



A Study of Mental and Physical Health among Boys and Girls of Secondary School Students of West Singhbhum, Jharkhand.

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Abstract

This study examined the physical health and mental health among boys and girls of secondary school students. The sample of this study included 60 students (30 boys and 30 girls) from urban and rural area of West Singhbhum district. Physical health and mental health measured using the PGI health questionnaire N-1 developed by Verma, Wig & Pershad (1985). The result revealed that there is significant difference of urban and rural secondary school students on physical health, and boys and girls on the term of mental health. Result also revealed that not significant difference between urban and rural secondary school students on the term of mental health, and also not significant between boys and girls on the term of physical health. Result also indicate that better mental and physical health of rural students as compare to urban secondary students. Result also indicate that girls have better mental and physical health than boys. Both physical and mental health is very important to lead a happy and healthy life.

Keyword- Physical Health, Mental Health, Boys, Girls, Urban and Rural Area.

I. INTRODUCTION

There is a close relationship between physical health and mental health. Mental health plays an important role in maintaining good physical health. Our body needs both physical and mental health to function properly and let our live a happy and healthy life. Mental illness has a negative effect on physical health. Mental illness such as anxiety and depression affect our ability to participants in healthy behaviors. There are multiple associations between mental health and chronic physical conditions that significantly impact people's quality of life, demands on health care and other publicly funded services, and generate consequences to society. The World Health

Organization (2001) defines: there is no health without mental health, Health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Murphy et al. (1992) found their study that adults with mental health problems are at higher risk for physical health problems than those without mental illness (Dickey et al. 2002).

Aarons et al. (2008) conducted a longitudinal study on adolescence to find out their mental and physical health. Result revealed that mental health and physical health were correlated to cumulative health problem incidence, as well as aggregate measures of health problems and severe health problems. However, mood disorder diagnosis was associated with high level of infectious diseases, weight problems and respiratory problems.

Ganesh &Shelja (2019) found their review study that people in urban areas are conscious about their daily routine, taking proper sleep, drinking pure water and doing regular exercise but despite all this, people in rural areas have better physical health than people in urban areas. Result also found that urban people have good mental health as compare to rural people.

Yang et al. (2021) found their study that physical activity is important for improving teenagers' mental health, stress resistance and interpersonal relationship.

II.METHOD OF STUDY

Aims

Present study “**A Study of Mental and Physical Health among Boys and Girls of Secondary School Students of West Singhbhum, Jharkhand**” has been undertaken to compare the difference between boys and girls on their mental and physical health.

Objectives

1. To examine the level of physical health and mental health among urban and rural areas secondary school students.
2. To examine the level of physical health and mental health among boys and girls of secondary school students.

Hypotheses

Ho1: There is no significant difference between urban and rural secondary school students on the term of physical health.

Ho2: There is no significant difference between urban and rural secondary school students on the term of mental health.

Ho3: There is no significant difference between boys and girls on physical health.

Ho4: There is no significant difference between boys and girls on mental health.

DESIGN

Research Design: It was cross sectional research design.

Venue of Research: The study was conducted at UPG High School Narsanda and S.P.G. Mission Boys/Girls High School Chaibasa, West Singhbhum. Which belong in rural and urban areas respectively.

Sample: The sample consisted of 60 secondary school students (30 boys and 30 girls) were selected of rural and urban areas of West Singhbhum, Jharkhand. The age range of students were 13 to 15 years. The sample was selected by purposive sampling method.

INCLUSION CRITERIA

- Boys and girls secondary school students were included.
- Age ranging from 13 to 15 years.
- Students from both rural and urban areas were included.

EXCLUSION CRITERIA

- Participants below the age of 13 years and above 15 years were not included.
- Illiterate population was not included.

III. TOOLS

The following tools were used for data collection:

1. Socio-Demographic Data Sheet.
2. PGI health questionnaire N-1 by Verma, Wig and Pershad (1985).

DESCRIPTION OF THE TOOLS

1. Socio-Demographic Data Sheet:

The socio-demographic data sheet has been included information like name, age, gender, education, name of school, address, etc.

2. PGI health questionnaire N-1:

It was developed by Verma, Wig & Pershad (1985). Questionnaire consisted of 38 items to assess neurotic tendencies, physical and psychological complaints. Reliability of the test was examined through 'test-retest' and 'split half methods and was found to be significantly high (0.88 and 0.86 respectively).

IV. PROCEDURE

The researchers visited rural and urban areas government schools of West Singhbhum, respectively. In the present study 60 participants who were meeting the inclusion and exclusion criterion were selected through purposive

sampling technique. Out of these 60 participants, 30 participants were rural areas school (15 boys and 15 girls) and 30 participants were urban areas school (15 boys and 15 girls). The participants were explained about the purpose and the procedures of the data collection. They were told that all of the data will be considered confidential and will be used only for research purpose.

