MENTAL HEALTH AMONG HIGHER SECONDARY SCHOOL STUDENTS

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Abstract

The aim of the research study is to analyze the Mental Health among Higher secondary school students. In the research study, survey method is used for collecting the data from 93 samples from two different special schools in Chennai by stratified random sampling technique. The major objectives of the study include, assessing the level of Mental Health among Higher secondary school students, to find out the Mental Health among Higher secondary school students based on gender, type of family, locality, number of siblings, birth order and members in the family. The findings of the study are, the level of Mental Health among Higher secondary school students is high. There is a significant difference of Mental Health among Higher secondary school students based on gender, type of family, locality and number of siblings in the family. Therefore it is the foremost responsibility of the educational institutions and parents to implement the intervention programs for the Higher secondary school students to cope with the expectations and pressures of the emerging demands.

Introduction

It's normal to feel anxious when facing a challenging situation, such as a tough exam, or a blind date. But if the worries and fears seem overwhelming and interfere with the daily life, ultimately results in anxiety disorder. There are many different types of anxiety disorders and many effective treatments and self-help strategies are made possible. The children with Mental Health cannot prove to be a healthy individual.

Hearing Impairment – Definition

Any alteration of hearing capacity is termed as hearing impairment. Hearing impairment can be of various degrees, including mild, moderate, severe, profound or total. The degree of impairment typically is categorized by the loss of hearing sensitivity, that is, how loud sounds must be for a listener to hear them. The degree of impairment can refer either to loss of hearing sensitivity for individual pitches of sounds for each ear separately, or to an overall loss of hearing sensitivity for both ears. Hearing impairment can be of unilateral or bilateral.

Need and Significance of the study

The children with the hearing impairment come into existence due to various environmental and biological factors. It is not the mistake of the children. These children's are with high potentials and capabilities to face the competitive society. The hidden talents

and abilities have to be identified at the earlier stage by the parents and the teachers in order to establish themselves as a productive individual to the society. Therefore the demands of these children have to be fulfilled to prove their talents. Many of the educational institutions with the lack of infrastructure facilities and the socio – economic status of the family bring out the negative impact on the growth and development of the children. This in turn will prone to develop Mental Health among these children. The children with high level of Mental Health can never become healthy citizen to the society. The responsibilities of the educational institutions and the parents play a vital role in reducing the rate of Mental Health among Higher secondary school students. when these problems are overviewed these children will grow as a productive individual to the society.

Statement of the problem

"Mental Health among Higher secondary school students"

Methodology and area of investigation

The survey method is employed by gaining data through questionnaire by adopting stratified random sampling technique. The sample of the study is 98. Using the stratified random sampling technique, higher secondary and high school students of special schools in Chennai city including boys and girls are chosen for the main study with the distribution of demographic variables.

Operational definition

Stress is an individual's total response to environmental demands and pressures. Stress in humans results from interactions between persons and their environment that are perceived as straining or exceeding their adaptive capacities and threatening their well being.

Anxiety is an unpleasant state of inner turmoil, often accompanied by nervous behaviour. Anxiety is not same as fear, which is felt about something realistically intimidating and is an appropriate response to perceive threat.

Objectives of the study

1. To assess the level of Mental Health among Higher secondary school students
2. To find out the Mental Healthamong Higher secondary school studentsbased on,

   - Gender
   - Number of siblings
   - Type of family
   - Locality

Hypotheses of the study

1. The level of stress and anxiety among Higher secondary school students are moderate in nature

2. There is no significant difference of Mental Healthamong Higher secondary school students based on,

   - Gender
   - Number of siblings
   - Type of family
   - Locality

Tool used for the study

Mental Health scale was developed and standardised by Investigator under the guidance of the research guide and supervisor.Anxiety scale contains 52 items related to 4 dimensions –self influence educational factors, peer group influence and social factors. Stress scale comprising of 35 items.

Pilot Study

A random sample of 40hearing impaired student were chosen for the study in order to establish reliability and validity of the tool.

Reliability and Validity of the tool

The reliability of Anxiety scale was established by split-half method and it was found out to be 0.65. The validity of the tool was 0.81.

The reliability of Stress scale was established by split-half method and it was found out to be 0.71. The validity of the tool was 0.88.

Design of the study

In the present study, the Investigator employed the survey method for collecting and analysing the data. 93 samples were taken from Special schools of Chennai district (CSI School for Higher secondary school students (50) and St.Louis school for deaf (43)) in Tamilnadu which follows the stratified random sampling technique.

