

Research Paper

Mental Health and Social Adjustment among Urban and Rural Middle School Girls

Metilda Hilda D'souza^{1*}, Dr. Nishi Tripathi²

ABSTRACT

Mental health is the key word for our total happy existence. To acquire this every individual works very hard. In fact, it is an need of the time and much in demand, and it is fully co - related with social adjustment. Alfred Adler had asked the whole world to adjust with each other for their survival on the earth due to less land and over water of sea. The main purpose of this research was a study of mental health and social adjustment among middle school girls. The present study was designed to investigate mental health and social adjustment problem among middle school girls. The study was conducted on 100 students of VIII standard randomly selected from 10 schools of Sultanpur District. To assess the adjustment problem of middle school girls checklist was used prepared by R.K Ojha with the help of bell's adjustment inventory and a Nagpal and Sen Wellbeing scale was used to assess the level of mental health. Mean significant difference between mental health and social adjustment in middle school girls students' was calculated result revealed. There is a significant difference between Middle school girls in rural as well as Urban area. There will be significant difference of adjustment problem of middle school girls in urban and rural schools. There will be significant relationship between area wise adjustment and mental health problem of middle school girls in urban and rural area. There will be significant co relation difference between mental health and social adjustment of middle school girls in rural and urban schools which is -0.135 which is negative and low degree

Keywords: *Mental Health, Social Adjustment*

Mental Health

Mental health is an essential element for the complete health of an individual because our mind, body work hand in hand. Mind controls our body through its thought process. Thus, all type of directions are issued through the mind, which directs and guides our conduct and behavior. It results in positive or negative adjustment in society.

Mental health, thus means good mental condition or a state of psychological well-being or free from mental diseases. Constant monitoring of children in schools, like a regular health check- up for emotional, behavioral, social and scholastic problems would help all parents

¹Research Scholar, India

² Psychologist

*Corresponding Author

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and teachers to detect girls problems like childhood anxiety disorder, habit disorder, attention deficit hyperactivity disorder, early on and take remedial measures. Early discovery and proper supervision of these problems would not only make the middle school girls better but also help the teachers and parents support and guide by providing moral assistance.

According to (Surender 2002) Good mental health not only meant absence of mental problem but means much more, it is development of multiple intelligence. Development of social relationships to face problems and draw lessons for future living.

Mental health promotion needs multi-sectoral action, of government sectors and non-governmental or community-based organizations. Main focus is to promote mental health all through the lifespan and to make sure a healthy beginning in life for girls and to stop mental problems in adulthood and old age.

Mental health is an important health issue since it is a great contributor (14%) to the global burden of disease worldwide. It means persons capacity to react to different events of life with elasticity and reason. Thus, can be said a mature dealing with self and his or her surroundings. Mental health is very necessary for girls both for their own health and for the well-being of their families. Girls are more likely to be affected by mental disorders, the most common disorder is anxiety and depression

Adjustment

Human beings, need to make adjustment all their life. Every day of our life the number of adjustments that we make are hardly registered in our mind and we make them like a spontaneous effect action. Little do we pay attention to it. Well-adjusted people are flourishing in the art of living.

Social adjustment

Social adjustment mainly seen in social relationship of a girl child in the school, with the opposite sex, with the public. Student's life is moved from the total dependence on the teacher, family and curriculum to complete autonomy. So also, many will move away from their homes, societies into new places that brings change in their cultural, social and psychological atmosphere this may affect their adjustment (Abu Baker,1997). So it is a need of the time to guide the middle school girls to attain adjustment to avoid all problems in the later age in order to achieve their goals.

Objectives

- To measure the overall adjustment problems of middle school girls in rural and urban schools
- To asses and compare area wise the mental health of middle school girls on the basis of their subjective wellbeing in rural and urban schools
- To check the co relation between mental health and social adjustment of middle school girls in rural and urban schools

Hypotheses

- There will be significant difference of adjustment problem of middle school girls in urban and rural schools (Alternative Hypothesis H1)

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- There will be significant relationship between area wise adjustment problem and mental health problem of middle school girls in urban and rural school.
- There will be significant co relation difference between mental health and social adjustment of middle school girls in rural and urban schools.

Variables

Independent variable

- Middle school girls from urban and rural areas

Dependent variables

- Score on Adjustment Inventory
- Score on mental health Inventory

METHODOLOGY

Sample

The sample was stratified random method total 100 sample of middle school girls 2 urban and 2 rural schools from Sultanpur district (UP).

