



ORIGINAL RESEARCH PAPER

Psychology

MENTAL HEALTH AMONG 9TH CLASS STUDENTS IN RELATION TO CERTAIN DEMOGRAPHIC VARIABLES

KEY WORDS:

Dr. C. Janardhana Reddy

M.Sc in Psychology, M.Ed, Ph.D

Dr. V. Siva Sankar

District Child Protection Officer District Child Protection Unit Chittoor, Andhra Pradesh, India

ABSTRACT

The present study aimed to compare the mental health of 9th Class students. A sample of 320 students was drawn adopting simple random sampling technique from Government secondary school students of Tirupati district of Andhra Pradesh. Descriptive survey method was used to collect the data from the sample. The 't' test was employed for finding the significant mean difference between variables. The study revealed that there was no significant difference in mental health of boys and girls, government and private, rural and urban students, but there is significant difference between students belongs to nuclear and joint family. Students belong to nuclear family have better mental health compared to students belongs to joint family.

INTRODUCTION

Mental health is an important aspect of one's total health status in the life. It is a quality of emotional well-being which provides the individual with effective living concerned with the everyday living conditions or situations. Harmonious adjustment in the life 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.

Review of Literature

Maria Ugin Joseph (2015) conducted a study on "mental health of high school students" and found that there is significant difference between boys and girls in their level of mental health. There is significant difference found between rural and urban students in their level of mental health. There is no significant difference between students of nuclear and joint family with regard to the level of mental health.

Nanda (2001) studied the mental health status of high school students. The sample consisted of 1579 students from 86 schools covering Cuttack District, Orissa. Mental Health Scale developed by Nanda (1989) was administered to the sample. The results of the study revealed that female students were found to have better mental health than male students. While comparing male and female students in urban, rural and ashram schools separately, it is found that male and female students in urban and ashram schools had similar mental health, whereas female students have better mental health than male students in rural schools.

Viswanath, Azmal Basha and Viswanatha Reddy (2017) the influence of demographic variables on mental health status of 600 co-education and non coeducation high school students. Reddy's Mental Health Status inventory was administered to assess the mental health status of the students. The collected data were analyzed by using 't' test and ANOVA to find out the difference. Results revealed that there is significant impact of demographic variables on mental health; girls possessed good mental health than boys; students studying in private institutions were better mental healthier than students from government schools and coeducation school students were exhibited better mental health than non coeducation students.

Patel (2020) study the mental health among higher secondary school students. The sample i.e. 60 boys students (30 students of Arts and 30 students of Commerce) and 60 girls students (30 students of Arts and 30 students of Commerce) total 120

students were selected for the study as sample. Mental Health Analysis Questionnaire prepared by Dr. Ashwin Jansari, Dr. Harkant D. Badami and Dr. (Smt.) Charulata H. Badami was used for the data collection. "F" test was used. The result has shown that (1) the boys students group is having high mental health than girls students group. (2) There is no significant difference in the mean score of mental health among students of arts and commerce faculty and (3) There is significant difference in the interactive effect of the mean scores of mental health among the gender and faculty.

Sankar, Wani and Indumathi (2017) studied the level of mental health among adolescents. The sample consisted of 40 subjects divided in two groups (Boys and Girls) each group has 20 subjects. Further two groups are equally subdivided into two more age wise (13-15 years and 16-19 years) groups with 10 subjects in each group. Mental Health Scale developed by Dr. Jagadish was used to assess the mental health of the subjects. Mean and t-test was applied to test the hypotheses. The findings of the study show that boys have high level of mental health than girls. Results also show that there is significant difference between the mental health of boys and girls. Insignificant difference was found between the mental health scores of 13-15 years and 16-19 years old subjects.

Selvaraj (2018) studied mental health of high school girls students in Cuddalore District in relation to their certain selected variables was carried out by the investigator. It is concluded that the mental health of the girls students are average level. The community of the students does not play any role in Girls mental health scores. Government girls school students are having more mental health level. Rural Girls students are having more mental health than the Urban Girls students, The Girls students whose parents are belonging to different educational status having similar mental health. The Girls students whose parents are belonging to different income level are having similar mental health. There is no significant difference among the Girls students who belongs to different communities in their mental health scores. There is significant difference between private and government school Girls students in their mental health. There is significant difference between rural and urban school Girls students in their mental health scores. There is no significant difference among the Girls students whose parents belongs to different occupations in their mental health.

