



**ORIGINAL RESEARCH PAPER**

**Psychology**

**A STUDY ON MENTAL HEALTH STATUS AS EXPRESSED BY THE GIRL STUDENTS BELONGING TO NORTH, CENTRAL AND SOUTH ZONE OF KOLKATA CITY**

**KEY WORDS:** Mental Health Status, Students, Different zones of city

**Swaha Bhattacharya**

Professor & Coordinator of DRS –II (SAP –III) Programme, Department of, Applied Psychology, University of Calcutta

**Arpita Das\***

Project Fellow, DRS –II (SAP –III) Programme \*Corresponding Author

**Priyanka Ghosh**

Project Fellow, DRS –II (SAP –III) Programme

**ABSTRACT**

The aim of the present investigation is to study the mental health status as expressed by the girl students studying in Class – IX and X belonging to North, Central and South of Kolkata City. Accordingly, a group of 389 students (133 from North zone, 127 from Central zone and 129 from South zone) were selected as sample following the stratified random sampling technique. A General Information Schedule and Mental Health for the Students Questionnaire were used as tools. Overall findings revealed that mental health status as expressed by the students belonging to different zones of the Kolkata is good but they differ in some domains. Some psycho-social factors has created comparatively better impact on mental health as expressed by the students belonging to North zone of Kolkata City than those belonging to Central and South zone of Kolkata City. Besides this, school environment is comparatively better as expressed by the students belonging to South zone of Kolkata city than the students belonging to Central and North zone of Kolkata city. Adequate measures may be taken to create congenial family, school and social environment of different zones of Kolkata City to keep themselves physically and mentally healthy in comparisons to the existing condition.

**INTRODUCTION**

Mental health is a state of an individual with high emotional stability, well adjustment in the society, adequate perception of reality, self-concept, integrated personality and environmental competencies. Mental health may include an individual's ability to enjoy life and to balance between life activities and efforts to achieve psychological resilience. Mental health is an expression of emotions and signifies a successful adaptation to a range of demands. Good mental health and well-being makes a vital contribution to the overall health and well-being of individuals and our communities. Adolescents are experienced rapid biological, psychological and social transition that can be associated with mental health problems. Research findings revealed that adolescent age group had high rates mental disorders which required more attention from the family as well as the educational and health institutes (Al-Sughayr and Ferwana, 2012). Subramani and Kadiravan (2017) conducted a study to explore the academic stress and its relationship with mental health among school students. Result revealed that there is positive correlation between academic stress and mental status. Kaur (2014) found that rising expectations of the parents in terms of scores and academic performance sometimes put extra burden on children which may cause many physical and mental ailments. Upreti (2016) found that adolescent girls are experienced more stress than boys. Besides this, research findings also revealed that parents' and teachers' expectations are the main reasons of academic stress among adolescents (Jayanthi et al., 2014). Higher physical stress level contributes to anxiety, negative emotions, depression, sleeping disorder and loneliness. Stress management technique such as soothing word, prayer and yoga can ease stress (Lavanya and Ganesan, 2014). Huli (2014) found that disturbed family dynamic, peer pressure, inability to cope with studies, lack of competence are the major reasons for stress in adolescents. It can further be said that school environment has significant impact on mental health (Sharma et al., 2014). Considering the above the present investigation has been designed to study the mental health status as expressed by the students studying in Class – IX and X belonging to North, Central and South zone of Kolkata city.

**OBJECTIVE**

To study the mental health status as expressed by the students studying in Class – IX and X belonging to North, Central and South zone of Kolkata City.

**HYPOTHESES**

**Hypothesis – I :** Students studying in Class – IX and X belonging to North and Central zone of Kolkata city do not differ significantly in terms of mental health as expressed by them.

**Hypothesis – II :** Students studying in Class – IX and X belonging to Central and South zone of Kolkata city do not differ significantly in terms of mental health as expressed by them.

**Hypothesis – III :** Students studying in Class – IX and X belonging to South and North zone of Kolkata city do not differ significantly in terms of mental health as expressed by them.

