



ORIGINAL RESEARCH PAPER

Psychology

A STUDY OF MENTAL HEALTH OF IX CLASS STUDENTS WITH MANAGEMENT AND CASTE

KEY WORDS: Mental Health, Management, Caste and IX Class Students.

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ABSTRACT

In the present era of globalization, privatization and liberalization, the entire social scenario of the whole world is turned into a global village but the social attitudes, value patterns, conduct and behaviour of the people have been radically changed in the inverse direction. The main objective of the present study is to study the influence of management and caste on the Mental health of IX class students. Mental health scale was developed by **Thorpe and Clark (1959)** was adopted from **Pavani, M (2017)**. A sample of 300 IX class students representing all categories of Secondary schools in Chittoor District by following the standardized procedures. 'F' – test was employed for analysis of the data. There is significant influence of management and caste at 0.05 level of significance on the Mental health of IX class students.

INTRODUCTION

Today, we live in a money worshipping society which is full of competition with values of consumerism, individualism, materialism and hedonism; sadism and masochism have significantly increased and sensitivity toward others' suffering has considerably decreased. Feelings of envy and jealousy towards others are spreading in each society with impersonal relationship, alienation, non-consciousness and unmindfulness, which have damaged the person himself. All kinds of insecurities – physical, mental, social etc., have engulfed the psyche of the people who are mad for more and more materialistic possessions in order to live luxuriously and also to leave the same for generations to come. Today's men are unnecessarily running from early morning till late at night for minting money and amassing wealth with their never-ending lust. All these have created anxiety, frustration, stress, tension, maladjustment with some many personal and social problems and have disturbed the mental health of the individual to a great extent. The mental health, positive psychology, psychological well-being, qualitative living, excellence in living, feeling wellness are the synonyms which are used interchangeably.

Mental health is an important aspect of one's total health status. It is a quality of emotional well-being which provides the individual with effective living concerned with the every day living conditions or situations. Harmonious adjustment and integrated living, play a major role in the health status of the individual. The basic factors on which mental health of any individual depends upon the heredity, physical health status, happy home, an adequate school and healthy community influences.

The foremost concern of education today is to produce mentally healthy persons who are the real assets of the society for the 21st century. The aim of education and mental hygiene are theoretically same. Each has its principle objective, which is the development of well rounded individuals capable of living fully and richly in their culture. A state of good adjustment with a subjective state of well being, zest for living and the feeling that one is exercising his talents and abilities.

Mental health person is always productive and untalented. He is always a person, who relates himself to the world lovingly and who uses his reason to grasp reality objectively; who experiences himself as a unique individual entity and at the same time feels on his fellowmen, who accepts willingly the rational authority of conscience and reason; who in the process of being born as long as he is alive, and considers the gift of the life the most precious chance he has. Here the values are humanism, individualism, freedom and rationality.

REVIEW OF LITERATURE

Pyari Salma (2011) investigated that management, mother's occupation, type of family, mother's education, children of unemployed mothers and children of employed mothers have

significant influence on the mental health of 9th class students.

Sandhuru Damodaram (2012) investigated that management, caste, father education, mother education, father occupation, annual income, size of the family and academic achievement have significant influence on the mental health of IX class students.

Bandi Gopinad (2013) found that management, caste, father occupation, annual income, academic achievement and age have significant influence on the mental health of VIII class students.

Jaya Ramulu, V (2014) inferred that management, caste, annual income and academic achievement have significant influence on the mental health of IX class students.

Muni Krishna, M (2015) inferred that Management, Medium, Caste, Father education, Annual income, mother occupation and Academic achievement have significant influence on the mental health of VIII class students.

Chowdur Abdul Khadar (2016) studied that caste, father education, type of family and mother occupation have significant influence on the mental health of IX class students.

Pavani, M (2017) studied that type of family and mother occupation have significant influence on the mental health of IX class students.

Srinivas Dasari (2018) studied that gender and mother education have significant influence on the mental health of IX class students.

Karthika, R. N (2019) investigated that type of family, mother's education, children of unemployed mothers and children of employed mothers have significant influence on the mental health of 9th class students.

Ravi, K (2020) investigated that mother education, father occupation, annual income, size of the family and academic achievement have significant influence on the mental health of IX class students.

Scope of the Study: The main intention of the present study is to find the relation of Mental health of IX class students with management and caste.

Objective of the Study: To study the impact of management and caste on the Mental health of IX class students.

Hypotheses of the study

1. There would be no significant impact of 'management' on the Mental health of IX class students.
2. There would be no significant impact of 'caste' on the

Mental health of IX class students.

