



# A STUDY ON MENTAL HEALTH OF IX CLASS STUDENTS WITH CASTE AND TYPE OF FAMILY

**Dr. N. KAVITHA**

*Academic Consultant, Institute of Advanced Studies in Education, S.V.University, Tirupati-  
517502, nossam1983@gmail.com.*

**Dr V. MALLI KARJUNA REDDY**

*Academic Consultant, Institute of Advanced Studies in Education, S.V.University, Tirupati*

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## ABSTRACT

Mental health is an important aspect of one's total health status. It is a quality of emotional well-being which provides the individual with effective living concerned with the everyday living conditions or situations. The main objective of the present study is to study the influence of caste and type of family on the Mental health of IX class students. Mental health scale was developed by **Thorpe and Clark (1959)** was adopted from **Pavani, M (2017)**. A sample of 320 IX class students representing all categories of Secondary schools in Chittoor District by following the standardized procedures. 't' – test was employed for analysis of the data. There is significant influence of caste and type of family at 0.01 level of significance on the Mental health of IX class students. BC caste group students and Joint family group secondary school students have high mental health than the other caste groups and nuclear family secondary school students. Government has to provide good amenities for various caste and joint family group secondary school students.

## INTRODUCTION

Harmonious adjustment and integrated living, play a major role in the health status of the individual. The basic factors on which mental health of any individual depends upon the heredity, physical health status, happy home, an adequate school and healthy community influences. The foremost concern of education, today is to produce mentally healthy persons who are the real assets of the society for the 21<sup>st</sup> century. The aim of education and mental hygiene are theoretically same. Each has its principle objective, which is the development of well-rounded individuals capable of living fully and richly in their culture.

A state of good adjustment with a subjective state of well-being, zest for living and the feeling that one is exercising his talents and abilities. Mental health person is always productive and alienated. He is always a person, who relates himself to the world lovingly and who uses his reason to grasp reality objectively; who experiences himself as a unique individual entity and at the same time feels on his fellowmen, who accepts willingly the rational authority of conscience and reason; who in the process of being born as long as he is alive, and considers the gift of the life the most precious chance he has. Here the values are humanism, individualism, freedom and rationality.

## REVIEW OF LITERATURE

**Sandhuru Damodaram (2012)** investigated that management, caste, father education, mother education, father occupation, annual income, size of the family and academic achievement have significant influence on the mental health of IX class students.

**Bandi Gopinad (2013)** found that management, caste, father occupation, annual income, academic achievement and age have significant influence on the mental health of VIII class students.

**Jaya Ramulu, V (2014)** inferred that management, caste, annual income and academic achievement have significant influence on the mental health of IX class students.

**Muni Krishna, M (2015)** inferred that Management, Medium, Caste, Father education, Annual income, mother occupation and Academic achievement have significant influence on the mental health of VIII class students.

**Chowdur Abdul Khadar (2016)** studied that caste, father education, type of family and mother occupation have significant influence on the mental health of IX class students.

**Pavani, M (2017)** studied that type of family and mother occupation have significant influence on the mental health of IX class students.

**Karthika, R. N (2019)** investigated that type of family, mother's education, children of unemployed mothers and children of employed mothers have significant influence on the mental health of 9<sup>th</sup> class students.

**Praveen, G (2020)** investigated that mother education, caste, type of family, father occupation, annual income, size of the family and academic achievement have significant influence on the mental health of IX class students.

**Scope of the Study:** The main intention of the present study is to find the relation of Mental health of IX class students with caste and annual income.

**Objective of the Study:** To study the impact of caste and type of family on the Mental health of IX class students.

## Hypotheses of the study

1. There would be no significant impact of 'caste' on the Mental health of IX class students.
2. There would be no significant impact of 'type of family' on the Mental health of IX class students.

## Tools for the Study

1. The Mental health questionnaire was developed by **Thorpe and Clark (1959)** was adopted from **Pavani, M (2017)**. The tool was highly reliable for the investigation. The total items are 100. For the purpose of scoring one mark was assigned for 'Yes' response and zero to 'No' response for assets and one mark was given to 'No' response and zero to 'Yes' response for liabilities.
2. Personal data regarding the student – 1. Name, 2. Caste, 3. Type of family.

