



Mental Wellbeing Among Higher Secondary School Students in Chennai

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Abstract

Mental wellbeing describes mental state of how one feels and how well one can cope with day to day life. If one has good mental wellbeing they are able to feel confident and have positive self-esteem, feel and express a range of emotions. Mental wellbeing is something sought by just about everyone, because it includes so many positive things feeling happy, healthy, socially connected and purposeful. It also helps to determine how we handle stress, relate to other and make choices. This study aims to investigate mental wellbeing among higher secondary school students in Chennai city. A total sample of 100 higher secondary school students were selected for this study. The main objective of the study is to find out the level and significant difference based on gender, parent occupation, birth order of higher secondary school students in Chennai city. The investigator used the statistical techniques of mean, standard deviation and t-test. The study revealed that higher secondary school student's mental wellbeing is high. It is also revealed that the female students have high level of mental wellbeing than the male students and the last born students has high mental wellbeing than the first & middle born students.

Keywords : Mental Wellbeing, Higher Secondary Students.

1. INTRODUCTION

Education is a powerful instrument to improve all types of wellbeing. Mental wellbeing is important at every stage of life from childhood and adolescence through adulthood. It also helps to determine how we handle stress, relate to others and make choices. It is defined as a state of well-being in which every individual realizes his or own potential, can cope with normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community.

Adolescence is a starting stage of the human body's physical and mental growth and

represents the transitional period from infancy to adulthood. It is characterized by sudden changes in the overall aspects of the individual personality such as physical, mental, emotional, social, and moral facts. In the period of adolescence, they need more attention, protection and special care. It is understood that difficulties associated with anxiety and depression are the most prevalent types of mental illness found amongst young people and in the last 25 years, rates have increased 70% (Halliwell, Main, & Richardson 2007). The philosophy of mental wellbeing had its source in mindfulness. Mindfulness focuses on studying the changes in people's lives. The factors of mental wellbeing such as life satisfaction, optimism, self-esteem, mastery and having sense of belonging. The biological, cultural and social differences suggest that adolescence may differ from adults in the ways in which they experience and exhibit mental health difficulties.

To improve mental wellbeing, one has to express and share your positive experiences, build a sense of belonging and self-worth, allow you to support others.

Being Physically active

Being active is good for physical health and fitness. Increase your self-esteem and set goals for challenges and achieve.

Learning New Skills

Build sense of purpose and connect with others. It is also improve your mental wellbeing.

Giving to others

Create positive feelings, sense of reward and improve your kindness

Mindfulness

Help to understand your life and enjoy more positively changes.

2. REVIEW OF RELATED LITERATURE

John L. Romano; Kyla Wahlstrom (2000), examined the professional stress and well-being of K-12 teachers in alternative educational settings: a leadership agenda. The totals 215 K-12 educators, who teach in alternative educational programmes, were surveyed on their well-being. Quantitative and Qualitative responses were received from 60% of the teachers surveyed. The findings revealed that educators experience moderate to high stress is negatively related to several domains of well being. Implications of the study for school districts and educators in alternative programmes are discussed.

Lawrence, A. S. Arul (2016) General well-being is the quality of life of a person/individual in terms of health, happiness and prosperity rather than wealth. The present study aims to probe the General Well-being of Higher Secondary Students. In this normative survey in this study, the investigator has selected a sample of 200 higher secondary school students who were studying 11 and 12 standards from four different schools in Cheranmahadevi Educational District, Tirunelveli by convenient sampling technique. General Well-Being Scale (GWBS) constructed and standardized by Kalia and Deswal (2011) was used for collecting data. The collected data were analyzed by using SPSS Package. For analysis, the data mean, standard deviation, t-test and ANOVA were employed as the statistical techniques. Findings show that higher secondary students significantly differ in their general well-being in terms of gender,

location of school, type of school, and nature of school. They do not differ in their general well-being in terms of type of family.

3. SIGNIFICANCE OF THE STUDY

Mental wellbeing describes mental state how one feels and how well one can cope with day to day life. If one has good mental wellbeing they are able to feel confident and have positive self-esteem, feel and express range of emotions. The investigator wanted to study the mental wellbeing of higher secondary students in Chennai city to know how confident, positive self-esteem, feel and express a range of emotions of higher secondary students in Chennai city.

