

A Study of Mental Health of Adolescents

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Abstract: *The study was conducted to enquire and explore the mental health of the adolescents. Mental health is not merely important but essential for survival as social being Adolescence is the most influencive period of human growth and development. A sample of 120 adolescent students of class ninth and tenth was taken from Shimla City of Himachal Pradesh. Mean, SD, t-test was used for analyzing the data obtained from the sample. The findings of the study revealed that there exists significant difference in 'Autonomy' 'Security-insecurity' and Self- concept' component of mental health of adolescent girls and boys. No significant difference has been found in 'Emotional stability', 'Overall adjustment' and 'Intelligence' component of mental health of adolescent girls and boys. It was evident that adolescent girls were better than boys in all six components of mental health, means adolescent girls tend to be mentally healthier.*

Keywords: *Mental Health, Adolescent, Growth and Development, personality, school.*

I. INTRODUCTION

Mental health plays a pivot and vital role in human life. It is not only important but essential for survival as a social being. No area of human life is beyond the range of mental health. It includes every aspect and dimension of human personality and the individual's adjustment to own self, others and environment. The main characteristic of mental health is adjustment. Magnitude of the adjustment decides the status of mental health. The greater the degree of adjustment, the greater will be the mental health. Lesser degree of adjustment will lead to the lesser mental health. The mentally healthy individual can adapt him or herself to every best and worst condition of life and environment. The term 'Mental Health' consists of two words: Mental and health. Mental health, therefore, may refer to a sound state of psychological well-being or freedom from mental diseases. It cannot merely be understood as a state of freedom from mental illness as it was being done in the past. But now educationists, psychologists and mental hygienists describe it as a positive state, not mere absence of mental disorder. It is not a static condition. Rather, it is a continuous process to adjust satisfactorily to the various stress and strains of life. Kornhauser (1965) connotes those behaviours, perceptions and feelings that determine a person's overall level of personal effectiveness, success, happiness and excellence of functioning as a person. It depends on the development and retention of goals that are neither too high nor too low to permit realistic successful maintenance of belief in one's self as a worthy, effective human being. Mental health is the condition in which the individual manifest self-evaluation, adjustability, maturity, regular life, absence of extremism satisfactory social adjustment and satisfaction from his chief occupation. Complete mental health is an ideal. Any individual who possesses the greatest number of these qualities will be nearest the ideal (Singh, Chandra and Parihar, 2011). Singh and Gupta (1983) described six indices of mental health i.e. **Emotional Stability:-** It refers to experiencing subjective stable feeling which have positive or negative values for the individual. **Over-all Adjustment:-** It refers to individual's achieving an overall harmonious balance between the

demands of various aspects of environment, such as home, health, social, emotional and school of the one hand and cognition on the other. **Autonomy:-** it refers to a stage of independence and self determination in thinking. **Security-Insecurity:-** - It refers to a high (or low) sense of safety, confidence, freedom from fear, apprehension or anxiety particularly with respect to fulfilling the person's present or future needs. **Self-Concept:-** It refers to the sum total of the person's attitude and knowledge towards himself and evaluation of his achievements. **Intelligence:-** - It refers to general mental ability which helps the person in thinking rationally, and in behaving purposefully in his environment.

Every stage of human growth and development is affected by mental health whether it is childhood, adolescent or adulthood. But adolescence is the period of great importance in human life as it is a period of rapid change; physically, mentally, emotionally and socially. A major part of country's population belongs to this stage of life. Country's progress depends on the harmonious development of adolescents as they are the future human resources. Sound mental health is the essential condition of all-round development. Adolescents face number of problems which affects their mental health. Therefore it is necessary to study and enquire adolescents to cure and prevent any incidence of maladjustment. Due to ignorance and less access to scientific knowledge of human behavior, most of the parents fail to provide proper guidance for mental health of their wards. Therefore schools are expected to facilitate children in the process of harmonious development. So that child may develop physically, mentally, emotionally, socially and spiritually sound personality. Archana (2011) found positive and significant relationship of mental health of adolescents with moral judgement, intelligence and extroversion dimension of personality for the groups of adolescents having high mental health but mental health had no significant relationship with psychoticism and neuroticism dimensions of personality for the groups of adolescents having high mental health. There was no significant relationship of mental health with moral judgement, intelligence and

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different dimensions of personality for the groups of adolescents having low mental health. Singh (2011) found no significant gender difference in mental health of the students. Students residing in urban area had significantly better mental health than those residing in rural area. Further students with high spiritual intelligence possessed significantly higher level of mental health than students with low spiritual intelligence. Sharma and Suman Lata (2014) found that there was a positive correlation between mental health of adolescents and school environment. Significant difference had been found between the mental health of adolescents studying in co-educational and separate school. No significant difference had been observed between the mental health of adolescent boys and girls. Mental health of adolescents studying in co-educational schools was better than adolescents studying in separate schools.

