

## Effect of Mental Health on Adolescence

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### ABSTRACT

The purpose research attempted to Effect of gender difference between mental health and sub factor Emotional stability, Overall adjustment, Autonomy, Security- Insecurity, Self-concept, and Intelligence. **Objectives:** To examine the Mental Health among male and female Adolescence. **Hypotheses** There is no significant difference between male and female Adolescence with Mental Health dimension on Emotional stability, Overall adjustment, Autonomy, Security- Insecurity, Self-concept, Intelligence. **Method:** The sample has 100 Adolescence in each 50 male Adolescence and 50 female Adolescence. Where gender were considered as independent variables and Mental Health, Emotional stability, Adjustment, Self-concept, Autonomy, Security- Insecurity, Intelligence.as dependent variables. The scale was used for data collection mental health battery by Arun Kumar Singh and Alpana Sen Gupta (2005). Sample design was used and data were analysis by Mean, SD and 'F' values. **Results:** Mean, SD and 'F' values significant difference between Male and Female Adolescence on Mental Health, Emotional stability, Adjustment, Self-concept, Autonomy, Security- Insecurity but no Mean, SD and 'F' values significant difference between Male and Female Adolescence on Intelligence. **Conclusions:** 1) Female Adolescence high emotional stability than male Adolescence. 2) Female Adolescence high Adjustment than male Adolescence. 3) Female Adolescence high self-concept than male Adolescence. 4) Male Adolescence high Autonomy than female Adolescence. 5) Male Adolescence high security-Insecurity than female Adolescence.6) There is no significant difference of intelligence between male and female Adolescence. 7) Female Adolescence better mental health than male Adolescence.

**Keywords:** *Adolescence, Mental Health, Emotional stability, Overall adjustment, Autonomy, Security- Insecurity, Self-concept, Intelligence.*

Mental health is psychological well-being and emotional and social in which individual is able to use his or her cognitive and emotional capabilities; function is society and meets the ordinary demands of everyday life. In recent years clinical psychologists as well as educationists have started giving proper attention the study of mental health. However, in India, relatively very few works has been conducted. Mental health is an emotional and psychological well-being in which individual is able to use his or her cognitive and emotional capabilities; function is society and meets the ordinary demands of everyday life.

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Rizwan Hassan Bhatand and Jahangeer Majeed,(2015) this study found that there exists no significant difference between emotional stability, overall-adjustment, autonomy, self-concept, security-insecurity, intelligence of youth boys and girls. Pathak and Rai (1993) this study found that Female students were mentally healthier than male 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. Sharma (2006) indicated that 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 to urban and rural areas.

The purpose research attempted to Effect of gender difference between mental health and sub factor Emotional stability, Overall adjustment, Autonomy, Security- Insecurity, Self-concept, and Intelligence.

### *Statement of the problem*

- To study Mental Health among Male and Female Adolescence

### *Objectives*

- To examine the Mental Health among male and female Adolescence.

### *Hypotheses*

“There is no significant difference between male and female Adolescence with Mental Health dimension on Emotional stability, Overall adjustment, Autonomy, Security- Insecurity, Self-concept, Intelligence.”

## **METHODOLOGY**

### *Participants*

The present study sample go was selected from Godawari Art’s college students of Ambad city from Jalna district in Maharashtra. To select the sample Gender in which students study of Art’s College 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 Adolescence, in which 50 were male and 50 females’ Adolescence. The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.16, SD- 2.01.) and Ratio 1:1.

### *Research Design*

Simple research design used in the present study.

### *Variables of the Study*

Variable	Type of variable	Sub. Variable	Name of variable
Gender	Independent Variables	02	1) Male Adolescence 2) Female Adolescence
Mental Health	Dependent variables	06	1) Emotional stability 2) Over all Adjustment 3) Autonomy 4) Security- Insecurity 5) Self-Concept 6) Intelligence.

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Variable	Type of variable	Sub. Variable	Name of variable
Age Faculty	Control variable		1) 18-21 Years 2) Only Arts Faculty Students

### *Instruments*

#### **Mental health battery (2005)**

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 (2005). (Original Hindi version translated by Mrs. Gulnaz in English version). 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 mental Health Battery with six dimensions- emotional stability (ES), over all adjustment (OA), Autonomy (AY), security – Insecurity (SI), self - concept (SC) and Intelligence (IG). This Battery Reliability is 0.72 to 0.87. It also has high level of concurrent and constructs validity.