**SAMPLE**

A group of 389 girl students (133 from North Kolkata, 127 from Central Kolkata and 129 from South Kolkata) between the ages 14-16 years were selected as sample following the stratified random sampling technique.

**TOOLS USED**

**General Information Schedule:** It consists of items, viz., name, address, school name and address, age class etc.

**Mental Health For The Students Questionnaire:** It consists of 50 statements answerable in a five-point scale from strongly agree to strongly disagree where high score indicates good mental health status as expressed by the students and vice-versa. There are five domains in the questionnaire, viz., i) physical, ii) psychological, iii) social, iv) family and v) school. Odd-even split-half reliability is 0.86.

**ADMINISTRATION, SCORING AND STATISTICAL TREATMENT**

General Information Schedule and Mental Health for the Students Questionnaire were administered to the selected group of subjects by giving proper instruction. Data were collected and properly scrutinized. Scoring was done with the help of standard scoring key. Tabulation was done for each domain related to each zone separately. Domain-wise and also zone-wise, Mean and S.D. were calculated. Comparisons were made by applying t-test.

**RESULTS AND INTERPRETATION**

Data inserted in Table – 1 reveals the comparative picture between the two groups of students belonging to North and Central zone of Kolkata city in terms of mental health as expressed by the students studying in Class – IX and X. From the mean score it can be said that there seems to be indication of good mental health status as expressed by both the group. Comparatively students belonging to North zone of Kolkata city expressed better mental health status related to psychological and social domains. Analysis of data reveals that students belonging to North zone of Kolkata city are able to communicate with others easily, like to stay around people, feel happy to help someone else, able to take decision easily as and when necessary and enjoy social gatherings than

those belonging to Central zone of Kolkata City. When comparison was made between the two groups significant difference was observed in case of psychological and social domain. Thus the **Hypothesis – I which states, “Students studying in Class – IX and X belonging to North and Central zone of Kolkata city do not differ significantly in terms of mental health as expressed by them” - is accepted except psychological and social domains.**

**Table – 1 : Comparison between the students belonging to North and Central zone of Kolkata city in terms of mental health as expressed by them**

Domain	North (N=133)		Central (N=127)		t-value
	Mean	S.D.	Mean	S.D.	
Physical	38.51	4.87	37.62	5.15	1.40*
Psychological	39.86	5.41	37.74	5.82	2.97**
Social	39.53	5.01	37.70	5.18	2.86**
Family	37.57	6.78	36.64	8.05	0.98*
School	40.73	5.23	40.20	5.86	0.75*
Overall	196.46	20.11	189.63	24.34	1.77*

**Score range - Physical : 10 -50, Psychological : 10- 50, Social : 10-50, Family : 10-50, School : 10-50 and Overall : 50-250, High score indicates good mental health and vice-versa**

\* Difference is insignificant, \*\* p < 0.01

Comparison was made between the two groups of students belonging to Central and South zone of Kolkata city in terms of mental health status as expressed by them (Data inserted in Table - 2). From the mean score it can be said that there seems to be indication of good mental health status as expressed by both the group. Analysis of data reveals that the students belonging to South zone of Kolkata city expressed comparatively better mental health related to factor school environment than those belonging to Central zone of Kolkata city. Analysis of data reveals that they can easily interact with teachers and have lots of good friends at school. They also opined that teachers are very attentive and they praise them in small achievements. When comparison was made between the two groups no significant difference was observed except domain related to school environment. Thus, the **Hypothesis – II which postulates, “Students studying in Class – IX and X belonging to Central and South zone of Kolkata city do not differ significantly in terms of mental health as expressed by them” – is accepted except for school domain.**

**Table – 2 : Comparison between the students belonging to and Central and South zone of Kolkata city in terms of mental health as expressed by them**

