



MENTAL HEALTH OF SECONDARY SCHOOL STUDENTS IN RELATION TO THEIR SELF-ESTEEM AND FAMILY ENVIRONMENT

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Abstract

The word mental health is comprised of two words 'mental' and 'health'. Mental refers to proper functioning of brain because brain is center of all powers. Health generally means sound condition of body or freedom from mental diseases. This study aims to examine the mental health of the students in relation to their self-esteem and family environment using descriptive research method. Data collected by the three different tools mental health inventory, self-esteem scale and family environment scale. Data collected in May 2013 from 200 students of Ludhiana city (Punjab). The purpose of the present study is to assess the mental health of the secondary school students in relation to their self-esteem and family environment. And draw the interpretation on the basis of gender difference, also to compare the mental health, self-esteem and family environment of boys and girls of secondary schools.

Keywords: *Mental Health, Self-Esteem and Family Environment.*

Introduction:

The future of our country depends upon the mental health and strength of our young people. A person with positive mental health uses interpersonal assets and skills to function successfully in his/her daily life. Mental health is undeniably one of our most precious possessions, which needs to be nurtured, promoted and preserved as best as we can. Anger and aggression are highly noxious agents in a family environment. Conditions

ranging from living with irritable and quarreling parents to being exposed to violence and abuse at home show associations with mental and physical health problems in childhood, with lasting effects into the adult years. As we all know that the self-esteem is the related aspect of the human mind and the thinking what he is actually thinking about his own self. In this study the researcher conducted the study on mental health of the secondary school students in relation to their self-esteem and family environment.

Mental Health

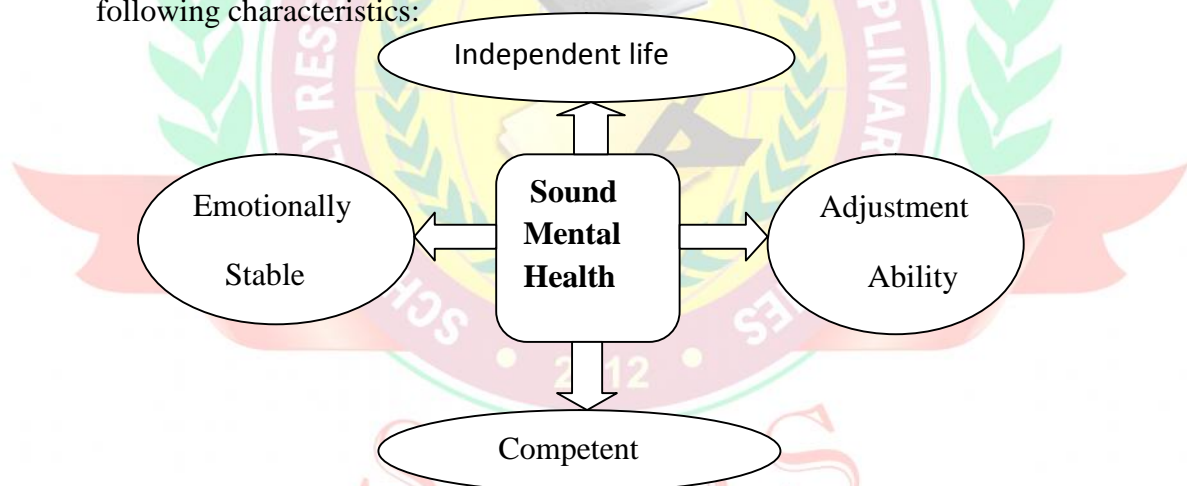
Mental health is a global term which refers to the condition of an individual which results from the normal organization and functioning of the mind.

Types of mental health

1. Sound Mental Health

2. Mental Illness

1. Sound Mental Health: The person who has high degree of mental health, have following characteristics:



2. Mental Illness: Mental illness is a term that refers collectively to all mental disorders. Mental disorders are the problems related to conditions which are characterized by alterations in thinking, mood or behavior association with distress and impaired functioning.

Self-esteem

Self-esteem is a set of attitudes and beliefs that a person brings with him or herself when facing the world. It includes beliefs as to whether he/ she can expect success or failure, how much effort should be put forth, whether failure at a task will “hurt” or he/she will become more capable as a result of different experiences. Self-esteem is a concept that a person has

regarding his own self which consists of any evaluation that he makes of himself or whatever feelings he has about himself.

Family Environment

The first environment contact for a child is family, the development of child, inculcation of values and creating wholesome individuals all these functions are performed by the family which is the fundamental unit of human society. Various researchers have identified the following characteristics of Family environment or parental child rearing practices – permissiveness, willingness to devote time to the child, parental guidance and parental aspiration for achievement, provision's for the child's intellectual needs, affective reward, instrumental companionship, prescription, physical punishment, discipline, conformity, independence, dependence etc.

Review of related literature

Jagdish and Yadav, Saroj., (1999) conducted a study on relationship between home withdrawal and mental health among school students and found that home deprivation was negatively associated with self-evaluation, perception of reality, integration of personality autonomy, group oriented attitude, environmental mastery and overall mental health. Their self-esteem is also influence the mental health of the students.

Susan., (2000) investigated that the mental health is an issue which is a thing depends upon the so many factors surrounding us. And the commanding thing is that its impact on the every aspect of our life.

