



TO COMPARE THE MENTAL HEALTH IN SCHOOL GOING STUDENTS OF AGE GROUP 15-20 YEARS IN DEHRADUN DISTRICT WITH THAT OF RURAL VILLAGE OF CHAMOLI DISTRICT OF UTTARAKHAND

Pharmacology

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ABSTRACT

Objective: To compare mental health of school going students of Dehradun district with that of same age group students of a village of Chamoli district.

Material and methods: This is an observational, cross-sectional, cohort study in the form of a **questionnaire**. School going students of age group 15-20 years were undertaken, where investigator conducted interview with 200 students at a school of Dehradun district and 200 students of a village of Chamoli district with the help of a questionnaire

Result: After collecting the data from both rural and urban schools we calculated its mean, standard deviation and variance. We compared mental scores of urban school going students with that of rural school going students with the help of **unpaired t-test** which came out to be significant with the p-value of 0.000 which is significant as it is less than 0.05.

KEYWORDS

Mental health, questionnaire, cross-sectional study.

INTRODUCTION:

Health related quality of life is a multi-dimensional construct of particular interest in determining the consequences of illness and disease. (1) Mental health is considered to be one of the most important factors in measurement of overall well being of students. After students progress further in schooling mental health plays a major role in deciding overall health of the student. In India, about 46,000 suicides occurred in 15-20 years age group in 2012. Most common reason behind such incidents is **stress**. It is normal to have some level of stress in modern lifestyle but when it rises to a level where it interferes with daily life functioning, it causes several negative effects like anxiety, depression, increased irritability, poor decision making, sleep disorders, intolerance, psychological problems and many more.

METHODOLOGY:

This is an observational, cross-sectional, cohort study in the form of a **questionnaire**. (7) School going students of age group 15-20 years were undertaken, where investigator conducted interview with 200 students at a school of Dehradun district and 200 students of a village of Chamoli district with the help of a questionnaire. (8)

All the questions were answered in the given options. Each option has been given points from 0-4. Total score of the student is calculated after giving points in all twenty questions.

Score was divided as

0-25 – Mentally healthy students

26-55 – Average mental score students

56-80 – Mentally weak students

The data was collected from school from Dehradun district and school from Chamoli district. It was analyzed to compare the total score of students of Dehradun district and of Chamoli district of Uttarakhand. Data was analyzed with the help of **unpaired t-test** and compared by **p-value** of statistics. It was done with the help of **SPSS software**.

RESULT

Individual score of students from both Urban (Dehradun district) and Rural (Karanprayag, Chamoli district) schools out of a total score of 80 as per analysis of questionnaire was taken. Following inferences were drawn after compiling the whole data. Mean, standard deviation and standard deviation of urban students 49.24, 10.26, 105.34 respectively and that of rural students is 41.56, 10.39, 108.04.

Of urban school going students-

SL.No.	Mental score	No. of students	Category
1	0-25	1	Mentally healthy students
2	26-55	128	Average mental score students
3	56-80	71	Mentally weak students

Of rural school going students-

SL.No.	Mental score	No. of students	Category
1	0-25	7	Mentally healthy students
2	26-55	170	Average mental score students
3	56-80	23	Mentally weak students

After collecting the data from both rural and urban schools we calculated its mean, standard deviation and variance. We compared mental scores of urban school going students with that of rural school going students with the help of **unpaired t-test** which came out to be significant with the **p-value of 0.000** which is **significant** as it is less than 0.05.

DISCUSSION

After compiling the data in the form of questionnaire filled by students of both the rural and urban school going students, it was found that urban school going students' overall mental score calculated with the help of questionnaire consisted of 128 students with the score between 26-55. 71 students are between 56-80 mental score. The students with the mental score between 0-25 are 1. Coming to rural school going students, students with the mental score between 26-55 are 170. Students with the mental score between 56-80 are 23. At last students with the mental score between 0-25 are 7.

Overall mental well being score was calculated with the score provided to each option of the question. Total 20 validated questions were framed with 5 options. Each option is provided a score within 0-4 range. Score has been divided into three categories with 0-25 as mentally healthy students, 26-55 as average mental score students and 56-80 as mentally weak students.

After analyzing the score collected from two different backgrounds, we calculated the mean of mental well being score of urban school going students as 49.24 and that of rural students is 41.56. Standard deviation for urban students calculated as 10.26 and for rural population it is 10.39. Variance for students of urban school comes out to be 105.34 and for rural school going students it came out to be 108.04.

For comparing the score of two different populations we applied unpaired t-test and found that there is significant difference in the mental score of school going students of rural area with that of urban area. For this p-value came out to be 0.00 which is less than 0.05 and significant. Hence it can be said that rural school going students in the age group of 15-20 years are mentally strong than that of urban school going students of the same age group.

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RECOMMENDATIONS-Teaching of stress relieving techniques more in urban school.

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