



**A STUDY OF MENTAL HEALTH OF HIGH SCHOOL STUDENTS IN RELATION TO  
SEX AND HABITATION**

**Satinder Kaur<sup>1</sup>, Ram Niwas<sup>2</sup>, Ph.D. & Vijay Kumar Rai<sup>3</sup>, Ph.D.**

<sup>1</sup>Full-Time Ph.D. Research Scholar, Department Of Education Guru Kashi University, Talwandi Sabo, Bathinda, Punjab, India.

<sup>2</sup>Assistant Professor, Deputy Dean Education Department Guru Kashi University Talwandi Sabo.

**Abstract**

*Mental health is a positive state of well-being and a combination of good mental, emotional, social and physical status. The present study was undertaken by the investigators to find out influence of sex and habitation on mental health of high school students. A sample of 600 high school students (300 male and 300 female) students of X class were drawn randomly from 30 schools of six districts of Punjab. Mental Health Scale by Dr. Vijay Kumar Rai (1994) was used to measure mental health of high school students. Mean standard deviation and two-way analysis of Variance (ANOVA) was employed to test hypotheses. The findings of the study reveals that no significant difference exist between male and female students but significant difference was found between rural and urban students in favour of urban students. No significant interaction effect was found significant between sex and habitation on mental health*

**Keywords:** mental health, sex, habitation



*Scholarly Research Journal's* is licensed Based on a work at [www.srjis.com](http://www.srjis.com)

## **Introduction**

Mental health is acting as an extremely significant task in the development of human being. It is an inclusive concept. It includes personality, temperament, behavior and character. It reflects the true profile of an individual. It implies not merely the cerebral function of the brain of a person but it also stands for relationships he establishes with others and a quiet general quality that might be called his equilibrium is his socio-cultural context. Generally people think that good mental health means free from mental disease. But this is not true. Mental health is a sound condition or state of psychological and physical wellness. Body and mind function harmoniously, therefore, it is said that sound mind lives in a sound body. If we want to understand mental health, it requires proper analysis of body and mind. So, mental health is considered as a positive state of well-being and a combination of good mental, emotional, social and physical status.

Mental health has been interest of researcher working in field of education, psychology, sociology, medical sciences, etc. since long time. Several studies have been conducted on mental health in relation to sex and habitation. Sharma (1979) conducted a study on 1060 students of X, XI and XII class to find their mental health. Result revealed that boys had better mental health than girls. Weaver (1986) studied the impact of race, sex and religious environment on the perception of mental health. He found that no significant relationship was exists between the perception of mental health and race, sex and the degree of religious involvement. However, the study did find the significant relationship between the choice of mental health provided and race, degree of religious involvement and the perception of mental health. Srivastava, Rai and Rai (1987) studied the mental health of post graduate students. Finding shows that no significant difference exists between boys and girls on mental health. Anand (1989) conducted a study of mental health on 262 (169 boys and 93 girls) high school students of X grade. Finding of this study indicates that girls have significantly better mental health than boys. Nanda (1999) found that girls mental health was good than boys and there is no difference in mental health of students of ashram schools and urban schools but rural school girls have better mental health then urban girls. Rai and Yadav (1993) conducted a study on 251 boys and 250 girls of rural and urban area. Results revealed that girls were more superior in mental health when socio-economic status controlled and no difference found in rural and urban area students when socio economic status controlled. Manjuvani (1995) studied mental health in relation to sex and standard of high

schools students and found that girls had better mental health status as compared to boys. Mental health status of 10th standard students was found low as compared to the 9th standard students. Nanda (2001) conducted a study on high school students 1579 students selected from 86 schools of Cuttack district, Orissa to find out their mental health. Results of this study revealed that girls mental health is good than boys and rural area girls better mental health than urban area students. Srividhya (2007) studied mental health of 227 Novadaya schools students and found that girl's mental health was found good in comparison of boys. Perumal (2008) studied mental health of 450 students of VIII class of Kerala and found no significant difference between male and female on mental health. Bandhana and Sharma (2012) studied 300 (150 male and 150 female) higher secondary school students mental health and found that significant sex differences exist between male and female on mental health among higher secondary school students in favour of female. Chawla (2012) studied 30 boys and 30 girl's students of college of age group 21-25 years. This study reveals that boys and girls students differ significantly on mental health in favour of boys.

