

# PSYCHOSOCIAL PREDICTORS OF MENTAL HEALTH AMONG ADOLESCENTS

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## ABSTRACT

**INTRODUCTION:** Mental health is one major aspect of overall well being. Mental health refers to our cognitive, behavioral, and emotional wellbeing - it is all about how we think, feel, and behave. The term 'mental health' is sometimes used to mean an absence of a mental disorder. Mental health also includes a person's ability to enjoy life - to attain a balance between life activities and efforts to achieve psychological resilience. According to previous researchers there are many factors which affect mental health of the person.

**OBJECTIVE:** The aim is to examine the psychosocial predictors of mental health among female adolescents. Resilience and socio economic status among adolescents affect directly mental health of the adolescents.

**SAMPLE AND TOOL USED:** College going female adolescents ranging in the age of 17-20 years were randomly selected and all measured scales were administered with the sample. In present investigation Mental Health Inventory (Jagdish & Srivastav, 1983), Resilience (Saundra Prince-Embury, 2006) and Socio Economic Status (2005) were used.

**STATISTICAL ANALYSIS:** Descriptive statistics, correlation and regression were used as statistical analysis.

**RESULTS:** Results clearly depicts that mental health is directly correlated with resilience and socio economic status. It was also found that resilience and socio economic status plays an important role in determining mental health of the adolescents. It was also concluded that adolescents with high mental health were positively related to resilience.

**Keywords:** Mental health, resilience, socioeconomic status, adolescents, coping

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## INTRODUCTION

Mental Health affects generously among adolescents due to many factors in today's competitive lifestyle. Researchers, parents, teachers knows the importance of mental health of the young people. According to WHO mental health is defined as "a state of well being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productivity and fruitfully, and is able to make a contribution to his or her community". According to this definition well being, coping strength, abilities, productive work and positive outcomes leads the person towards the mental health.

Mental health problems and issues are a serious concern among adolescents. Worldwide 10-20% of adolescents suffer from mental disorders. Mental health problems emerge in early adolescence where they themselves are not even aware of these illnesses. In adolescence parenting plays an important role from where the adolescents get support, warmth and affection. During adolescents many issues related to academics, relationships, physical changes competition, peer group, financial problems, attitude, self concept, self esteem, family environment, negative perception of parenting etc leads the young people towards poor mental health. Recent studies have identified that mental health problem especially depression is the largest cause of the burden of disease among young people. Poor mental health has negative impact on

the social, cognitive, emotional development of the adolescents. When they feel frustrated or not well, they automatically involved into conduct problems, alcoholism, eating disorders etc.

Some of the adolescents cope up with these adverse factors when they suffer from hard time. Factors like resiliency and socio economic status plays an important role in maintaining mental health. Other factors which are considered as important to study are the resiliency and socio economic status. According to Murphey, Barry and Vaugh (2013) resiliency is defined as “the ability of an individual to function competently in the force of adversity or stress. Resilience means “being able to bounce back from difficult times and cope well with challenges” (Werner, 1995). According to researchers resilience may change over time as a function of development and one's interaction with the environment (e.g., Kim-Cohen & Turkewitz, 2012). One may change his/her strategy to cope up with the issues that directly or indirectly affect his/her life.

Previous researches also showed that there is positive relationship between the optimism, resilience and mental health. According to Murphy et al. (2013) “an adolescent who is resilient is likely to enter adulthood with a good chance of coping well even if he/she has experienced difficult circumstances in life”. If the circumstances are adverse or negative, resilient adolescents can easily face all these situations and has an advantage to maintain the psychological well being.

Characteristics of adolescents who are related with resilience-

- ✚ High thinking skills
- ✚ Positive perception toward life
- ✚ Spiritual and have high social norms
- ✚ High Self esteem
- ✚ Able to make decisions
- ✚ Responsible
- ✚ Easy going
- ✚ Appealing

Socio economic status also affects mental health among adolescents. College going students are influenced by their friends who belongs to high socio economic status. Those who belongs to low socio economic status has financial problems and due to this problem they are not able to enjoy as the other person is enjoying who have high status. Low income and poverty leads the person towards the guilty, shyness and other mental problems like stress, depression, obesity etc.