### *Procedures of data collection*

The primary information was gathered by giving information from to each to each student. The students were called in a small group of 05 to 10 students. To fill the inventories subjects were given general instructions belongs to each scale.

### *Data analysis*

The data were analyzed as follows.

The Mean and SD with graphical representation for Gender (Male and Female College 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

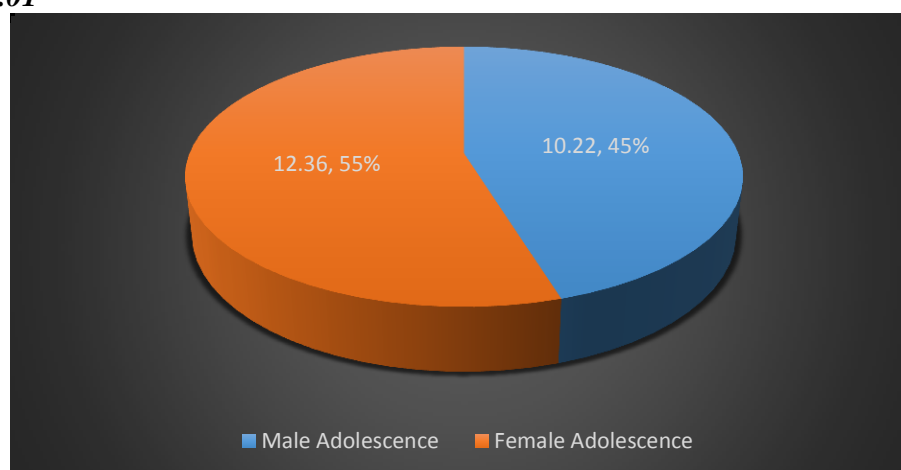
The analysis of data interpretation and discussion of the results are presented below.

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

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Adolescence	10.22	2.37	50	98	2.14	20.07	0.01
Female Adolescence	12.36	2.38	50				

(Critical value of “F” with df 99 at 0.01 = 3.94 and at 0.05 = 6.90)

*Figure No.01*



### Effect of Mental Health on Adolescence

Observation of the table No.01 and Figure No.01 indicated that the mean value of two classified groups seems to differ from each other on Emotional stability. The mean and SD value obtained by the male Adolescence 10.22, SD 2.37 and Female Adolescence was 12.36, SD 2.38, but on the basis of mean observation it would be that the mean difference is 2.14. Both groups' 'F' ratio was 20.07. At a glance, those female Adolescence shows a high score than male Adolescence.

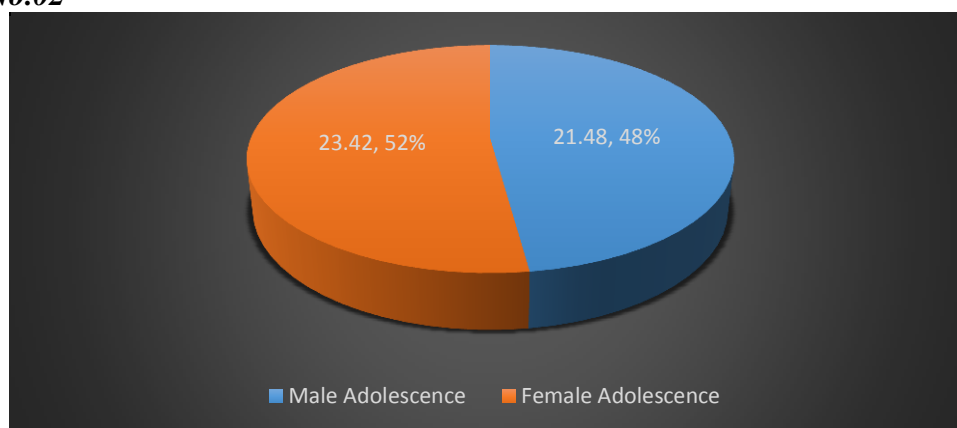
In the present study, the hypothesis related to Emotional stability and Gender was: "There is no significant difference between Male and Female Adolescence on Emotional stability. Gender effect represents the Emotional stability was significant (F= 20.07, 1 and 99, P= 0.01 and 0.05). This is significant at 0.01 and 0.05 levels because they obtained 'F' values are high than table values at 0.01 and 0.05. In the present study, it was found that male and female Adolescence differ from Emotional stability. The findings do not support the hypothesis; therefore, this hypothesis is rejected in the present study. It means that Female Adolescence has high Emotional stability than Male Adolescence. An opposite finding was found that Sharma (2006), Rizwan Hassan Bhat and Jahangeer Majeed (2015) in this study found that there exists no significant difference between Mental health status and emotional stability of youth boys/male and girls/female. Bala, Agarwal, Sarna, (2009) in this study found that Boys had greater emotional stability than girls in students of art faculty.

