

A Study on Mental Health of High School Girls Students in Cuddalore District

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Abstract: *This study on a Study on Mental Health of High School Girls Students in Cuddalore District in relation to their certain selected variables was carried out by the investigator. Studies on mental health of pupils and teachers are equally important since they modify the classroom learning and development of desirable behaviour. There seems to be increasing interest in research relating to mental health. Learning is a highly complex problem in psychology adjustment means reaction to the demands and pressure of social environment imposed upon the individual. The Normative survey method is employed to collect the data. The present study is aimed at finding out the impact of independent variables viz., Community, Locality, Type of Management of the school, Education of the parent and Income of parent and student's mental health on the testing variables. The study has been conducted on a random sample of 350 Girls students studying in government and private high schools and higher secondary schools in Cuddalore District of Tamil Nadu. It is concluded that the mental health of the girl's students are average level. The community of the students does not play any role in Girls mental health scores. Government girl's school students are having more mental health level. Rural Girls students are having more mental health than the Urban Girls students, The Girls students whose parents are belonging to different educational status having similar mental health. The Girls students whose parents are belonging to different income level are having similar mental health. There is no significant difference among the Girls students who belongs to different communities in their mental health scores. There is significant difference between private and government school Girls students in their mental health. There is significant difference between rural and urban school Girls students in their mental health scores. There is no significant difference among the Girls students whose parents belongs to different occupations in their mental health.*

1. Introduction

Education is a dynamic process, which involves imparting knowledge, generating interests and curiosity, inculcating desirable attitudes and values and developing essential skills required for independent study. This is necessary for enabling students to be competent useful citizens. Education must be fundamentally democratic. The process of education must be open, freely and flexible. It should be possible for the learners to have freedom to choose courses in line with their interests and aptitudes so that they can continue their studies without any difficulty and have the satisfaction of becoming high achievers. Education should make each and every member of the society academically sound and socially efficient so as to enable them to contribute considerably to national development.

Education leads individuals from darkness into light and from false hood to truth. It brings about considerable changes in the individual relating to his physical intellectual and spiritual conditions. Education thus is concerned with bringing about changes in the three broad domains of the individual, namely, cognitive, affective and psychomotor. The idea of life-long education is the keystone of learning society. In formal system of education discovering the relationship between the high mental process and the learning behavior has always been the major concern of the educationists and educational psychologists. The modern school is a community centre and the teacher is a friend, philosopher and guide. The school is a miniature society or a social institution, which is entrusted with the responsibility of bringing up of the students to participate effectively, efficiently and harmoniously in the community to which they belong. The modern school is not a knowledge shop and the learning experiences should not be limited to the four walls of the classroom. The school should provide various opportunities to the students for participating in

social services, community activities, health campaigns, literacy drives and other kinds of public services of educational importance. This will break the barriers between the school and the community and make school life and experiences meaningful, lively, realistic and natural. It is hoped that this investigation would throw light on the mental health and achievement of the boys, girls of the most impressionable age of 15-16 in secondary schools and thus help the teachers to take the remedial steps wherever necessary. It is the habit developed at this stage that continues to have a lifelong hold on man.

2. Need and Importance of the Study

Studies on mental health of pupils and teachers are equally important since they modify the classroom learning and development of desirable behaviour. There seems to be increasing interest in research relating to mental health. Learning is a highly complex problem in psychology adjustment means reaction to the demands and pressure of social environment imposed upon the individual. The demands may be external or internal to whom the individual has to react. The hunger, water, oxygen, steps, etc., which may be termed as internal. If one does not fulfill these internal demands than the individual feels uncomfortable.

3. Statement of the Problem

The present study is stated as "A study on mental health of High school Girls Students in Cuddalore District".

Objectives of the Study

- 1) To find out the level of Mental Health scores of Secondary school students with different sub-samples.
- 2) To find out whether there is any significant difference between Mental Health scores of School students and different sub-samples. Such as

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- a) Community of the student
 - b) Type of the management of the school
 - c) Locality of the school
 - d) Parents education and
 - e) Parents Income
- 3) To find out the significant relationship between total mental health and Emotional Maturity among the Girls students.