Domains	Central (N=127)		South (N=129)		t-value
	Mean	S.D.	Mean	S.D.	
Physical	37.62	5.15	37.79	6.62	0.23*
Psychological	37.74	5.82	38.85	6.46	1.45*
Social	37.70	5.18	37.91	6.63	0.28*
Family	36.64	8.05	37.64	6.97	1.06*
School	40.20	5.86	41.71	6.34	1.98**
Overall	189.63	24.34	193.94	27.69	1.22*

**Score range - Physical : 10 -50, Psychological : 10- 50, Social : 10-50, Family : 10-50, School : 10-50 and Overall : 50-250, High score indicates good mental health and vice-versa**

\* Difference is insignificant, \*\* p < 0.01

Comparison was also made between the two groups of students belonging to South and North zone of Kolkata City in terms of mental health status as expressed by them (Data inserted in Table – 3). From the mean score it can be said that mental health status related to social domain is comparatively better as expressed by the students belonging to North zone than those belonging to South zone of Kolkata city. Analysis of data reveal that students belonging to North zone of Kolkata city can easily communicate with others, feel comfortable in any social situation, enjoys social

gatherings, do not feel difficulty to speak with strangers and also want to share the feelings with others than those belonging to South zone of Kolkata city. Statistically no significant difference was observed except social domain. Thus the **Hypothesis – III, which states, “Students studying in Class – IX and X belonging to South and North zone of Kolkata city do not differ significantly in terms of mental health as expressed by them – is accepted except social domain.**

**Table – 3 : Comparison between the students belonging to South and North zone of Kolkata city in terms of mental health as expressed by them**

Domain	South (N=129)		North (N=133)		t-value
	Mean	S.D.	Mean	S.D.	
Physical	37.79	6.62	38.51	4.87	1.00*
Psychological	38.85	6.46	39.86	5.41	1.36*
Social	37.91	6.63	39.53	5.01	2.22**
Family	37.64	6.97	37.57	6.78	0.08*
School	41.71	6.34	40.73	5.23	1.36*
Overall	193.94	27.69	196.46	20.11	1.09*

**Score range - Physical : 10 -50, Psychological : 10- 50, Social : 10-50, Family : 10-50, School : 10-50 and Overall : 50-250, High score indicates good mental health and vice-versa**

\* Difference is insignificant, \*\* p < 0.01

**MAJOR FINDINGS OF THE STUDY**

1. Mental health status as expressed by the students belonging to North, Central and South zone of Kolkata city is good and, in seriatim, North zone, South zone and Central zone.
2. Although overall picture is good still analysis of data reveals that there is dire need for taking care to keep the students physically and mentally healthy related to their health issues, use of computer, mobile and television, parent-child relationship, teacher-student relationship, role of family members, social meets and fear of punishment. This is true for North, Central and South zone of Kolkata city.
3. Comparative picture reveals significant difference between North and Central zone for psychological and social domain.
4. Students belonging to North zone of Kolkata city are able to communicate with others easily, like to stay around people, feel happy to help someone else, able to take decision easily as and when necessary and enjoys social gatherings than those belonging to Central zone of Kolkata city.
5. Significant difference was observed between Central and South zone for domain related to school environment.
6. Students belonging to South zone of Kolkata city can easily interact with teachers and have lots of good friends at school than those belonging to Central zone of Kolkata city. They also opined that teachers are very attentive and they praise them in small achievements.
7. Significant difference was observed between South and North zone for domain related to social factor.
8. Students belonging to North zone of Kolkata city can easily communicate with others, feel comfortable in any social situation, do not feel difficulty to speak with strangers and also want to share the feelings with others than those belonging to South zone of Kolkata city.

**CONCLUDING REMARKS**

In conclusion it can be said that although there seems to be indication of good mental health status as expressed by the students studying in Class-IX and X belonging to North, Central and South zone of Kolkata city still there are some differences related to few domains viz, psychological, social and school considering the zone separately. To keep physically and mentally healthy, care may be taken for physical health, role of family members, parental attitude, teacher-student relationship, peer-group relationship, social media and also overall family, school and social environment. Congenial environment may help the students to keep physically and mentally healthy.

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