

## **A Study on Mental Health of High School Students**

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### **ABSTRACT**

**Background:** The Mental health plays a very important role in human life. It plays its role not only in the lives of individuals but also in the life of society. There is no area in human life which is beyond the range of psychological wellness. The term mental health doesn't allude to any aspect part of mental life or to any one dimension of human character. Twenty first century is an era of acute modernization. The school environment is an optimal context to provide mental health services. Media throws abundant cross-cultural exposure to the students, and at times, so called; social media leads students to the evils of maladjustment, loneliness, addictedness and loss of socio-emotional support. Researches reveal that children with better mental health do better academically and socially.

**Aims:** The present study aims to determine the status of mental health of high school students.

**Result:** The study reveals the following findings: The level of mental health of secondary school students is moderate. The sample has 100 High School students in each 50 Boys High School students and 50 Girls High School students. The scale was used for data collection Mental Health Battery of Arun Kumar Singh and Alpana Sen. Gupta (2003)..The result showed that male, group was mentally healthy than female group. The educational programmes such as yoga, meditation, cultural activities...etc should be planned in such a way to improve mental health among students.

**KEYWORDS:** Mental Health, High School Students, Muzaffarpur

### **Introduction**

The Mental health plays a very important role in human life. It plays its role not only in the lives of individuals but also in the life of society. There is no area in human life which is beyond the range of psychological wellness. The term mental health doesn't allude to any aspect part of mental life or to any one dimension of human character.

*"Mental health is the capacity of the individual, the group and the environment to interact with one another in ways that promote subjective well-being, the optimal development and use of mental*

*abilities (cognitive, affective and relational), the achievement of individual and collective goals consistent with justice and the attainment and preservation of conditions of fundamental equality.' (World Health Organization's) (1981)."*

Like physical wellbeing, mental health is also an aspect of total personality. Mental health is a list which demonstrates the extent to which the individual has been the option to fulfill his environmental needs, i.e., social, emotional or physical; and the extent to which he gets himself mentally stressed. This psychological or mental strain is commonly reflected in indications like anxiety, pressure, restlessness or hopelessness among others.

*Mental health problems were significantly higher among those children whose both parents were employed. Maternal employment effect children and working mother's children have found much higher mental health problems than non-working mother. (Seenivasan,P.,Caroline,P.K.,2014).*

## **Review of Literature**

Ramesh Singh Bartwal (2014) conducted a study to compare the Mental Health and Social Intelligence of senior secondary students. A sample of 400 students was drawn adopting simple random sampling technique from Government senior secondary schools of Chamoli district of Uttarakhand and Saharanpur district of Uttar Pradesh. Descriptive survey method was employed to collect the data. The 't'- test and correlation were used for finding the significance of means and significance of relationship between dependent and independent variables. The study revealed that there was no significant difference in mental health of rural and urban students. The study also explored that there was a positive relationship between mental health and social intelligence. Namesh Kumar et. al (2014) conducted a study on mental health of school going adolescents. Mental health and physical health are correlated with each other. First of all parents should give due attention towards the adolescents. Teacher should also play healthy role to provide moral values among adolescents. Besides family factor socio-cultural factors also affect mental health. The negative impact of mass media and wrong cultural values affect mental health especially of the adolescent. It needs serious intervention on the part of government and responsible people of the society also. As healthy mind resides in healthy body so emphasis should be laid on to intricate values, healthy activities in such school so that the adolescents can never delineate or alienate towards wrong side.

## **Objectives:**

- 1) To examine the Positive self evaluation among Boys and Girls School Going students.
- 2) To examine the Perception of reality among Boys and Girls School Going students.
- 3) To examine the Integration of personality among Boys and Girls School Going students.
- 4) To examine the Autonomy among Boys and Girls School Going students.
- 5) To examine the Group-oriented attitudes among Boys and Girls School Going students.
- 6) To examine the Environmental mastery among Boys and Girls School Going students.

7) To examine the Overall Mental Health level among Boys and Girls School Going students.

### **Hypotheses:**

- 1) There is no significant difference between Boys and Girls School Going students with Mental Health dimension on Positive self evaluation.
- 2) There is no significant difference between Boys and Girls School Going students with Mental Health dimension on Perception of reality
- 3) There is no significant difference between Boys and Girls School Going students with Mental Health dimension on the Integration of personality.
- 4) There is no significant difference between Boys and Girls School Going students with Mental Health dimension on Autonomy.
- 5) There is no significant difference between Boys and Girls School Going students on Mental Health dimension on Group-oriented attitudes.
- 6) There is no significant difference between Boys and Girls School Going students on Mental Health dimension on Environmental mastery.
- 7) There is no significant difference between Boys and Girls School Going students on Overall Mental Health level.

