

Mental Health of Adolescents in Relation to Types of School and School Environment

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Abstract: This study attempts to find out the relation in mental health and school environment of adolescent students. Mental health of human being affects at every stage of life. But at adolescent stage mental health affects a lot as adolescence period is the period of changes. A sample of 200 adolescent students of class ninth was taken from Hoshiarpur District of Punjab. Mean, S.D and t-ratio is used for analyzing the data. The findings of the study revealed that school environment positively and significantly influence mental health. Significant difference has been found in mental health of adolescent boys and girls. Environment of co-educational and separate schools found to be differs significantly.

Key Words: Mental Health, Adolescents, Gender, School Environment, Types of school

I. INTRODUCTION

Mental health is not a very old concept. Professor W. Bear is called the father of the concept of Mental Health. Mental health refers to the condition which results from normal organizations and functioning of the mind. It is a process of adjustment which involves compromise and to adoption growth and continuity. The term will adjusted is usually synonymously with mental health. When it is said that a person is well adjusted it means he is mentally healthy and the mentally ill person is said to be maladjusted. Maladjustment leads to development of various mental ailments.

In some way mental health of an individual is very important for the proper growth and development. The term "Mental Health" refers to the quantity of wholeness and soundness. Mental health can also be called the process of human self-realization, self-satisfaction and fully successful existence. Mental health of a person, among other things, is chiefly concerned with his total sense of growth and development; adjustment and peace; success and happiness and effective membership of a group of community. It includes physical, intelligence, emotional and social aspects of adjustment.

Mental health means freedom from disabling and disturbing symptoms that interfere with mental efficiency, emotional stability and peace of mind. It is a science that attempt to develop and apply principles and techniques for preservation and promotion of mental efficiency. A mentally healthy person enjoys the harmony of internal with external adjustment.

The rapid changing culture and social values a lot of competitions have made people in general and in urgency and energy. Mental pressure is increasing day by day especially among students. Unrest, anxiety, frustration are occurring in almost all the spheres of their lives leading to unsound mental health. Every human being, whether child, adolescent possesses a unique mental health which is reflected in all his actions towards life. The role of good mental health is human life is very important for efficient learning and all round development of students. Adjustment is a term used to denote a general process in which the individual changes. It refers to the extent to which an individual's personality functions efficiently in the world of people.

Mental Health of human being affects at every stages of life although it may be child stage, adolescent stage or adult stage. But adolescent stage mental health affects a lot as adolescence period is the period change. Adolescence is not merely a period of achieving sexual maturity or one's final height. It can't be defined in physical terms or purely in cultural terms. In adolescence the child experience a series of events, some of which are initiated by his body, some initiated by the people who surround him, and some initiated by his own self system. When this occurs, regardless of chronological age, the metamorphosis from child to man or woman is completed.

Every individual bears an imprint of the environment in which he brought up. The school helps a lot in developing emotional competency of an individual. When a child enters the school area, he or she is presented with new opportunities in term of socialization and cognitive development. It can be said that the school provides simple, pure, interesting and well organized environment to a child according to a pre planned scheme which ensure the harmonious development of a child. If the school environment is conducive, i.e. teacher is sympathetic and affectionate towards the child, if there is a creative stimulus, if there is permissiveness, i.e. school climate provides opportunities to the students to express their views freely, if there is acceptance, i.e. teacher love their students and accept their feelings in a non-threatening manner, students would be able to attain academic brilliance. On the other hand, if the school environment is not conducive, if there is strict discipline, teacher is not efficient and proper physical facilities are not available the student won't be able to achieve an academic brilliance. Anand (1989) conducted study on high school students of the Class Xth and found that mental health of adolescents was depending upon the educational and occupational status of parents Rajan, Preet (1991) conducted a study on the Mental Health of Adolescents in Relation to Divergent configuration or Parental Behavior. The study found that mental health of adolescents in relation to divergent configuration of parental behavior is significantly more conducive of the mental health of adolescent's boys

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than to the adolescent girls. Murallidharan, R. Sibia, A. and Kaur, P (1993) conducted a study on Mental Health programme for Primary School Children. The study attempts to help young primary school children to develop an interest in learning and acquiring the required competency and improve their learning and social skills. Sheenan (2004) conducted a study on Mental Health in relation to family and gender of school going Adolescents. The study concludes that there exists significant relationship between mental health of school going adolescents and family environment. Kaur, M (2006) in her study conclude that there exists a significant relationship between mental health and adjustment of teachers. Ritu (2007) conducted a study on Impact of School Environment on Emotional competence of adolescents and found that there is positive relationship between school environment and emotional competence of adolescents.

