

Mental Health among Adolescents

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ABSTRACT

Objective: Mental health refers as the individual's adjustment with a maximum of effectiveness, satisfaction, happiness and socially considerate behaviour and the ability to face and accept the reality of life. The present research paper explored to study the level of mental health among adolescents. **Method:** The present study consisted sample of 40 subjects divided in two groups (Boys and Girls) each group has 20 subjects. Further these two groups are equally subdivided into two more age wise (13-15 years and 16-19 years) groups with 10 subjects in each group. Mental Health Scale developed and standardized by Dr. Jagadish was used for the assessment of mental health. For statistical analysis and hypothesis testing mean and t-test was applied. **Findings:** The findings show that boys have high level of mental health than girls. Results also show that there is significant difference between the mental health scores of boys and girls. While as insignificant difference were found between the mental health scores of 13-15 years and 16-19 years old subjects. **Conclusion:** On the basis of the findings in the present study we may conclude that gender and age are an influential factor in mental health.

Keywords: Mental health, Gender, Age.

Mental health is a positive concept related to the individual's social, emotional, and psychological well being. It is a psychological state of a man who is functioning at a satisfactory level of passionate and behavioral adjustment. Mental health is defined as a state of well being in which people realizes their own potentialities, can cope with the every day's normal stresses and work productively as well as fruitfully and are able to make contribution to her on his community. The concept of mental health is culturally defined, but generally relates to the enjoyment of life, ability to cope with daily stresses, sorrows and sadness, the fulfillment of goal and potential and a sense of connection to others. Therefore mental health is an important aspect in individual's well being and health in general.

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Received: May 12, 2017; Revision Received: May 31, 2017; Accepted: June 20, 2017

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Mental health is a complex construct that concerns optimal experience and functioning current research on mental health has been derived from two general perspectives; the hedonic approach and multilevel approach. Hedonic approach focuses on happiness and defines mental health in terms of the degree to which a person is fully functioning. While as multilevel model allow researchers to go beyond between the persons. *Mental health is adjustment of human being to the world and to one another with a maximum of effectiveness and happiness (Karl Menninger)*. From the positive psychology point of view, mental health may include an individual's ability to enjoy life, and make a balance between life activities and endeavors to accomplish psychological resilience.

Adolescence is a period of change in attitude and behavior, develops heightened emotionality, outlook, interests pattern and roles the social group expects them to play. Psychologically it is that period of life when an individual becomes integrated into the society of adults, the age when the child no longer feels that he or she is below the level of his/ her elders but equal at least in right. It is a period of rapid change and time of searching personal identity. This stage is called as the period of "storm and stress", during this stage adolescents face many psychological problems viz stress, physical stress, anxiety, aggression, undesirable complexes even sometimes depression and frustration. It may be due to self care, career, academics or other issues. These issues provide a major reason to researchers for conducting researches on the mental health on adolescents.

World Health Organization in 2001 reports that, mental health problems among children and adolescents have increased in recent years and are predicted to increase up to 50% by the year 2020. Therefore special effort should be made at individual as well as group level to improve the mental health care services. Mental health disorders among adolescents are often unrecognized and untreated. It is vary horrible that only 1 in 5 adolescents with mental health problems receive proper mental health treatment.

Since past few years mental health disorders among children and adolescents have received a great significant attention in the field of research. However very less number of researchers are conducted in India which highlight the aspects of mental health and mental disorders among adolescents. Ranasinghe and Ramesh reported that 25.5% students had symptoms of depression, 8.6% reported loneliness, while as 7.8% reported anxiety related insomnia. Wani *et al.*, found girl have high level of stress anxiety and depression then boys. Surapuramath reported that boys have better mental health than the girls. Seby, Chaudhury, and Chakraborty reported 26.7 % prevalence of mental disorders among elderly with predominant depressive disorders, dementia, generalized anxiety disorder, alcohol dependence and bipolar disorder. Ghosh highlighted that parental deprivation has significant influence on mental health. She also found that non deprived adolescents had better mental health than parentally deprived adolescents. Similarly Hinshaw stated that friends and family plays an important role in maintaining stability and mental health