### **Methodology:**

#### **Sample and Sampling technique:**

The present study sample was selected from High School Going Students of Muzaffarpur City in Bihar. In this research stratified random sampling method was employed to select the unit of sample. Total sample of present study 100 High School Going Students, in which 50 were Boys and 50 were Girls High School Going Students.

### **Research Design:**

Simple research design used in the present study.

#### **Variables:**

- 1) Independent Variables

#### ***Gender***

- a) Boys
- b) Girls

## 2) Dependent Variables

### *Mental Health*

- a) Positive self evaluation
- b) Perception of reality
- c) Integration of personality.
- d) Autonomy
- e) Group-oriented attitudes
- f) Environmental mastery

### **Tool Used:**

To study mental health of high school students the investigator used the MHB standardized by Arun Kumar Singh and Alpana Sen Gupta (2003).

### **Data analysis and interpretation:**

The data were analyzed as follows. The Mean and SD and t-value for Gender (Boys and Girls High School Going Students) on Mental Health were analyzed.

### **Results and Discussion:**

The analysis of data interpretation and discussion of the results are presented below:

**Table No.01 Show the mean, SD and t value of Positive self evaluation and Gender**

Gender	N	Mean	SD	df	t- ratio	Level of significance
Boys	50	35.44	2.17	94	13.44	0.05 Significant
Girls	50	28.88	2.68			

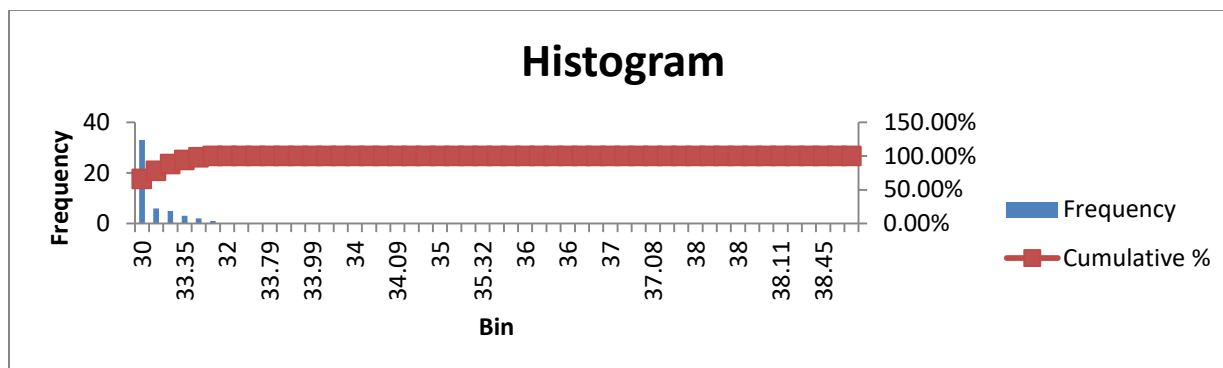


Table 1 revealed that the mean scores of Positive self evaluation of Boys and Girls High School students are 35.44 and 28.88 with SD's 2.17 and 2.68 and respectively . t- value is 13.44 Therefore, the hypothesis (H1) is rejected which means there is highly significance difference between the

Positive self evaluation of Boys and Girls High School students It was found that Boys Students high Positive self evaluation than Girls Students.

**Table No.02 Show the mean, SD and t value of Perception of reality and Gender**

Gender	N	Mean	SD	df	t- ratio	Level of significance
Boys	50	27.02	28	94	11.41	0.05 Significant
Girls	50	22.60	23			