V. STATISTICAL ANALYSIS

The statistical analysis was done with the help of Statistical Package for Social Science-20 (SPSS-20). For the analysis of obtained data Mean, SD and t- test was calculated.

VI. RESULTS AND DISCUSSION

Table 1 Shows Means, SD, SED and t value between urban and rural secondary school students on the term of physical health.

Health	Locality	N	Mean	SD	SED	t value	Level of Significant
Physical Health	Urban	30	10.4	5.54	1.31	2.39	0.05
	Rural	30	13.53	4.39			

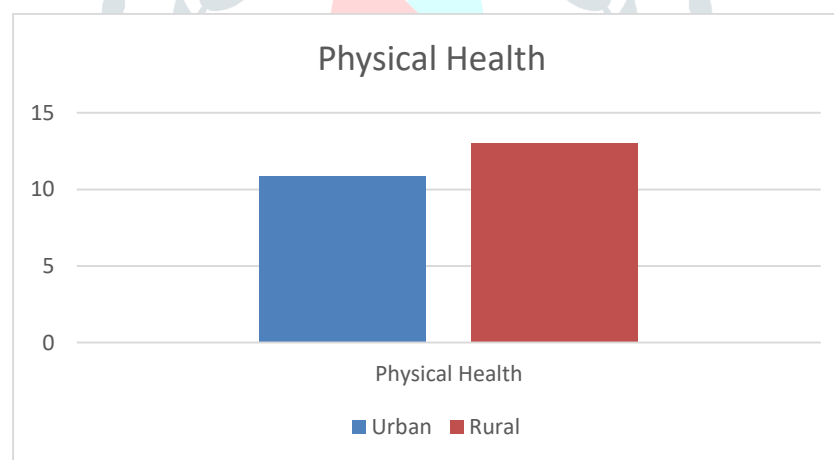


Table 1 shows the level of physical health between urban and rural secondary school students.

The researcher found that the mean value in physical health of urban students were 10.4 and SD 5.54. Similarly, the mean value in mental rural students were 13.53 and SD 4.39. The calculated “t” value is 2.39. It is significant at the level on 0.05. It is indicating that there is significant difference in of physical health between urban and rural secondary school students. That’s why above hypothesis is not accepted. This study is supported by Ganesh &Shelja (2019) to find that rural population have better physical health than urban population.

Table 2 Shows Means, SD, SED and t value between urban and rural secondary school students on the term of mental health.

Health	Locality	N	Mean	SD	SED	t value	Level of Significant
Mental Health	Urban	30	18.1	6.65	1.91	1.32	Not Significant
	Rural	30	20.73	7.85			

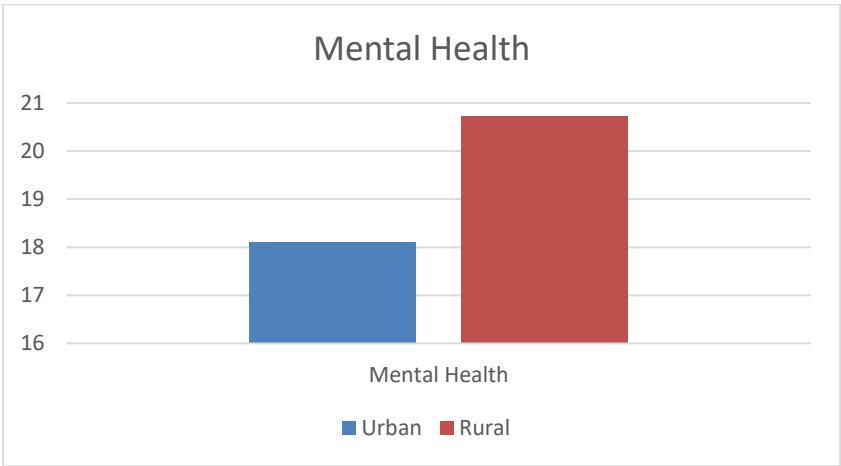


Table 2 shows the level of mental health between urban and rural secondary school students. The researcher found that the mean value in mental health of urban students were 18.1 and SD 6.65. Similarly, the mean value in mental health of rural students were 20.73 and SD 7.85. The calculated “t” value is 1.32. It is not significant. It is indicating that there is no significance difference in mental health between urban and rural secondary school students. That’s why above hypothesis is not be rejected.

Table 3 Shows Means, SD, SED and t value between boys and girls secondary school students on the term of physical health.

