly higher level of mental health in self-concept area than the adolescents studying in private institutions.

- ❖ There is significant institution-wise difference in mental health of school going adolescents with respect to intelligence area. Adolescents studying in private institutions possess significantly higher level of mental health in intelligence area than the adolescents studying in government institutions.
- ❖ There is significant institution-wise difference in overall mental health of school going adolescents. Adolescents studying in government institutions possess significantly higher level of overall mental health than the adolescents studying in private institutions.

14 EDUCATIONAL IMPLICATIONS

The results of the present study have following implications for education:

- ❖ The result of the present research study further pointed out that there is significant institution-wise difference in mental health of school going adolescents with respect to autonomy, security-insecurity, self-concept and intelligence area. Adolescents studying in government institutions possess significantly higher level of mental health in autonomy, security-insecurity area than the adolescents studying in private institutions.
- ❖ Adolescents studying in private institutions possess significantly higher level of mental health in intelligence area than the adolescents studying in government institutions.

15 SUGGESTIONS FOR FURTHER STUDY

A few suggestions for further research having put forward as under

- ❖ A study can be undertaken to find out the impact of family and school environment on mental health of students.
- ❖ Research may be undertaken to study the mental health as function of behavior pattern and personality profile of the students.
- ❖ Studies may be taken to find out the effect of different psycho-social factors on mental health and family environment of senior secondary school students.
- ❖ A comparative study may be conducted to study and compare the mental health of students at different levels of education and in different type of institution.

16 REFERENCES

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