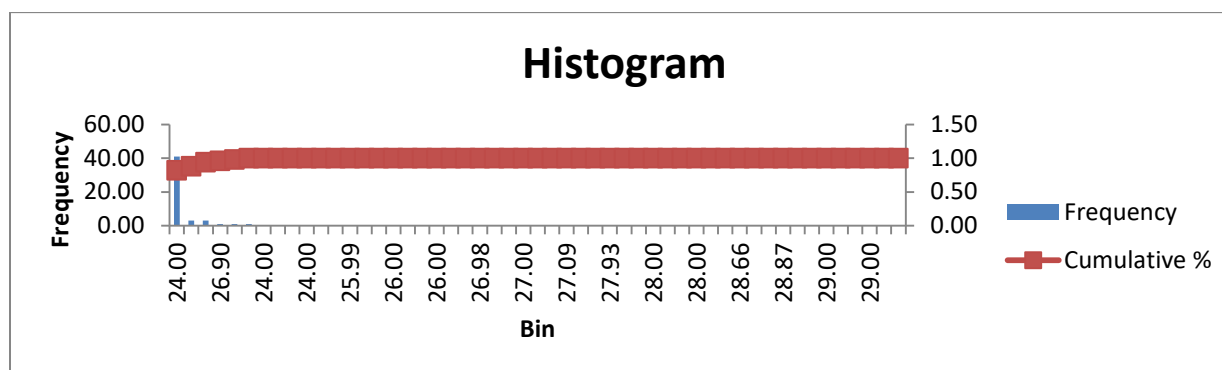


Table 2 revealed that the mean scores of Perception of reality of Boys and Girls High School students are 27.02 and 22.60 with SD's 28 and 23 respectively. The t -value came out from the above two groups is 11.41. Therefore, the hypothesis (H2) is rejected which means there is highly significance difference between the Perception of reality of Boys and Girls High School students. It was found that Boys Students high Perception of reality than Girls Students.

**Table No.03 Show the mean, SD and t value of Integration of personality and Gender.**

Gender	N	Mean	SD	df	t- ratio	Level of significance
Boys	50	40.63	2.37	94	26.93	0.05 Significant
Girls	50	29.63	1.64			

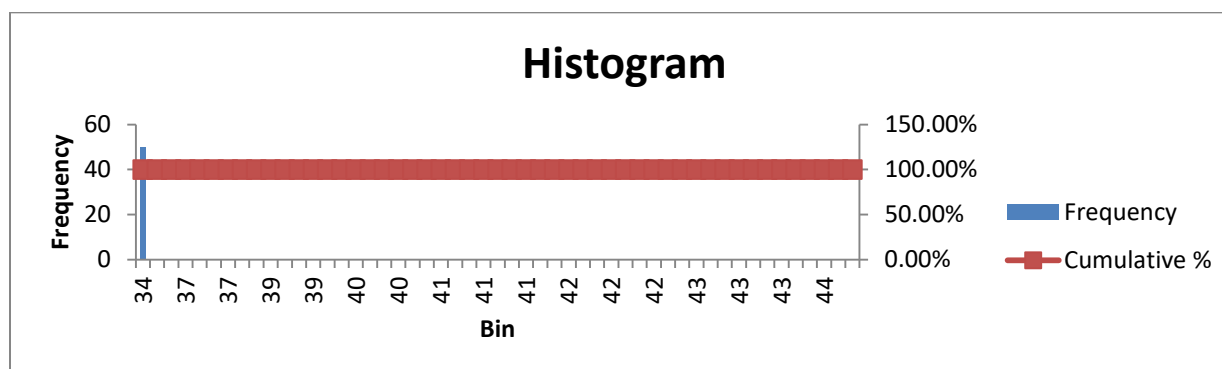


Table 3 revealed that the mean scores of Integration of personality of Boys and Girls High School students are 40.63 and 29.63 with SD's 2.37 and 1.64 respectively. The t -value came out from the above two groups is 26.93. Therefore, the hypothesis (H3) is rejected which means there is highly

significance difference between the Integration of personality of Boys and Girls High School students. It was found that Boys Students high Integration of personality than Girls Students.

**Table No.04 Show the mean, SD and t value of Autonomy and Gender.**

Gender	N	Mean	SD	df	t- ratio	Level of significance
Boys	50	20.40	1.15	94	17.21	0.05 Significant
Girls	50	13.11	2.76			