Health	Gender	N	Mean	SD	SED	t value	Level of Significant
Physical Health	Boys	30	10.87	5.82	1.36	1.62	Not Significant
	Girls	30	13.07	4.48			

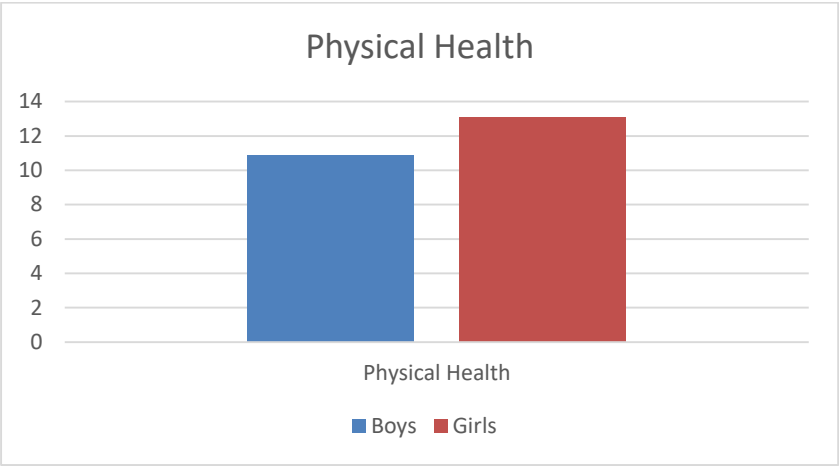


Table 3 shows the level of physical health between boys and girls secondary school students. The researcher found that the mean value in physical health of boys students were 10.87 and SD 5.82. Similarly, the mean value in physical health of girls students were 13.07 and SD 4.48. The calculated “t” value is 1.62. It is not significant. It is indicating that there is no significance difference in physical health between boys and girls secondary school students. That’s why above hypothesis is not be rejected.

Table 4 Shows Means, SD, SED and t value between boys and girls secondary school students on the term of mental health.

Health	Gender	N	Mean	SD	SED	t value	Level of Significant
Mental Health	Boys	30	16.87	7.94	1.82	2.8	0.01 Significant
	Girls	30	21.97	5.76			

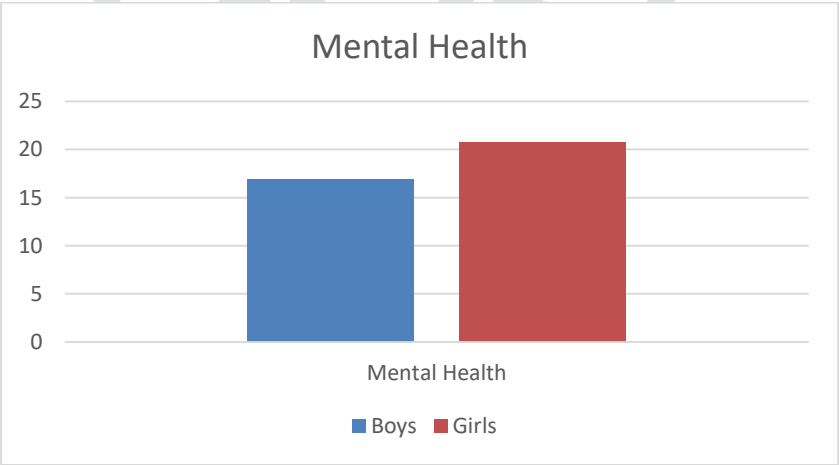


Table 4 shows the level of mental health between boys and girls secondary school students.

The researcher found that the mean value in mental health of boys students were 16.87 and SD 7.94. Similarly, the mean value in mental health of girls students were 21.97 and SD 5.76. The calculated “t” value is 2.8. It is significant. It is indicating that there is significance difference in mental health between boys and girls secondary school students. That’s why above hypothesis is not accepted.

VII. CONCLUSION

- The present study revealed that there is significant difference between urban and rural secondary school studentson physical health. Rural areas students have better physical health as compared to urban secondary school students.
- The present study revealed that there is no significant difference between urban and rural secondary school students on mental health. Rural areas students have better mental health as compared to urban secondary school students.
- The present study revealed that there is no significant difference between boys and girls secondary school students on physical health. Girls students have better physical health as compared to boys secondary school students.
- The present study revealed that there is significant difference between boys and girls secondary school students on mental health. Girls students have better mental health as compared to boys secondary school students.

VIII. SIGNIFICANCE OF THE STUDY

Secondary school students have little and scattered information on the actual burden and pattern of illness they suffer from. Schools should provide counseling sessions are to be conducted for the students who have low level of physical health and mental health to motivate and support them. School should immediate actions are to be taken as its effect can have lifelong impact.

IX. REFERENCES

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