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

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Adolescence	21.48	3.23	50	98	1.94	9.30	0.01
Female Adolescence	23.42	2.10	50				

(Critical value of "F" with df 99 at 0.01 = 3.94 and at 0.05 = 6.90)

**Figure No.02**



Observation of the table No.02 and Figure No.02 indicated that the mean value of two classified groups seems to differ from each other on Overall Adjustment. The mean and SD value obtained by the male Adolescence 21.48, SD 3.23 and Female Adolescence was 23.42, SD 2.10, but on the basis of mean observation it would be that the mean difference is 1.94. Both groups' 'F' ratio was 9.30. At a glance, those female Adolescence shows a high score than male Adolescence.

In the present study, the hypothesis related to Overall Adjustment and Gender was: "There is no significant difference between Male and Female Adolescence on Overall Adjustment. Gender effect represents the Overall Adjustment was significant (F= 9.30, 1 and 99, P= 0.01 and 0.05). This is significant at 0.01 and 0.05 levels because they obtained 'F' values are high than table values at 0.01 and 0.05. In the present study, it was found that male and female Adolescence differ from Overall Adjustment. The findings do not support the hypothesis; therefore, this hypothesis is rejected in the present study. It means that Female Adolescence has high Overall Adjustment than Male Adolescence.

### Effect of Mental Health on Adolescence

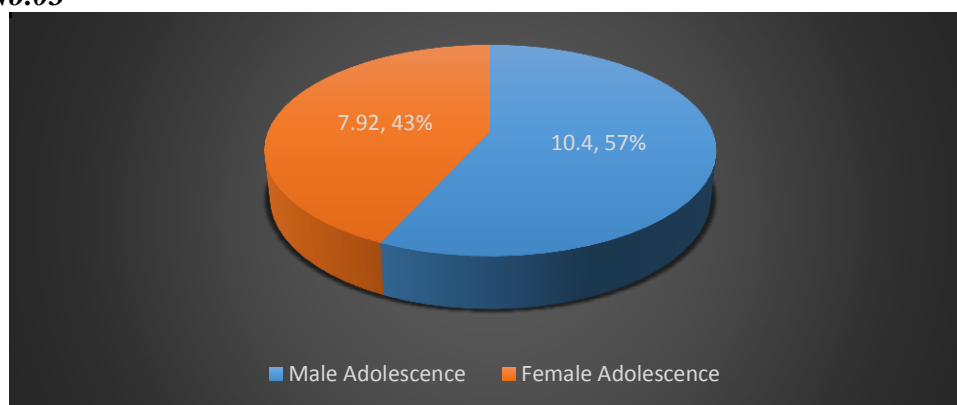
99, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that male and female Adolescence differ from Overall Adjustment. The findings of the not supported the hypothesis, they are hypothesis rejected the present study. Its means that Female Adolescence high Overall Adjustment than Male Adolescence. An Opposite finding was found that Sharma (2006) , Rizwan Hassan Bhatand and Jahangeer Majeed,(2015) this study found that that there exists no significant difference between Mental health status and overall-adjustment of youth boys and girls. Bala, Agarwal, Sarna, (2009) this study found that Boys had greater adjustment than girls in students of art faculty.

