

MENTAL HEALTH OF SECONDARY SCHOOL STUDENTS IN RELATION TO SOCIAL ADJUSTMENT

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Abstract

The present study was conducted to explore the relationship between mental health and social adjustment of the senior secondary students of Gurdaspur district. Descriptive survey method is used for the present study. Data was collected at random from 100 male (50 urban and 50 rural) and 100 female (50 urban and 50 rural) students from the senior secondary schools of Gurdaspur district. To collect the data for the study, Mental Health Battery of Arun kumar Singh and Alpana Sen Gupta and Social Adjustment Inventory of Dr. R.C. Deva were used. The findings show a positive significant relationship between mental health and social adjustment in the senior secondary school students.

Keywords: *Mental Health, Social Adjustment, Secondary School Students*



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Introduction

Mental health indicates social, emotional, and psychological states of an individual. A person who experiences sound mental health therefore has found stability in his social, emotional and psychological facets of existence. It is defined as a state of well-being in which the individual realizes his own abilities, can deal with the normal stresses of life, can work creatively and abundantly, and is able to make a contribution to his community. According to Bhatia (1982) mental health is the capacity to balance feelings, desires, ambitions and ideals in one's daily living. It implies the facility to countenance and acknowledge the realities of life.

According to World Health Organization (WHO) the individuals who are secondary school students in the age between 10 to 19 years are adolescents. At this phase, behaviour of the youth has sound effects on the mental health that may be positive or negative. Adolescents bear a furthestmost risk of mental health conditions during their changeover stage i.e. from Childhood to Adulthood (Kessler et al., 2005). At the global level, it is estimated that approximately 20% of youth experiences mental health problems each year (Kessler 2005).

The swell in mental health issues is a budding alarm for the educators. Research has showed the cases of depression and other mental health issues are increasing day by day among adolescents (WHO, 2012). Thus, they could be helped in understanding their own abilities, potentialities, aptitudes and interest so that they can work gently and adjust socially.

Social adjustment is defined as the ability to build a good relationship to shun discrimination from others. Everybody living in the society has a desire to live a happy life. Therefore, every individual tries best to get adjusted in all situations of life. Individuals at adolescence stage cannot accept the sturdy and insensitive realities of life and they just start struggling and facing conflicts in their life. They keep themselves set aside and gone from others. They upheaval their elders and enlarge a negative thinking and behaviour. These bizarre situations smash up their whole life. The fundamental root is lack of fine-tuning in the adolescent period. Consequently, social adjustment is very imperative in a contemporary world. Also adjustment contributes at large in scholastic accomplishment of the adolescents, in family adjustment and with peer adjustment etc. All these facts signify the intellectual structure of young adolescents (Aggarwal and Bhalla, 2012).

Review of Related Literature

Veereshwar (1979) in his study observed the mental health and adjustment problems of college girls. A sample of 406 girls in the age group of 18-20 years was taken from the undergraduate students. The results show a significant difference in the area of family adjustment between urban and rural girls. The difference in adjustment of urban and rural girls was not significant in the area of health. Both groups showed quite satisfactory health adjustment.

Archna (2011) in her study found a significant positive relationship between the mental health of adolescents and in the moral adjustment of adolescents.

Sharma & Suman Lata (2014) revealed that there is a positive correlation between mental health and school environment of adolescents. No significant difference was found between the mental health of adolescent boys and girls.

Shokeen (2017) conducted a study on 200 students of senior secondary schools of Delhi. The findings reveal a positive significant relationship between the Mental Health and Social Adjustment in the adolescents.

The studies revealed sound mental health as an essential requirement for the harmonious personality. As mental health of an individual is requisite for becoming a cultured and competent part of the society so must be taken care at school and at home with sincerity. Present study was conducted to measure the association between social adjustment and mental health of the senior secondary students.

Operational Definition

Mental Health: Mental health is defined as a state of well-being in which the person realizes his or her capabilities, can work competently and can fight with normal stresses in the life. (WHO).

Social Adjustment: Social Adjustment is defined as harmonious liaison between peer groups, proper understanding of social needs and meeting the social requirements of school, home and society.

Objectives of the study

1. To compare the mental health of male & female senior secondary students of rural area.
2. To compare the mental health of male & female senior secondary students of urban area.
3. To compare the social adjustment of male & female senior secondary students of rural area.
4. To compare the social adjustment of male & female senior secondary students of urban area.
5. To study the relationship between mental health & social adjustment of senior secondary students of rural area.
6. To study the relationship between mental health & social adjustment of senior secondary students of urban area.

Hypotheses of the study

1. There is no significant difference between mental health of male & female senior secondary students of rural area.
2. There is no significant difference between mental health of male & female senior secondary students of urban area.
3. There is no significant difference between social adjustment of male & female senior secondary students of rural area.

4. There is no significant difference between social adjustment of male & female senior secondary students of urban area.
5. There is no significant relationship between mental health & social adjustment of senior secondary students of rural area.
6. There is no significant relationship between mental health & social adjustment of senior secondary students of urban area.

Population and Sample of the Study

In the present study, a sample of 200 students studying in XII class (100 Male & 100 Females) has been randomly selected by the researcher from ten schools of Gurdaspur district. 10 male and 10 female students were randomly selected from each school.

Method of the Study

For the present study, Descriptive survey method was used.

Tools Used for the Study

1. To test the mental health of students, Mental Health Battery of Arun Kumar Singh and Alpana Sen Gupta (2000) was used. There are six dimensions i.e. Emotional Stability, Overall Adjustment, Autonomy, Security-Insecurity, Self-concept and Intelligence with 130 items in this battery.
2. To measure the social adjustment of students, Social Adjustment Inventory of Dr. R.C Deva was used There were 100 statements in the inventory for which the students gave answer as 'Yes' and 'No'.

