

A Study of Mental Health among High School Students

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ABSTRACT

The purpose research attempted to Study of Mental Health among High School Students to study by research seared variables in gender and mental health sub factor. The sample has 100 High School students in each 50 Boys High School students and 50 Girls High School students. The scale was used for data collection mental health battery by Arun Kumar Singh and Alpana Sen Gupta (2005). Simple design was used and data were analysis by Mean, SD and 'F' values. Results show that 1) Boys Students high Emotional stability than Girls Students. 2) Girls Students high Overall Adjustment and Autonomy than Boys Students. 3) There is no significant difference between Boys and Girls School Going students with Mental Health dimension on Security- Insecurity. 4) There is no significant difference between Boys and Girls School Going students on Mental Health.

Keywords: *Mental Health, Emotional stability, Adjustment, Autonomy, Security- Insecurity.*

Mental health is an important part of a person's life besides physical, spiritual and financial well being. It is believed that a healthy mind is the key to an individual attaining satisfaction in life. (Swami et al 2007). Mental health as an individual's state of well being when he realizes his abilities, has the ability to cope with the normal stresses of life, able to work productively and fruitfully and can contribute to his community (World Health Organization, WHO, Report 2003). Mental health may be defined as the ability of individuals to adjust with themselves the world at large with a maximum of effectiveness, satisfaction, cheerfulness and socially considerate behavior and the ability of facing and accepting the realistic of life, with minimum friction and tension (Mohan, 2007). Today Mental health issue in adolescents is a growing concern in the school and for the community counselors and educators.

Maintaining the mental health of the student can be considered one of the primary aims of education because without satisfactory mental health it is impossible to develop the adolescent innate abilities. Student who becomes victims of fear, anxiety, despair and frustration and problems of adjustment cannot concentrate upon studies and hence they do not make progress in learning besides, students suffering from problems in the schools, the understanding and

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solution of which necessitates knowledge of mental health and hygiene on the part of teacher. A healthy childhood lays the foundation for a healthy adulthood. Children and adolescents are valuable assets to families and nations and thus their overall well being is a matter of grave concern.

REVIEW OF LITERATURE:-

Rizwan Hassan Bhatand and Jahangeer Majeed,(2015) study found that that there exists no significant difference between Mental health status and emotional stability, Mental health status and overall-adjustment, Mental health status and autonomy, Mental health status and self concept, Mental health status and security-insecurity, Mental health status and intelligence of youth boys and girls. Gupta (2002) conducted a study on mental health of adolescents in relation of self concept. She found that there is a significant difference between mental health of male and female adolescents. Deepti Dhurandher and Alka Agrawal, (2015) this study result showed that no significant difference on the mental health of boys and girls of higher secondary school and only one factor autonomy showed significant difference on the mental health of Science and art subject students. Pathak and Rai (1993) this study found that Female students were mentally healthier than male students. Aghara (1995) has showed that socio-economic status affects the mental health of students, but no significant effect of sex difference is found on the mental health of the students. Jarraniya (1996) found a significant difference between the ratings of mental health among the boys and girls students. Bala, Agarwal, Sarna, (2009) this study found that 1. Boys had greater emotional stability, adjustment and intelligence than girls in students of art faculty and self-concept in the students of science faculty. 2. Girls had greater security-insecurity feeling than boys in the students of arts faculty; greater emotional stability, adjustment and security-insecurity in the students of science faculty and emotional stability, autonomy and security-insecurity in the students of commerce faculty. Taak (1999) results revealed that there is no significant difference between mental health of boys and girls of same age groups. Nandana (2001) results revealed that female students were found to have better mental health than male students. Students in urban, rural and ashram schools had similar mental health; whereas female students had better mental health than male students in rural schools. Sharma (2006) in her study compared all the six dimensions of mental health between male and female adolescents. No significant difference was found in emotional stability, over-all adjustment, autonomy, and security-insecurity, self-concept, and intelligence measures of mental health between male and females adolescents as well as between those belonging to urban and rural areas. Gupta and Kumar (2010) reported male students were better Mental Health than female. Chawla (2012) reported that females were better in terms of their mental health. Bangale and Patnam (2013) found no significant difference of mental health status between male and female. Vyas (2007) sees no significant difference between boys and girls with respect of mental health.