Fortes, Delignieres and Ninot., (2004) studied that if psychology views self-esteem as a function of self-efficacy and self-respect, spiritually sees it as a function of who we are.

Objectives of the study

The study has the following objectives:

1. To find out the relationship between
 - the mental health and family environment of secondary school students in relation to their gender.
 - the mental health and self-esteem of secondary school students in relation to their gender.
2. To find out the relationship between the self-esteem and family environment of the secondary school students.

3. To compare the mental health, self-esteem and family environment of boys and girls of secondary schools.

Method

Descriptive survey method was used for the study. The study was conducted on students of class 9th of secondary schools of Ludhiana district (population). Total 6 schools were selected through stratified random technique. Further, students were raised by cluster sampling technique keeping in mind strata based on gender. The sample comprised of 200 students. Out of these 100 were boys and 100 were girls.

Tools

In the investigation following tools were used to collect data:

1. **Mental Health Inventory** (1982) developed by Dr. Jagdish and Dr. A.K. Shirivastva
2. **Self-Esteem Inventory** (1968) developed by Mc David and Harari
3. **Family Environment Inventory** (1998) developed by Dr. Harpreet Bhatia and Dr. N.K. Chadha

Statistical Techniques used

The data had been subjected to:

Hypotheses testing with the help of statistical techniques like:

Mean, S.D, S.E, t-test, coefficient of correlation

Testing of Hypotheses

- **H1 There is no significant correlation between Mental Health and Family Environment of secondary students in relation to their gender i.e H1 (a) boys & H1 (b) girls.**

According to Table 1 the hypothesis H1 is not rejected at both the levels of significance. It can be said that in both cases (boys & girls), the correlation values of mental health and family environment of boys H1(a) and girls H1(b) are not significant. Hence Mental Health and Family Environment are not correlated.

- **H2 There is no significant correlation between Mental Health and Self-esteem of secondary students in relation to their gender i.e H2 (a) boys & H2 (b) girls.**

According to Table 1 the hypothesis H2 (a) is not rejected at both the levels of significance. It can be said that the correlation value of mental health and self-esteem of boys is not significant. But hypothesis H2 (b) is rejected at 0.05 level of significance. And it can be said that the correlation value of mental health and self-esteem of girls is significant at 0.05 level of significance. The study of Bolognini, Plancherel, Bettschart and Halfon (1996) supports this finding which states that self-esteem has more influence on the level of depressive mood of in girls than in boys.

- **H3 There is no significant correlation between Self-esteem and Family Environment of secondary students in relation to their gender i.e H3 (a) & H3 (b).**

As seen from Table 1 the hypotheses H3(a) & H3(b) are rejected at 0.01 level of significance. It can be said that the correlation values of self-esteem and family environment of boys and girls are significant. The study of Singh and Bhatia (2012) supports this finding which states that family environment influence the self-esteem of secondary school students.

Interpretation

TABLE-1

Mental Health of the boys in relation to their Family Environment						
		Variables	N	Correlation value	r – value	
					0.05	0.01
H1 (a)	1	Mental Health	100	-0.038677325	0.195	0.254
	2	Family Environment	100			
Mental Health of the girls in relation to their Family Environment						
H1 (b)	1	Mental Health	100	-0.153034257	0.195	0.254
	2	Family Environment	100			

Mental Health of the boys in relation to their Self-esteem						
H2 (a)	1	Mental Health	100	-0.022817725	0.195	0.254
	2	Self-esteem	100			
Mental Health of the girls in relation to their Self-esteem						
H2 (b)	1	Mental Health	100	-0.24929052*	0.195	0.254
	2	Self-esteem	100			
Mental Health of the boys in relation to their Self-esteem and Family Environment						
H3 (a)	1	Self-esteem	100	0.602989206*	0.138	0.181
	2	Family Environment	100			
Mental Health of the girls in relation to their Self-esteem and Family Environment						
H3 (b)	1	Self-esteem	100	0.191479614*	0.138	0.181
	2	Family Environment	100			

- **H4 There is no significance difference between mental health, self-esteem and family environment of secondary school boys and girls.**

As seen from Table 2 the hypothesis H4 is not rejected at both levels of significance. It may be concluded that the levels of mental health, self-esteem and family environment of secondary school boys and girls are not having significance difference.

TABLE-2

Comparison of Mental Health, self-esteem and family environment of the secondary schools boys and girls

Variables	Boys N=100			Girls N=100			t- value	Table value	
	Mean	S.D	S.E	Mean	S.D	S.E		0.05	0.01
Mental Health	144	18.01	1.80	143.85	18.55	1.85	0.058	1.96	2.58
Family Environment	240.83	25.36	2.54	235.17	29.26	2.93	1.46	1.96	2.58
Self-esteem	221.79	23.66	2.37	219.63	23.78	2.38	0.64	1.96	2.58

Educational Implications

Keeping in view the finding of the study, following recommendations are hereby put forwarded for the parents, teachers and academicians to improve the mental health, self-esteem and family environment of secondary school students.

1. To developing insight into understanding of relationship between mental health and family environment.
2. To do planning, teaching and learning process according to students background.
3. To develop curriculum as per the needs and demands of the mental health of the students.
4. Parents are advised to create conducive environment in their homes and understand the abilities of their children which ultimately help to increase their self-esteem and good mental health.

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