Hypotheses

- 1) The Mental Health scores of school Girls students are high.
- 2) There is significant difference between Mental Health scores of school Girls students and different sub-samples. Such as
 - a) Community of the student
 - b) Type of school
 - c) Locality of the school
 - d) Parents education
 - e) Parents Income
- 3) There is significant relationship between total mental health among the school Girls students.

Method of Study

The Normative survey method is employed to collect the data. The present study is aimed at finding out the impact of independent variables viz., Community, Locality, Type of Management of the school, Education of the parent and Income of parent and student’s mental health on the testing variables. The study has been conducted on a random sample of 350 Girls students studying in government and private high schools and higher secondary schools in Cuddalore District of Tamil Nadu.

Tools Used in the study

Scale on Measurement of Level of Mental Health standardized by Dr.Mercy Abraham and K.C.Prasanna Department of Education University of Kerala.

Sample of the Study

The sample for the investigation was selected from the secondary and higher secondary school Girls student’s from 15 schools in Cuddalore Taluks in Cuddalore District using Random Sampling technique.

Statistical Techniques Used

The following statistical techniques are used in analyzing the data:

Descriptive Statistics

Mean, Median, Standard deviation were found out.

Descriptive Analysis

Mean and S.D of Total Mental Health Scores of Different Sub Samples of Girl’s Students

It is one of the hypotheses to study about the level of total mental health of girl’s students. The following table-1 provide clear picture about the scores.

Table 1: The Mean and S.D. of Total Mental Health

Sl. No	Variables	N	Mean	S.D.
1.	Total Sample	350	84.24	12.40
2.	Community			
	B.C.	127	82.83	12.40
	M.B.C.	124	85.41	9.67
	SC/ST	99	84.58	12.52
3.	Type of school			
	Govt.	197	85.86	11.28
	Private	153	82.15	11.62
4.	Location of School			
	Rural	206	85.53	11.26
	Urban	144	82.36	11.77
5.	Parent Education			
	Illiterate	128	83.58	11.70
	School education	146	84.45	11.43
	College education	76	84.94	11.69
6.	Parent Income			
	Low	129	84.22	12.13
	Middle	159	84.32	11.71
	High	62	84.06	10.07

Further from the table -1 the following findings can be obtained for the levels of mental health of various sub-samples

- a) The community of the students does not play any role in Girls mental health scores.
- b) Government girl’s school students are having more mental health level.
- c) Rural Girls students are having more mental health than the Urban Girls students,
- d) The Girls students whose parents are belonging to different educational status having similar mental health.
- e) The Girls students whose parents are belonging to different income level are having similar mental health.

Differential Analysis

‘t’ test were found out to test the significance of the differences between means of large independent groups were used to compare the Mental health of different categories of pupils viz., boys and girls; O.C., B.C., M.B.C., and SC/ST; Rural and Urban; Government and Private; Different educational status of the parents and different occupation of the parents of the pupils.

Differential Analysis for Total Mental Health With Different Sub-Samples

Hypothesis 1

There is significant difference between Mental Health scores of different communities. For finding out the significant difference between O.C., B.C., M.B.C., and SC/ST Girls students in mental health ‘F’ test is used. The results are presented in Table-2

Table 2: ‘F’ Value for Mental Health Scores of Girls Students who belongs to different Communities

Mental health	Sum of squares	df	Mean squares	F	Level of significant
between group	432.78	2	216.39	1.62	NS
With in group	46267.57	347	133.33		
Total	46700.35	349			

The calculated 'F' value is 1.62 it is not significant. Hence it is concluded that there is no significant difference among the Girls students who belong to different communities. The null hypothesis is accepted and research hypothesis is rejected.

It is concluded that there is no significant difference among the Girls students who belongs to different communities in their mental health of IX standard Girls students.

Hypothesis 2

There is significant difference between Mental Health scores of type of school. For finding out the significant difference between boys and girls students in mental health 't' test is used. The results are presented in Table -3

Table 3: Significant difference of Type of School in Mental Health

Sub-samples	N	Mean	S.D.	't' value	Level of significant
Government	197	85.86	11.28	3.00	Significant
Private	153	82.15	11.62		

The calculated value 't' is 3.00 which is grater than the tabulated value of 1.96. Hence research hypothesis is accepted and there is significant difference between the private and government school Girls students in their mental health.