Statistical analysis

Hypothesis: 1
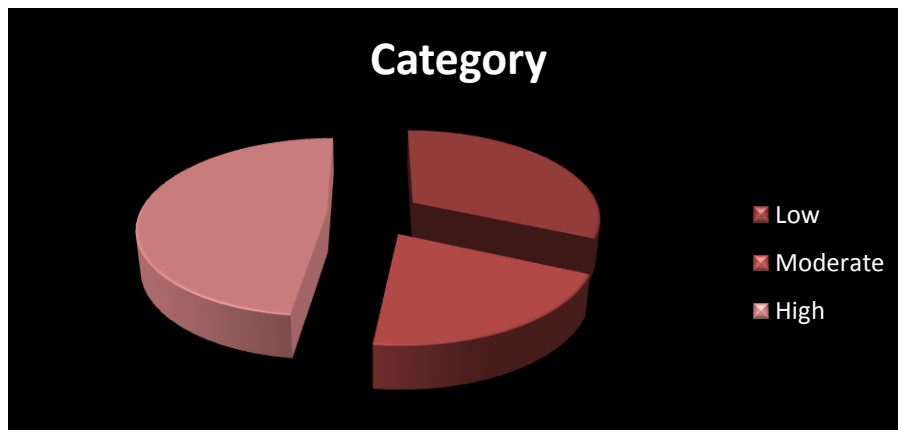
The level of anxiety among Higher secondary school students is moderate in nature.

Table 1 Level of Anxiety among Higher secondary school students

Variable	Category	Frequency	Percent	Cumulative percent
Anxiety	Low	31	26.7	26.7
	Moderate	20	20.0	46.7
	High	47	54.3	100.0
	Total	98	100.0	

From the above table, it is inferred that 54.3% of Higher secondary school students has high level of anxiety. 26.7% and 20.0% of Higher secondary school students have low and moderate level of anxiety. Hence the null hypothesis is rejected.

Graph showing the level of Anxiety among Higher secondary school students
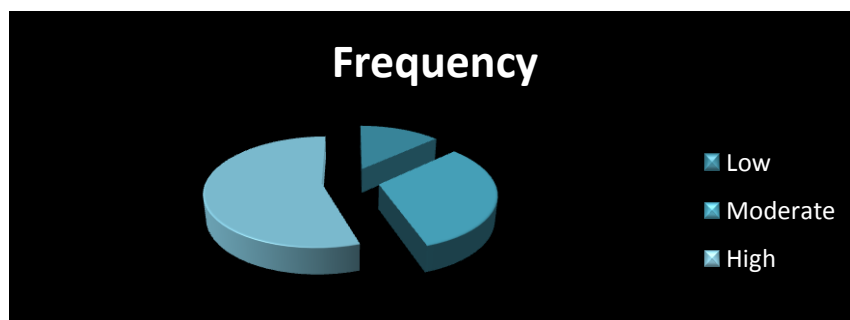

Hypothesis: 2

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

Table 2 Level of stress among Higher secondary school students

Variable	Category	Frequency	Percent	Cumulative percent
Stress	Low	13	5.9	5.9
	Moderate	31	32.4	32.4
	High	54	61.7	100.0
	Total	98	100.0	

From the above table, it is inferred that 61.7% of Higher secondary school students has high level of stress. 5.9% and 32.4% of Higher secondary school students have low and moderate level of anxiety. Hence the null hypothesis is rejected.

Graph showing the level of Stress among Higher secondary school students
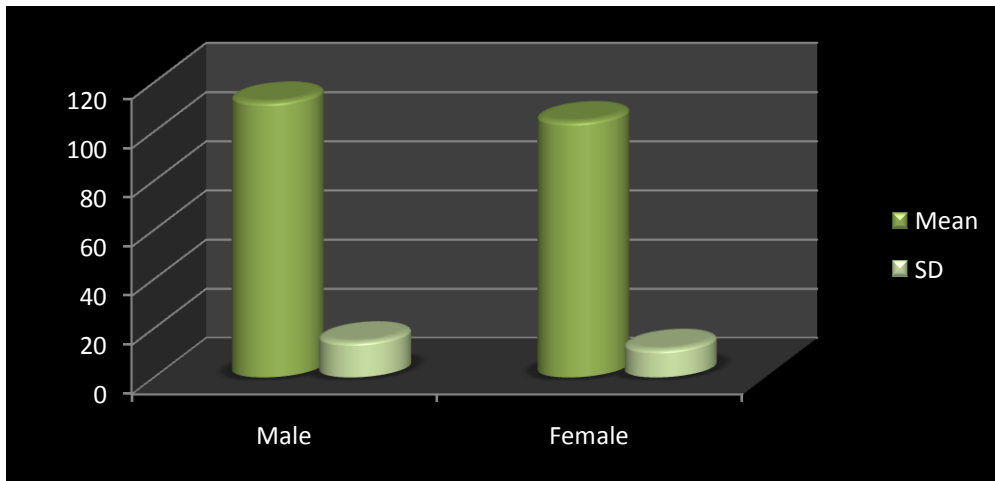
Hypothesis: 3