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

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Adolescence	10.40	1.90	50	98	2.48	20.11	0.01
Female Adolescence	7.92	1.70	50				

(Critical value of "F" with df 99 at 0.01 = 3.94 and at 0.05 = 6.90)

**Figure No.03**



Observation of the table No.03 and Figure No.03 indicated that the mean value of two classified group seems to differ from each other on Autonomy. The mean and SD value obtained by the male Adolescence 10.40, SD 1.90 and Female Adolescence was 7.92, SD 1.70, but on the basis of mean observation it would that mean difference 2.48. Both group 'F' ratio was 20.11 at a glance those male Adolescence shows high score than Female Adolescence.

In the present study was hypothesis related Autonomy and Gender. It was "There is no significant differences between Male and Female Adolescence on demotion Autonomy. Gender effect represent the Satisfaction was significant (F- 20.11, 1 and 99, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that male and female Adolescence differ from Autonomy. The findings of the not supported the hypothesis, they are hypothesis rejected the present study. Its means that Male Adolescence high Autonomy than Female Adolescence. An Opposite finding was found that Sharma (2006, Rizwan Hassan Bhatand and Jahangeer Majeed,(2015) this study found that that there exists no significant difference between Mental health status and autonomy of youth boys and girls. A similar finding was found that 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.

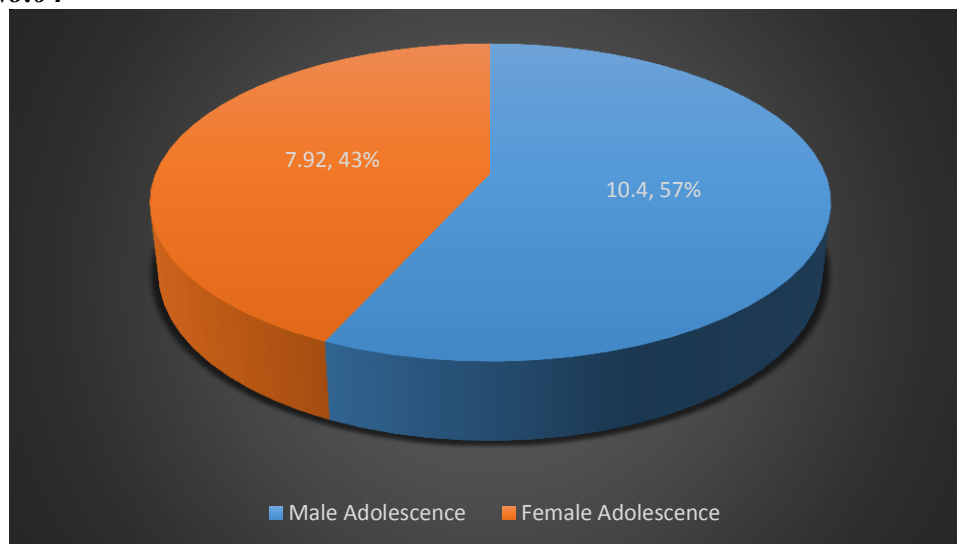
## Effect of Mental Health on Adolescence

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

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Adolescence	12.04	1.97	50	98	1.74	26.39	0.01
Female Adolescence	10.30	2.14	50				

(Critical value of “F” with df 99 at 0.01 = 3.94 and at 0.05 = 6.90)

**Figure No.04**



Observation of the table No.04 and Figure No.04 indicated that the mean value of two classified group seems to differ from each other on Security- Insecurity. The mean and SD value obtained by the male Adolescence 12.04, SD 1.97 and Female Adolescence was 10.30, SD 2.14, but on the basis of mean observation it would that mean difference 1.74. Both group ‘F’ ratio was 26.39 at a glance those female Adolescence shows high score than male Adolescence.

In the present study was hypothesis related Security- Insecurity and Gender. It was “There is no significant differences between Male and Female Adolescence on demotion Security- Insecurity. Gender effect represent the Security- Insecurity was significant (F- 26.39, 1 and 99, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained ‘F’ value are high than table values at 0.01 and 0.05. In the present study was found that male and female Adolescence differ from Security- Insecurity. The findings of the not supported the hypothesis, they are hypothesis rejected the present study. Its Means that Male Adolescence high Security- Insecurity than Female Adolescence. An Opposite finding was found that Sharma (2006) this study found that No significant difference was found in security-insecurity measures of mental health between male and females adolescents. Bala, Agarwal, Sarna, (2009) this study found that Girls had greater security-insecurity feeling than boys in the students of arts faculty. Rizwan Hassan Bhatand and Jahangeer Majeed,(2015) this study found that that there exists no significant difference between Mental health status and security-insecurity youth boys and girls.

