Comparative Study

A Comparative Study of Mental Health of Females with Good and Poor Family Relationships

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ABSTRACT

The aim of the present study was to estimate the impact of family relationship status on the mental health of female adolescents. For this purpose, the sample consisted of 70 female subjects of age 15 to 20 years. There was one independent variable that varied at two levels i.e., good family relationships and poor family relationships. The dependent variable is mental health. The mental health was measured by mental health scale. This scale was constructed and standardized by Dr. Kamlesh Sharma. Obtained data were analyzed by using the Mean value, S.D. value, and t-test.

Mental health refers to our cognitive behavioral and emotional well-being. It is all about how we think, feel, and behave. The term mental health is sometimes used to mean an absence of mental disorders. Mental health has affected daily life, relationships, and even physical health. Mental health also includes a person's ability to enjoy life – to attain a balance between life activities and efforts to achieve psychological resilience.

According to Claringbull (2011), "Mental health is a generic term that usually refers to a quality of a person's general psychological functioning. One way of looking at mental disturbance (mental health level) is to think of it as lying alone on an intensity continuum, just where any particular individual is on that continuum, will vary from time to time during that person of life."

Zarnaghash et, al. (2013) studied the relationship between family communication patterns and mental health. The sample of this study includes 114 students from Shiraz High School. The results show a significant relationship between mental health and communication patterns and the dimensions of conversation was a good predictor for mental health. But the conformity dimension of family communication patterns does not predict the mental health of children.

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Through this study, our results will be helpful for adolescents to maintain good mental health. Because in the present time, if we read any newspaper or watch any news channel – all have filled with child crime, poor family relationships, maladjusted behavior, cyberbullying, and so on. These types of behaviors could be the result of poor mental health.

METHODOLOGY STATEMENT OF PROBLEM

To study the effect of the family relationship on the mental health of female adolescents.

Objective

To study the effect of family relationships between good family relationships and poor family relationships among female adolescents.

Hypothesis

There will be no significant difference in family relationships (good family relationships and poor family relationships) on the mental health of female adolescents.

Sample

In the present study, random sampling was used for the selection of participants. The study was conducted on 35 females who had good family relationships (age about 15to20) and 35 females who had poor family relationships (age about 15 to 20).

Variable

In the present study, the nature of the variable was given in the following table:

S.No.	Nature of Variable	Name of Variable	Levels of Variable
1.	Independent Variable	Family Relationships	Good Family Relationships Poor Family Relationships
2.	Dependent Variable	Mental Health	

Design

t-test was applied in the present research. The Independence variable of the study is a family relationship, varied at two levels i.e., good family relationships and poor family relationships of female adolescence. The dependent variable of the studies is mental health.

Measuring tool

Mental health scale was used for data collection. This scale was constructed by Dr. Kamlesh Sharma. The mental health scale consists of 60 items. A higher score indicates that mental health perceived by the subject.

Procedure for data collection

Initially, the participants were personally contracted and rapport was established with them. Thereafter the mental health inventory was distributed to the subjects individually. After that they were advised to read out the instructions carefully, which were given on the front t page, subjects were asked to give details of their bio-data and other essential information. The subjects were instructed to fill out the test. after all administration, the inventories were taken back from all subjects. Data were checked, and scoring was done with the help of the scoring key.

RESULT AND DISCUSSION

The aim of the present research work was to find out the effect of the family relationship on the mental health of female adolescence. For this purpose, t-test was applied for data analysis. The result of this study is summarized in table no. 1.

Table No.1: Mean, S.D., and t-ratio between the responses of good family relationships and poor family relationships of female adolescents

Family Relationships	N	Mean Score	S.D.	SED	t-ratio	Significance Levels
Good Family Relationship	35	72.14	1.88	0.435	57.33	P>0.005
Poor Family Relationship	35	47.2	1.86			

The result as given in table no. 1 indicates that the mean score of good family relationships among female adolescence is 72.14 and the mean score of poor family relationships among female adolescence is 47.2. The mean value shows that good family relationships with female adolescence had good mental health to the comparison of poor family relationships with female adolescents (Show table no. 2). Result reveals that the HD value of good family relationships with female adolescence is 1.88 and the S.D. value of poor family relationship female adolescence is 1.86.