Statement of the problem :

To study of Mental Health among Boys and Girls School Going students.

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Objectives :

- 1) To examine the Emotional stability among Boys and Girls School Going students.
- 2) To examine the Overall adjustment among Boys and Girls School Going students.
- 3) To examine the Autonomy among Boys and Girls School Going students.
- 4) To examine the Security- Insecurity among Boys and Girls School Going students.
- 5) To examine the Mental Health among Boys and Girls School Going students.

Hypotheses :

- 1) There is no significant difference between Boys and Girls School Going students with Mental Health dimension on Emotional stability.
- 2) There is no significant difference between Boys and Girls School Going students with Mental Health dimension on Overall adjustment
- 3) There is no significant difference between Boys and Girls School Going students with Mental Health dimension on Autonomy
- 4) There is no significant difference between Boys and Girls School Going students with Mental Health dimension on Security- Insecurity.
- 5) There is no significant difference between Boys and Girls School Going students on Mental Health.

METHOD :

Sample

The present study sample was selected from High School Going Students of Aurangabad City in Maharashtra. To select the sample Gender in which students study of High School Going Students were considered as per independent variable taken in this research stratified random sampling method was employed to select the unit of sample. Total sample of present study 100 High School Going Students, in which 50 were Boys and 50 were Girls High School Going Students.

Operational definition of terms:

(1) Emotional stability -

It refers to experiencing subjective stable feelings which have positive or negative values for the individuals.

(2) Adjustment -

It refers to individual's achieving an overall harmonious balance between the demands of various aspects of environment, such as home, health, social emotional and school on the one hand and cognition on the other.

(3) Autonomy -

It refers to a stage of independence and self-determination in thinking.

(4) Security Insecurity -

It refers to a high or low sense of safety, confidence, freedom from fear, apprehension or anxiety particularly with respect to fulfilling the person's present or future needs.

(5) Mental health -

Mental health defined as the adjustment of the individuals to themselves and the world, at larger with a maximum of effectiveness, satisfaction, cheerfulness and socially considerate

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behavior. It is the ability to adjust satisfactory to the various strains we meet in life. (Sirohi, 2002)

Research Design :

Simple research design used in the present study.

Variables

1) Independent Variables

Gender

1) Boys

2) Girls

2) Dependent Variables

Mental Health

1) Emotional stability

2) Over all Adjustment

3) Autonomy

4) Security- Insecurity

Research Tools :

1. Mental health battery

In the study the investigator employed English version of Mental Health Battery which was developed and validated by Arun Kumar Singh and Alpana Sen Gupta. MHB intends to assess the status of mental health of persons in the age range of 13 to 22 years. As it is a battery of six tests. There are set of 130 items in the MHB with six dimensions- emotional stability (ES), over all adjustment (OA), Autonomy (AY), security – Insecurity (SI), self - concept (SC) and Intelligence (IG). Reliability of various dimensions of the battery varied across 0.72 to 0. 87. It also has high level of concurrent and constructs validity.

Procedures of data collection

The following research methodology was used in the present study. The primary information was gathered by giving personal information from to each to each student. The students were called in a small group of 10 to 15 students. To fill the inventories subjects were given general instructions belongs to each scale. The students provided the Mental Health Battery.

Data analysis

The data were analyzed as follows.

The Mean and SD for Gender (Boys and Girls High School Going Students) on Mental Health was analyzed. A simple design was selected to adequate of statistical analysis of ANOVA in order to examine the roll of main as well as subsequently on students Mental Health.

RESULTS AND DISCUSSION

The analysis of data interpretation and discussion of the results are presented below.

Table No.01 Show the mean, SD and F value of Emotional stability and Gender.

Gender	Mean	SD	N	DF	F	Sign
Boys Students	11.30	1.63	50	98	5.007	0.05
Girls Students	10.62	1.39	50			

(Critical value of “f” with df 99 at 0.05 = 3.94 and at 0.01 = 6.90, NS= Not Significance)

Table 1 revealed that the mean scores of Emotional stability of Boys and Girls High School students are 11.30 and 10.62 with SD’s 1.63 and 1.39 respectively. The f -value came out from the above two groups is 5.007. Therefore, the hypothesis (H1) is rejected which means there is highly significance difference between the Emotional stability of Boys and Girls High School students. It was found that Boys Students high Emotional stability than Girls Students.