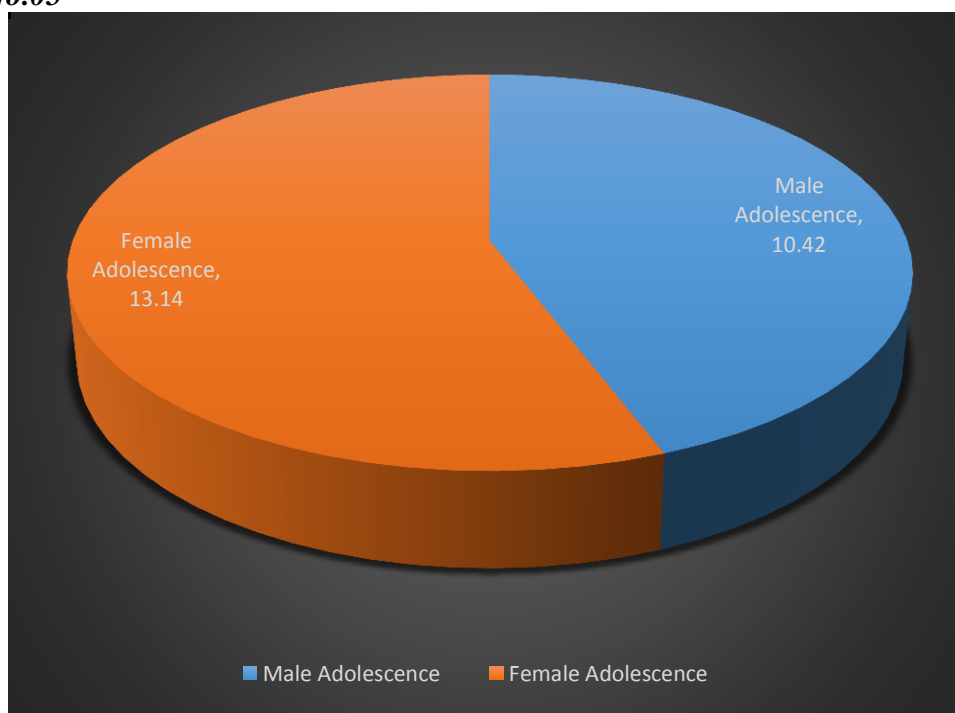
**Table No.05 Show the mean, SD and F value of Self-Concept and Gender.**

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Adolescence	10.42	1.22	50	98	2.72	15.12	0.01
Female Adolescence	13.14	2.96	50				

(Critical value of “F” with df 99 at 0.01 = 3.94 and at 0.05 = 6.90)

## Effect of Mental Health on Adolescence

**Figure No.05**



Observation of the table No.05 and Figure No.05 indicated that the mean value of two classified group seems to differ from each other on Self-Concept. The mean and SD value obtained by the male Adolescence 10.42, SD 1.22 and Female Adolescence was 13.14, SD 2.96, but on the basis of mean observation it would that mean difference 2.72. Both group ‘F’ ratio was 15.12 at a glance those female Adolescence shows high score than male Adolescence.

In the present study was hypothesis related Self-Concept and Gender. It was “There is no significant differences between Male and Female Adolescence on demotion Self-Concept. Gender effect represent the Satisfaction was significant (F- 15.12, 1 and 99, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained ‘F’ value are high than table values at 0.01 and 0.05. In the present study was found that male and female Adolescence differ from Self-Concept. The findings of the not supported the hypothesis, they are hypothesis rejected the present study. It means that Female Adolescence high Self-Concept than Male Adolescence. An Opposite finding was found that Sharma (2006), Rizwan Hassan Bhatand and Jahangir Majeed,(2015) this study found that that there exists no significant difference between Mental health status and self concept of youth boys and girls. A similar finding was found that. Gupta (2002) conducted a study on mental health of adolescents in relation of self concept. She conducted that there is a significant difference between mental health of male and female adolescents.

