

MENTAL HEALTH OF SECONDARY SCHOOL STUDENTS IN RELATION TO GENDER AND LOCALE

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ABSTRACT: *Mental health is one such vital factor which affects most of the aspects of one's life. It is conceived that mental health refers to sound mind in a sound body. If a child possesses a sound mental health, he is supposed to excel in different fields of his life. Psychologists are of the opinion that a child having sound mental health possesses several other qualities like high level of achievement motivation and needed level of mental, social, moral and physical development etc. As such mental health of one individual is supposed to affect the academic righteous self-concept and scientific perception of the world as a whole. In this paper investigator tried to delineate the present picture of mental health of secondary school students.*

KEY TERMS: *Mental Health, Secondary School Students, Gender, Locale*

INTRODUCTION

Mental Health of the learner is very important for efficient learning and proper development of personality. A child is born in a home where he remains in constant company of his mother in the formative year of his infancy. Traditionally, it is said that a mother is equal to hundred teachers. Man is an integrated Psychosomatic unit whose behaviour is an integrated by both physical and mental factors. Good health depends upon the state of both body and mind. Each exerts a direct influence on the other. A healthy person is not only physically healthy but also mentally healthy. Health means both body & mind; when work efficiently and harmoniously. Mental health is a basic factor that contributes to the maintenance of Physical health as well as social effectiveness. Good mental health is indicated in such person as are happy, healthy, hopeful & have harmonious personality. Thus mental health stands for a balance that is dynamic. According to Hadfield's view (1952) "Mental health is the full and harmonious functioning of the whole personality." Further *Calts* and *Maslay* define "Mental health is the ability which helps us to seek adjustment in the difficult situations our life." Mental health is a term used to describe how well the individual is adjusted to the demand and opportunities of life. Mental health has two aspect individual and social aspect the individual aspect of mental health means that the individual is internally adjusted. He is self-confident, adequate and free from internal conflicts, tensions or in consistencies in his behaviour. He finds satisfaction, success and happiness in day today work. The social aspect of mental health is the result of social force influencing the individual beginning with the influencing formative years and continuing throughout his life. It is due to these aspects that the individual can make personal and social adjustments. In the present study mental health has been accessed on the basis of the scale as developed and standardized by S.P. Anand with consideration of various dimensions like self-concept, perception of self amongst others, perception of others, concept of life, feelings of adjustment and perception of achievement.

OBJECTIVES OF THE STUDY

The investigator has formulated the following objectives for the purpose of investigation;

1. To compare the mental health of secondary school boys and girls students.
2. To compare the mental health of rural and urban secondary school students.

DELIMITATIONS OF THE STUDY

Keeping in view the time and resources at the disposal of researcher, the present study has been delimited to the following areas;

1. The study was delimited to only Chamba District.
2. The study was delimited to four senior secondary school schools.
3. The study was delimited to only government schools of Chamba district.

RESEARCH METHOD

Depending upon the objectives of study, the descriptive survey method of research was used by the investigator.

SAMPLE

The investigator has selected four government senior secondary schools of district Chamba for the purpose of investigation which included both boys and girls students from rural and urban areas respectively. In the present study, the investigator has selected the sample by adopting the purposive method of sampling. As such, 120 students, out of which 60 belong to rural schools and 60 from urban schools, have been selected. The detailed structure of the total sample has been presented in the table 1.

TABLE 1

Sr. No.	Name of the Schools	Locality	Male	Female	Total
1.	Govt. Senior Secondary School Sarol,	Urban	25	25	50
2.	Govt. Senior Secondary School Sultanpur		25	25	50
3.	Govt. Senior Secondary School Karian	Rural	25	25	50
4.	Govt. Senior Secondary School Dhulara		25	25	50
Total			100	100	200

TOOL USED

In order to measure the Mental Health of the students included in the sample under study. The standardized scale of Mental Health developed by S.P. Anand (1988) was administered.

STATISTICAL TECHNIQUES USED

In the present study the investigator has taken the help of both the descriptive as well as inferential statistics. Hence 't' test was used to find out the significance of difference between the mean scores.

ANALYSIS AND INTERPRETATION

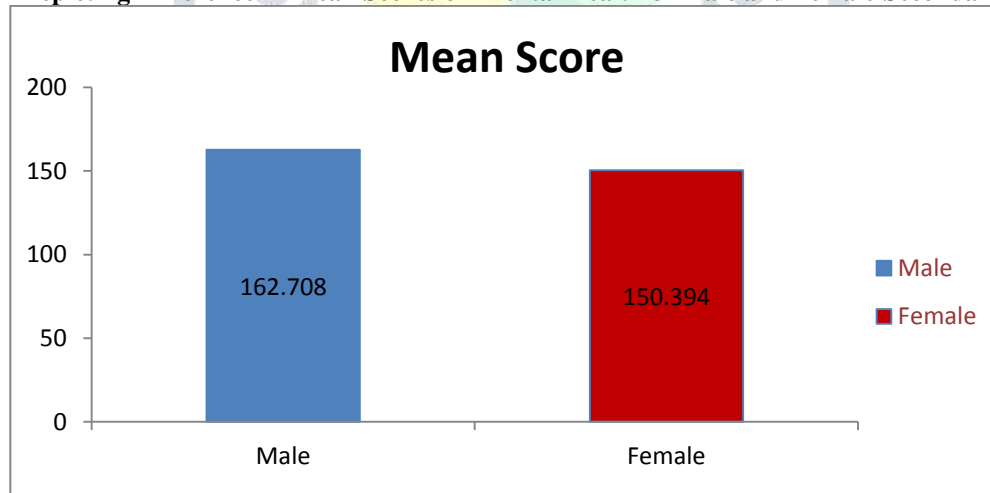
Significance of Difference between Mean Scores on Mental Health of Secondary School Boys and Girls