It is concluded that there is significant difference between private and government in their mental health of Girls students.

Hypothesis 3

There is significant difference between Mental Health scores of Locality.

For finding out the significant difference between boys and girls students in mental health 't' test is used. The results are presented in Table- 4

Table 4: Significant Difference of Locality in Mental Health

Sub-samples	N	Mean	S.D.	't' value	Level of significant
Rural	206	85.53	11.26	2.55	Significant
Urban	144	82.36	11.77		

The calculated value 't' is 2.55 is grater than the tabulated value of 1.96. Hence research hypothesis is accepted and there is significant difference between the rural and urban school Girls students in their mental health.

It is concluded that there is significant difference between rural and urban in their mental health of Girls students.

Hypothesis 4

There is significant difference between Mental Health scores of Girls students whose parents belong to different educational status.

For finding out the significant difference between Girls students whose parents belong to different educational status in mental health scores the 'F' test is used. The results are presented in Table-5

Table 5: 'F' Value for Mental Health Scores of Girls Students who Parents Belong to Different Education Status

Mental health	Sum of squares	df	Mean squares	F	Level of significant
Between group	99.34	2	49.67	0.37	NS
Within group	46601.00	347	134.29		
Total	46700.35	349			

The calculated 'F' value is 0.37 it is not significant. Hence it is concluded that there is no significant difference among the Girls students whose parents belong to different educational status. The null hypothesis is accepted and research hypothesis is rejected.

It is concluded that there is no significant difference among the Girls students whose parents belongs to different educational status in their mental health of Girls students.

Hypothesis 5

There is significant difference between Mental Health scores of Girls students whose parents belong to different occupations.

For finding out the significant difference between Girls students whose parents belong to different occupations in mental health scores the 'F' test is used. The results are presented in Table-6

Table 6: 'F' Value for Mental Health Scores of Girls Students who Parents Belong to Different Income

Mental health	Sum of squares	df	Mean squares	F	Level of significant
Between group	3.14	2	1.57	0.01	NS
Within group	46697.21	347	134.57		
Total	46700.35	349			

The calculated 'F' value is 0.01 it is not significant. Hence it is concluded that there is no significant difference among the Girls students whose parents belong to different income. The null hypothesis is accepted.

It is concluded that there is no significant difference among the Girls students whose parents belongs to different income group in their mental health of Girls students.

Differential analysis for Mental Health Scores

- 1) There is no significant difference among the Girls students who belongs to different communities in their mental health scores.
- 2) There is significant difference between private and government school Girls students in their mental health.
- 3) There is significant difference between rural and urban school Girls students in their mental health scores.
- 4) There is no significant difference among the Girls students whose parents belongs to different occupations in their mental health.

4. Findings

Findings on Mental Health

- It is concluded that the mental health of the girl's students are average level.

- The community of the students does not play any role in Girls mental health scores.
- Government girls school students are having more mental health level.
- Rural Girls students are having more mental health than the Urban Girls students,
- The Girls students whose parents are belonging to different educational status having similar mental health.
- The Girls students whose parents are belonging to different income level are having similar mental health.
- There is no significant difference among the Girls students who belongs to different communities in their mental health scores.
- There is significant difference between private and government school Girls students in their mental health.
- There is significant difference between rural and urban school Girls students in their mental health scores.
- There is no significant difference among the Girls students whose parents belongs to different occupations in their mental health.

5. Suggestions for Further Research

- Based on findings the study may be extended for urban school Girls students alone. Hence, a study of secondary student's mental health in urban school settings may be studied.
- Children of college education parents had better mental health when compared with their counterparts. So, a comparative study may be done on mental health and achievement of the influence of parental education.
- Similar argument can be done to parental income.
- A study may be conducted at family system and birth order of the child.

6. Conclusions

The mental health of the girl's students are average level, Rural Girls students are having more mental health than the Urban Girls students, Government girls school students are having more mental health level.

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