



MENTAL HEALTH AND PEER RELATION AMONG HIGHER SECONDARY SCHOOL STUDENTS

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Abstract

The aim of the research study is to analyze the mental health and Peer relation of Higher secondary school students. Survey method is employed for collecting the data from 300 samples from six different higher secondary schools by adopting stratified random sampling technique. The major objectives of the study include, to analyze the level of mental health among Higher secondary school students, to assess the level of Peer relation among Higher secondary school students, to find out the mental health among Higher secondary school students based on, gender, type of school, to find out the Peer relation among Higher secondary school students based on, type of management, type of school, Location of the school. The study reveals the following findings, the level of mental health among Higher secondary school students is high, the level of Peer relation among Higher secondary school students is moderate in nature, and there is significant difference of mental health among Higher secondary school students based on gender, type of school. There is significant difference of Peer relation among Higher secondary school students based on type of management, type of school, Location of school.



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Introduction:

Higher secondary students are an integral part of an educational system. Higher secondary students are intimately connected with the society, and are conditioned by the ethos and culture of the society. The constitutional goals, the directive principles of the state policy, the socio economic problems, the growth of knowledge, the emerging expectations and the changes operating in education etc., influences the higher secondary students to large extent in building up of their efficacy. The emotional aspect of the higher secondary students also plays a predominant role in satisfying the needs of the young learners. Hence the higher secondary students trainees should be mould with the Peer relation to understand the student emotions and problems, understanding the learning ability and also the inculcation of positive attitudes among the students.

Need and Significance of the study:

Mental health is an important dimension in the educational part of the children. The students with the able mental health will ignite the future citizens with the moral values which is

highly essential to build a healthy citizen. The Peer relation helps to increase the level of confidence of students which leads to unfold innovating powers and entrepreneurship. In order to discharge such a high responsibility, it is very necessary that students must be conscious of their efficacy. The emotional behaviour of the higher secondary students indicates an attempt to have a commitment over their profession and keep on improving their efficacy. The personality of higher secondary students must reflect characteristics of good citizenship, so that they may transmit the same to the younger generation. The higher secondary students should also have an able Peer relation that would influence professional competence and sense of responsibility in fulfilling the academic desires of the learners.

Operational definition:

Peer relation

Peer relation influences the potential for learning the practical emotional competencies, and developing the emotional literacy necessary for quality of life, life satisfaction, and overall happiness.

Mental health

The ability of the higher secondary students in attaining the mental well being and in taming the students with the innovative and cognitive based approach.

Objectives of the study:

1. To analyze the level of mental health among Higher secondary school students
2. To assess the level of Peer relation among Higher secondary school students
3. To find out the mental health among Higher secondary school students based on, gender and type of school
4. To find out the Peer relation among Higher secondary school students based on, type of management, type of school, location of the school

Hypotheses of the study:

1. The level of mental health among Higher secondary school students is moderate in nature.
2. The level of Peer relation among Higher secondary school students is moderate in nature.
3. There is no significant difference of mental health among Higher secondary school students based on, gender and type of school
4. There is no significant difference of Peer relation among Higher secondary school students based on, type of management, type of school, location of the school

Tools used for the study:

1. Mental health Scale:

A questionnaire was developed by the Investigator under the guidance and supervision of the Research Supervisor. Mental health scale contains 23 items related to the three dimensions.

2. Peer relation Scale

Peer relation scale was developed and standardised by **Cyberia Shrink (1994)**, has been used in the present study. Peer relation scale contains 35 items related to six dimensions - self-awareness, self-manageable, internality, motivation, empathy and social skills.

Pilot study:

A random sample of 60 higher secondary students was selected for the study for establishing reliability and validity.

Reliability and Validity:

Mental health Scale

The reliability was found out to be 0.66 and the validity of mental health scale was 0.81.

Peer relationscale:

The reliability was found out to be 0.69. The validity of the tool was 0.89.

Design of the study:

In the present study, the investigator employed the survey method for collecting and analysing the data. 300 samples were taken from Government, Government aided and Self-financing schools of Chennai, Kanchipuram and Thiruvallur district which follows the stratified random sampling technique.