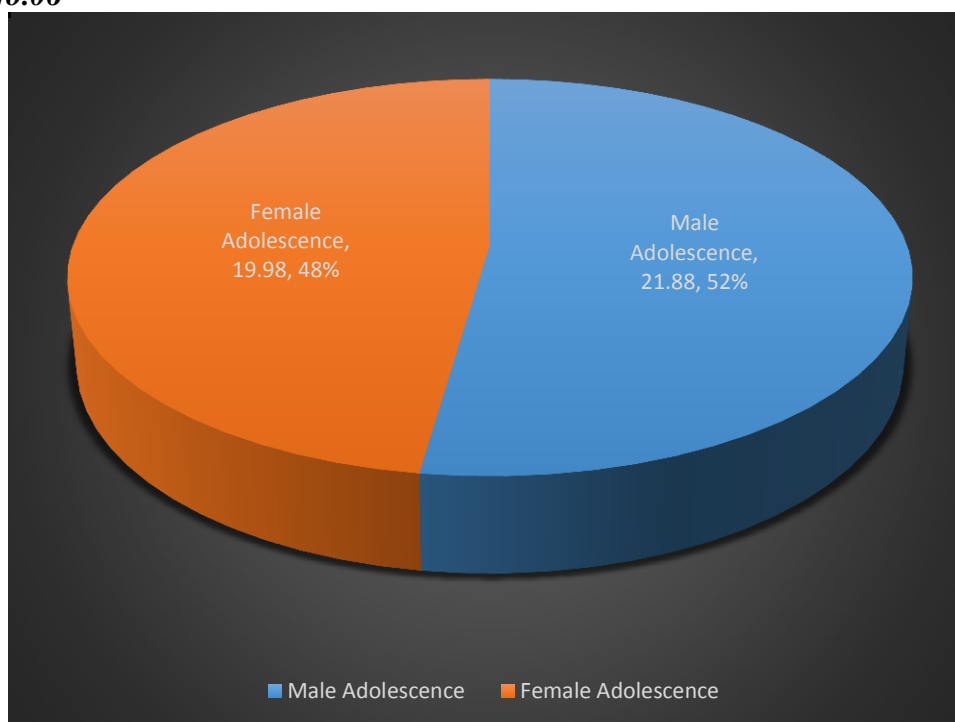
**Table No.06 Show the mean, SD and F value of Intelligence and Gender.**

Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Adolescence	21.88	2.22	50	98	1.90	2.49	NS
Female Adolescence	19.98	2.14	50				

(Critical value of “f” with df 99 at 0.01 = 3.94 and at 0.05 = 6.90)

## Effect of Mental Health on Adolescence

**Figure No.06**



Observation of the table No.06 and Figure No.06 indicated that the mean value of two classified group seems to differ from each other on Intelligence. The mean and SD value obtained by the male Adolescence 21.88, SD 2.22 and Female Adolescence was 19.98, SD 2.14, but on the basis of mean observation it would that mean difference 0.10. Both group ‘F’ ratio was 1.90 at a glance those female Adolescence shows high score than male Adolescence.

In the present study was hypothesis related Intelligence and Gender. It was “There is no significant differences between Male and Female Adolescence on demotion Intelligence. Gender effect represent the Intelligence was not significant (F- 1.90, 1 and 99, P-NS). This is not significant 0.01 and 0.05 levels because they obtained ‘F’ value are low than table values at 0.01 and 0.05. In the present study was found that male and female Adolescence not differ from Intelligence. The findings of the supported the hypothesis, they are hypothesis Accepted the present study. Its means that there is no significant difference between male and female Adolescence with Mental Health dimension on Intelligence. An Opposite finding was found that Bala, Agarwal, Sarna, (2009) this study found that Boys had greater intelligence than girls in students of art faculty. A similar finding was found that Sharma (2006), Rizwan Hassan Bhatand and Jahangeer Majeed,(2015) this study found that that there exists no significant difference between Mental health status and intelligence of youth boys and girls.

