



A Study on Mental Health of High School Students

Dr. C. MARIA UGIN JOSEPH

THE PRINCIPAL, A.K.T. MEMORIAL COLLEGE OF EDUCATION,
NEELAMANGALAM, KALLAKURICHI – 606 202, VILLUPURAM DISTRICT, TAMILNADU.

ABSTRACT

Twenty first century is an era of acute modernization. The school environment is an optimal context to provide mental health services. Media throws abundant cross-cultural exposure to the students, and at times, so called; social media leads students to the evils of maladjustment, loneliness, addictedness and loss of socio-emotional support. Researches reveal that children with better mental health do better academically and socially. The study reveals the following findings: The level of mental health of high school students is moderate. There is significant difference between boys and girls in their level of mental health. There is significant difference between rural and urban students in their level of mental health. There is no significant difference between students of nuclear and joint family in their level of mental health. The educational programme such as yoga, meditation, cultural activities...etc should be planned in such a way to improve mental health among students.

KEYWORDS

Mental Health, High School Students, Tamilnadu

Introduction

Twenty first century is an era of acute modernization. Media and communication technology influence or affect all spheres of education at school level particularly. The school environment is an optimal context to provide mental health services. Media throws abundant cross-cultural exposure to the students, and at times, so called; social media leads students to the evils of maladjustment, loneliness, addictedness and loss of socio-emotional support. Students who feel socially isolated or emotionally upset are less likely to learn and achieve to their full potential. Mental health is not simply the absence of mental illness, but the ability to cope with difficult circumstances. Researches reveal that children with better mental health do better academically and socially. Hadfield defined, "mental health is the full and harmonious functioning of the whole personality". Bernard defined, "mental health is the adjustment of individuals to themselves and the world at large with maximum of effectiveness, satisfaction, cheerfulness, socially considerable behavior and the ability of facing and accepting the realities of life". For efficient functioning of the individual one should not only possess sound bodily health but also sound mental health. In contemporary society, mental health has become a major problem affecting almost every person. Therefore, it is important to study mental health and suggest remedial measures to enhance the same among high school students.

Review of Literature

Ramesh Singh Bartwal (2014) conducted a study to compare the Mental Health and Social Intelligence of senior secondary students. A sample of 400 students was drawn adopting simple random sampling technique from Government senior secondary schools of Chamoli district of Utrakhnad and Saharanpur district of Uttar Pradesh. Descriptive survey method was employed to collect the data. The 't'- test and correlation were used for finding the significance of means and significance of relationship between dependent and independent variables. The study revealed that there were no significant difference in mental health of rural and urban students. The study also explored that there was a positive relationship between mental health and social intelligence.

Nameesh Kumar et. al (2014) conducted a study on mental health of school going adolescents. Mental health and physical health are correlated with each other. First of all parents should give due attention towards the adolescents. Teacher

should also pay healthy role to provide moral values among adolescents. Besides family factor socio-cultural factors also affect mental health. The negative impact of mass media and wrong cultural values affect mental health especially of the adolescent. It needs serious intervention on the part of government and responsible people of the society also. As healthy mind resides in healthy body so emphasis should be laid on to intricate values, healthy activities in such school so that the adolescents can never delineate or alienate towards wrong side.

Objectives of the Study

The present study has been undertaken having the following objectives in mind.

1. To study the level of mental health of high school students.
2. To find out the significant difference, if any, between
 - a) Boys and Girls
 - b) Rural and Urban students
 - c) Student of nuclear and joint family.

Hypotheses of the Study

Based on the above objectives the following hypotheses have been framed.

1. The level of mental health of high school students is moderate.
2. There is no significant difference between boys and girls in their level of mental health.
3. There is no significant difference between rural and urban students in their level of mental health.
4. There is no significant difference between students of nuclear and joint family in their level of mental health.

Methodology

In order to achieve the objectives of the present investigation, survey method was employed (Garrett, 2004). The methodological details like sample, tool, procedure of data collection and statistical techniques are given below.

Sample

The sample of the study consisted of 150 high school students of Kallakurichi Taluk at Villupuram District of Tamilnadu. They were drawn through random sampling technique from 2015-2016 academic batches.

Tool Used

To study mental health of high school students the investigator used the inventory standardized by Droved and Augustine (1990).

Data Collection

In order to assess mental health of high school students, the inventory was distributed to the select sample and administered faithfully in strict accordance with the directions provided in the manual for testing procedure.

Statistical Techniques Used

To analyse and interpret data, the statistical techniques such as mean, standard deviation and ‘t’ – test were used.

Analysis and Interpretation of Data

For analysis and interpretation of data, the relevant input and analytical findings and inference derived have been presented in different tables (1-4).

Table – 1
Percentage Analysis of Mental Health among High School Students

Category	Frequency	Percentage
Low	49	32.5
Moderate	57	38
High	44	29.85
Total	150	100

It is observed from the table – 1 that 38% of students have moderate level of mental health. Therefore hypothesis – 1 that “the level of mental health of high school students is moderate” is accepted.

Table – 2
‘t’ – Value for mean scores of mental health of Boys and Girls

Gender	Number	Mean	S.D.	‘t’ value	Significant Level
Boys	34	47.53	4.71	2.93	S (0.01)
Girls	116	53.76	4.43		

It is observed from table – 2 that girls are superior to boys in mental health. The mental health mean score of girls (53.76) is greater than boys (47.53). Hence girls have better mental health than boys. Since it is found that gender brings variations in mental health, the null hypothesis that there is no significant difference between boys and girls in their level of mental health is rejected.

Table – 3
‘t’ – Value for mean scores of mental health of rural and urban students

Locale	Number	Mean	S.D.	‘t’ value	Significant Level
Rural	45	51.99	4.53	2.13	S (0.05)
Urban	105	49.91	4.44		

It is observed from table – 3 that students from rural background are superior to students from urban background in mental health. The mental health means score of rural stuents (51.99) is greater than urban students (49.91). Hence rural

students have better mental health than urban students. Since it is found that locale brings variations in mental health, the null hypothesis that there is no significant difference between rural and urban students in their level of mental health is rejected.

Table – 4
‘t’ – Value for mean scores of mental health of students of nuclear and joint family

Type of Family	Num-ber	Mean	S.D.	‘t’ value	Significant Level
Nuclear	116	50.82	4.43	0.85	NS
Joint	34	51.34	4.71		

It is observed from table – 4 that students from nuclear and joint families are somewhat similar in their mental health. The mental health mean scores of students of nuclear family is 50.82 and students of joint family is 51.34. Since it is found that type of family does not bring any variations in mental health, the null hypothesis that there is no significant difference between students of nuclear and joint family in their level of mental health is accepted.

Findings of the Study
The study reveals the following findings:

- The level of mental health of high school students is moderate.
- There is significant difference between boys and girls in their level of mental health.
- There is significant difference between rural and urban students in their level of mental health.
- There is no significant difference between students of nuclear and joint family in their level of mental health.

Conclusion

Mental health is very important factor for high school students as they are in the turning point of their life in academic aspect and personal aspect. Mentally disturbed students may become a burden to the school and society. This study reveals that the high shool students have moderate level of mental health. The educational programme such as yoga, meditation, cultural activities...etc should be planned in such a way to improve mental health among students. This study goes against the findings of Ramesh Singh Bartwal (2014) who found that there was no significant difference between rural and urban students in their mental health. But this study reveals that there is significant difference. It may be due to the fact that rural areas are naturally calm, quiet and problems are less compared to urban areas. This study may find some usefulness in the field of education and can serve as a database for further research.

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