Children from low income families appear to have higher levels of depression and anti-social behaviour -such as bullying, being cruel, breaking things, cheating or telling lies than children from more advantaged households. Children in chronically poor families show lower cognitive performance. A change in household income also influences the child's mental health. Drops in income increase depression and anti-social behaviour, while a move out of poverty and an improvement in household income results in improved child mental health (Strohschein, 2005). Adolescents perceive themselves as invulnerable to low socio economic status, poor mental health and low on resilience. They perceive themselves with peers and have healthy relationship with high socioeconomic status. Especially female adolescents they are more conscious towards their career, coping strategies and well being. Female adolescents show greater awareness regarding various societal factors which hinders them to attain mental health.

From the above conceptual framework it is concluded that it is important to study the mental health of the adolescents and its relationship with the resilience, socio economic factors and parenting to know the well being of the adolescents and how they perceive their parents and socio economic status.

## REVIEW OF LITERATURE

Namy (2017) concluded that resilience help to mitigate the effects of negative environment, low social support, low socio economic status. Dray et al. (2014) conducted a study on mental health and resilience in which they found that resilience improves mental health and there must be resilience based intervention for the mental health and overall development of the adolescents. Daigneault et al., (2013) found that resilience improve outcomes following sexual abuse in children. Researchers found that coping strategies and resilience plays an important role in mental health.

McLaughlin, Costello and Kessler (2012) examined a study on socio economic status and adolescents mental disorders in which they found that socio economic status significantly affects mood of the adolescents. It was concluded that among adolescents one's perception of social status is the aspect of socioeconomic status which is strongly associated with mental health. In a study of 307 Norwegian adolescents aged 14 to 18 years, higher resilience scores were associated with lower scores for levels of depression, stress, anxiety and obsessive-compulsive symptoms. Research in this area is limited; however, it suggests that high levels of resilience may prevent the development of mental health problems in adolescents, (Hjemdal, Vogel, Solem, Hagen, Stiles, 2011). Salami (2010) found that adolescents with resilience factors like self esteem and social support were less likely to exhibit PTSD after violence exposure. This shows there is positive relationship between resilience and mental health. Adolescents who displayed greater resilience were less likely towards PTSD.

Miech, Meffitt, Wright & Silva (2009) concluded in their study that there is a unique relationship between socioeconomic status and depression and between socioeconomic status and attention deficit disorder. Findings revealed that there is a need for the attainment of socio economic status for the mental health.

Kuruvilla & Jacob (2007) in their research opined that there is a relationship between poor mental health, experience of poverty and deprivation. According to researchers poverty acting through economic stressors such as unemployment and lack of affordable housing and is more likely to precede mental illness such as depression and anxiety. They also concluded that poverty or low socioeconomic status resulted in violence and abuse. Schools provide an opportune setting in which interventions to reduce the risk of mental health problems and to promote the resilience of adolescents may take place (Patton, Bond, Carlin, Thomas, Butler, Glover, Catalano, Bowes, 2006).

## OBJECTIVES

On the basis of review of literature following objectives have been formulated:

1. To study the relationship between mental health and resilience among adolescents.
2. To study the relationship between mental health and socioeconomic status among adolescents.
3. To study the role of resilience and socio economic status in predicting mental health.

## HYPOTHESES

On the basis of review of literature following hypotheses have been formulated:

1. It is assumed that there is positive relationship between mental health and resilience among adolescents.
2. It is assumed that there is positive relationship between mental health and socioeconomic status among adolescents.