Rajani and Senad (2018) attempted to Study of Mental Health among High School Students to study by research seared

variables in gender and mental health sub factor. The sample of the consisted of 100 High School students in each 50 high school boys students and 50 girls high school students. Arun Kumar Singh and Alpna Sen Gupta (2005) mental health inventory was used to collect the data from the sample. Results of the study found that boys students high emotional stability than girls students, girls students high overall adjustment and autonomy than boys students, there is no significant difference between boys and girls school going students with mental health dimension on security-insecurity, there is no significant difference between boys and girls school going students on mental health.

Meena Kumari and Nisha (2019) examined the mental health of senior secondary school students. For this, a sample of 600 senior secondary school students from different government and private schools (Government = 300, private = 300) was drawn. The students participated in the study ranged in the age group of 16 to 18 years with the mean age of 17 years. Mental Health Battery (MHB) by Singh and Sengupta was used to collect the data from the subjects. The obtained findings revealed significant difference between government and private senior secondary school students. Government school students scored significantly higher mean score on overall adjustment and security-insecurity dimensions of mental health but private senior secondary school students obtained higher mean score on emotional stability dimension and overall mental health as compared to government senior secondary students but two groups do not differ significantly on rest of the dimensions i.e. autonomy, self-concept and intelligence.

Maria Rojamma and Manjuvani (2020) conducted a study to find the effect of Gender on mental health of adolescents. Multistage random sampling was used to select 570 students studying 8th, 9th and 10th standards of selected schools out of which 285 are boys and 285 are girls in Guntur town of Andhra Pradesh. Mental health of the subjects was assessed by using Mental Health Inventory (MHI) (Thorpe and Clark, 1959). The results of the study revealed that boys and girls did not differ significantly on overall mental health but significant variation was observed on components of mental health assets and liabilities in which girls exhibited low levels of social participation and high levels of feelings of inadequacy than the boys.

Beena Florence Donark (2021) attempted to study the mental health of high school students using a random sampling technique. 300 secondary students from ten schools of Kanyakumari district were selected as samples for the study. Data was analyzed by using t-test and F-test. The findings revealed that there is significant differences in the mental health of secondary students with regard to gender, medium of instruction, locality of Institution, and type of institution. There is no significant difference in the mental health of secondary students with regard to the nature of family.

Objectives

The study was conducted with the following objectives:

1. To know the mental health of IX class students.
2. To study the influence of gender on mental health of IX class students
3. To study the influence of management on the mental health of IX class students.
4. To study the influence of locality on the mental health of IX class students.
5. To study the influence of type of family on the mental health of IX class students.

Hypotheses

In order to realize the above objectives the following hypotheses are formulated and tested in the present investigation.

1. There would be significant influence of gender on the

mental health of IX class students.

2. There would be significant influence of locality on the mental health of IX class students.
3. There would be significant influence of management on the mental health of IX class students.
4. There would be significant influence of type of family on the mental health of IX class students.

Method and Procedure

For the purpose of the present investigation, descriptive survey method was employed. The sample of the study consisted of 320 senior secondary students studying 9th class were taken.

Tools Used for Research Study

Mental health inventory an adapted version of mental health analysis developed by Thorpe and Clark (1959), was used to assess mental health. The mental health inventory has two categories namely assets and liabilities. Mental health assets are attitudes, beliefs, aspirations, skills and achievements which contribute to a sense of well-being and which support progress towards realizing one's fullest potentialities. These are to be sought or amplified in promoting mental health. The five components of assets are 1. Close personal relationships, 2. Interpersonal skills, 3. Social participation, 4. Satisfying work and recreation and 5. Adequate outlook and goals. High score on the components of assets signify the presence of these qualities to a higher degree while high score on components of liabilities imply an absence or freedom from liabilities. Thus, both categories are scaled in the same direction.

Need and Importance of the Study

The Mental Health needs of the child/adolescent of today can be judged from the increasing number of dropouts, drug-addicts, delinquents, runaways from home and the abound of emotional problems (Moulgel, 1985).