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among children. On the other hand Mallikarjun revealed that locus of control produces significant differences in mental health of students. Reza found significant correlation between mental health and peer pressure of professional students. He also reported that early detection of mental health problems and peer pressures would promote better understanding about student's mental health and peer pressures. Hinshaw undercovered that friends and family members plays a vital role in maintaining and stability mental health of children. Ranasinghe found that 25.5% had symptoms of depression, 8.6% reported loneliness while as 7.8% adolescent students reported anxiety related insomnia. Chandola found that men reported highly psychiatric morbidity (83.33%) then women (40%). Jayanthi, Thirunavukarasu and Rajkumar investigated that adolescents with academic stress have higher risk of depression than adolescents without academic stress. Sughayr and Ferwana highlighted that girls are more stressed than boys. While as Dhuria *et al.*, researched that psychological problems were present more among boys than girls. Another study conducted by Sibnath *et al.*, also shows that boys to be more anxious than girls. Findings also show that found that adolescents belonging to the middle socio economic group are more anxious than adolescents of high and low socio economic groups. Results also reported that adolescents with working mothers are also more anxious. Chabbra and Sodhi also found that psychological problems were significantly higher in middle adolescence (14-16 years). On the other side Singh *et al.*, found that stress was more among adolescents belonging to nuclear families.

Objectives

1. To find out the level of mental health among adolescents boys and girls.
2. To assess the level of mental health of 13-15 yrs old adolescents.
3. To assess the level of mental health of 16-19 yrs old adolescents.

Hypotheses

1. Boys would have high level of mental health than girls.
2. Significant mean differences would be found between the mental health scores of boys and girls.
3. 13-15 yrs old adolescents would have high level of mental health than 16-19 yrs old adolescents.
4. Significant mean differences difference would be found between 13 to 15 yrs and 16 to 19 yrs old adolescents.

METHODOLOGY

Variable

In this study independent variables are gender and age and dependent variable is mental health

Sample

The Present study is based on 40 adolescents selected through simple random sampling method. These 40 participants are divided into 2 groups on the basis of gender (20 Male and 20 Female).

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Further these 2 groups are sub divided into 2 more groups, according to age of participants (13-15 yrs and 16-19yrs) with 10 participants in each group.

Psychological Test Used

The investigator used mental health scale constructed and standardized by Dr. Jagadish and Dr. A. K. Srivastava.

Procedure

The present study was conducted in areas of Chidambaram District of Tamil Nadu. Studies based on 40 adolescents between the age group of 13-15yrs and 16-19yrs from both gender. The level of mental health of participants was majored by mental health scale constructed by Dr. Jagadish and Dr. A. K. Srivastava. Before administrating the test the investigator meet each individual personally, after establishing the rapport the subject was told about the purpose of meeting .Then after his/ her acceptance the questionnaire was handover him/her. He/she was told to read all the instruction carefully [given in the front page of the questionnaire] before starting the work. The investigator helps those who found difficulties in understanding the statement. After 20 min the subject handover the questionnaire to the investigator, and was thanked by the investigator for his/her co-operation. Therefore, the data was arranged into tabulation forms and was analyzed by using Mean and t-test for that purpose SPSS 16.0 version was used. The obtained results are given into tables.

