

Mental Health of the Higher Secondary School Students in Vilupuram District

By

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Abstract

In the present study the researcher attempted to study the mental health of higher secondary students. The investigation was carried out on 698 Higher secondary students using the Mental Health Scale (MHS) constructed and validated by Gadhavi Riddhi S. and J.K. Talati, (2020). Descriptive Statistics and Differential Analysis were used to analyze the data. The findings of the study on mental health shows that there is no significant difference between sex, locality of the school, medium of the study and family type of the higher secondary school students and there is significant difference between higher secondary school students residing in the rural and urban area in respect of their level of Mental health, moreover majority of the higher secondary school students shows good level of mental health.

Key words: Mental Health and Higher secondary school students.

Introduction

The person, who acts intentionally, has a sense of capability. He can generate alternative behaviours in a given situation and approach a problem from different vantage points. The intentional and fully functioning individual is not bound to one course of action; but responds in a moment of changing life situations and look forward to longer term goal. so Mental health is a way of life. It enables one to accept unchangeable realities in life and to seek to life's problems in a constructive way consistent with one's abilities, instead of trying to turn away from them. Man is basically a mind body unit and these two aspects vitally influence each other. For efficient functioning of the individual, he should, not only possess sound bodily health, but also sound mental health.

The terrific advances in the field of preventive and curative medicine coupled with continual attempts in all countries, to improve the standard of living of its people have a large extent enabled us to eradicate most of the diseases of the body and helped to provide for longevity of human life with sufficient physical health.

A sound body has now become an easy possibility within the reach of everyone and a sound body is basic to a sound mind and bodily handicaps, diseases do affect mental ability and outlook. But in contemporary society, mental health has become a major problem affecting almost every person. Mental health hazards significantly increased in number and complexity, but these have also affected the physical efficiency of individuals, causing a variety of psychometric disorders. So, Mental health is now recognized as an important aspect of an individual's total development and mental hygiene is accepted as an integral part of the school program.

Published/ publié in *Res Militaris* (resmilitaris.net), vol.13, n°2, January Issue 2023

Statement of Problem

The above discussion has made the present investigator to choose problem at hand and it is stand as follows: A Study of mental health of higher secondary school students.

Objectives of the Study

The study has to be conducted keeping in view of the following objectives:

- i. To study the level of higher secondary school students' mental health.
- ii. To study the significant difference, if any, in mental health with respect to the higher secondary school students
 - a. Sex – Male / Female,
 - b. School locality –Rural / Urban
 - c. Residence – Rural / Urban
 - d. Medium of study – Tamil / English,
 - e. Family type – Nuclear / Joint

Hypothesis of the Study

To fulfill the objective of this study the researcher has formulated the following null hypotheses:

- (i) The level of higher secondary school students' mental health is found to be high.
- (ii) There is no significant difference in mental health with respect to the higher secondary school students
 - a. Sex – Male / Female,
 - b. School locality – Rural / Urban,
 - c. Residence – Rural / Urban,
 - d. Medium of study – Tamil / English,
 - e. Family type – Nuclear / Joint

Delimitations of the Study

The delimitations of the study refer to the process of conscious narrowing down of any phenomenon for easy conduct of any research with excluding influencing factors that deviates the actual outcomes. This research study would be delimited in terms of locality and sample. Similarly, the present study was delimited to the following aspect:

- (i) Only to the higher secondary students studying in the higher secondary schools.
- (ii) Only to the students studying in the schools situated in the Viluppuram district of Tamilnadu.
- (iii) Only to certain demographic variables.

Methodology

Research Method:

This study is related with the present situation of the mental health of the higher secondary school students, hence normative survey method adopted for conducting this research work.

Tool for Data Collection:

The researcher has used the mental health scale. Mental Health Scale for higher secondary school students has been constructed and validated by Gadhavi Riddhi S. and J.K. Talati, (2020). The tool has been prepared on five-point rating scale based on Likert's type. The scoring procedure for the tool with the option Statement does not describes you at all 60 statements and 5-point scale. It means students had given five options to select one response such as Always, Often, Occasionally, Rarely and Never. The total number of statements is 60. Positive and Negative statements were comprised from each component in the scale. Total 60 statements and its components is given in the below table.1.