Tools: The following tools were used for the study:

Adjustment Inventory

R.K. Ojha Bells Adjustment inventory: R.K ojha (Indian adoption) in 2006

Rationale: to assess the adjustment problem of middle school girls with the help of bell's adjustment inventory. This inventory was developed by r.k ojha in the year 2006 in Indian adoption.

Mental Health inventory

Nagpal & Sen Wellbeing scale.

To assess the level of subjective *well-being* of students. and to study the level mental health of middle school girls. This *modernity scale* was first *developed* in the 'Six countries Harward B) Subjective *Well-being* Inventory (SUBI) (Sell and Nagpal, 1992)

RESULT AND DISCUSSION

Table 1 Table showing Mean,SD and 't' value of overall adjustment problem of middle school girls in Rural and Urban schools

S.N	GROUP	N	MEAN	SD	T
1	RURAL(X)	50	81.42	6.679	9.127
2	URBAN(Y)	50	84.26	8.74	

Goal of this research is to identify the score of overall adjustment problem by conducting the 't' test of Middle school girls of Rural and Urban area

Table value 't' is = 9.127

(Degree of freedom = 2 and significance of level is = 0.05)

Critical value = 9.925 (as per 't' table)

Conclusion: As 't' value is less than critical value, therefore the Hypothesis is accepted and hence there is a significant difference between Middle school girls in rural as well as Urban area.

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Table 2 Table showing AREA WISE the mental health of middle school girls on the basis of their Subjective well being in rural and urban schools:

SN	Variable	N	R(Urban)	Degree of (R)	R(Rural)	Degree of (R)
1	Emotional And Social Adjustment	50	+0.157	Positive and low degree	+0.494	Positive and moderate degree
2	Home And Health Adjustment	50	+0.380	Positive and moderate degree	+0.366	Positive and moderate degree
3	Health And Social Adjustment	50	-0.156	Negative and low degree	+0.447	Positive and moderate degree
4	Health And Emotional Adjustment	50	+0.583	Positive and moderate degree	+0.534	Positive and moderate degree

Goal of this research is to find out the co relation between significant relationship between area wise adjustment problem and mental health problem of middle school girls in urban and rural school.

Conclusions drawn from the above tables are as follows:

- Emotional and social adjustments in **Urban area is less** as compared with Rural area. **Rural area** is having **moderately high adjustments**.
- Home and health adjustments in **Urban area is more** as compared with Rural area. **Both areas** are having **moderately high and positive** adjustments
- Health and social adjustments in **Urban area is less** as compared with Rural area. Rural is **positive moderate degree** of adjustments while Urban is having **negative low degree** of adjustments.
- Health and emotional adjustments in Urban area is more as compared with Rural area. Both areas are having **moderately high and positive adjustments**.

Table 3: Table showing co-relation between mental health and social adjustment of middle school girls in rural and urban schools

SN	Variable	N	R (Between Rural and Urban)	Degree Of (R)
1	HOME	50	+0.085	Positive and low degree
2	HEALTH	50	-0.057	Negative and low degree
3	SOCIAL	50	-0.135	Negative and low degree
4	EMOTIONAL	50	+0.102	Positive and low degree

Goal of this research is to find out co relation difference between **mental health and social adjustment** of middle school girls in rural and urban schools.

Conclusions drawn from the above tables are as follows

Home of Rural area is having low degree and positive as compared with Urban area. Social adjustments at home of girls in Urban is Better as compared with girls at Rural area.

Health of Rural area is having low degree and negative co relation as compared with Urban areas. Health conditions of girls in Rural area is not well as compared with girls in Urban area.

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Society of Rural Area is having low degree and negative co relation as compared with Urban area. The girls of middle school in society of Rural area is not better as compared with girl's society in Urban area.

Emotional adjustment in Rural area is having low degree and positive as compared with Urban area. The girls of Rural are less emotional as compared with girls of Urban area. This shows that girls of Urban area are unable to balance with their emotions.

CONCLUSION

Adjustment problem and mental health of middle school girls on the basis of Home, Health, Social and Emotional has been analyzed statistically on the basis of some specific data of measurement. By analyzing the corresponding features of the said variables, it has been concluded that.

1. There will be significant difference of adjustment problem of middle school girls in urban and rural schools.
2. There will be significant relationship between area wise adjustment problem and mental health problem of middle school girls in urban and rural school.
3. There will be significant co relation difference between mental health and social adjustment of middle school girls in rural and urban schools.

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Conflict of Interest

The author(s) declared no conflict of interest.

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