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## A Study on Mental Health Status of the Secondary School Students in SPSR Nellore District

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### ABSTRACT

*The purpose of the study was to determine the influence of demographic variables such as gender, locality, delivery type, type of management, class, father's education, father's occupation, family income and birth order on mental health status. Mental Health Status inventory by Dr. Jagadeesh & A.K. Srivastva was administered to assess the mental health status of the subjects (N=200). To test the hypotheses, the collected data were analyzed using t-test and Chi-square test. Findings suggested that there is significant impact of demographic variables on mental health; the class of secondary school students is positively related to their mental health; the birth order of secondary school students is positively related to their mental health; the mental health status of urban area students is slightly better than of rural area students; the mental health status of caesarean delivered students is slightly better than that of normal delivered and the mental health status of girls is slightly better than that of boys.*

**Key words:** Mental Health, Delivery type, Class, Father's Education, Father's Occupation and Birth Order

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### INTRODUCTION

**Bernard** said that mental health is the adjustment of individuals to themselves and the world at large with maximum effectiveness, satisfaction, cheerfulness, socially considerable behaviour and the ability to face and accept the realities of life. Mental health is a level of psychological well-being, or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. According to the World Health Organization (WHO), mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others." The WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community. Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined. Mental health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or uniformity. Mental health is a normal state of well-being, a positive way but a quality of life. It is a condition which is characterized of the average person who meets the demands of life on the basis of his own capacities and limitations. It is rooted in his ability to balance feelings, desires, ambitions, ideas and competence.

The school is only second to the home in its influence on the child's Personality development. The teacher, next to the parents has the greatest responsibility and opportunity to foster mental health. The schools substitute the home situations and often meet emotional needs that are neglected in the home. A child's personality develops continuously during the school years. He still has a chance to learn how to love and to be loved. The school can play a major role in the preservation and promotion of mental health of the children. It must provide a suitable emotional, intellectual and physical environment in which a child may have the feeling of security and feeling of belongingness. Following measures can be very helpful in securing mental health of the students.

- Physical make up and mental health
- Meditation
- Emotional stability of the teachers
- Respect for the individuality of the child
- Close pupil — teacher contacts
- Healthy home and school environment
- Intellectual environment of the school
- Freedom of self discipline
- Sex education
- Provision of educational, vocational and personal guidance

The mental health needs of the Secondary School Students of today can be judged from the increasing number of dropouts, delinquents, runaways from home and the abound of emotional problems. In school there must be an adequate provision guiding and helping children in their day to day problems. They should be helped in removing their unusual mental tensions, conflicts and disorders. Therefore, parents should be taken into confidence for achieving proper mental health of their children. State can also provide financial assistance to the parents or schools for upbringing children. Establishment of child guidance clinics by the state or some welfare organizations may also serve the best purpose in the direction. The study of Mental Health status has become increasingly important in various areas of society, since it has been linked to different demographic variables such as gender, locality, and Delivery type, type of management, class, father's education, father's occupation, family income and birth order that affect the mental health status. The modern concept of health extends beyond the proper functioning of the body. It includes a sound, efficient mind and controlled emotions.

Over the past few decades research findings showed that pupil's perception towards the gender, locality, type of management, birth order, home environment, school environment and income has got considerable influence over their mental health. Keeping in this view, the present study is focused to examine the impact of gender, locality, and delivery type, type of management, class, father's education, father's occupation, family income and birth order of the Secondary School Students on their mental health status. The following objectives are formulated for the present study.

## OBJECTIVES

The objectives of the study are as follows:

- To find out whether there is any significant difference between boys and girls with regard to their mental health status.
- To study whether there is any significant difference between rural and urban areas on their mental health status.
- To find out the mental health of VIII, IX and X class children.
- To study whether there is any significant difference between different managements regard to their mental health status.
- There will not be any association between their fathers' occupations in the mental health status.
- There will not be any association between their fathers' educations in the mental health status.
- There will not be any association between their family incomes in the mental health status.
- To study whether there is any significant difference between different types of deliveries regard to their mental health status.
- There will not be any association between their birth orders in the mental health status.

## HYPOTHESES

- There is no significant influence difference between the boys and girls among their mental health status
- There is no significant influence difference between rural and urban students among their mental health status.
- There is no significant influence difference between govt. and private students among their mental health status.
- There is no significant influence difference between 8<sup>th</sup> Class, 9<sup>th</sup> Class and 10<sup>th</sup> Class students among their mental health status.
- There is no significant influence difference between Father's Occupational statuses of students among their mental health status.
- There is no significant influence difference between Father's Educational statuses of students among their mental health status.
- There is no significant influence difference between Father's Income statuses of students among their mental health status.
- There is no significant influence difference between Birth Order statuses of students among their mental health status.
- There is no significant influence difference between types of delivery statuses of students among their mental health status.