Table No.02 Show the mean, SD and F value of Overall Adjustment and Gender.

Gender	Mean	SD	N	DF	F	Sign
Boys Students	20.96	4.95	50	98	5.053	0.05
Girls Students	22.94	3.77	50			

(Critical value of “f” with df 99 at 0.05 = 3.94 and at 0.01 = 6.90, NS= Not Significance)

Table 2 revealed that the mean scores of Overall Adjustment of Boys and Girls High School students are 20.96 and 22.94 with SD’s 4.95 and 3.77 respectively. The f -value came out from the above two groups is 5.053. Therefore, the hypothesis (H2) is rejected which means there is highly significance difference between the Overall Adjustment of Boys and Girls High School students. It was found that Girls Students high Overall Adjustment than Boys Students.

Table No.03 Show the mean, SD and F value of Autonomy and Gender.

Gender	Mean	SD	N	DF	F	Sign
Boys Students	10.24	1.62	50	98	12.98	0.01
Girls Students	11.50	1.86	50			

(Critical value of “f” with df 99 at 0.05 = 3.94 and at 0.01 = 6.90, NS= Not Significance)

Table 3 revealed that the mean scores of Autonomy of Boys and Girls High School students are 10.24 and 11.50 with SD’s 1.62 and 1.86 respectively. The f -value came out from the above two groups is 12.98. Therefore, the hypothesis (H3) is rejected which means there is highly significance difference between the Autonomy of Boys and Girls High School students. It was found that Girls Students high Autonomy than Boys Students.

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Table No.04 Show the mean, SD and F value of Security- Insecurity and Gender.

Gender	Mean	SD	N	DF	F	Sign
Boys Students	10.24	1.53	50	98	0.044	NS
Girls Students	10.32	2.23	50			

(Critical value of “F” with df 99 at 0.05 = 3.94 and at 0.01 = 6.90, NS= Not Significance)

Table 4 revealed that the mean scores of Security- Insecurity of Boys and Girls High School students are 10.24 and 10.32 with SD's 1.53 and 2.23 respectively. The f -value came out from the above two groups is 0.044. Therefore, the hypothesis (H4) is Accepted which means there is no significance difference between the Security- Insecurity of Boys and Girls High School students. It was found that There is no significant difference between Boys and Girls School Going students with Mental Health dimension on Security- Insecurity.

Table No.05 Show the mean, SD and F value of Mental Health and Gender.

Gender	Mean	SD	N	DF	F	Sign
Boys Students	80.20	12.07	50	98	0.338	NS
Girls Students	81.42	8.61	50			

(Critical value of “F” with df 99 at 0.05 = 3.94 and at 0.01 = 6.90, NS= Not Significance)

Table 5 revealed that the mean scores of Mental Health of Boys and Girls High School students are 80.20 and 81.42 with SD's 12.07 and 8.61 respectively. The f -value came out from the above two groups is 0.338. Therefore, the hypothesis (H7) is Accepted which means there is no significance difference between the Mental Health of Boys and Girls High School students. It was found that there is no significant difference between Boys and Girls School Going students with Mental Health.

Gender is an important aspect for investigation, generally males are considered to be superior and females as inferior commonly in our culture. In this small research we were observed that Girls are more better in overall adjustment and autonomy than Boys. It was noticed that in Indian culture, girls face struggle from the birth to end of her life, eg. Sati Custom, Female Feticide, Dowry Death, Female abuse and Domestic violence etc. All these factors lead to make her strong and adjustable. According to the society and culture makes her capable to face the situation in life. Comparatively Boys do not face the society pressure, tradition and conditions. So they are Emotionally Stable than girls. In the present study it was observed that there is no significant difference in security-insecurity and Mental health between Boys and Girls.

CONCLUSIONS:

- 1) Boys Students high Emotional stability than Girls Students
- 2) Girls Students high Overall Adjustment than Boys Students.
- 3) Girls Students high Autonomy than Boys Students.
- 4) There is no significant difference between Boys and Girls School Going students with Mental Health dimension on Security- Insecurity.

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- 5) There is no significant difference between Boys and Girls School Going students on Mental Health.

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