



## MENTAL HEALTH OF SCHOOL GOING ADOLESCENTS IN RELATION TO THEIR GENDER

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### Abstract

*In this research paper an attempt has been made to find out the gender-wise difference in overall mental health of school going adolescents. 300 students of 10th class were selected randomly as a sample of the study from the different schools of Distt Bilaspur city (HP). Mental Health Battery (MHB) constructed by Arun Kumar Singh and Alpna Sen Gupta were used as tool of study. The results reveal that Male and female school going adolescents do not differ significantly from each other with respect to their mental health in over-all adjustment area.*



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Adolescence period is very crucial period of one's life. Adolescence is transitional period from childhood to adulthood. An adolescent develop thinking power, logical power and decision making power. Many traits are found in adolescent such as honesty, truth, courage, discipline mercy, sympathy etc. Some adolescents indulge in thievery, telling lies, smoking, drinking, gambling and other evil habits. Habits good or bad are often formed in this age range, which impact health and well-being throughout their lives. It is therefore important to understand adolescents' behavior and factors that influence their behavior. Adolescent often adopt incorrect attitude and behavior patterns then can lead to both social problems and ill health.

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.” There is emerging evidence that positive mental health is associated with improved health outcomes.

The present investigation was intended to study the mental health of school going adolescents in relation to their gender, institution type and area of residence. A personality can't become perfect without sound mental health and mental health is affected by different factors. In the process of education, sound mental health plays a significant role. Mental health is first condition for effective teaching and learning. The students' learning and achievement depends on their mental health. Since adolescence is a period of stress and strain which brought a big change in all the behavior of males and females suddenly. Many traits like truthfulness, courage, thinking power, sympathy etc. develop during this stage at the same time. It creates problems of adjustment, understanding, shyness, isolation, delinquency, smoking, quarrelsome attitude or some antisocial behavior. So it is our duty to understand adolescents' behavior, their needs and factors which influence their behavior because it creates physical, mental, moral and social problems. Such research studies help to find the relation between the mental health with other related variables, which in turn may be helpful for teachers, parents, and society in understanding the needs of adolescents and how to treat them and their energy can be channelized for their character betterment, welfare of the society and country. The results of present study will be helpful for teacher and educationists to know the factors that affect mental health of students and enable them to devise ways and means of enhancing status of mental health of adolescents. Hence, on the basis of the above, the investigator has selected the present study.

### **Review of the Related Literature**

**Joseph (2015)** conducted a study on mental health of high school students. The school environment is an optimal context to provide mental health services. Media throws abundant cross-cultural exposure to the students, and at times, so-called; social media leads students to the evils of maladjustment, loneliness, addictedness and loss of social-emotional support. Researcher reveals that children with better mental health do better academically and socially.

The study reveal the following findings: the level of mental health of high school students is moderate. There is significant difference between boys and girls in their level of mental health there is significant difference between rural and urban students in their level of mental health. There is no significant difference between students of nuclear and joint family in their level of mental health. The educational programme such as yoga, meditation, cultural activities etc should be planned in such a way to improve mental health among students.

**Rao and Reddy (2016)** conducted a study on impact of school environment, home environment and mental health status on achievement motivation among high school students. The study was investigated on 600 high school students to find the effect of school environment, home environment and mental health status on achievement motivation scale by Shah was used to assess the school environment, home environment, mental health and achievement motivation of the subject. Result revealed that there is significant impact of the three variables on achievement motivation of the students.

### **Statement of the Problem**

The statement of the problem is a below:

**“A Study of Mental Health of School Going Adolescents in Relation to Their Gender.”**

### **Objective of the study:**

To study the gender-wise difference in overall mental health of school going adolescents.

### **Hypotheses of the Study**

There will be no significant gender-wise difference in overall mental health of school going adolescents’.

### **Operational Definitions of Term Used**

The different key terms used in present study having different connotations may be operationally defined as under:

**Mental Health:** Mental health is full and harmonious functioning of whole personality of an individual. In the present study mental health status of school going adolescents was assessed by ‘Mental Health Battery’ (MHB) developed by Arun Kumar Singh, (Department of Psychology, Patna University) and Alpna Sen Gupta, (Department of Psychology, College of Commerce, Patna).