Table – 1 Component wise positive and negative statements in final form of Mental health scale

S.No	Components	Positive Statements	Negative Statements	Total
1	Sense of contentment of living	1, 2, 6, 8, 9, 12	3, 4, 5, 7, 10, 11	12
2	Zest for living and fun	13, 14, 16, 17, 19, 20, 21, 22, 23, 24, 25	15, 18	13
3	Able to deal with stress	31, 32	26, 27, 28, 29, 30, 33, 34, 35, 36	11
4	Flexibility to learn new Things	39, 42, 44, 45, 48, 49	37, 38, 40, 41, 43, 46, 47	13
5	Relationships	50, 51, 52	53, 54, 55, 56, 57, 58, 59, 60	11
	Total	28	32	60

Table- 2 Scoring Method of Final form of Mental Health Scale

S.No	Type of Statement	Statement No	Scores				
			After	Often	Occasionally	Rarely	Never
1	Positive	1, 2, 6, 8, 9, 12, 13, 14, 16, 17, 19, 20, 21, 22, 23, 24, 25, 31, 32, 39, 42, 44, 45, 48, 49, 50, 51, 52.	5	4	3	2	1
2	Negative	3, 4, 5, 7, 10, 11, 15, 18, 26, 27, 28, 29, 30, 33, 34, 35, 36, 37, 38, 40, 41, 43, 46, 47, 53, 54, 55, 56, 57, 58, 59, 60.	1	2	3	4	5

Note

- That types of statements on which more than one response is given or nor response achieved are scored zero marks.
- As stated above, each student receives a total score.
- The level of the Mental Health Scale (MHS) was given below:

Level	Range of Scores
Low level of mental health	Up to 219
Average level of mental health	Above 234 Upto 246
High level of mental health	Above 247

Research Sample Size:-

The area of this study is Viluppuram district of Tamilnadu. Therefore the researcher has selected 698 higher secondary school students as sample by following stratified random sampling method.

Statistics Used:

The tabulated data is analyzed by using 't' test for measuring the level of mental health.

Analysis and Interpretation

Table – 3 Mean And Standard Deviation Of Mental Health Scores Of Sub Samples

Demographical variables	Sub Samples	N	Mean	SD	't' Value	Significant at 0.05 Level
Entire Sample		698	272.3868	16.29409	-	-
Gender	Male	350	272.3200	16.95842	0.10	NS
	Female	348	272.4540	15.62163		
Locality of the school	Rural Area	434	272.1567	16.62710	0.48	NS
	Urban Area	264	272.7652	15.75519		
Residence	Rural Area	376	271.2739	18.46819	2.00	S
	Urban Area	322	273.6863	13.22455		
Medium of the study	Tamil medium	392	272.4719	16.25624	0.15	NS
	English medium	306	272.2778	16.36844		
Types of family	Nuclear family	410	272.2829	16.68368	0.20	NS
	Joint family	288	272.5347	15.75041		

*NS =Not Significant, *S= Significant

Main Findings

1. From the table – 1, the level of higher secondary school students' mental health is found to be high.
2. There is no significant difference in mental health between the higher secondary school boys and girls.
3. There is no significant difference in mental health between the higher secondary students studying in the schools located in the urban area and in the rural area.
4. There is a significant difference in mental health between the higher secondary students residing in the urban area and in the rural area. Moreover, the secondary school students residing in the urban area (Mean = 273.6863) are found to be better than the secondary school students residing in the rural area (Mean = 271.2739) in respect of their mental health.
5. There is no significant difference in mental health between the secondary students studying in the Tamil medium and English medium.
6. There is no significant difference in mental health between the secondary students from nuclear family and joint family.

Conclusion

The present investigation aimed to measure the higher secondary students, mental health. The findings of the study reveal that the Mental Health of the higher secondary students is good. There is no significant difference is observed in case of male and female, rural and

urban students, Tamil and English medium students, nuclear and joint family and among the different the residence of students. The findings of the study mental health among higher secondary students is good. The result concluded the levels among the higher secondary students in relation to certain sub sample are also average were as in the mental health it is good. So, the students among to develop the mental health to creator levels.

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