Statistical Techniques Used in the Study

Mean, standard deviation, t-test and coefficient of correlation were used for analyzing the data.

Analysis of Data and Interpretation of Results

The present section deals with the analysis of data and discussion of result in order to test the various hypotheses.

Objective 1: To compare the mental health of male & female senior secondary students of rural area.

Hypothesis 1: There is no significant difference between mental health of male & female senior secondary students of rural area.

To test Hypothesis 1, Table 1 was prepared.

Table 1: Mean, S.D and t-value to locate difference in mental health scores of male and female senior secondary students of rural area.

Group	N	Mean	S.D	t-test
Male students	50	77.22	9.52	0.63
Female Students	50	78.90	7.65	

*Not Significant at 0.05 and 0.01 levels.

Result: Mean and S.D values are 77.22 and 9.52 for the male students and 78.90 and 7.65 for the female students. The obtained t value is 0.63, which is less than the table value i.e. 2.01 at 0.05 level and 2.68 at 0.01 level of significance. Hence, the Null Hypothesis 1 is accepted. It depicts that there is no significant difference in both groups.

Objective 2: To compare the mental health of male & female senior secondary students of urban area.

Hypothesis 2: There is no significant difference between mental health of male & female senior secondary students of urban area.

To test Hypothesis 2, Table 2 was prepared.

Table 2: Mean, S.D and t-value to locate difference in mental health scores of male and female senior secondary students of urban area.

Group	N	Mean	S.D	t-test
Male students	50	77.30	9.74	0.22
Female Students	50	78.48	8.88	

*Not Significant at 0.05 and 0.01 levels.

Result: Mean and S.D values are 77.30 and 9.74 for the male students and 78.48 and 8.88 for the female students. The obtained t value is 0.22, which is less than the table value i.e. 2.01 at 0.05 level and 2.68 at 0.01 level of significance. Hence, the Null Hypothesis 2 is accepted. It indicates that there is no significant difference in mental health scores of male and female senior secondary students of urban area.

Objective 3: To compare the social adjustment of male & female senior secondary students of rural area.

Hypothesis 3: There is no significant difference between social adjustment of male & female senior secondary students of rural area.

To test Hypothesis 3, Table 3 was prepared.

Table 3: Mean, S.D and t-value to locate difference in social adjustment scores of male and female senior secondary students of rural area.

Group	N	Mean	S.D.	t-test
Male students	50	77.00	7.56	0.14
Female Students	50	74.50	6.74	

*Not Significant at 0.05 and 0.01 levels.

Result: Mean and S.D values are 77.00 and 7.56 for the male students and 74.50 and 6.74 for the female students. The obtained t value is 0.14, which is less than the table value i.e. 2.01 at 0.05 level and 2.68 at 0.01 level of significance. Hence, the Null Hypothesis 3 is accepted. It depicts that there is no significant difference in both groups.

Objective 4: To compare the social adjustment of male & female senior secondary students of urban area.

Hypothesis 4: There is no significant difference between social adjustment of male & female senior secondary students of urban area.

To test Hypothesis 4, Table 4 was prepared.

Table 4: Mean, S.D and t-value to locate difference in social adjustment scores of male and female senior secondary students of urban area.

Group	N	Mean	S.D	t-test
Male students	50	74.66	8.46	0.35
Female Students	50	74.88	6.75	

*Not Significant at 0.05 and 0.01 levels.

Result: Mean and S.D values are 74.66 and 8.46 for the male students and 74.88 and 6.75 for the female students. The obtained t value is 0.35, which is less than the table value i.e. 2.01 at 0.05 level and 2.68 at 0.01 level of significance. Hence, the Null Hypothesis 4 is accepted showing no significant difference in both groups.

Objective 5: To study the relationship between mental health & social adjustment of senior secondary students of rural area.

Hypothesis 5: There is no significant relationship between mental health & social adjustment of senior secondary students of rural area.

To test Hypothesis 5, Table 5 was prepared.

Table 5: Coefficient of correlation between mental health and social adjustment score of senior secondary students of rural area.

Variable	r
Mental Health and Social Adjustment	0.224

(Rural Students)

* Significant at 0.05 level

Result: The coefficient of correlation between mental health and social adjustment of senior secondary students of rural area is 0.224, which is higher than the table value i.e. 0.195 at 0.05 level. Hence, the null hypothesis 5 is rejected. It means that there is significant positive relationship between mental health and social adjustment of senior secondary students of rural area.

Objective 6: To study the relationship between mental health & social adjustment of senior secondary students of urban area.

Hypothesis 6: There is no significant relationship between mental health & social adjustment of secondary students of urban area.

To test Hypothesis 6, Table 6 was prepared.

Table 6: Coefficient of correlation between mental health and social adjustment score of senior secondary students of urban area.

Variable	r
Mental Health and Social Adjustment	0.214

(Urban Students)

*Significant at 0.05 level

Result: The coefficient of correlation between mental health and social adjustment of senior secondary students of rural area is 0.214, which is higher than the table value i.e. 0.195 at 0.05 level. Hence the null hypothesis 6 is rejected. It means that there is significant positive relationship between mental health and social adjustment of senior secondary students of urban area.

Conclusion

The investigator found no significant difference between mental health of male & female senior secondary students of rural area and urban area. No significant difference was found between social adjustment of male & female senior secondary students of rural area

and urban area. A positive and significant relationship between mental health & social adjustment of senior secondary students of rural and urban area was found.

Thus, it can be concluded that sound mental health of students helps them in social adjustment in a better way. So, it is the responsibility of parents and authorities of the schools and teachers to provide students healthy environment for making them mentally and socially healthy.

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