RESULT AND DISCUSSION

Table 1, Shows Gender and Age Mean, S.D, SED, and t- value of Mental Health Scores of Adolescents

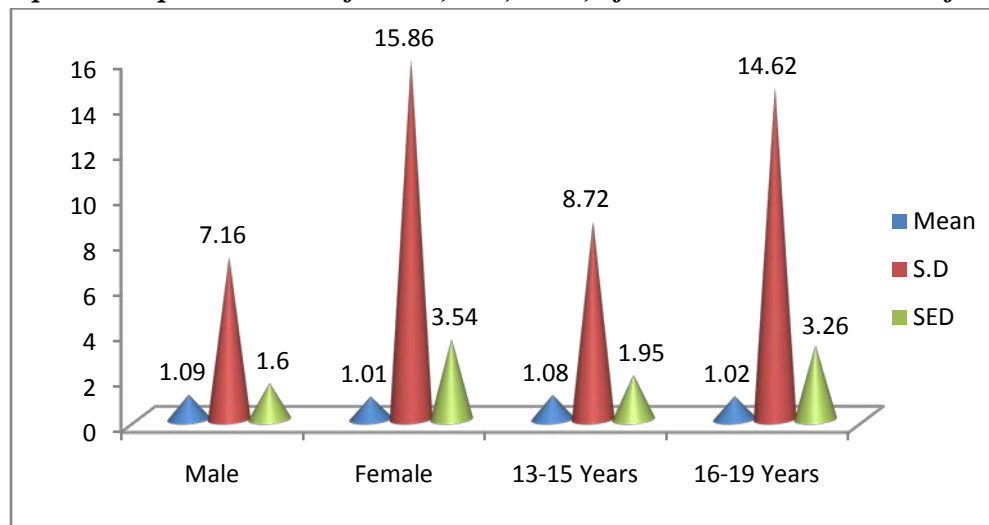
	N	M	SD	SED	df	t-value
Boys	20	1.09	7.16	1.60	38	2.21*
Girls	20	1.01	15.86	3.54		
13-15 years old	20	1.08	8.72	1.95	38	1.70 N.S
16-19 years old	20	1.02	14.62	3.26		

*=significant at 0.05 level, N.S = Not significant at any level

The table shows Mean, S.D, and SED of Boys and Girls; 13-15 years old and 16-19 years old adolescents in respect to their Mental Health, the obtaining finding of boys and girls are [Boys, M= 1.09, S.D= 7.16, SED= 1.60), (Girls, M= 1.01, S.D= 15.86, SED=3.54),t-value = 2.21] similarly they obtained mental health scores of 13-15 and 16-19 years old adolescents are [13-15 years old, M= 1.08, S.D= 8.72, SED= 1.95), (16-19 years old, M= 1.02, S.D= 14.62, SED=3.26), t- value 1.70] respectively.

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Graph, Graphical Representation of Mean, S.D, SED, of Mental Health Scores of Adolescents



Therefore from the findings of the present study it was observed that male and 13-15 year old adolescents have better mental health than female and 19-19 year old adolescents. Findings also shows significant mean difference between the male and female adolescents as the obtained t-value (2.21/38) was found significant at 0.05 level of significance, therefore our 1st and 2nd hypotheses are accepted. Wani *et al.*, and Surapuramath also found similar findings as ours.

Our findings also show that 13-15 yrs old adolescents have high level of mental health than 16-19 yrs old adolescents, as their mean score was more than 16-19 yrs old adolescents therefore our 3rd hypothesis is also accepted. Researchers like Seby, Chaudhury, and Chakraborty supports our findings.

Our 4th hypothesis was rejected as we found insignificant difference between 13 to 15 yrs and 16 to 19 yrs old adolescents; the obtained t-value was found less than tabulation value at 0.05 level, these findings are supported by Chandola, and Chabbra and Sodhi respectively.

CONCLUSION

To sum up, taking into account the results of the current study, we might conclude that male adolescents have high level of mental health than female adolescents. Also 13 to 15 yrs and 16 to 19 yrs old adolescents respectively.

Acknowledgments

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interests: The author declared no conflict of interests.

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How to cite this article: Sankar R, Wani A, Indumathi R (2017), Mental Health among Adolescents, *International Journal of Indian Psychology*, Volume 4, (3), DIP:18.01.102/20170403, DOI:10.25215/0403.102