

Mental Health of Adolescent Boys and Girls of Employed Mothers

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ABSTRACT

The present study was an attempt to study the mental health among adolescent boys and girls of 16-21 years of age of employed mothers. The study was conducted on urban area of Meerut district of UP. The total sample consisted of 200 adolescent (100 boys and 100 girls). The standardized mental health check list (MHC) by Pramod Kumar (1992) was used to find out the mental health of adolescent boys and girls, result reveal that the mental health of adolescent boys and girls was generally at average level. The adolescent girls at employed mother showed higher scores as compared to adolescent boys of employed mother on mental health.

Keywords: *Mental Health, Adolescent Boys & Girl, Employed Mothers*

Adolescence is the period through which a growing person makes transition from childhood to maturity as well as physical maturity. It is an important period of transition change, problem search for identify and realism also. Psychologically it is the age when the individual becomes integrated into the society of adults, the age when the child no longer feels that he is below the level of his elders but equal at least in right. Adolescent has to face many problems of psychological as stress, pressure, anxiety, conflict and frustration etc with their employed mothers. It is a period of rapid change and time of search for identity. Adolescents are in the spring of life. It is the period when the first down of power is felt by the adolescent. It is also known as transition period between childhood and adulthood the adolescents are full of energy and new ideas. The question comes to mind is why adolescents behave in these manners. The meaning of adolescence is “to emerge” if we think deeply on word “Adolescent” then we look at certain characteristics and problems that emerge from the word.

- A - Aggressive, Anemia, Abortion
- D - Dynamic, Developing, Depression
- O - Over Confident, Over Indulging, Obesity
- L - Lonely, Lacking Information
- E - Explorative, Experimenting

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S	-	Social, Sexual, Spiritual
C	-	Courageous, Cheerful
E	-	Emotional, Eager
N	-	Nervous, Naughty
T	-	Teenage Pregnancy, Temptation

Mental health has its own significance for the individual as well as for the society as a whole. A healthy society can only lead a healthy and progressive nation. According to the World Health Organization (WHO), “Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity”. Mental health is an integral component of health through which a person realizes his or her cognitive, affective and relational abilities with a balanced mental disposition. One is more effective in coping with the stressed of life can work productively and fruitfully and is better able to make a positive contribution to his or her community.

The position of women in family and society has been changing in Meerut (UP). After independence, education among woman has spread very fast.

Ample studies have been done on mental health (Shah M.A. and Ray Madhumala, 1977) had found a positive correlation, though not very high, between feeling of security and family attachment. Jayasree V. 1985, had revealed that a healthy mental life is an important part of good adjustment.

Objectives:-

- 1- To study the mental health of adolescent boys on employed mothers.
- 2- To study the mental health of adolescent girls on employed mothers.
- 3- To compare the mental health of adolescent boys and girls on employed mothers.

Hypothesis:-

There would be significant difference in mental health of adolescent boys and girls on employed mothers.

METHODOLOGY

Sample

The total sample for the present study consisted of 100 Adolescents boys and 100 adolescent girls from four colleges of Meerut (UP). Adolescence age group was 16-21 years of age of the employed mothers. The sample was collected randomly and Mental health check – list (MHC) by Pramod Kumar (1992) was used for collecting data for the present study. MHC is standardized total. The mental health check list of two major parts 6 mental and 5 somatic.

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RESULTS

To find out the difference between mental health of adolescent boys and girls of employed mothers the difference was calculated by applying the 'T' test between the obtained scores of girls of both employed mothers respectively the results of the study are depicted in table - 1.

Table-1: Mental health scores of adolescent boys and adolescent girls of employed mothers.

Respondents	Number (N)	Mean	S.D.
Adolescent boys of employed mothers	100	22.5	4.74
Adolescent girls of employed mothers	100	19.2	4.38

Table shows that in our study mean mental health score of 100 adolescent boys of employed mothers is 22.5 and S.D. value is 4.74. The mean mental health score of 100 adolescent pregnant girls of employed mothers is 19.2 and S.D. value is 4.38.

Table-2: Mental health scores of adolescent boys and girls of employed mothers.

Respondents	Number (N)	Mean	S.D.	S.E.	C.R. Value	Level of Significance
Adolescent boys of employed mothers	100	22.5	4.74	0.64	5.5	0.6
Adolescent girls of employed mothers	100	19.2	4.38			

Above depicts the mean scores, standard deviation, standard error the mean difference (CR) and significance of these difference for girls of employed mother on the mental health scores. It is evident from the table that both the groups differed significantly ($p < 0.5$) with respect to total mental health (CR= 5.5).

CONCLUSION

Adolescence is the period through which a growing person makes transition from childhood to maturity as well as physical maturity. Girls of working women having, good mental health as compared to adolescent boys because girls spending own maximum time with their mothers and learn how to do adjustment in different types of situations and how to handle with problems. Whereas boys spend most of their time outside home with their friends and do escape from household activities.

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Conflict of Interests

The author declared no conflict of interests.

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