TABLE 2

Sr. No	Gender	N	Mean	SD	SE _D	df	't' Value	Remarks
1.	Boys	100	162.708	27.930	4.572	198	2.693	Significant
2.	Girls	100	150.394	36.465				

An analysis of table 2 reveals the mean scores of secondary school boys and girls students as to be 162.708 and 150.394 respectively. When such scores were subjected to the test of their significance of difference the 't' score was found to be 2.69 which is greater than the critical ratio of 't' i.e. 2.60 at 0.01 level and 1.97 at 0.05 level of significance with 198 degrees of freedom. As the calculated value of 't' is found to be more than the critical ratio of 't', hence the result is reported to be significant. Therefore, it can be concluded that the mental health of secondary school boys and girls differ significantly. Further the difference in mean scores can be observed in the figure 1.

Fig. 1 Histogram Depicting Difference in Mean Scores on Mental Health of Male and Female Secondary School Students



Significance of Difference between Mean Scores on Mental Health of Secondary School Urban and Rural Students

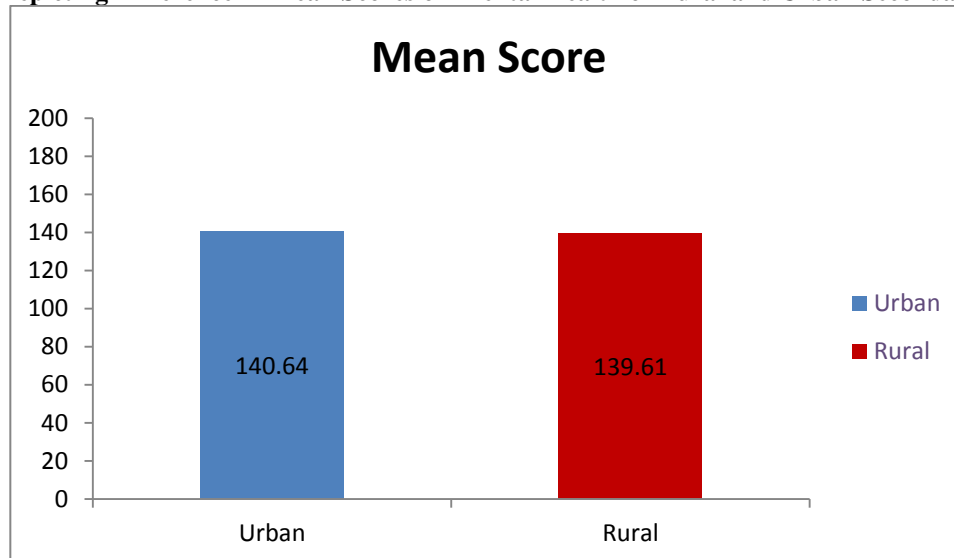
TABLE 3

Sr. No	Gender	N	Mean	SD	SE _D	df	't' Value	Remarks
1.	Rural	60	139.61	42.776	5.265	198	0.195	Not Significant
2.	Urban	60	140.64	30.709				

An analysis of table 3 reveals the mean scores of rural and urban secondary school students as to be 139.61 and 140.64 respectively. When such scores were subjected to the test of their significance of difference the 't' score was found to be 0.195 which is less than the critical ratio of 't' i.e. 2.60 at 0.01 level and 1.97 at 0.05 level of significance with 198 degrees of freedom. As the calculated value of 't' is found to be

less than the critical ratio of 't', hence the result is reported to be not significant. Therefore, it can be concluded that the mental health of urban and rural secondary school students do not differ significantly. Further the difference in mean scores can be observed in the figure 2.

Fig. 2 Histogram Depicting Difference in Mean Scores on Mental Health of Rural and Urban Secondary School Students.



FINDINGS OF THE STUDY

The main findings of the study were;

1. It was found that there is significant difference in the mental health of secondary school boys and girls.
2. It was found that there is no significant difference in the mental health of urban and rural secondary school students.

EDUCATIONAL SIGNIFICANCE OF THE STUDY

The present research has some educational implications;

1. Teacher should provide democratic environment to the learners to improve their mental health.
2. Efforts should be done to improve the mental health of learners by providing equal opportunities to all students for exploration and development of sound mental health.
3. Behaviour of the teachers should be democratic, sympathetic, and flexible and child centered.
4. The parents as well as the society should provide favorable environment to ensure good mental health among children.
5. Proper care and proper attention should be given by parents, teachers and society members towards mental health of the learners.

CONCLUSION

In fact, the foremost concern of education, today is to produce mentally healthy persons and their by well adjusted personalities because mentally healthy persons are the real assets of society for the 21th century. It is rightly said that children are the future of state or nation. As we know that the high school learners help a lot in the development of state or nation. Such learners must not only be a person with a high mental ability, but also have a balanced personality. There is huge responsibility upon the shoulders of such learners. Therefore such learners must have knowledge of mental hygiene and should be mentally healthy. To overcome such problems, various types of intervention programmes can be introduced like health education, mental health education, life skill education etc.

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