
Reasoning Ability Of Adolescents In Relation TO Mental Health

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Abstract

The present study aimed to find the significance of relationship in reasoning ability as well as mental health of adolescent boys and girls. The sample of the study was 200 adolescent (100 boys and 100 girls) of Government /Government aided schools of Ludhiana city of Punjab. Correlation approach was adopted to ascertain the relationship between reasoning ability and mental health of adolescents. Significance of relationship between means was worked out to know the difference between boys and girls adolescents regarding reasoning ability and mental health. In this study Reasoning Ability means Reasoning Ability Test by (R.A.T) (2006) by Dubey and Mental Health Battery (M.H.B) (2012) by Singh & Gupta. The study concludes that there is significance of relationship between reasoning ability as well as mental health of adolescent boys and girls and there is no significant differences in mental health of adolescent boys and girls.

Introduction

Adolescence has been derived from the Latin word , 'adolescere' meaning "to grow." It is a transitional stage of physical sex and mental human development generally occurring between puberty and legal adulthood characterized as beginning and ending with the teenage stage. Adolescence can also be defined more simply, as the threshold from childhood to adulthood. Poets have described this age as the spring of life human being and an important era in total life span . According to piaget (1985), "Adolescence is a age of great ideals as well as the time of simple adaptation to reality." According to Roger (1985), "Adolescence is a period if achieving attitudes and beliefs for the effective participation in society."

The modern world is the world or age of science and technology in which we are living , in what has been called an age of turbulence ,an age of anxiety and stress when man's ability to cope up which his environment is being taxed in new and unprecedented ways, which led innumerable social changes like changing values of life, population explosion, unemployment and rigid family relationship etc. To deal with such types of problems, a man must be healthy enough to tackle such kind of problem. The thing which is mostly desired in almost all societies of the world is need of preserving mental health of the individual and good mental health is required to stable harmonious life. The most complex form of adjustment of which human beings are capable is reasoning. Reasoning is productive thinking in which previous experiences / are reorganized ,or combined in new ways, to solve a problem

Reasoning Ability

Reasoning is the Mental ability used in an argument ,proof or demonstration. It consists in making a new judgement on the basis of judgement are commonly defined as perceiving relation among judgements or seeing agreement of disagreement among judgements already made. Reasoning is generally associated with rules and methods, formal laws of logic; it consists of mental exploration instead of motor exploration ,as it involves mental exploration of the reason or cause of an event or happening. It is associated with thinking, cognition and intellect.

Reasoning is the world used to define the cognition of cause and effects relationship. It may be the prediction of an event from and observed cause or the influence of the cause from observed even accuracy is the criterion for good reasoning. Thus, reasoning plays a significant role in one's adjustment to one's environment. It controls not only one's cognitive activities but may also influence the total behaviour and personality by proper or improper development of one's reasoning ability. It is essentially a cognitive ability and is like thinking in many aspects.

Reasoning is then a tool for problem solving and, at the same time, is a form of learning which involves : it is a process which is characterized by understanding or insight. The ability to reason is closely related to intelligence. It becomes pertinent, then to find out how the ability reason develops and whether it can be improved by systematic training .

According to Gates(1947), "Reasoning is the term applied to highly purposeful controlled selective thinking.'

According to Munn (1967), " Reasoning is combined past experiences in order to solve a problem which cannot be solved by mere reproduction of earlier solution."

From the above discussion it may be more precise to consider reasoning as a type of thinking which involves something more than the immediate use of a fact or a principle that has been recalled. In it, one approach everything with a question mark in our mind.

Mental Health

The concept of mental health is as old as human beings. Mental health is a multidimensional construct; more than one criterion is needed to grasp its features and to determine whether a pattern of behaviour has to be considered normal or deviated. The concept of mental health has greater relevance, which was first described by (Beers, 1908). Mental Health commutates those behaviours, perceptions and feelings that determine a person's overall level of personal effectiveness, success, happiness and excellence of functioning as a person. Mental health is a positive state and not mere absence of mental health disorder. Mental health as the health of mind of one's mind which can prove a potent determinant of one's integrated personality and balanced behaviour identifying on the basis of the level of his adjustment to his self, others and environment.

Mental health describes a level of psychological well being or an absence of mental disorder. It includes an individual's ability to enjoy life and create a balance between life activities and efforts to achieve psychological resilience. Mental health can also be defined as an expression of emotions and as signifying a successful adaptation to a range of demands.

W.H.O(2005) defines mental health as a "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.'

Mental health presents a humanistic approach towards self and others. It is an important factor that influences an individual's various activities, behaviour, happiness and performance. Mental Health is a combined of outcomes of five types of health i.e. physical, moral, emotional, spiritual and social health. Only mentally healthy persons live fuller, harmonious, effective and successful life.

Emergence of the problem

From the review of related literature it is found that there exists positive and significant relationship between reasoning ability and mental health of adolescent (Bhatt, 1981; Shah, 1981;

Malhotra,1982;Singh,1983; Jain, 1984;Chhikara,1985;Lou,1999;Mededova,2000;Shek,2000;Singh,2004;)

There exist no significant relationship between reasoning ability and mental health of adolescents (Naik,1997;Liu,2005;Dwairy ,2006;Nanda&Sidhu,2006)

As , the investigator found no study related to the reasoning ability of adolescents in relation to mental health so it motivate the investigator to conduct the present study.