Studies suggest that sound mental health is an essential constituent of our harmoniously developed personality. It not just influences but plays a significant role in the growth and development of a child. It evolves from optimum organization and functioning of sound mind. It includes physical, emotional, social and spiritual adjustments of an individual. It is the key component of fully grown individual in all aspects of life. It must be taken care of at home and school with sincerity and scientifically. School is the place where child spend much of his or her time after home and experience varieties of contacts to environment and varied situations. Moreover, not just gets opportunity for cognitive development but learns to socialize and adjust accordingly. School environment; free from fear, tension and frustration enables the students to become well adjusted to the environment and mentally healthier. Taking into account the immense importance of adolescent's mental health to become a civilized and productive member of the society, this study was conducted.

II. OBJECTIVES

1. To study the 'emotional Stability' component of mental health of adolescent boys and girls.
2. To study the 'Over all adjustment' component of mental health of adolescent boys and girls.
3. To study the 'autonomy' component of mental health of adolescent boys and girls.
4. To study the 'security and insecurity' component of mental health of adolescent boys and girls.
5. To study the 'self concept' component of mental health of adolescent boys and girls.
6. To study the 'intelligence' component of mental health of adolescent boys and girls.

III. METHODOLOGY

Sample: The study was conducted on 120 students of 9th and 10th class from Shimla city. 60 students from 9th class (30 boys, 30 girls) and 60 students from 10th class (30 boys, 30 girls) by random selection method.

Tool employed: Mental Health Battery by Arun Kumar and Alpana Sen Gupta (1983).

Statistical Techniques Used: Mean, S.D., and Critical Ratio (t-ratio) are used for analyzing the data.

IV. RESULT ANALYSIS AND FINDING

Table -1: Significance of Difference in Mean Scores of different Components of Mental Health of Adolescent Boys and Girls.

	Component of Mental Health	Groups Gender	N	Mean	SD	S.E.D	t-ratio	Significance
Hypotheses-1	Emotional Stability	Boys	60	9.83	2.04	0.4	0.23	Not significant at 0.05 and 0.01 level
		Girls	60	9.92	2.35			
Hypotheses-2	Over all Adjustment	Boys	60	26.63	4.79	0.75	1.76	Not significant at 0.05 and 0.01 level
		Girls	60	27.95	3.33			
Hypotheses-3	Autonomy	Boys	60	10.47	1.96	0.32	2.22	Significant at 0.05 level
		Girls	60	11.18	1.51			
Hypotheses-4	Security and Insecurity	Boys	60	8.17	2.22	0.35	4.8	Significant at 0.05 and 0.01 level
		Girls	60	9.85	1.56			
Hypotheses-5	Self Concept	Boys	60	8.07	1.88	0.35	2.66	Significant at 0.05 and 0.01 level
		Girls	60	9.0	1.91			
Hypotheses-6	Intelligence	Boys	60	15.32	4.5	0.81	1.58	Not significant at 0.05 and 0.01 level
		Girls	60	16.60	4.29			

In table-1, hypotheses-1, shows that 'emotional stability' component of mental health of adolescent boys and girls is not significant at both levels i.e. 0.05 and 0.01 level. It means no significance difference has been found in 'emotional stability' component of mental health of adolescent boys and girls. In hypotheses-2, t-ratio is 1.76 which is not significant at 0.05 level and 0.01 level which indicates that no significance difference has been found in 'overall adjustment' component of mental health of adolescents boys and girls. In hypothesis-3, t-ratio comes out to be 2.22 which is significant at 0.05 level. This shows that significant difference has been found in 'Autonomy' component of mental health of adolescent boys and girls. In hypotheses-4, t-ratio is 4.8 which is significant at both levels at 0.05 level and 0.01 level. This shows that there exist a significant difference in the 'security-insecurity' component of mental health of adolescent boys and girl. Hypotheses-5, shows that 'self-concept' component of mental health of adolescent boys and girls is significant at both levels i.e. 0.05 and 0.01 level. It means significance difference has been found in the 'self-concept' component of mental health of adolescent boys and girls. In hypotheses-6, 't' ratio is 1.58 which is not significant at 0.05 level and 0.01 level which indicates that no significance difference has been found in 'intelligence' component of mental health of adolescents boys and girls.

V. DISCUSSION

- There is no significant difference in the 'emotional stability' component of mental health of adolescent boys and girls.
- There is no significant difference in the overall 'adjustment' component of mental health of adolescent boys and girls.
- There is significant difference in the 'autonomy' component of mental health of adolescent boys and girls. Girls are better than boys in the 'autonomy' component of mental health.
- There is significant difference in the 'security-insecurity' component of mental health of adolescent boys and girls. Girls tend to be better than boys in 'security-insecurity' component of mental health.
- There is significant difference in the 'self concept' component of mental health of adolescent boys and girls. Girls are better than boys in the 'self concept' component of mental health.
- There is no significant difference in the 'intelligence' component of mental health of adolescent boys and girls.

VI. CONCLUSION

From above all findings it is conclude that there exists significant difference in 'Autonomy', 'Security- insecurity', and 'Self-concept' component of mental health of adolescent boys and girls. Adolescent girls are better than adolescent boys in 'Autonomy', 'Security- insecurity', and 'Self-concept' component of mental health. No significant difference has been found in 'Emotional Stability', 'Overall Adjustment' and 'intelligence' component of mental health of adolescent boys and girls. It is evident that adolescent girls are better than adolescent boys in all six components of mental health, means adolescent girls tend to be mentally healthier.

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