**School Going Adolescents:** Students who are studying in 10th class of government and private secondary schools of Ghumarwin-I and Ghumarwin-II educational blocks of district Bilaspur of Himachal Pradesh.

**Gender:** Gender refers to male and female students studying in class 10<sup>th</sup>.

## Research Methodology

For conducting the present investigation, descriptive survey method of research was used. It involves the description, recording, analysis and interpretation of conditions that now exist. It is most useful method as well as interesting method. Survey method is concerned with the present and attempts to determine the status of the phenomena under investigation.

## Sampling

In the present study, the investigator selected a sample of 300 school going adolescents studying in class 10th in different schools of district Bilaspur of Himachal Pradesh by adopting multistage sampling technique.

## Research Tool Used

For carrying out present investigation the researcher used Mental Health Battery (MHB) constructed by Arun Kumar Singh and Alpa Sen Gupta.

## Data Analysis and Interpretation

In order to study the distribution of mental health scores of school going adolescents descriptive statistics like mean, median, mode, standard deviation, skewness and kurtosis was calculated. To study the gender-wise difference in mental health of school going adolescents the statistical technique ‘t’-test was employed.

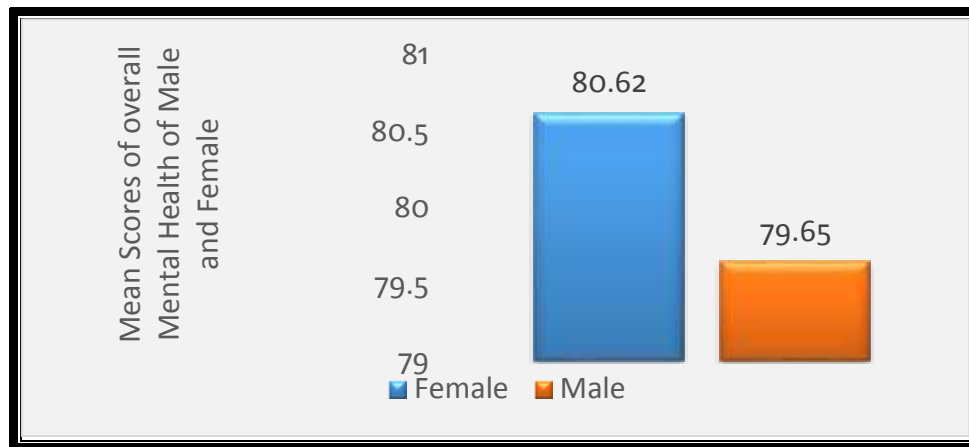
**Table 4.3: Gender-wise difference in Overall Mental Health of School Going Adolescents**

Gender	Number	Mean	S.D.	t- value	df
<b>Male</b>	150	79.65	7.06	0.97 <sup>NS</sup>	298
<b>Female</b>	150	80.62	10.07		

*NS Not significant at 0.05 level of significant*

Table 4.3 shows that the calculated value of ‘t’ for comparing the gender-wise significance of difference between the mean scores of overall mental health of school going adolescents came out to be 0.97, which is not significant at 0.05 level of significance for two tailed test for degrees of freedom, df=298. Because, the calculated ‘t’ value (0.97) is less than the table ‘t’ value (1.97) at 0.05 level of significance. Hence, the formulated **Hypothesis** that, “There will be no significant gender-wise difference in overall mental health of school going adolescents” **was accepted**.

**Figure 4.2: Histogram Showing Difference in Mean Scores of Overall Mental Health of Male and Female School Going Adolescents**



#### 4.4 Dimension-Wise Analysis of Mental Health of School Going Adolescents In Relation To Their Institution Type

The summary of statistical calculations for finding the institution-wise significance of difference in the mental health of school going adolescents in different dimensions is given in table 4.4.

#### Conclusions

From the analysis and interpretation of the data, following conclusion may be drawn.

- ❖ Male and female school going adolescents do not differ significantly from each other with respect to their overall mental health.

#### 5.4 Suggestions for Further Research

- ❖ A study may be carried out to find the influence of instructional procedures and the medium of instruction on the mental health of individual in different type of institution.
- ❖ A study can be undertaken to find out the impact of family and school environment on mental health of students.
- ❖ Research may be undertaken to study the mental health as function of behavior pattern and personality profile of the students.

#### References

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