Objectives:

1. To study reasoning ability among X class boys and girls.
2. To study mental health among X class boys and girls.
3. To study the relationship between reasoning ability and mental health among X class boys and girls.

Hypotheses

1. There exists a significant relationship between reasoning ability and mental health among adolescent boys and girls.
2. There exists a significant difference in reasoning ability among X class boys and girls.
3. There exists a significant difference in mental health among x class boys and girls.

Statement of the research problem

REASONING ABILITY OF ADOLESCENTS IN RELATION TO MENTAL HEALTH.

Sample

The sample would include 200 adolescents (100 boys and gorgs) of class X.The sample would be selected by random sampling and survey would be used for the study.

Delimitations

1. The study is limited to Government/Government aided schools of Ludhiana district.
2. The study is delimited to students of X class.
3. The study delimited to 200 students (100 boys &100 girls).

Statistical Techniques Used

Descriptive statistics i.e Mean,Median,Mode,Standard deviation and Kurtosis and were used to find out the nature of distribution of data.

Inferential statistics i.e correlation technique was used to test the hypotheses.

Tools Used

- 1.Reasoning Ability Test (R.A.T) (2006) By Dubey.
2. Mental Health Battery (M.H.B) (2012) Singh & Gupta

Analysis and interpretation

Table 1.1: Relationship between Reasoning ability and mental health among boys

Variables	N	r
Reasoning ability	100	0.30*
Mental health	100	

*Significant at 0.01 level of significance

Table 4.3 revealed that the coefficient of correlation between the reasoning ability and mental health of boys is 0.30 which is significant at 0.01 level of confidence which revealed that there exists a significant positive relationship between reasoning ability and

mental health of boys. This leads to acceptance of hypothesis 1(i), which states that ‘There exists a significant relationship between reasoning ability and mental health among boys’.

Table 1.2: Relationship between Reasoning ability and mental health among girl

Variables	N	r
Reasoning ability	100	0.20*
Mental health	100	

*significant at 0.05 level of significance

Table 1.2 revealed that the coefficient of correlation between reasoning ability and mental health of girls is 0.20 which is significant at 0.05 level of confidence which revealed that there exists a significant positive relationship between reasoning ability and mental health of girls. Hypothesis 1(ii) which states that ‘There exists a significant relationship between reasoning ability and mental health among girls’, is thus accepted.

Table 1.3 Difference in reasoning ability of boys and girls.

	N	Mean	Standard deviation	t-ratio
Boys	100	43.59	23.42	11.43*
Girls	100	14.74	9.41	

*Significant at 0.01 level of significance

Table 1.3 revealed that the mean score in reasoning ability of boys and girls are 43.59 and 14.74 respectively. The t-ratio was found to be 11.43, which is significant at 0.01. Therefore the hypothesis 2 which states that ‘There exists a significant difference in reasoning ability among X class boys and girls,’ is rejected. The reasoning ability of boys is significantly more as compared to that of girls.

Table 1.4 Difference in mental health of boys and girls

	N	Mean	Standard deviation	t-ratio
Boys	100	69.29	16.38	0.68 (NS)
Girls	100	67.68	17.05	

NS means non-significant

Table 1.4 revealed that the means score in mental health of boys and girls are 69.29 and 67.68 respectively. The t-ratio was found to be 0.68, which is not significant ($p > 0.05$). Therefore the hypothesis 3 which states ‘There exists a significant difference in mental health among X class boys and girls’ is accepted. Boys and girls do not differ significantly in their mental health.

Conclusion

- There exists a significant relationship between reasoning ability and mental health among boys.
- There exists a significant relationship between reasoning ability and mental health among girls.
- There exists a significant relationship between reasoning ability among X class boys and girls.
- There exists no significant difference in mental health of adolescent boys and girls.

Educational Implications

- Mental health is a vital problem. It affects the total personality of an individual. The present study shows the mental health of senior secondary school students. So, this problem should be solved with the help of teacher, guide and counsellors.
- Guides and counsellors should be appointed in the school for the help of students in facing mental health problems.
- Curriculum should be framed as; it can be proved helpful in the mental health of government school students.
- The role of teacher should be as a monitor. He should encourage the students take part in co-curricular activities and social activities.
- The present study shows the mental health. Here, comes the role a teacher, family as well as education which guides them how to control the mental health problem and improve their mental health

Suggestions for further research

- Any research work cannot be final work of a problem because it is very difficult for a researcher to touch all the aspects of a problem. Research is an unending process and every research work opens the door for further investigation. The present study opens up certain avenues for further which are briefly listed below:
- Reasoning ability of adolescents can be studied in relation to home environment, school environment, parent child relationship.
- Same study can be conducted on students of colleges, universities and professional institutes. The present investigation was confined to Ludhiana. A similar study may be conducted in other districts and cities of India.
- A similar study on the other school grades and even on college students may be conducted.
- A similar study may be conducted on a large sample for broader generalization.

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