Kumari (2012) studied mental health of adolescents at school level in relation to gender and found that boys and girls not differ significantly on their mental health. Babu (2013) conducted a study of mental health on 300 students of IX standard of Chittoor district. This study reveals that boys and girls differ significantly on mental health in favour of girls. Significant difference was also found between rural and urban students in favour of urban students. Shirazi and Khan (2012) conducted a study of mental health of 300 (150 professional and 150 non-professional) students of Aligarh Muslim University. No significant difference in mental health was found between male and female professional and non-professional students. Choudhary (2013) studied mental health of 100 (50 male and 50 female) school going students and found that girls are mentally healthier than boys. Dheventhiran and Babu (2013) studied mental health of 450 higher secondary first year students study in 8 higher secondary schools location in Ariyalur and Cuddalore districts and found that the higher secondary boys and girls not significantly differ in their level of mental health. Kumar and Grewal (2014) studied mental health of senior secondary school students of Ludiana District and found no significant difference between male and female, rural and urban, and science and humanities group students on mental health. Thilagavathy (2014) also found significant difference between boys and girls on mental health in favour of girls. This

study also reveals that rural and urban school students do not differ significantly in their mental health scores.

Results of these study showing contradictory results. Therefore, investigators decided to study mental health in relation to sex and habitation.

### **Objectives**

1. To find out difference between boy and girls high school students on mental health.
2. To find out difference between rural and urban high school students on mental health.
3. To find out interaction effect between sex and habitation of high school students on mental health.

### **Hypotheses**

Objective wise null hypotheses were framed for present study as follows:

1. There is no significant difference between boy and girls high school students on mental health.
2. There is no significant difference between rural and urban high school students on mental health.
3. There is no significant interaction effect between sex and habitation of high school students on mental health.

### **Methodology**

#### **Sample**

A sample of 600 high school students (300 male and 300 female) of X class of six districts of Punjab conducted.

#### **Tool Used**

To measure mental health of high school students, Mental Health Scale developed and standardized by Dr. Vijay Kumar Rai (1994) was used. This scale consist 78 items. This scale consist ten domains-physical condition, self concept, self confidence, self concept about life, Attitude towards others, Attitude of others towards self, achievement satisfaction, adjustment, mental ability and Emotional ability. Reliability of this scale reported by author was 0.91. Rawat (2013) also reported that reliability of this scale for 10<sup>th</sup> class students is 0.88.

**Statistical Analysis**

To test hypotheses of present study including descriptive statistics two-way analysis of variance was used. Data was analyzing using SPSS.

**Results**

To test hypotheses of present study two-way analysis of variance was used. Descriptive statistics for boys rural, boys urban, girls rural and girl’s urban students on mental health is given in Table-1. Summary of two-way analysis of variance is given in Table-2.

**Table-1 Descriptive statistics for boys rural, boys urban, girls rural and girl’s urban students on mental health**

Sex	Habitation	N	Sum	Sum of Squares	Mean	S.D.
Boys	Rural	150	39996	11009088	266.64	48.088
	Urban	150	42318	12126114	282.12	35.461
Girls	Rural	150	39855	10705563	265.7	27.913
	Urban	150	40929	11304369	272.86	30.265

**Table-2: Summary of Two-way analysis of variance to know difference between male and female, rural and urban students on mental health and interaction between sex and habitation on mental health**

Source of Variation	Sum of Squares	F	Mean Sum of Square	F	Sig. of F
Main Effects	23122.860	2	11561.430	8.784	.000
Sex	3901.500	1	3901.500	2.964	.086
Habitation	19221.360	1	19221.360	14.603	.000
2-Way Interactions	2595.840	1	2595.840	1.972	.161
Sex X Habitation	2595.840	1	2595.840	1.972	.161
Explained	25718.700	3	8572.900	6.513	.000
Residual	784485.960	596	1316.252		
Total	810204.660	599	1352.595		

Table-2 shows that F ratio for difference between boys and girls is 2.964 which is not significant at 0.05 level because probability of obtained value of F is 0.086. This means that no significant difference exist between boys and girls high school students on mental health. Therefore, null hypothesis that “There is no significant difference between boy and girls high school students on mental health” is accepted.

It is clear from Table-2 that obtained F value for difference between rural and urban students on mental health is 14.603. Probability of this F value is 0.000. This means that significant difference exists between rural and urban student on mental health in favour of urban students.

Table-2 also shows that obtained F value for interaction effect between sex and habitation is 1.972 which is not significant at 0.05 level because probability of F value is 0.161. This means that no significant difference exists between sex and habitation on mental health.

