

## A study on mental health among 10th and 12th class tribal students

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### ABSTRACT

Main aim of the research is about standard tribal school student on mental health. For this purpose, a total sample of 120 School students, among them 60 ten STD and 60 twelve STD tribal school students. Data was collected by using mental health scale developed by Bhatt and Geeda. Results were analyzed by using t-test. Results exposed that there is significant mean difference of mental health between 10th and 12th tribal school students. There is significant mean difference of mental health between boys and girls of 10std and 12std tribal school student.

*Keywords: Mental health, 10th and 12th tribal school students*

Mental health is a level of psychological well-being or a nonappearance of mental illness it is the "psychological state of someone effective at a satisfactory level of emotional and behavioral adjustment". From the perception of positive psychology or holism, mental health can comprise a person's capability to enjoy life, and make stability between life actions and hard work to achieve psychological flexibility. According to the World Health Organization (WHO), mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others."

Mental health has become a priority in public health policy. In 2013 a World Health Assembly resolution was passed by the World Health Organization (WHO) that called for a comprehensive mental health action plan at the national level. In this regard, late adolescents and young adults deserve special attention. Half of all mental health disorders in adulthood start by the age of 14 and three-quarters by the age of 25. According to the most recent statistics, in any given year 20% of adolescent's worldwide experience mental disorders, most commonly anxiety or depression (WHO, 2012). Mental health problems are considered to be some of the most common and yet most stigmatizing of conditions.

Ten std and twelve std years can be the most stressful time of a student's life as real-life responsibilities and career prospects loom in the recent future. This is the time for students to more or less decide the course of their life and the pressure can cause major mental health issues.

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The educational level in the tribal area is low and work is done at home rather than sending the students from here, which is one of the reasons for their economic situation. Besides, due to more than one or two children and due to the economic situation, they are not able to pay much attention to the education of the children but due to remote areas and distances from school, they cannot be taught full time due to which when they are in tenth grade or 12th standard. When they arrive, they are unable to survive and lose their mental health. It also leads to depression and anxiety. Therefore, it is necessary to measure their mental health to know the cause and remove it.

### *Objective of research*

1. To study of the mental health among 10th and 12th tribal school students.
2. To study of the mental health among boy and girl of 10th and 12th tribal school students.

### *Hypothesis of the research*

1. There is no significant difference between the mental health of 10<sup>th</sup> and 12<sup>th</sup> tribal school students.
2. There is no significant difference between the mental health of boy and girl of 10th and 12th tribal school students.

### *Sample*

In this research, a total of 120 students were taken from the tribal school of Sagbara taluka District Narmada. In which the boys and girls of standard ten and standard twelve were taken.

### *Research tools*

For this study to collect the required information the following toots shall be used.

**Personal data sheet:** A personal data sheet developed by investigator was used to collect information about types of standard and gender.

### *Scales*

**Mental health scale:** Mental health scale was developed by Bhatt and Geeda (1992). It contains 40 items to measure the mental health. It is inevitable for any group.

## **RESULTS**

*Table-1, Showing Mean, SD and t value of mental health between 10th and 12th tribal school student.*

Standard	N	Mean	SD	't' value
10 <sup>th</sup>	60	106.25	14.60	2.39
12 <sup>th</sup>	60	112.50	11.19	

*\*Significant at 0.01 level*

It can be observed the table no. 1 that mean scores with reference mental health of 10std and 12 std tribal school student were 106.25 and 112.50 respectively. The difference between "t" values is 2.39. That "t" value is significant at 0.01 level. These mean to indicate that 12 std tribal school students experienced the highest level of mental health (112.50) as compared to 10 std tribal school students (106.25). It can be seen the table no 1 there was more difference between the mean of two groups. So, null hypothesis 1 is rejected. And the result shows there is a wide difference between 10 std and 12 STD of the tribal school students on their mental health.

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**Table-2, Showing Mean, SD and t value of mental health between boy and girl of 10 and 12 std tribal school student.**

Gender	N	Mean	SD	't' value
Boys	60	99.07	15.69	2.32
Girls	60	105.68	12.57	

\*Significant at 0.05 level

It can be observed the table no. 2 that mean scores with reference mental health of boys and girls tribal school student were 99.07 and 105.68 respectively. The difference between "t" values is 2.32. That "t" value is significant at 0.05 level. These mean to indicate that girls tribal school students experienced the highest level of mental health (105.68) as compared to boy's tribal school students (99.07). It can be seen the table no 2 there was more difference between the mean of two groups. So, null hypothesis 2 is rejected. And the result shows there is a wide difference between boys and girls of the 10<sup>th</sup> and 12<sup>th</sup> std tribal school students on their mental health.

### CONCLUSION

1. Stream had a significant difference between the mental health of tribal school students. 10<sup>th</sup> class students have better mental health than the 12<sup>th</sup> class students.
2. Gender had a significant difference between the mental health of 10<sup>th</sup> and 12<sup>th</sup> tribal school students. Boys have a better mental health compared to girls.

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### Conflict of Interest

The author declared no conflict of interest.

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