Actually as emphasized in the beginning the maintenance of proper mental health of children is a gigantic problem that needs all round efforts. The co-operation of the state authorities, parents and other responsible members of the society is an urgent necessity to achieve success at this point. Uncogential atmosphere at home and in social situations brings harmful impact on the tender minds of children. Therefore, parents should be taken into confidence for achieving proper mental health of their children. State can also provide financial assistance to the parents or schools for up-bringing children. Establishment of child guidance clinics by the state or some welfare organizations may also serve the best purpose in the direction. Occasional visits of psychiatrist and mental experts to schools may also bring desirable results. In this way the problem of maintaining proper mental health of children should be tackled from all the possible sources and measures.

Sample

The sample for the investigation consisted of 320 IX class students in Chittoor district. The stratified random sampling was applied in three stages. The first stage is locality i.e. rural and urban (160 + 160), the second stage is management i.e. Government and Private (160 + 160) and third stage is sex i.e. Boys and girls (160 + 160).

RESULTS AND DISCUSSION

Table-1: Means, S.Ds and t-value to locate difference in mental health scores of male and female students

Gender	N	Mean	S.D.	t' - Test
Boys	160	61.37	9.13	0.200@
Girls	160	61.16	9.86	

@- Not Significant

Table-1 shows the mean difference between mental health of

male and female students. The t-value testing the significance of mean difference observed in mental health between male and female students is 0.200 which is not significant, indicating that there is no significant difference between boys and girls students with regard to their mental health. The finding of the present study in line with earlier study of Rajani and Senad (2018) who found there is no significant difference between boys and girls school going students on mental health. Whereas, the finding of the present study opposite with the earlier studies of Maria Ugin Joseph (2015) who found that there is significant difference between boys and girls in their level of mental health. Sankar, Wani and Indumathi (2017) found that there is significant difference between the mental health of boys and girls. Thus the hypothesis – 1 “*there would be significant influence of gender on the mental health of IX class students*” is rejected.

Table-2: Means, S.D and t-value to locate difference in mental health scores of Government and Private School students

Management	N	Mean	S.D.	't' – Test
Government	160	61.05	9.41	0.400@
Private	160	61.48	9.58	

@- Not Significant

Table-2 shows the mean difference between mental health of government and private school students. The t-value testing the significance of mean difference observed in mental health between male and female students is 0.400 which is not significant, indicating that there is no significant difference between rural and urban students with regard to mental health. The finding of the present study opposite to the earlier study conducted by Viswanath, Azmal Basha and Viswanatha Reddy (2017) found that students studying in private institutions were better mental healthier than students from government schools. Thus the hypothesis – 2 “*there would be significant influence of locality on the mental health of IX class students*” is rejected.

Table-3: Mean, S.D and t-value to locale difference in mental health scores of Rural and Urban School students

Locality	N	Mean	S.D.	't' - Test
Rural	160	61.59	10.21	0.624@
Urban	160	60.93	8.72	

@- Not Significant

Table-3 shows the mean difference between mental health of rural and urban school students. The t-value testing the significance of mean difference observed in mental health between rural and urban students is 0.624 which is not significant, indicating that there is no significant difference between rural and urban students with regard to mental health. The finding of the present study opposite with the earlier study of Maria Ugin Joseph (2015) found that there is significant difference found between rural and urban students in their level of mental health. Thus the hypothesis – 3 “*there would be significant influence of management on the mental health of IX class students*” is rejected.

Table-4: Means, SDs and t-value to locate difference in mental health scores of Nuclear and Joint family School students

Type of family	N	Mean	S.D.	't' - Test
Nuclear family	115	62.94	10.28	2.291*
Joint family	205	60.32	8.90	

@- Not Significant

Table-4 shows the mean difference between mental health of Nuclear and Joint family School students. The t-value testing the significance of mean difference observed in mental health between students belonging to nuclear and joint family 2.291 which is significant at 0.05 level, indicating that

there is significant difference between students belonging to nuclear and joint family with regard to mental health. Students from nuclear family have obtained a high mean of 62.94 compared to students from joint family, whose mean score is 60.32. The finding of the present study opposite to earlier study Maria Ugin Joseph (2015) and Beena Florence Donark (2021) found that there is no significant difference between students of nuclear and joint family with regard to the level of mental health. Thus the hypothesis – 4 “*there would be significant influence of type of family on the mental health of IX class students*” is accepted as warranted by the results.

CONCLUSIONS

1. There is no significant difference between boys and girls in their level of mental health.
2. There is no significant difference between government and private students 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 significant difference between students of nuclear and joint family in their level of mental health

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