Table No. 2 Bar Diagram show the mean score of Mental Health of good and poor family relationship in female adolescence
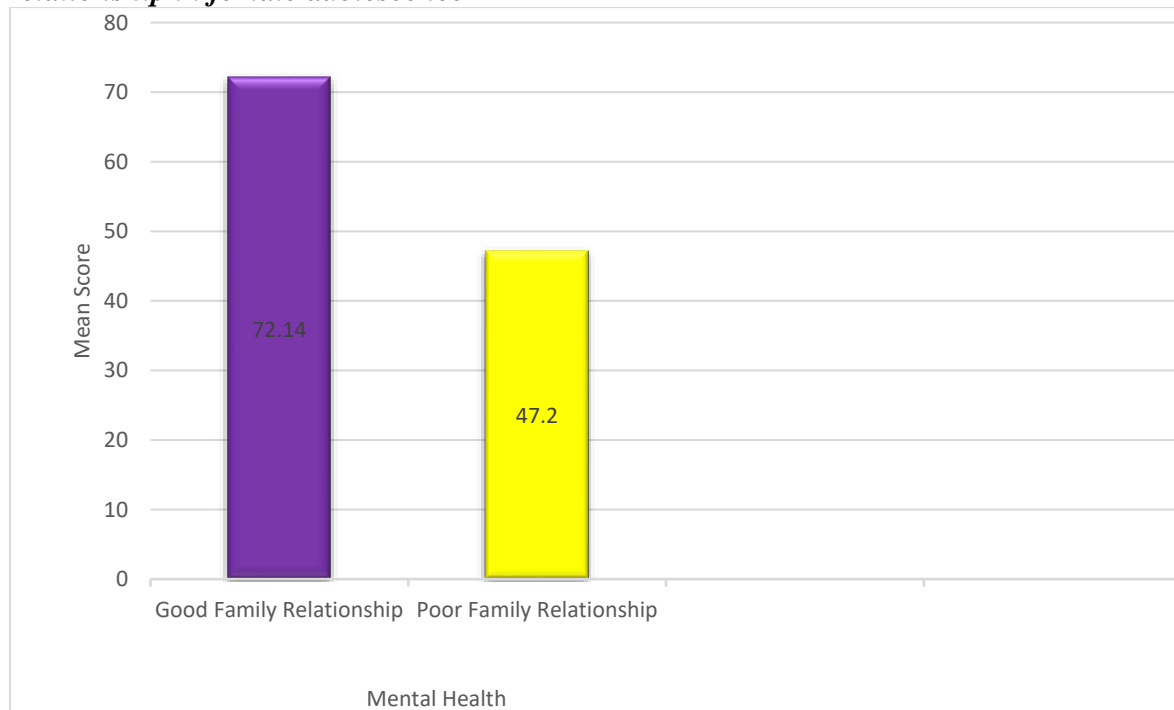

Table no.1. Shows the SED value, which is 0.435, and t- value is 57.33. t-value is higher than the SED value. This value is non-significant at 0.005 level (t value= 57.33, P 0.005). Dirty value shows that family relationships effect the mental health of female adolescence.

This value indicates that there will be significant differences in family relationships on the mental health of female adolescence. Mental health is the most important factor in every person's life the relationship between Mental Health and Family relationship is directly and indirectly connected. Good mental health is helpful to maintain different types of psychological issues in human beings.

CONCLUSION

The result can be summarized that family relationship has a significant effect on the mental health of female adolescence. Study reveals that female who had good family relationships had good mental health to the comparison of that female adolescence who had poor family relationships.

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