Tools for the Study

1. The Mental health questionnaire was developed by **Thorpe and Clark (1959)** was adopted from **Pavani, M (2017)**. The tool was highly reliable for the investigation. The total items are 100. For the purpose of scoring one mark was assigned for 'Yes' response and zero to 'No' response for assets and one mark was given to 'No' response and zero to 'Yes' response for liabilities.
2. Personal data regarding the student – 1. Name, 2. Management, 3. Caste.

Data Collection

The sample for the investigation consisted of 300 IX class students in Chittoor district. The stratified random sampling was applied in three stages. The stratified random sampling was applied in three stages. The first stage is management i.e. Government, Private and Aided, second stage is locality i.e. rural and urban and third stage gender i.e. male and female. It is a 3X2X2 factorial design with 300 sample subjects. The investigator personally visited Secondary schools with the permission of the head masters of the schools. The IX class students who attended the school on the day of collection of data are considered for the purpose of investigation. It was provided to the concerned IX class students of the schools. The IX class students were given necessary instructions about the instruments and motivated to respond genuinely to all the items. The Mental health scale and personal data sheet were administered. The data on each variable in the investigation is properly coded to suit for computer analysis. The analysis was carried out on the basis of objectives of the investigation and hypotheses formulated by employing appropriate statistical techniques. The F- test was employed to test hypotheses.

RESULTS AND DISCUSSION

1. Management

The relationship of mental health of IX class students with their management is studied in the present investigation. On the basis of management, the IX class students are divided into three groups. The Government school students form with the Group – I, Group – II forms with the Private school students and Group – III forms with the Aided students. The corresponding mental health of IX class students of the three groups were analyzed accordingly. The mean values of mental health of IX class students for the three groups were tested for significance by employing 'F' - test. The following hypothesis is framed.

Hypothesis – 1

There would be no significant impact of 'management' on the mental health of IX class students.

The above hypothesis is tested by employing 'F' - test. The results are presented in **Table – 1**.

Table – 1: Influence of management on the mental health of IX class students

S.No.	Management	N	Mean	S.D.	'F'-Test
1.	Government	100	57.32	10.87	4.526*
2.	Private	100	60.21	9.96	
3.	Aided	100	62.01	10.11	

*Indicates significant at 0.05 level

It is found from the **Table – 1** that the computed value of 'F' (4.526) is greater than the critical value of 'f' (3.030) for 2 and 297 df at 0.05 level of significance. Hence the **Hypothesis – 1 is rejected at 0.05 level**. Therefore it is concluded that the management has significant influence on the mental health of IX class students.

2. Caste

The relationship of mental health of IX class students with their caste is studied in the present investigation. On the basis of caste, the students are divided into three groups. Group – I is formed with OC students, Group – II formed with BC students and Group – III is formed with SC and ST students. The corresponding mental health of IX class students of the

three groups were analyzed accordingly. The mean values of mental health of IX class students for the three groups were tested for significance by employing 'F' - test. The following hypothesis is framed.

Hypothesis – 2

There would be no significant impact of 'caste' on the mental health of IX class students.

The above hypothesis is tested by employing 'F' - test. The results are presented in **Table – 2**.

Table – 2: Influence of caste on the mental health of IX class students

S.No.	Caste	N	Mean	S.D.	'F'-Test
1.	OC	95	61.89	10.95	3.984*
2.	BC	85	60.52	10.06	
3.	SC and ST	120	55.62	8.95	

* Indicates significant at 0.05 level

It is clear from **Table – 2** that the computed value of 'F' for the mental health of IX class students is (3.984). It is greater than table value of 'F' (3.030) for 2 and 297 df at 0.05 level. Hence **Hypothesis – 2 is rejected at 0.05 level**. It is concluded that the caste has significant influence on the mental health of IX class students.

Findings: There is significant influence of management and caste at 0.05 level of significance on the Mental health of IX class students.

Conclusions: In the light of the findings, the following conclusions are drawn. Management and caste have significant influence on the Mental health of IX class students.

EDUCATIONAL IMPLICATIONS

The findings of the present research have raised some important questions related to the educational needs of the IX class students with special reference to their Mental health of IX class students.

1. Management is highly influence on the mental health of IX class students. Aided school students have positive mental health than the Government school students. The administrators have to provide physical facilities for various types of managements.
2. Caste is highly influence on the mental health of IX class students. OC students have positive mental health than the SC and ST students. The administrators have to provide counseling for various types of caste groups.

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