



A STUDY TO ASSESS PSYCHOLOGICAL WELL BEING, FAULTY COPING MECHANISMS AND POTENTIAL RISK OF DEVELOPING MENTAL HEALTH ISSUES AMONG ADOLESCENTS AT SELECTED SCHOOL OF DEHRADUN.

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ABSTRACT

This research study aimed to assess the psychological well-being, faulty coping mechanism and potential risk of developing mental health issues among adolescents attending selected schools in Dehradun. The study utilized standardized and self-structured tools to gather data and followed a quantitative research approach. The research design was descriptive, and sample size utilized was 100 adolescents. Result indicated that 100% of adolescent surveyed displayed negative well being with mean value of 26.95 and standard deviation of 3.520. Furthermore, 98% adolescent utilized maladaptive coping strategies while only 2% implemented coping strategies. The overall mean value was 27.16 with standard deviation of 2.635. Additionally, 99% adolescents had potential risk of mental health issues while 1% exhibited no risk of mental health issues with an overall mean value of 11.49 and standard deviation of 1.360. The study demonstrated the positive correlation between faulty coping mechanism and potential risk of mental health issues. The finding suggest that maladaptive coping strategies increase the risk of mental health problems.

KEYWORDS :

INTRODUCTION

Adolescence is the developmental stage that occurs between childhood and adulthood, and it is the time when a person goes through a variety of physical and psychological changes. Conflict is typical at this developmental stage, according to scientists, who labelled this time period "Storm and Stress." Adolescents have a variety of issues, dysfunctions, and disputes throughout this time, which ultimately hinders normal psychosocial development and exacerbates psychosocial dysfunction.

Lack of care for children and teenagers' mental health during a critical period of socialisation can have long-term effects on their mental health and lower the socioeconomic output of societies. More specifically, it can be argued that an adolescent's optimal psychosocial development is represented in their good academic standing, good physical health, and adequate social, emotional, and psychological health.¹¹ As a result, there is a decreased chance of violence, criminality, teenage pregnancy, psychosocial issues, and alcohol and drug abuse. For the person's quality of life, early identification of psychosocial dysfunction can be beneficial.¹²

Need Of The Study

A mental condition affects one in seven 10 to 19-year-olds worldwide, which accounts for 13% of the disease burden in this age range. One of the main causes of sickness and impairment among adolescents is behavioural disorders, followed by anxiety disorders and depression. Among those aged 15 to 19, suicide ranks as the fourth most common cause of death. Failure to address adolescent mental health issues can have long-term effects on an adult's physical and mental health as well as their ability to lead fulfilling lives.²¹

Therefore, this study aimed to estimate the magnitude of psychological well being, faulty coping mechanism and potential risk of developing mental health issues among adolescent. Researcher believes that this investigation is to assess psychological well being. As this investigation is being directed in Uttarakhand interestingly with respect among adolescents. So the researcher wanted to lead this point for the current investigation.

Population And Sample

In the present study, it was the adolescents in the selected school of Dehradun. Adolescents who comply with the requirements was taken. The sample size was fixed to be 100 adolescents.

Non-probability convenient sampling technique was utilized to assign adolescents. Thus, at the time of data collection whosoever in the age group of 12-19 years were present were taken as samples after established criteria.

Data And The Source Of Data

The data was collected from Renaissance Drone International School, Doiwala, Dehradun and Combined PG Institute of medical sciences Dehradun in the December 2022.

Research Methodolog

Descriptive Statistics

- Frequency and percentages to summarize the sample characteristics.
- Mean and standard deviation to determine the psychological well being & faulty coping mechanism.

Inferential Statistics

- Chi-square values to find out the association between faulty coping mechanism and selected demographic variables.
- And to find out association between potential risk of developing mental health issues and selected demographic variables.

Research Tools

A self-structured and standardized tool was used to gather information from the candidates. The following data collection tools were used for the present study:

Tool 1. Baseline data of adolescents

Tool 2. Modified Warwick-Edinburgh Mental Wellbeing Scale

Tool 3. Self-structured questionnaire 16-item coping strategies questionnaire (CSQ-R)

Tool 4. Self-structured questionnaire for potential risk of mental health issues.

RESULT AND DISCUSSION

Finding Related To Psychological Well Being

Psychological well being	Score	Frequency	Percentage	Mean	SD
Negative mental well being	1-45	100	100	26.95	3.520
Positive mental well being	46-90	-	-		

100% adolescents having negative mental well being. The overall mean value is 26.95 and SD 3.520.

Finding Related To Faulty Coping Mechanism

Faulty coping mechanism	Score	Frequency	Percentage	Mean	SD

Maladaptive coping strategies	1-32	98	98	27.16	2.635
Adaptive coping strategies	33-64	2	2		

98% adolescents having maladaptive coping strategies and 2% having adaptive coping strategies. The overall mean value is 27.16 and SD 2.635.

Finding Related To Potential Risk Of Developing Mental Health

Potential risk of developing mental health issues	Score	Frequency	Percentage	Mean	SD
No risk of mental health issues	1-7	1	1	11.49	1.360
Potential risk of mental health issues	8-15	99	99		

99% adolescents having potential risk of mental health issues and 1% having no risk of mental health issues. The overall mean value is 11.49 and SD 1.360.

Correlation Between Coping Mechanism And Potential Risk Of Developing Mental Health Issues:

S.No.	Variables	r-value	p value
1.	Coping mechanism and potential risk of developing mental health issues	0.659	<0.001

have a positive correlation which insinuated if faulty coping mechanism increase then the potential risk of mental health will also increase.

Finding Related To Association Between Psychological Well Being And Selected Demographic Variables

There was no significant association between the psychological well being related to specified demographic variables like: Age, Gender, Education, Residential area, Type of family, Number of family members, Number of family members earning, Income of all members/month.

Finding Related To Association Between Faulty Coping Mechanism And Selected Demographic Variables

There was no significant association between the faulty coping mechanism related to specified demographic variables like: Age, Gender, Education, Residential area, Type of family, Number of family members, Number of family members earning, Income of all members/month.

Finding Related To Association Between Potential Risk Of Developing Mental Health Issues And Selected Demographic Variables

There was no significant association between the potential risk of developing mental health issues related to specified demographic variables Like: Age, Gender, Education, Residential area, Type of family, Number of family members, Number of family members earning, Income of all members/month.

CONCLUSION

The present investigation concludes that the adolescent had negative mental well being and low coping strategies and having potential risk of developing mental health issues among adolescents.

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