



## A Study on Mental Health of The Secondary School Students

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### ABSTRACT

*A study on mental health of the secondary school students has been dealt with in this paper. The sample included 100 secondary school students studying in Bangalore city selected by using random sampling technique "Mental health Scale" tool was used for the collection of required data t-test and 'ANOVA' technique was adopted for data analysis. Boys are having better mental health than the girls, 9th Grade students having better mental health than the 8th Grade and significant difference in the mental health between the age group 13, 14 and 15 of secondary school students.*

**KEYWORDS :** Mental Health and secondary school students

### Introduction

Mental health is a pretty broad term. Some use it as a simple synonym to describe our brain's health. Mental health describes our social, emotional, and psychological states, all wrapped up into one. Someone who experiences "good" mental health, therefore, has found a balance in his or her social, emotional and psychological areas of life. Generally a person with balance is satisfied and happy with how these areas are performing in their lives, even if it appears to someone else they are not in balance.

We all have mental health just like we all have physical health. And just as we monitor our bodies for potential problems or pain, we should keep tabs on our mental health and try to better recognize when it needs some attention. Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." There is emerging evidence that positive mental health is associated with improved health outcomes.

Bhatia (1982) considers mental health as the ability to balance feelings, desires, ambitions and ideals in one's daily living. It means the ability to face and accept the realities of life.

The purpose of the mental health Assessment is to provide school Administrators, support staff, teachers and parents with information to facilitate the implementation or improvement of school based mental health services.

### Reviews of related Studies

**Ramesh Singh Bartwal (2014)** studied mental health of high school students. The study revealed that there were no significance differences in mental health of rural and urban students. Prathima H. P. & Dr. U. Kulsum (2013) studied mental health of Secondary school teachers the significant difference exists between male and female secondary school teachers' mental health. Anand (1989) studied mental health of high school students. The mental health of class X students in the age group 14-15 years age was investigated. A sample of 262 high school students (169 boys and 93 girls) participated in the study. He found on his study the mental health of students; their academic achievement and the educational and occupational status of parents were positively related.

### Need and importance of the study:

Effectiveness of teaching and the mindset of the learners go hand-in-hand. So understanding the mindset of the students can help the teachers to align the teaching to become more effective. Mental health assessment helps in understanding the general state of mind of the students. It brings out the general as well as specific mindset of the students. This also at times discloses if any students used specific support to cope with any stressful situation.

So, we clearly see the need of mental health assessment in school.

1. If a student need special attention.
2. If a student need a any specific counseling
3. If a student need any medical help
4. Align the teaching methodology to suit the taste of the students

### Objectives of the study:

1. To study the mental health of the Boys and Girls of secondary school students.
2. To study the mental health of 8<sup>th</sup> and 9<sup>th</sup> standard students of secondary school
3. To study the mental health of 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> age group of secondary school students

### Hypotheses of the study:

1. There is no significant difference between Boys and Girls of the secondary school students Mental health
2. There is no significant difference between 8<sup>th</sup> and 9<sup>th</sup> standard secondary school students mental health.
3. There is no significant difference between 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> age group of secondary school students mental health

### Research Methodology:

#### Tools:

The investigator used following tool for the collection for data. Mental health scale was prepared by the investigator to measure the mental health of the secondary school students.

### Data collection:

The investigator personally visited to secondary schools to collect duly filled tool. Personal data relating to name, sex, class, and age were also collected through a personal data specially prepared for the purpose.

### Sample:

In this study simple random sampling technique was adopted for the selection of students for the investigation. The simple consisted of 100 students studying in secondary schools

### Statistical Analysis

In order to study the difference scores of secondary schools students' mental health t- test and ANOVA were computed and tested for significance as shown in Table

**Table: 01 comparison of Mean, SD and t-value of secondary school boys and girls students with respect to Mental Health.**

Variable	N	df	Mean	SD	t-Value	p-value
Boys	53	100	43.151	70.284	1.984	<0.05*
girls	48		39.187	70.368		
Total	101					

(\* significant at 0.05 level,\*\* significant at 0.1 level)

The above table reveals that the obtained t-value (1.984) is more than the table value (1.98) at 0.05 levels of significance. This implies that there is significant difference in the mental health of Boys and Girls of secondary schools. Boys are having better mental health than the girls of secondary schools

**Table: 02 comparison of Mean, SD and t-value of secondary schools 8th and 9<sup>th</sup> Grade students with respect to Mental Health.**

Variable	N	df	Mean	SD	t-Value	p-value
Grade 8	28	100	44.821	56.671	2.003	<0.05*
Grade 9	73		39.904	74.143		
Total	101					

(\* significant at 0.05 level,\*\* significant at 0.1 level)

The above table reveals that the obtained t-value (2.003) is more than the table value (1.98) at 0.05 levels of significance. This implies that there is significant difference in the mental health of 8<sup>th</sup> and 9<sup>th</sup> Grade of secondary schools. 9<sup>th</sup> Grade students having better mental health than the 8<sup>th</sup> Grade of secondary schools

**Table: 03 comparison of Mean, SS and F-value ofn 13, 14 and 15 age group of secondary school students with respect to Mental Health.**

Variable	Source of Variation	df	Sum of squares	Mean sum of squares	F-value	P-value	sign
Mental Health	Between groups	02	550.210	275.105	3.960	>0.05*	S
	With in groups	98	6807.572	69.465			
	Total	100	7357.782				

The above table reveals that the obtained F-value (3.960) is more than table value (3.09) at 0.05 levels. It means that there is a significant difference in the mental health between the age group 13,14 and 15 of secondary school students.

**Educational Implications**

1. Giving mental health education to develop a strong character
2. Encourage to do modification and yoga
3. Sound methods of teaching- learning is adopted to develop to intellectual environment of the school
4. Giving proper health education and sex education
5. Provision of co-curricular activities.

**Conclusion:**

Mental health plays a prominent role in the overall development of an individual. In the present study we found that boys have a better mental health than girls 9<sup>th</sup> standard students having better mental health than 8<sup>th</sup> standard students. In a nut shell it can be said that mental health assessment is one of a kind which helps to identify any kind of mental illness of an individual and also provides the preliminary for it. Mental health helps to understand the student disabilities and characteristics.

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