There is no significant difference in anxiety among Higher secondary school students based on gender

Table 3 Values indicating mean and standard deviation of anxiety - Gender

Gender	N	Mean	SD	't' Value	L.S
Male	52	112.12	14.288	6.43	0.01
Female	46	104.14	11.452		

From the table (4.3) calculated 't' value is found to be 6.43 greater which is greater than the table value at 0.01 level of significance. Mean score of male is slightly higher than the mean score of female. There exists significant difference in anxiety based on gender. Hence null hypothesis is rejected.

Graph indicating mean and standard deviation of anxiety - Gender
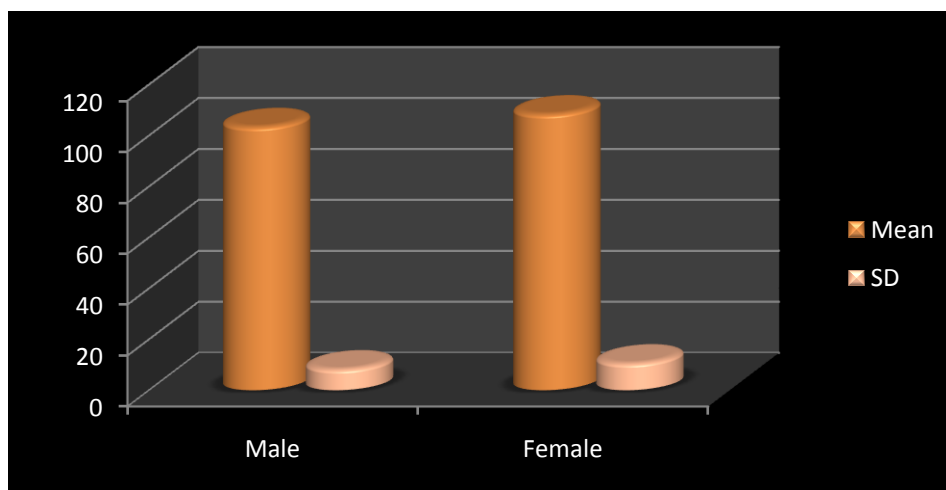

Hypothesis: 4

There is no significant difference in stress among Higher secondary school students based on gender

Table 4 Values indicating mean and standard deviation of stress - Gender

Gender	N	Mean	SD	't' Value	L.S
Male	52	103.34	8.213	3.01	0.01
Female	46	108.31	10.541		

From the table (4.4) calculated 't' value is found to be 3.01 which is greater than the table value at 0.01 level of significance. Mean score of female is slightly higher than the mean score of male. There exists significant difference in stress based on gender. Hence null hypothesis is rejected.

Graph showing the gender wise difference in the Anxiety

Hypothesis: 5

There is no significant difference in anxiety among Higher secondary school students based on type of family

Table 5 Values indicating mean and standard deviation of anxiety – type of family

Type of family	N	Mean	SD	't' Value	L.S
Nuclear	51	113.62	12.013	2.44	0.05
Joint	47	109.44	10.623		

From the table (4.5) calculated 't' value is found to be 2.44 which is greater than the table value at 0.05 level of significance. Mean score of Nuclear family is slightly higher than the mean score of joint family. There exists significant difference in anxiety based on type of family. Hence null hypothesis is rejected.

Hypothesis: 6

There is no significant difference in stress among Higher secondary school students based on type of family

Table 6 Values indicating mean and standard deviation of stress – type of family

Type of family	N	Mean	SD	't' Value	L.S
Nuclear	51	114.04	11.672	3.04	0.01
Joint	47	111.92	10.680		

From the table (4.6) calculated 't' value is found to be 3.04 which is greater than the table value at 0.01 level of significance. Mean score of Nuclear family is slightly higher than the mean score of joint family. There exists significant difference in stress based on type of family. Hence null hypothesis is rejected.