Statistical analysis

Hypothesis: 1

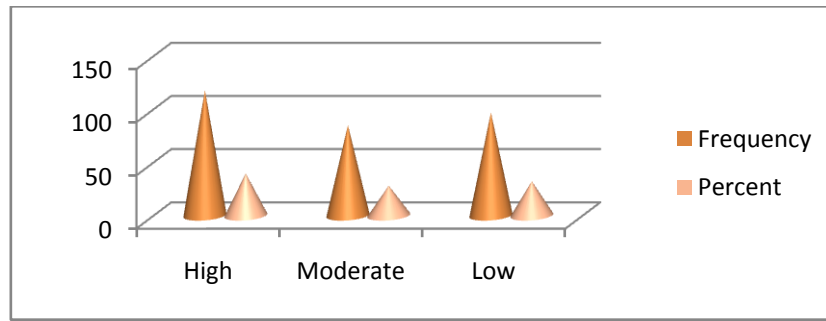
The level of mental health among Higher secondary school students is moderate in nature.

Table: 1 Mental health of Higher secondary school students

Variable	Level	Frequency	Percent	Valid Percent	Cumulative Percent
Higher secondary students	High	118	39.5	39.5	39.5
	Moderate	85	28.1	28.2	67.7
	Low	97	32.3	32.3	100.0
Efficacy	Total	300	100.0	100.0	

From the above table it is observed that 40% of Higher secondary school students have high mental health, 32% and 28% of Higher secondary school students have low and average level of mental health. Hence the null hypothesis is rejected.

Graph showing Mental health of Higher secondary school students



Hypothesis: 2

The level of Peer relation among Higher secondary school students is moderate in nature.

Table: 2 Peer relation of Higher secondary school students

Variable	Level	Frequency	Percent	Valid Percent	Cumulative Percent
Peer relation	High	89	29.7	29.7	29.7
	Moderate	135	45.0	45.0	74.7
	Low	76	25.3	25.3	100.0
	Total	300	100.0	100.0	

From the above table it is observed that 45% of Higher secondary school students has moderate Peer relation. 25.3% and 29.7% of Higher secondary school students have low and high level of administrative behaviour. Hence the null hypothesis is accepted.

Hypothesis: 3

There is no significant difference of mental health among Higher secondary school students based on Gender

Table 3 Comparison of mental health –gender

Variable	Gender	N	Mean	SD	't' value	L.S
Mental health	Male	123	76.38	12.033	3.470	0.01
	Female	177	81.95	14.694		

From the above table, the calculated 't' value (3.470) which is greater than the table value, there is a significant difference in the mental health based on gender. Hence the null hypothesis is rejected.

Hypothesis: 4

There is no significant difference of mental health among Higher secondary school students based on type of school.

Table 4 Comparison of mental health –type of school

Variable	Type of school	Sum of squares	df	Mean square	F value	L.S
Mental health	Between groups	3524.083	2	1762.042	9.621	0.01
	Within groups	54392.583	297	183.140		
	total		57916.667	299		

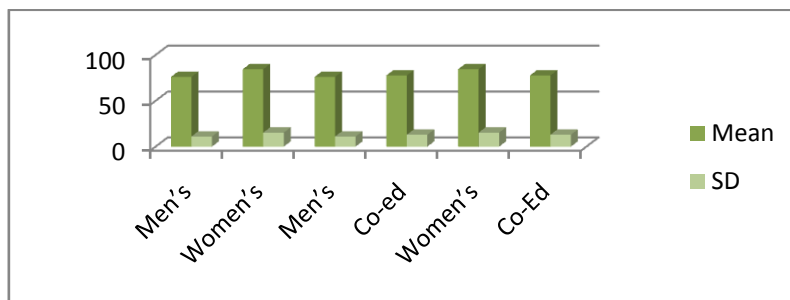
From the above table, the calculated F-ratio(9.621)which is grater than the table value at 0.01 level, there is a significant difference in their mental health based on type of school.

Table 4(a)

Type of school	Mental health			't'-value	L.S
	N	Mean	SD		
Men's	50	76.10	11.079	3.43	0.01
Women's	100	84.45	15.307		
Men's	50	76.10	11.079	0.76	NS
Co-ed	150	77.67	13.001		
Women's	100	84.45	15.307	3.76	0.01
Co-Ed	150	77.67	13.001		

Analysis of mean difference between type of school was tested, which reveals that, in the overall mental health, the students studying in women's B.Ed., school have comparatively high mental health than compared to the Higher secondary school students who are studying in men's and co – education school.

Graph showing Mental health –type of school



Hypothesis 5

There is no significant difference of Peer relationamong Higher secondary school studentsbased on type of management.