### **Discussion**

Findings show no significant difference between boys and girls with respect to mental health. Previous researches conducted by Weaver (1986), Srivastava, Rai and Rai (1987), Perumal (2008), Kumari (2012), Shirazi and Khan (2012), Dheventhiran and Babu (2013) and Kumar and Grewal (2014) are supporting finding of this study that no significant difference exist between male and female. Significant difference was found between rural and urban students on mental health in favour of urban students. Finding Babu (2013) supporting finding of this study that urban student’s superior than rural students on mental health.

### **Conclusion**

The main purpose of the present study was to find out differences between male and female, rural and urban and interaction effect between sex and habitation on mental health of high school students. Findings of study clearly reveal that male and female students not differ significantly on mental health, whereas significant difference was found between rural and urban in favour of urban students. No significant interaction effect was found between sex and habitation on mental health. Therefore, present study suggests that teachers, governments and authorities should pay proper attention towards rural students to develop their mental health.

## References

- Anand, S.P. (1989). Mental Health of high school students. *Indian Educational Review (IER)*, Vol.24 (2), 14-24.
- Babu, M.Rajendra Nath (2013). Impact of mental health status on academic achievement. *Indian Journal of Applied Research*, Vol.3(8), 189-191.
- Bandhana and Sharma, Darshana P. (2012). Home Environment, Mental Health and Academic Achievement among Hr. Secondary School Students. *International Journal of Scientific and Research Publications*, Vol. 2(5), 1-4.
- Chawla, Anita (2012) Mental Health And Its Relation To Academic Achievement. A Brief Note On Auto-suggestion To Improve Mental Health. *Indian Streams Research Journal*, Vol. 2(7), 1-7.
- Choudhary, Nand kishor (2013). A Study of Mental Health in Relation to Family Environment and Gender Of School Going Adolescents. *PARIPEX- Indian Journal of Research*, Vol. 3(4), 61-62.
- Dheventhiran, G. and Babu, R. (2013). A study on the mental health and its relationship with achievement in mathematics of higher secondary students. *International Journal of Teacher Educational Research (IJTER)* Vol.2 (3), 9-13.
- Kumar, Naresh and Grewal, Kuldip Kaur (2014). Mental health of school going adolescents: A comparative study. *Scholarly Research Journal for Interdisciplinary Studies*, Vol. II(XV), 2444-2449.
- Kumari, P. Lavanya (2012). Influencing factors of Mental Health of Adolescents at School Level. *IOSR Journal Of Humanities And Social Science*, Vol. 5(40), 48-56.
- Manjuvani (1995). Sex, Type of School, Standard and Mental Health Status of High School Students. *Experiments in Education*, 23, 83-87.
- Nanda, A.K. (1999). Mental health: Conceptual Frame-work. *Darshana International*, 29(4), 56-61.
- Nanda, A.K. (2001) Mental Health of High School Students: A Comparative Study. *Indian Psychology Review*, 56(1), 2-7.
- Perumal, R. (2008). Mental Health Status and Locus of Control – A Study with Reference to Eight Standard English Students Achievement. *Journal of Educational Research and Extension*, Vol. 45 (4),

- Rai, V.K. and Yadav, V.C. (1993) A Study of Mental Health of Higher Secondary Students in Relation to Socio-Economic Status. *Journal of Psychology Research*, 37(182), 39-46
- Sharma, R.R. (1979). Self-concept, level of Aspiration and Mental Health as factors in Academic Achievement. Ph. D, Psychology, BHU University, Banaras. *Third Survey of Educational Research*, (1978-83).New Delhi: NCERT.
- Shirazi, Mahmoud and Khan, Matloob Ahmed (2012). Mental health in relation to personality characteristics among professional and non-professional students. *Researcher World - Journal of Arts, Science & Commerce (International Refereed Research Journal)*, Vol.– 3(1), 8-15.
- Srivastava, S.S. Rai, O.N. and Rai, V.K. (1987). A Study of Mental Health of Post Graduate Students. *Indian Psychological Review*, 32(3), 31-33.
- Srividhya, V. (2007). Mental health and adjustment problems of students of Navoddhaya, Central and State schools. Master of Home Science Thesis, University of Agricultural Sciences, Dharwad.
- Thilagavathy, T. (2014). Academic achievement of adolescents in relation to their mental health. *International Journal of Teacher Educational Research (IJTER)*, Vol.3 (3), 22-27.
- Weaver, O. (1986). The Impact of Race, Sex and Religion Involvement on The Perception of Mental Illness and Provide Choice. *Dissertation Abstract International*, 47(11).