



A STUDY ON MENTAL HEALTH OF THE HIGHER SECONDARY STUDENTS

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Abstract

The present study aims to find out the level of mental health of the higher secondary school students. Normative survey research method was employed. The study was conducted in the Cuddalore District, Tamil Nadu state. 907 students were selected based on classification such as gender, medium of instruction, location of schools and family type were taken into consideration. The tool Mental Health Inventory which was developed and validated by the investigator used to collect data. The result of the present study clearly indicates the level of mental health of higher secondary school students.

Keywords: Mental health, Higher secondary students.



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INTRODUCTION:

Mental health is a pretty broad term. Some use it as a simple synonym to describe our brain's health. Mental health describes our social, emotional, and psychological states, all wrapped up into one. Someone who experiences "good" mental health, therefore, has found a balance in his or her social, emotional and psychological areas of life. Generally a person with balance is satisfied and happy with how these areas are performing in their lives, even if it appears to someone else they are not in balance. We all have mental health just like we all have physical health. And just as we monitor our bodies for potential problems or pain, we should keep tabs on our mental health and try to better recognize when it needs some attention. Mental health is "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 productively and fruitfully, and is able to make a contribution to his or her community."

NEED OF THE STUDY:

Mental health of a person is chiefly concerned with his total sense of growth and adjustment, peace, success and happiness. Mental health affects our sense of wellbeing as well as our physical health. It influences the way we think and feel about ourselves and what is going on around us, and how we cope with the ups and downs of life. Children that are mentally healthy can cope better with the challenges of life. They tend to get along better with

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other children and are more open to learning. Good mental health helps children enjoy their experiences and respond to their families, friends and the community in positive ways. Therefore the investigator is intended to study the mental health of higher secondary students for the present investigation.

OBJECTIVES OF THE STUDY:

It has been decided to formulate the following objectives:

1. To find out the level of mental health among higher secondary school students.
2. To find out whether there is any significant difference in mental health of higher secondary students with respect to the following sub samples.
 - a. Gender [Male / Female]
 - b. Medium of Instruction [Tamil / English]
 - c. Locality of school [Rural / Urban]
 - d. Family Type [Joint / Nuclear]

HYPOTHESES OF THE STUDY:

On the basis of the objectives the following null hypotheses are framed:

1. The level of mental health among higher secondary school students is low.
2. There is no significant difference in mental health of higher secondary students with respect to the following sub samples.
 - a. Gender [Male / Female]
 - b. Medium of Instruction [Tamil / English]
 - c. Locality of school [Rural / Urban]
 - d. Family Type [Joint / Nuclear]

METHODOLOGY:

The investigator adopted the normative survey method of research to study the student mental health at higher secondary level. A sample of 907 students was randomly selected from different higher secondary schools of Cuddalore District. The investigator developed the tool for mental health inventory and validated. The analysis of the data was carried out using statistical techniques mean, standard deviation, and t-test.

TABLE – I THE MEAN AND THE STANDARD DEVIATION OF THE MENTAL HEALTHSCORES OF THE ENTIRE SAMPLES AND ITSSUB-SAMPLES

S.No	Samples	Sub-samples	N	Mean	SD	't' Value	Significant at 0.05. Level
1	Entire sample		907	22.00	4.715	-	-
2	Gender	Male	468	22.11	4.575	0.730	Not Significant
		Female	439	21.88	4.879		
3	Medium of Instruction	Tamil	401	21.98	4.533	0.141	Not Significant
		English	506	22.02	4.871		
4	Location of school	Rural	412	22.38	4.383	2.220	Significant
		Urban	495	21.69	4.969		
5	Family type	Joint	515	21.89	4.791	0.843	Not Significant
		Nuclear	392	22.15	4.631		

FINDINGS OF THE STUDY:

Descriptive analysis of Mental Health

- The total higher secondary Chemistry students have high Mental Health.

Descriptive analysis of Mental Health Sub- Samples

- The male students are having higher level of Mental Health than female students.
- The students studying in English Medium have higher Mental Health than those in Tamil medium.
- The students studying in Rural schools have higher Mental Health than their counterparts in Urban schools.
- The students who comes from nuclear families are having higher Mental Health than their counterparts.

Differential Analysis of Mental Health

- There is no significant difference between male and female higher secondary students in respect of their Mental Health.
- There is no significant difference between Tamil and English Medium Higher secondary students in respect of their Mental Health.
- There is significant difference between Rural and Urban Higher secondary students in respect of their Mental Health.
- There is no significant difference in Mental Health scores between students from Joint and Nuclear family.

CONCLUSIONS:

The findings shows majority of the higher secondary students shows high level of mental health. The t-test shows that there is significant difference in the student mental health

of the higher secondary level with respect to location of the school and no significant difference in the student mental health of the higher secondary level with respect to gender, medium of instruction and family type. The higher secondary stage is a crucial period in the life of an individual. The student spends less than a quarter of the time at school and the remaining three quarters are spend at home and surrounding, the mental health of the student which is a product of the influences of the both, is moulded more by home conditions than those of the school. The findings of this study have implications for counselors, educationists as well as parents that there is a need to facilitate good quality of school activities with proper communicative and supportive environment to their children.

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