3. It is assumed that resilience and socioeconomic status plays an important role in determining mental health.

## METHODOLOGY

### Sample

Adolescents studying in undergraduate classes in different colleges of Chandigarh ranging from 17-20 years were randomly selected (N=97) and measured scales were administered with the sample.

### Tools Used

- ✚ Mental Health Inventory (Jagdish & Srivastav, 1983) - Mental health inventory (MHI) developed by Jagdish and Srivastav (1983) was used to assess positive aspects of mental health. It includes 56 items given in the test booklet to be rated on 4 point rating scale.
- ✚ Resilience Scale (Saundra Prince-Embury, 2006) - Resiliency Scales for Children and Adolescents (RSCA) is based on the three factor model of personal resiliency including mastery, relatedness, and emotional reactivity. This scale also gives the total resilience score. In the present research total resilience score is included. It consists of 64 items and scored on 0 to 4 point rating scale (0 for never, 1 for rarely, 2 for sometimes, 3 for often and 4 for almost always. Higher score indicates the high resilience and low score indicate low on resilience.
- ✚ Socio Economic Status Scale – Urban (Dubey and Nigam, 2005) - SESS was used to measure the socio economic status of the adolescents. It consists of 30 items based on four alternatives. Higher score indicate the high socio economic status and low score indicate the low socio economic status.

### Procedure

Proper rapport was established with the subjects and the tests were administered with their consent. After completion of the tests the scales were scored and statistical analysis was done.

## RESULTS AND DISCUSSION

After the calculation of the raw scores descriptive statistics, correlation, ANOVA and regression analysis were conducted with the help of SPSS version 21.

**Table-1**  
**Mean and SD of Mental Health, Resilience and Socioeconomic Status**

Variables	N	Mean	SD
Mental Health	97	113.64	20.41
Resilience	97	72.39	12.25
Socio economic status	97	132.02	29.63

Table-1 describes the mean and SD of all the measured variables i.e., mental health, resilience and socio economic status. For the variable mental health mean±SD comes out to be 113.64±20.41. The value of mean±SD of the variable resilience and socio economic status found to be 72.39±12.25 and 132.02±29.63 respectively.

**Table-2**  
**Correlation between Mental Health, Resilience and Socioeconomic Status**

Variables	Mental Health	Resilience	Socioeconomic status
<b>Mental Health</b>	1	0.257*	0.705**
<b>Resilience</b>		1	0.119
<b>Socioeconomic Status</b>			1

NOTE = \*\*significant at 0.01 level

\*significant at 0.05 level.

Table-2 shows the correlation between the mental health, resilience and socioeconomic status. Results revealed that there is positive and significant relationship between mental health and resilience among adolescents as the r value comes out to be 0.257 which is significant at 0.05 level. Results also depicts that there is positive and significant relationship between mental health and socioeconomic status among adolescents as the r value comes out to be 0.705 which is significant at 0.01 level.

**Table-3**  
**Linear Regression: Model Summary**  
**Independent Variable: Mental Health; Predictor : Resilience**

Model	R	R Square	Adjusted R Square	Std Error of the estimate
<b>1</b>	0.257*	0.066	0.056	11.902

In this table, correlation between the variables is expressed by R which comes out to be .257. The proportion of variance in the outcome variable i.e. mental health that can be explained by the predictor variable is illustrated by R square (R square=0.066, multiply by 100 = 6.6%). It depicts that resilience explained 6.6% variance in the mental health.