## Data Collection

The sample for the investigation consisted of 320 IX class students in Chittoor district. The stratified random sampling was applied in three stages. The first stage is management i.e. Government and Private, second stage is locality i.e. rural and urban and third stage gender i.e. male and female. It is a 2X2X2 factorial design with 320 sample subjects. The investigator personally visited Secondary schools with the permission of the head masters of the schools. The IX class students who attended the school on the day of collection of data are considered for the purpose of investigation. It was provided to the concerned IX class students of the schools. The IX class students were given necessary instructions about the instruments and motivated to respond genuinely to all the items. The Mental health scale and personal data sheet were administered. The data on each variable in the investigation is properly coded to suit for computer analysis. The analysis was carried out on the basis of objectives of the investigation and hypotheses formulated by employing appropriate statistical techniques. The t-test and F-test were employed to test hypotheses.

## RESULTS AND DISCUSSION

### 1. Caste

The relationship of mental health of IX class students with their caste is studied in the present investigation. On the basis of caste, the students are divided into three groups. Group – I is formed with OC students, Group – II formed with BC students and Group – III is formed with SC and ST students. The corresponding mental health of IX class students of the three groups were analyzed accordingly. The mean values of mental health of IX class students for the three groups were tested for significance by employing 'F' - test. The following hypothesis is framed.

### Hypothesis – 1

There would be no significant impact of 'caste' on the mental health of IX class students.

The above hypothesis is tested by employing 'F' - test. The results are presented in **Table – 1**.

**Table – 1: Influence of caste on the mental health of IX class students**

| S. No. | Caste     | N   | Mean  | S.D.  | 'F' – Test |
|--------|-----------|-----|-------|-------|------------|
| 1.     | OC        | 152 | 60.74 | 8.81  | 4.319*     |
| 2.     | BC        | 72  | 64.07 | 9.62  |            |
| 3.     | SC and ST | 96  | 59.98 | 10.04 |            |

\* Indicates significant at 0.05 level

It is clear from Table – 1 that the computed value of 'F' for the mental health of IX class students is (4.319). It is greater than table value of 'F' (3.030) for 2 and 317 df at 0.05 level. Hence Hypothesis - 1 is rejected at 0.05 level of significance. It is concluded that the caste has significant influence on the mental health of IX class students.

## 2. Type of family

The relationship of mental health of IX class students with their type of family is studied in the present investigation. On the basis of type of family, the IX class students divided into two groups. The joint family students form with the Group – I and Group – II forms with the nuclear family students. The mental health of IX class students of the two groups were analyzed accordingly. The mental health of IX class students for the two groups were tested for significance by employing 't' - test. The following hypothesis is framed.

### Hypothesis – 2

There would be no significant impact of 'type of family' on the mental health of IX class students.

The above hypothesis is tested by employing 't' - test. The results are presented in **Table – 2**.

**Table – 2: Influence of type of family on the mental health of IX class students**

| S. No. | Type of family | N   | Mean  | S.D.  | 't' - Test |
|--------|----------------|-----|-------|-------|------------|
| 1.     | Joint family   | 115 | 62.94 | 10.28 | 2.291*     |
| 2.     | Nuclear family | 205 | 60.32 | 8.90  |            |

\* Indicates significant at 0.05 level

It is found from the Table – 2 that the computed value of 't' (2.291) is greater than the critical value of 't' (1.97) for 1 and 318 df at 0.05 level of significance. Hence the Hypothesis – 2 is rejected at 0.05 level. Therefore it is concluded that the type of family has significant influence on the mental health of IX class students.

## EDUCATIONAL IMPLICATIONS

The findings of the present research have raised some important questions related to the educational needs of the IX class students with special reference to their mental health of IX class students.

1. Caste is highly influence on the mental health of IX class students. The BC caste group students have positive mental health than the other caste group students. The administrators have to provide congeal atmosphere to various caste group students.
2. Type of family is highly influence on the mental health of IX class students. Joint family group students have positive mental health than the nuclear family students. The administrators have to provide facilities for nuclear family group students.

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