### TOOL AND SAMPLE (METHODOLOGY)

A bio-data sheet was prepared seeking information about the student's gender, locality, delivery type, type of management; class studying, father's education, father's occupation; family income and birth order are taken into consideration. In order to collect relevant data, the investigator adopted Mental Health questionnaire which was prepared and Standardized by Dr. Jagadeesh & A.K. Srivastava (1983). It contains 30 questions with two alternatives YES and NO. The responses were scored with the help of the prescribed key for components of assets and liabilities. For response of YES '1' mark is awarded and NO '0' mark is awarded. The sample of the present investigation consisted of 200 Secondary School Students studying classes 8, 9 and 10 and the schools were selected randomly under different managements in SPSR Nellore District of Andhra Pradesh and the sample included gender and locality in equal. The test administered to the subjects and the collected data was subjected into statistical analysis. The t-test and Chi-square test were employed to compare the groups and the results are presented in the following table.

### RESULTS AND DISCUSSION

Table-I: Significance of the difference between the Means for Gender, Locality and Delivery type on Mental Health Status of the Subjects (N=200).

Variable	Group	N	Mean	SD	Mean Difference	t-value	Level of Significance
Gender	Girls	100	15.92	06.91	0.12	0.13	0.05 (1.98)
	Boys	100	15.80	06.37			
Locality	Rural	100	15.20	6.86	0.87	0.93	0.05 (1.98)
	Urban	100	16.07	6.35			
Type of Delivery	Normal	123	15.79	6.75	0.18	0.43	0.05 (1.98)
	Caesarean	77	15.97	6.47			

Results presented in Table-I show that the mental health status of girls is slightly better than that of boys. The mental health status of urban area students is slightly better than of rural area students. The mental health status of caesarean delivered students is slightly better than that of normally delivered. The t-test table value 1.98 is significant at 0.05 level. But, the obtained t-values are less than 1.98. It is concluded that gender, locality and the type of delivery have no significant influence on mental health status.

Table-II: Significance of the difference between the Means for Type of Management, Class, Father's Education, Father's Occupation, Family Income and Birth Order on Mental Health Status of the Subjects (N=200).

Variable	Group	N	Mean	Chi-Square (x2) value	Level of Significance
Management	Govt.	80		6.71	0.05 (9.488)
	Private	80			
	Aided	40			
Class	VIII	56	14.42	15.90	0.05 (9.488)
	IX	65	14.34		
	X	79	17.96		
Father's Education	<10 <sup>th</sup> Class	58		1.76	0.05 (9.488)
	Inter	93			
	Degree/PG	49			
Father's Occupation	Agriculture	78		3.50	0.05 (9.488)
	Self-Employee	85			
	Employee	37			
Income	< 60,000	94		5.44	0.05 (9.488)
	60,000-1 Lac	65			
	>1 Lac	41			
Birth Order	1 <sup>st</sup>	79	15.05	15.41	0.05 (11.07)
	2 <sup>nd</sup>	83	15.98		
	3 <sup>rd</sup>	32	17.06		
	4 <sup>th</sup> and above	06	16.30		

Results presented in Table-II show that Chi-Square test table value is 9.488 significant at 0.05 level in case of type of management, class, father's education, father's occupation and family income and Chi-Square test table value is 11.07 significant at 0.05 level in case of Birth Order. But, the obtained Chi-Square-values are lesser than 9.488 in case of management, father's education, father's occupation and family income. The obtained Chi-Square-values are more than 9.488 and 11.07 in case of Class and Birth Order. It is concluded that type of management, father's education, father's occupation and family income have no significant influence on mental health status. And also, it is concluded that Class studying and Birth Order have significant influence on mental health status of the students.

## CONCLUSION

Class has influence on Mental Health status of secondary school students. The results showed that the Class of secondary school students is positively related to their mental health. Birth Order has significant influence on Mental Health status of secondary school students. The results showed that

the birth order of secondary school students is positively related to their mental health. The mental health status of girls is slightly better than that of boys; the mental health status of urban area students is slightly better than of rural area students; the mental health status of caesarean delivered students is slightly better than that of normal delivered.

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