Note: \*significant at 0.05 level

**Table-3.1**  
**Significance of Model : ANOVA**

Model	Sum of Squares	df	Mean Squares	F value	Sig
<b>Reg.</b>	955.187	1	955.187	6.743*	0.011
<b>Residual</b>	13457.927	95	141.662		
<b>Total</b>	14413.113	96			

It indicated that regression model is significantly predicting the outcome i.e. Mental Health,  $F(1, 95) = 6.743, p < 0.05$

Note: \*significant at 0.05 level

**Table-3.2**

**Model Parameters**

Model	Unstandardized coefficient		Standardized coefficient	t	Sig
	$\beta$	Std Error	Beta		
<b>1 Constant</b>	54.832	6.869		7.982**	.000
<b>Mental Health</b>	0.155	0.060	.257	2.597*	.011

Model parameters table revealed that resilience turned out to be significant predictor of Mental Health ( $\beta=54.832, t=7.982, p < 0.01$ )

Note: \*\*significant at 0.01 level

\*significant at 0.05 level

**Table-4**

**Linear Regression: Model Summary**

**Independent Variable: Mental Health; Predictor: Socioeconomic Status**

Model	R	R Square	Adjusted R Square	Std Error of the estimate
<b>1</b>	0.705*	0.497	0.492	21.123

In this table, correlation between the variables is expressed by R which comes out to be .705. The proportion of variance in the outcome variable i.e. mental health that can be explained by the predictor variable is illustrated by R square (R square=0.497, multiply by 100 = 49.7%). It depicts that socioeconomic status explained 49.7% variance in the mental health.

Note: \*significant at 0.05 level



**Table-4.1**  
**Significance of Model : ANOVA**

Model	Sum of Squares	df	Mean Squares	F value	Sig
<b>Reg.</b>	41919.411	1	41919.411	93.953**	0.000
<b>Residual</b>	42386.548	95	446.174		
<b>Total</b>	84305.959	96			

It indicated that regression model is significantly predicting the outcome i.e. Mental Health,  $F(1, 95) = 93.953$ ,  $p < 0.01$

Note: \*\*significant at 0.01 level

**Table-4.2**  
**Model Parameters**

Model	Unstandardized Coefficient		Standardized coefficient	t	Sig
	$\beta$	Std Error	Beta		
<b>1 Constant</b>	<b>15.696</b>	<b>12.191</b>		<b>1.288</b>	<b>.201</b>
<b>Mental Health</b>	<b>1.024</b>	<b>.106</b>	<b>.705</b>	<b>9.693**</b>	<b>.000</b>

Model parameters table revealed that resilience turned out to be significant predictor of Mental Health ( $\beta=1.024$ ,  $t=9.694$ ,  $p < 0.01$ )

Note

\*\*significant at 0.01 level

Results depict that there is positive relationship between mental health, resilience and socioeconomic status. Resilience and socio economic status raises the mental health of the person. Similar results were also found by Namy et al. (2017). Researcher concluded that resilience help to mitigate the effects of negative environment, low social support, low socio economic status. Dray et al. (2014) conducted a study on mental health and resilience in which they found that resilience improves mental health and there must be resilience based intervention for the mental health and overall development of the adolescents.

Values depicts that resilience explained 6.6% variance in the mental health and socioeconomic status explained 49.7% variance in the mental health. It shows that importance and value of socio economic

status for the mental health of the female adolescents. Higher the socio economic status higher will be the mental health and socio economic status explained almost 50% of the variance in the mental health. Similar results were also found by the other researchers. Kuruvilla & Jacob (2007) in their research opined that there is a relationship between poor mental health, experience of poverty and deprivation. According to researchers poverty acting through economic stressors such as unemployment and lack of affordable housing and is more likely to precede mental illness such as depression and anxiety.

### Conclusion and Implication of the Research

- Results revealed that there exist positive relationship between mental health, resilience and socioeconomic status.
- Findings also revealed that resilience and socioeconomic status plays an important role in predicting mental health among adolescents. It was also determined that socioeconomic status predicts mental health more as compare to the resilience which implies that socioeconomic status was a good predictor of mental health.
- The results have clear implications for the parents and teachers to support adolescents as they are facing many problems related with academics and social issues. This support may help in increasing the resilience and further it leads to the mental health of the adolescents.
- Another implication of the study is achievement and success in academics and other co-curricular activities leads the person towards high socioeconomic status as they will get the high packages in their salary and further it can lead to sound mental health.

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