Table 5 Comparison of Peer relation-type of management

Variable	Type of management	Sum of squares	df	Mean square	F - value	L.S
Peer relation	Between groups	14989.727	2	7494.863	24.380	0.01
	Within groups	91303.510	297	307.419		
	Total	106293.237	299			

From the above table, the calculated F-ratio (24.380) which is greater than the table value at 0.01 level, there is a significant difference in the administrative behaviour based on type of management.

Table 5(a)

Type of management	Peer relation			't'-values	L.S
	N	Mean	SD		
Government Aided	100	115.95	17.890	6.418	0.01
Government Aided	100	130.32	13.463		
Self-financing Aided	100	115.95	17.890	5.712	0.01
Self-financing Aided	100	131.50	20.517		
Self-financing	100	130.32	13.463	0.481	Ns
Self-financing	100	131.50	20.517		

Analysis of mean difference between the type of management was tested, which reveals that, in the overall Peer relation, the self – financing school B.Ed., students (131.50) have comparatively high Peer relation than the Higher secondary school students who are studying in government and aided schools.

Hypothesis 6

There is no significant difference of Peer relation among Higher secondary school students based on type of school.

Table 6 Comparison of administrative behaviour – Type of school

Variable	Type of school	Sum of squares	df	Mean square	F value	L.S
Peer relation	Between groups	6688.097	2	3344.048	9.971	0.01
	Within groups	99605.140	297	335.371		
	Total	106293.237	299			

From the above table, the calculated F -ratio (9.971) which is greater than the table value, there is a significant difference in the Peer relation based on type of school.

Table 6(a)

Peer relation		N	Mean	S.D	't'-value	L.S
Type of school						
Men's		50	115.50	15.194	3.61	0.01
Women's		100	127.00	19.759		
Men's		50	115.50	15.194	4.60	0.01
Co-ed		150	128.68	18.253		
Women's		100	127.00	19.759	0.69	N.S
Co-ed		150	128.68	18.253		

Analysis of mean difference between type of school was tested, which reveals that, in the overall Peer relation, the higher secondary students trainees who are studying in Co –

education school (128.50) significantly differ in their Peer relation than the Higher secondary school students who are studying in the Men's and Women's school.

Hypothesis 7

There is no significant difference of Peer relation among Higher secondary school students based on the location of the school.

Table 7 Comparison of administrative behaviour –location of school

Variable	Location of the school	N	Mean	SD	't' value	L.S
Peer relation	Rural	100	131.50	20.517	3.69	0.01
	Urban	200	123.14	17.357		

From the above table, the calculated 't' value (3.69) which is greater than the table value, there is a significant difference in the Peer relation based on the location of the school. Hence the null hypothesis is rejected.

Major Findings of the study:

1. The level of mental health among Higher secondary school students are high.
2. Female Higher secondary school students have higher Mental health than compared to their counter parts.
3. Women's school Higher secondary school students found to have comparatively high mental health than compared to the higher secondary students trainees studying in Men's and Co – education B.Ed., schools.
4. The level of Peer relation among Higher secondary school students is moderate in nature.
5. Self – financing school higher secondary students trainees found to have high Peer relation than compared to government and government aided Higher secondary school students.
6. Co- education school Higher secondary school students found to have high Peer relation than compared to Men's and Women's school higher secondary students trainees.
7. Rural school Higher secondary school students found to have high Peer relation than compared to urban school Higher secondary school students.

Suggestions for further study:

- The study can be extended to more educational districts in Tamilnadu.

- This study was undertaken at the level of Higher secondary school students only. Other professional, university candidate and D.TEd.Students can also be tested in a similar way.

Educational Implication:

The higher secondary students are considered to be the pillars of the educational institutions. These higher secondary students should have an able efficiency in their contents, class room control and also with the usage of varied educational strategies. Apart from these skills, the higher secondary students must also have an emotional control and stability in their profession. They must also understand the emotions of the students. This kind of efficiency as well as emotional stability will bring positive impact about the higher secondary students towards the students. Therefore this type of skills has to be inculcated during the course of higher secondary students training. Apart from emphasising on the academics other competency towards the professional development of the higher secondary students can be enumerated for the betterment of teaching and learning process.

Conclusion:

The purpose of the present study was to investigate the mental health and Peer relation among Higher secondary school students. The mental health and Peer relation of the Higher secondary school students can be enhanced by adopting the skills and implementing the strategies required for the inculcation of emotional qualities apart from the academics during the period of training.

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