

## A Comparative Study on Mental Health of Students of Science and Art Subject

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### Abstract:

The study examined the mental health of students of science and art subject. The sample of the study consisted of 60 adolescents, 30 were boys and 30 were girls studying in 11th standard, science and art subject students in Government School of Bilaspur District, Chhattisgarh. Data was collected with the help of Mental Health Inventory by A.K.Singh and Alpana Sen Gupta. The result showed that no significant difference on the mental health of boys and girls of higher secondary school and only one factor autonomy showed significant difference on the mental health of Science and art subject students.

**Key words:** mental health, adolescent.

### I. INTRODUCTION

Adolescent is a period of dramatic challenges where adjustment is required with oneself, family and peer group. In contemporary society, adolescents experience institutional changes as well. Among young adolescent, there is a change in school setting, typically involving a transition from elementary school to either junior school or middle school and late adolescents. There is a transition from high school to the world of work and university. Each child/ adolescents develops within the specific social setting. According to Peterson (1988) adolescents has been describe as a phase of life beginning in biology and ending in society.

Mental health plays an important role at every stage of life. However mental health is significant at adolescent as in this time one takes on new responsibilities and roles. It is marked by efforts of renegotiate with adults in the family and peers, to experiment with things symbolic with adult life, and to raise questions about the family and social roles and customs. Mental health influences adolescent bases on how an adolescent chooses to express the developmental task, the developmental tasks, the frequency and the intensity with which it is done, and it does not just affect the personal health of an individual but it can also be affected by individual's own traits. Mental health can be conceptualized as a state of well being in which the individual realizes his or her own abilities, can cope with normal stresses of life, work can productivity and fruitfully, and it is able to make a contribution his or her community. Mental health is often taken as behavioural process by which humans maintain balance among the various needs or between their needs and obstacles of their environment. Gupta (2002) conducted a study on mental health of adolescents in relation of self concept. She conducted that there is a significant difference between mental health of male and female adolescents 7 between government & private school adolescents.

Richards et al (2010) have reported that emotional abilities are associated with pro-social behavior, such as stress management and physical health. It was also concluded in their research that lack of emotion expression lead to misfit

behavior among people. This behavior is a direct reflection of their mental health

Allen et al (1994) reported that the most optimum adjustment occurs among those adolescents who are encouraged by their parents to engage in age appropriate autonomy while maintaining strong ties to their families.

Emotional, Social And Psychological Wellbeing: Ryff And Keyes (1995), Keyes And Lopez (2002), Keyes And Magyar-Moe (2003) defined mental health as the combination of emotional wellbeing (presence of positive affect, satisfaction with life and absence of negative affect), social wellbeing (incorporating acceptance, actualization, contribution, coherence and integration) and psychological well being (self acceptance, personal growth, purpose in life and positive relation with others).

The available literature establishes link between mental health and various psychological factors i.e. wellbeing, stress, social support etc. therefore it was thought that a comparative study on mental health of students of science and art subject.

### Objectives of the study:

1. To compare the mental health of boys and girls higher secondary government school students.
2. To compare the mental health of science and art subject students of government school.

### Hypotheses:

1. There is no significant difference between the boys and girls of higher secondary government school on the basis of mental Health.
2. There is no significant difference in mental health of Science and art subject students of higher secondary government school.

### II. METHOD

#### Participants

60 adolescents (30 boys and 30 girls) were selected for study,

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coming from age group 14 to 17 yrs, who was 11<sup>th</sup> standard, science and art subject students in government school of Bilaspur, Chhattisgarh.

**Tool**

Mental health Inventory by A.K.Singh and Alpana Sen Gupta (2000) was utilized to examine mental health of students. Six popular indices of mental health were selected by this battery which was Emotional stability, Adjustment, Autonomy, Security-insecurity, Self-concept, and Intelligence. Mental health battery is a 130 item questionnaire, in this battery included 15 items for emotional stability, 40 items for adjustment, 15 for autonomy, 15 for security-insecurity, 15 for self-concept and 30 items for intelligence.

**III. RESULT AND DISCUSSION**

Table-I indicates the difference on six dimensions of mental health between both the groups (adolescent boys and girls). It is evident that the on six dimensions of mental health of boys and girls have no significant difference. Therefore in the light of the below result, hypotheses no 1, that there is no significant difference between boys and girls on the basis of the mental health is retained in the present study. Kumar and Gerwal (2014) studied that mental health of school going adolescents: a comparative study and reported that the mean of mental health of male adolescents is 142.18 and female adolescents’ is 143.9. Value of mean is nearly the same but the mental health of boys and girls has no significant difference.

**Table- 1**

Showing the mean, S.D. and ‘t’ values of adolescent boys and girls on different dimensions of mental health

Dimension of mental health	sex	N	Mean	SD	t value	Level of significance
ES	boys	30	10.7000	1.29055	.550	NS
	girls	30	11.1000	3.77240		
OA	boys	30	27.4667	4.68109	.248	NS
	girls	30	27.1333	5.69170		
AY	boys	30	11.1000	2.27959	.892	NS
	girls	30	11.5667	1.73570		
SI	boys	30	8.9333	1.81817	1.341	NS
	girls	30	9.8333	3.19572		
SC	boys	30	7.9667	2.67148	.400	NS
	girls	30	8.2667	3.11762		
IQ	boys	30	15.7000	3.00746	1.042	NS
	girls	30	14.4667	5.73996		

N.S. – Not Significant

**Table- 2**

Showing the mean, S.D. and ‘t’ values of science and art subject students on different dimensions of mental health

Dimensions of mental health	Education	N	Mean	SD	t value	Level of significant
ES	Arts	30	10.8065	3.66442	.265	NS
	Science	30	11.0000	1.46385		
OA	Arts	30	25.5161	4.99247	2.937	NS
	Science	30	29.2069	4.72364		
AY	Arts	30	10.4839	2.30754	3.710	0.03
	science	30	12.2414	1.12298		
SI	Arts	30	9.3548	2.76343	.087	NS
	Science	30	9.4138	2.50025		
SC	Arts	30	7.9032	3.13427	.593	NS
	Science	30	8.3448	2.62237		
IQ	Arts	30	14.2581	4.93942	1.455	NS
	Science	30	15.9655	4.07504		

N.S. – Not Significant

The data analyzed in the above table-2 indicates that it is interesting that the mean score of dimension AY **means autonomy of mental health of Science students is 12.24**. The Science students are a little in good mental health as compared to arts group. Autonomy refers to a stage of independence and self determination in thinking so science students are more independence as compared to art students. But the difference is not significant at any other level of mental health. Therefore in the light of the above result, hypotheses no-2, that there is no significant difference between Science and art group on the basis of mental health rejected in the study.

**Delimitation of the Study:**

1. The present study was delimited to school going adolescents only.
2. It was delimited to Bilaspur District Only.
3. It was delimited to mental health of boys and girls only.
4. It was delimited to mental health of adolescents based on their level of education i.e. Science and Arts.

**IV. CONCLUSION**

1. No significant difference is seen in the mental health of boys and girls of higher secondary school. Thus there is no significant difference between boys and girls on the basis of the mental health is retrieved in the study.
2. No significant difference is seen in the mental health of Science and art group except autonomy. Thus, hypothesis-2 that there is no significant difference between Science and art group on the basis of mental health rejected in the study.

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