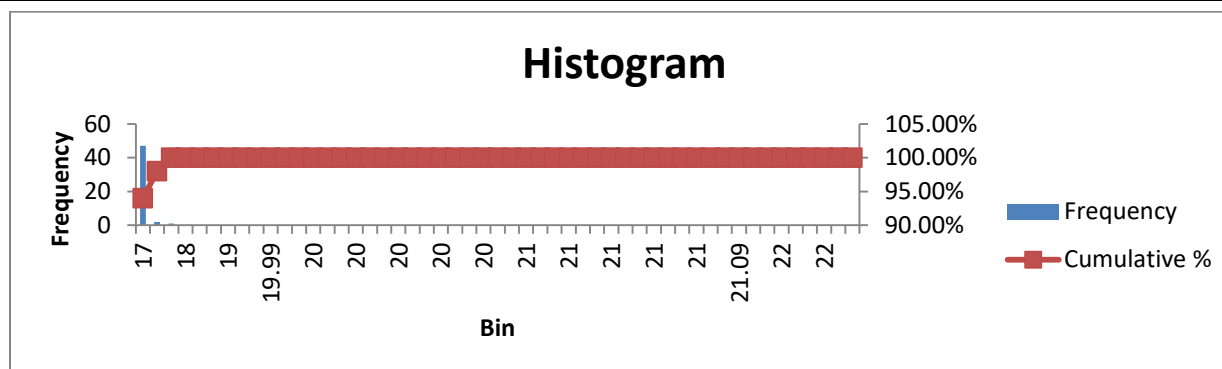


Table 4 revealed that the mean scores of Autonomy of Boys and Girls High School students are 20.40 and 13.11 with SD's 1.15 and 2.76 respectively. The t -value came out from the above two groups is 17.21. Therefore, the hypothesis (H4) is rejected which means there is significance difference between the Autonomy of Boys and Girls High School students. It was found that there is significant difference between Boys and Girls School Going students with Mental Health dimension on Autonomy.

**Table No.05 Show the mean, SD and t value of Group-oriented attitudes and Gender.**

Gender	N	Mean	SD	df	t- ratio	Level of significance
Boys	50	35.27	1.21	94	14.95	0.05 Significant
Girls	50	28.9	2.75			

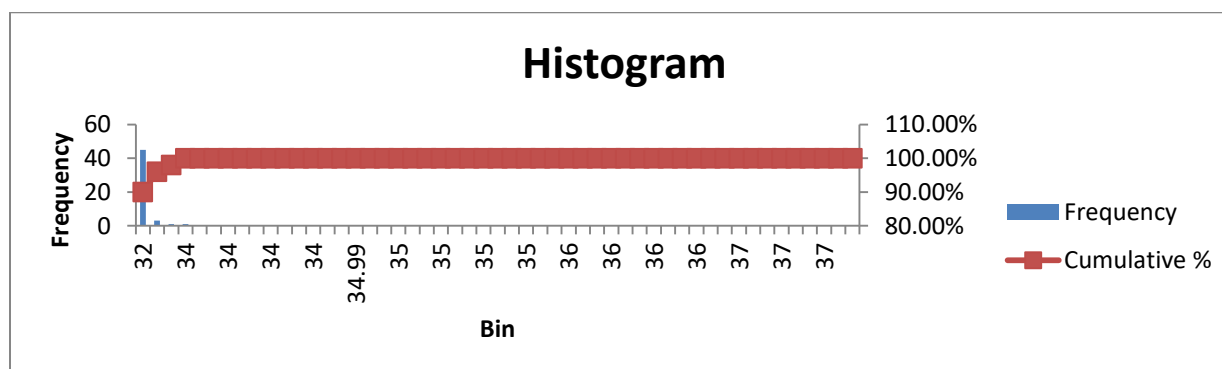


Table 5 revealed that the mean scores of Group-oriented attitudes of Boys and Girls High School students are 35.27 and 28.9 with SD's 1.21 and 2.75 respectively. The t -value came out from the above two groups is 14.95. Therefore, the hypothesis (H5) is rejected which means there is

significance difference between the Group-oriented attitudes of Boys and Girls High School students it was found that there is no significant difference between Boys and Girls School Going students with Mental Health.

**Table No.06 Show the mean, SD and t value of Environmental mastery and Gender.**

Gender	N	Mean	SD	df	t- ratio	Level of significance
Boys	50	33.34	4.62	94	13.02	0.05 Significant
Girls	50	24.38	1.51			