Hypothesis: 7

There is no significant difference in anxiety among Higher secondary school students based on locality

Table 7 Values indicating mean and standard deviation of anxiety – locality

Locality	N	Mean	SD	't' Value	L.S
Rural	37	112.62	11.010	5.62	0.01
Urban	61	118.02	16.270		

From the table (4.7) calculated't' value is found to be 5.62 which is greater than the table value at 0.01 level of significance. Mean score of urban is slightly higher than the mean score of rural. There exists significant difference in anxiety based on locality. Hence null hypothesis is rejected.

Hypothesis: 8

There is no significant difference in stress among Higher secondary school students based on locality

Table 8 Values indicating mean and standard deviation of stress – locality

Locality	N	Mean	SD	't' Value	L.S
Rural	37	114.73	12.011	3.02	0.01
Urban	61	117.20	15.412		

From the table (4.7) calculated 't' value is found to be 3.02 which is greater than the table value at 0.01 level of significance. Mean score of urban is slightly higher than the mean score of rural. There exists significant difference in stress based on locality. Hence null hypothesis is rejected.

Hypothesis 9

There is no significant difference of anxiety based on siblings

The mean score ofanxiety based on siblings has been computed and the difference is tested for significance as shown below,

Table 9 Comparison of anxiety – Siblings

Variable	Source of Variance	Sum of Squares	df	Mean Square	F-value	LS
Anxiety	Between Groups	9,742.180	43	3,247.393	8.443	0.01
	Within Groups	21,635.681	55	47.447		
	Total	31,377.861	98			

The calculated F-ratio (8.443) which is greater than the table value at 0.01 level of significance, it is concluded that there exist a significant difference in anxiety based on siblings. The table has been analyzed further among the groups using 't' test.

Table: 9Mean, SD, 't'-values of anxiety among Higher secondary school students based on siblings

Siblings	Samples	Mean	S.D	't'- Value	Level of Significance
One	30	40.59	9.246	10.33	0.01
two	21	59.74	6.437		
One	30	40.59	9.246	10.68	0.01
Three	26	59.45	7.226		
One	30	40.59	9.246	10.39	0.01
More	21	60.16	6.187		
Two	21	40.59	9.246	10.39	0.01
More	21	60.16	6.187		
Three	26	59.45	9.246	10.33	0.01
More	21	60.16	6.187		
Two	21	40.59	9.246	10.39	0.01
Three	26	59.45	6.187		

Analysis of mean difference between the siblings was tested which reveals that, in the anxiety, the Higher secondary school students whose sibling is more (60.16) have comparatively high anxiety.

Major findings of the study

- The level of anxiety among Higher secondary school students is high in nature.
- The level of stress among Higher secondary school students is high in nature.
- There exists significant difference in anxiety based on gender. Boys are found to have comparatively higher anxiety than compared to girl students.
- There exists significant difference in stress based on gender. Girls are found to have comparatively high stress than compared to boys.
- There exists significant difference in anxiety based on type of family. Higher secondary school students availing from nuclear family are found to have comparatively higher anxiety than compared to joint family.
- There exists significant difference in stress based on type of family. Higher secondary school students availing from nuclear family are found to have comparatively high stress than compared to joint family.
- There exists significant difference in anxiety based on locality.Higher secondary school students whose locality is urban are found to have comparatively higher anxiety than compared toHigher secondary school students coming from rural area.
- There exists significant difference in stress based on locality.Higher secondary school students whose locality is urban are found to have comparatively high stress than compared toHigher secondary school students coming from rural area.

- There exists a significant difference in anxiety based on siblings. Analysis of mean difference between the siblings was tested which reveals that, in the anxiety, the Higher secondary school students whose sibling is more have comparatively higher anxiety.

Educational Implication

The problems of Higher secondary school students have to be focussed periodically which overcome their problems and also reduce the level of Mental Health. The educational centres should be enriched with appropriate educational aids, which help these students to cope with the expectations and pressures of the emerging demands. Parents should also be counselled periodically in order to understand the degree of ability of their wards. The educational program should not only focus on the academic progress but also entertain with vocational trainings. Recreational activities should also be emphasised to have a stress free and emotionally stable nature. These children can also be foster with the interpersonal skills such as trust, co-operation, team work, decision making, problem solving and also to enhance self esteem. These characters should be incorporated at the childhood days which bind these children to grow with respect and amity.

Conclusion

Thus the study reveals the Mental Health of Higher secondary school students.

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