4. METHODOLOGY

In this normative survey study, the investigator has selected a sample of 100 higher secondary school students who were studying 11th and 12th standards in Chennai district. By convenient sampling technique. For collecting data, Warwick Edinburgy Mental Wellbeing Scale (WEMWBS) was used, the scale consisted 14 items ranging from 'None of the time', 'Rarely', 'Some of the time', 'often', 'All of the time'. Keeping in view the objectives design of the study and collected data were analysed data by using SPSS package. For analysis the data mean, standard deviation, t-test were employed as the statistical techniques. The analysed data were analysed and tabulated as below.

5. OPERATIONAL TERMS

Mental Wellbeing

Mental wellbeing means staying healthy, happy or successful.

Higher Secondary Students

Higher Secondary Students refers to students studying in higher secondary i.e. 11th and 12th standards after the completion of their 10th standard.

6. OBJECTIVES OF THE STUDY

- To find out the level of mental wellbeing of higher secondary school students.
- To find out whether there is significant difference between boys and girls in their mental wellbeing.
- To find out whether there is significant difference between Parents Occupation in their mental wellbeing.
- To find out whether there is significant difference between Birth Order in their mental wellbeing.

7. HYPOTHESIS

1. The level of Mental wellbeing among higher secondary school students in Chennai City.
2. There is no significant difference in mental wellbeing of higher secondary school students with regard to Gender

3. There is no significant difference in mental wellbeing of higher secondary school students with regard to Parent Occupation
4. There is no significant difference in mental wellbeing of higher secondary school students with regard to Birth Order.

8. ANALYSIS OF DATA

Table 1

The level of Mental Wellbeing among higher secondary school students in Chennai City.

Variable	Low		Moderate		high	
	N	%	N	%	N	%
Mental Wellbeing	34	43%	49	54%	18	62%

The level of mental wellbeing among higher secondary school students is high.

Table 2

There is no significant difference in mental wellbeing of higher secondary school students with regard to Gender

VARIABLE	Gender	N	Mean	Std.Deviation	t- value	Level of Significance
Mental Wellbeing	Male	39	49.03	8.92	3.18	.001
	Female	61	54.05	6.84		

*The level of significant at 0.05 level

On computing differential analysis, it is found that there is significant difference between male & female students mental wellbeing, female students scores significantly higher than the male students.

Table 3

There is no significant difference in mental wellbeing of higher secondary school students with regard to Parent Occupation

Mental Wellbeing	Parent Occupation	N	Mean	S.D.	t-value	level of significant
Father	Self employed	25	49.84	7.79	0.043	0.043
	Employed	72	53.04	8.03		
Mother	Employed	27	51.11	9.59	0.239	0.239
	House Wife	71	52.42	7.58		

On testing the significant of difference among higher secondary students in Chennai city having fathers who are being self employed and employed with regard to mental wellbeing, it is found that the mental wellbeing of wards of employed fathers are significantly higher than those having self employed fathers

On testing the significant of difference among higher secondary students in Chennai city having mothers who are being employed and house wife with regard to mental wellbeing, it is found that the mental wellbeing of wards of employed mothers are significantly higher than those having house wife mothers

Table 4

There is no significant difference in mental wellbeing of higher secondary school students with regard to Birth Order.

Mental Wellbeing	Parent Occupation	N	Mean	S.D.	t-value	level of significant
Birth Order	First	36	50	8.71	9.63	0.00001
	Middle	40	53.52	6.63	12.9	
	Last	12	72	21.57	9.63	

While testing the significant of difference of mental wellbeing among higher secondary students of first born, middle born and last born, it is found that the last born are significantly higher than those of first born and middle born.

9. Conclusion

From this study, it is concluded that higher secondary students significantly differ in their mental wellbeing in terms of gender, parent occupation, birth order. Girls are in their mental wellbeing than is higher than boys. This study has provided an insight of the mental wellbeing demonstrated by prior studies in this field that meaningful and purposeful life enhances the mental wellbeing of individual.

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