**Table No.07 Show the mean, SD and F value of Mental Health and Gender.**

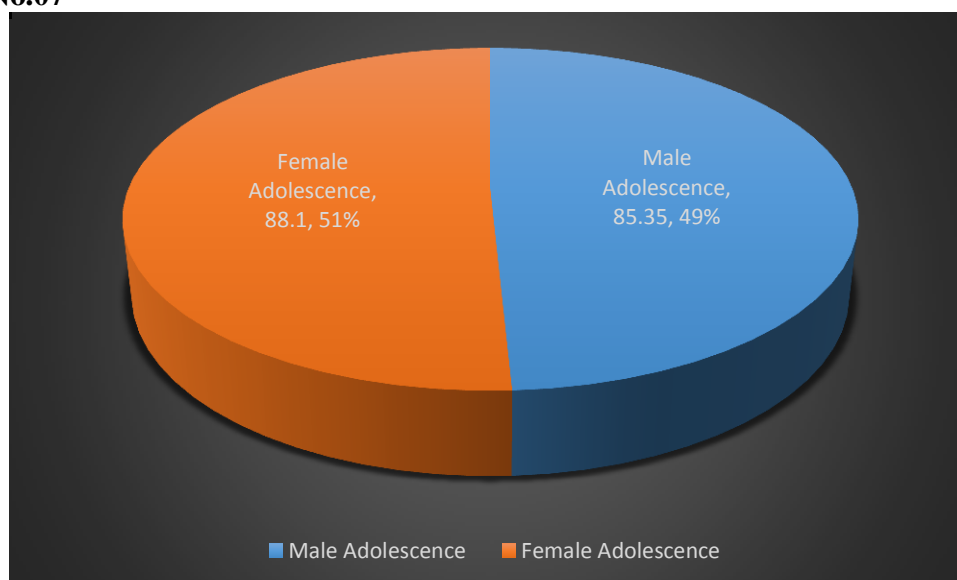
Gender	Mean	SD	N	DF	Mean Difference	F	Sign
Male Adolescence	85.35	5.46	50	98	2.75	3.47	NS
Female Adolescence	88.10	4.40	50				

(Critical value of “F” with df 99 at 0.01 = 3.94 and at 0.05 = 6.90)



## Effect of Mental Health on Adolescence

Figure No.07



Observation of the table No.07 and Figure No.07 indicated that the mean value of two classified group seems to differ from each other on Mental Health. The mean and SD value obtained by the male Adolescence 85.35, SD 5.46 and Female Adolescence was 88.10, SD 4.40, but on the basis of mean observation it would that mean difference 2.75. Both group 'F' ratio was 3.47 at a glance those female Adolescence shows high score than male Adolescence.

In the present study was hypothesis related Mental Health and Gender. It was "There is no significant differences between Male and Female Adolescence on Mental Health. Gender effect represent the Intelligence was not significant (F- 3.47, 1 and 99, P-NS). This is not significant 0.01 and 0.05 levels because they obtained 'F' value are low than table values at 0.01 and 0.05. In the present study was found that male and female Adolescence not differ from Mental Health. The findings of the supported the hypothesis, they are hypothesis Accepted the present study. Its means that there is no significant difference between male and female Adolescence with Mental Health. An Opposite finding was found that Pathak and Rai (1993) this study found that Female students were mentally healthier than male students. Jarraniya (1996) found a significant difference between the ratings of mental health among the boys and girls students. Nandana (2001) results revealed that female students were found to have better mental health than male students. A similar finding was found that Bangale and Patnam (2013), Vyas (2007), Taak (1999), Deepti Dhurandher and Alka Agrawal, (2015) found no significant difference of mental health status between male and female.

### *Delimitations of the study*

1. The finding of the study is based on very sample.
2. The sample was restricted to Ambad city from Jalna Dist. in Maharashtra.
3. The study was restricted to only Godawari arts college students only.
4. The study was restricted students are only 18-21 years only.

### **CONCLUSIONS**

1. Female Adolescence high Emotional stability than Male Adolescence.
2. Female Adolescence high Overall Adjustment than Male Adolescence.
3. Male Adolescence high Autonomy than Female Adolescence.

## Effect of Mental Health on Adolescence

4. Male Adolescence high Security- Insecurity than Female Adolescence.
5. Female Adolescence high Self-Concept than Male Adolescence.
6. There is no significant difference between male and female Adolescence with Mental Health dimension on Intelligence.
7. There is no significant difference between male and female Adolescence with Mental Health.

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### *Conflict of Interest*

The author declared no conflict of interests.

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