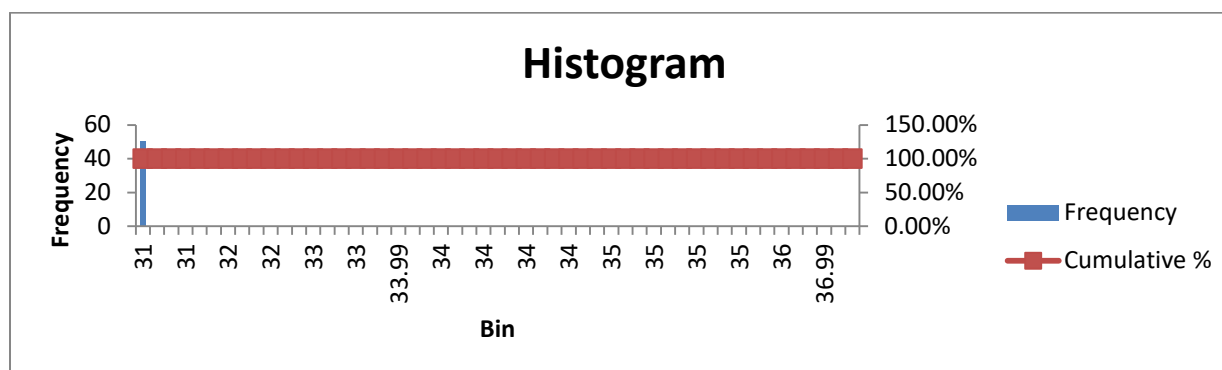


Table 6 revealed that the mean scores of of Environmental mastery Boys and Girls High School students are 33.34 and 24.38 with SD's 4.62 and 1.51 respectively. The t -value came out from the above two groups is 13.02. Therefore, the hypothesis (H6) is rejected which means there is significance difference between the Environmental mastery of Boys and Girls High School students. It was found that there is significant difference between Boys and Girls School Going students with Environmental mastery.

**Table No.07 Show the Mean, SD and t value of Overall Mental Health level and Gender**

Gender	N	Mean	SD	df	t- ratio	Level of significance
Boys	50	192.12	6.48	94	37.94	0.05 Significant
Girls	50	147.54	5.24			

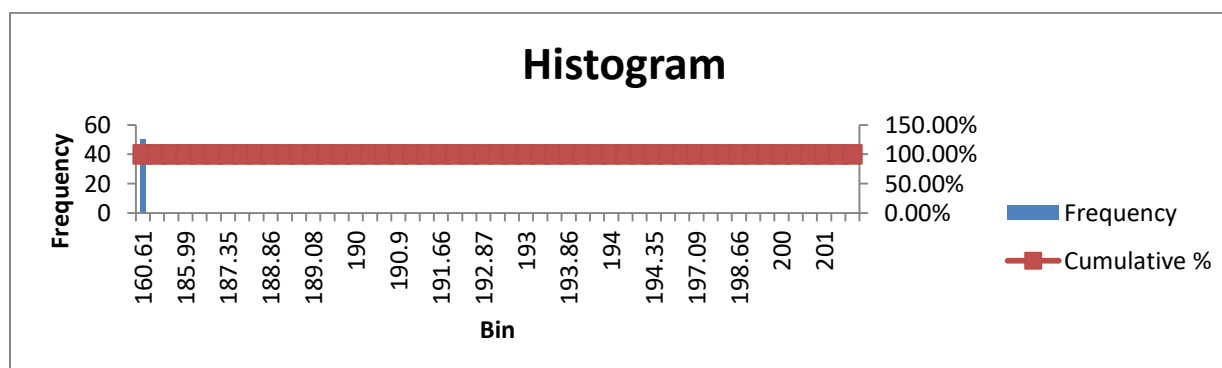


Table 7 revealed that the mean scores of Overall Mental Health level of Boys and Girls High School students are 192.12 and 147.54 with SD's 6.48 and 5.24 respectively. The t-value came out from the above two groups is 37.94. Therefore, the hypothesis (H7) is rejected which means there is significance difference between the Overall Mental Health level of Boys and Girls High School students. It was found that there is significant difference between Boys and Girls School Going students with Overall Mental Health level.

## **Conclusion**

- 1) Boys Students high Positive self evaluation than Girls Students
- 2). Boys Students high Perception of reality than Girls Students
- 3) Boys Students high Integration of personality than Girls Students
- 4) Boys Students high Autonomy than Girls Students
- 5) Boys Students high Group-oriented attitudes than Girls Students
- 6) Boys Students high Environmental mastery than Girls Students
- 7) Boys Students high Overall Mental Health level than Girls Students

Gender is an important aspect for investigation, generally males are considered to be superior and females as inferior commonly in our society. In this small research we were observed that Boys are much better in all dimensions of Mental Health Battery. It was noticed that in Indian culture, girl's faces struggle from the birth to end of her life, eg. Sati Custom, Female Feticide, Dowry Death, Female abuse and Domestic violence etc. All these factors lead to make her weak and mentally unhealthy. According to the society and culture makes her to face the challenging situation the life. Comparatively boys are not face the society pressure, tradition and conditions. So they are mentally healthy than girls on all dimension on mental health battery.

*20% of adolescents in India suffer from some forms of mental health problems and 2%-5% with serious mental problems. (TIMES OF INDIA Jan 2014).*

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