From above studies, it is clear that an important constituent of our personality is mental health mental health of an individual is very important for the proper growth and development. It results from the normal organization and functioning of the mind. It indicates physical, emotional. The term "Mental Health" refers to the quantity of wholeness or soundness. It is also the adjustment of human being to the world. Mentally healthy person is he who actively masters his environment, demonstrates a considerable unity or is able to perceive self and the world realistically.

Next to the family, the school is the most important experience in the process of child development. When the child enters the school, he or she is presented with new opportunities in terms of socialization and cognitive development. These opportunities are provided in different measures in different schools and have direct impact on the cognitive and affective behaviors of students. The physical conditions, library facilities, laboratory facilities, all these facilities play an important role in enabling the child to become mentally healthy. So this problem is selected because of its importance and utility in education.

II. OBJECTIVES OF THE STUDY

- To study the relationship between Mental Health of adolescents and School Environment.
- To study the difference in the Mental Health of adolescent Boys and Girls.
- To study the difference in the Mental Health of adolescents studying in co-educational and separate schools.
- To study the difference in the School Environment in Co-educational and separate Schools.

III. METHODOLOGY

Sample: The researcher used survey method to collect the data. The study was conducted on 200 students of 10th class from Hoshiarpur District, 100 from co-educational schools (50 boys, 50 girls) and 100 from separate schools (50 boys, 50 girls) by random selection method.

Tools Employed: Mental Health Battery by Arun Kumar and Alpana Sen Gupta (1983). School Environment Inventory by Dr. Karuna Shankar Mishra.

Statistical techniques used: Mean, S.D, and Critical Ratio (t-ratio) are used for analyzing the data. For comparing the two groups with respect to means, t-ratio, correlation is applied.

Result Analysis and Findings

Sample	variable	N	M	Value of r
Adolescents	M.H	200	102.25	0.65
	S.E	200	118.10	

Table 1: show that correlation between Mental Health and School Environment is 0.65 which is positively significant. It indicates that mental health of adolescents and school environment is positively related.

	Sample	Mean	S.D.	S.E _D	t-ratio	Significance
Hypotheses-2	Adolescent Boys =100	102.70	17.02	2.062	0.44	Not Significant at 0.05 level and 0.01 level
	Adolescent Girls=100	101.80	11.66			
Hypotheses-3	Adolescents in Co-educational Schools	104.50	12.6	1.88	2.55	Significant at 0.05 level
	Adolescents of Separate Schools	99.70	14.0			
Hypotheses-4	Adolescents in Co-educational Schools	151.80	13.56	2.82	5.03	Significant at 0.05 level and 0.01 level
	Adolescents of Separate Schools	166	24.75			

In Table 2, hypothesis 2 shows that mental health of adolescent boys and girls is not significant at both level i.e. 0.05 level and 0.01 level. It means no significance difference has been found between the mental health of adolescent boys and girls. Now in hypothesis 3, t-ratio is 2.55 which is significant at 0.05 level which indicates that significance difference has been found between mental health of adolescents studying in co-educational and separate schools. At last corresponding to hypothesis 4, t-ratio comes out to be 5.03 which is significant at both level at 0.05 level and 0.01 level. This shows that significant difference has been found between school environment of co-educational and separate schools.

IV. DISCUSSION

The mental health of adolescents is positively related with their school environment. If the students are provided with the opportunities to express their views freely and according to their desires with no interruption in school, helps in mental health development of students.

There is no significant difference in the mental health of adolescent boys and girls.

There is significant difference in the mental health of adolescents studying in the co- educational schools and in separate schools. Mental health of adolescents studying in co-educational schools is better than the adolescents who are studying in separate schools.

There is significant difference in the environment of

co-educational school and separate schools. The environment in co-educational schools is healthier than in separate schools.

V. CONCLUSION

From above all finding it is conclude that there is positive correlation between mental health of adolescents and school environment. It indicates that if school environment is improved than mental health of students can also be improved. Significance difference has been found between the school environment of co-educational and separate school also significance difference has been found between mental health of adolescents studying in co-educational and separate schools. No significance difference has been found between the mental health of adolescent boys and girls. School environment of co-educational schools is better than separate schools therefore mental health of adolescents studying in co-educational schools is better than adolescents studying in separates schools.

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