

Mental Health Status of Adolescents: A Gender And Streams Based Study

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Abstract

Good mental health is more than just the absence of mental illness. Mental health is an index of the mind as it symbolizes mental readiness and willingness with which individuals identify them with their work. It is often as a state of well being such as happiness, contentment, satisfaction and achievement. The purpose of present study is to find the impact of gender and subject stream on the overall mental health status of adolescents. Mental health inventory (A.K. Singh and Kalpana Sengupta) are used to assess mental health status of adolescents. The sample consists of 120 adolescents of Class XII Science stream (60 students) and Commerce stream (60 students). Mean, Standard deviation and t-test have been used to analyses the data. The result indicates that there is a significant difference in mental health of the adolescent on the basis of gender and insignificant difference on stream basis. Overall mental health was found average in the adolescent of both streams.

Keywords: mental health, gender, adolescents

Mental health is a level of psychological well-being, or an absence of a mental disorder; it is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". According to 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. 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).

According to **Medilexicon's medical dictionary**, mental health is "emotional, behavioural, and social maturity or normality; the absence of a mental or behavioural disorder; a state of psychological well-being in which one has achieved a satisfactory integration of one's instinctual drives acceptable to both oneself and one's social milieu; an appropriate balance of love, work, and leisure pursuits". Mental Health also been defined in relation to self-efficacy (Daniel and Karna, 2001) personal growth imitative (Ogunyemi and Mabekoje, 2005) and job satisfaction (Henderson and Olives, 2000) with results indicating that mental health is indeed an important factor in human behavior.

Almost half of all chronic mental illness begins by age 14; three-quarters by age 24. Yet the stigma associated with mental illness prevents many teens from seeking help. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also

helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Many factors contribute to mental health problems, including: Biological factors, such as genes or brain chemistry, Life experiences, such as trauma or abuse, Family history of mental health problems.

Adolescence as the period in human growth and development that occurs after childhood and before adulthood, from ages 13 to 19. It is a period when rapid physiological and psychological changes demand for new social roles to take place. The adolescents, due to these changes often face a number of crises and dilemmas and mental health problems.

LITERATURE REVIEWS

Bala Chanchal (2017). Found a significant difference between male and female adolescents and a insignificant difference between urban and rural adolescents. Also found a insignificant relationship with emotional maturity and family environment.

Kessler, Berg lend, Demler, Jin and Walters, (2011). Young people are at greater risk of a range of mental health conditions as they transition from childhood to adulthood (

Patel, Flisher, Hetrick and Mchorry, (2007) .Find that in high income countries ,it is estimated that approximately 20 percent of youth experience a mental health condition in each year.

Richards, Campania, & Muse-Burke (2010) "There is growing evidence that is showing emotional abilities are associated with prosocial behaviors such as stress management and physical health"

Sandhya Nair, Jaishree Gangwale, Nikhil Khorod (2017). Results revealed that rural adolescents were found more mental health issue than urban and at least one in eight adolescent was at risk of mental health problem.

Sawyer and others ,(2012).The recent research findings ravel that mental health conditions are prevalent among young people; nearly one-fifth of the global population is comprised of youth aged 14-24 years ,with 85-90 percent of this group living in low income countries.

OBJECTIVES:

The main aim of this study is to investigate the mental health of Adolescents of Class XII in terms of their gender and subject stream.

HYPOTHESES:

1. There would be no significant difference between overall mental health of girls and boys of both group.
2. There would be no significant difference between overall mental health of adolescents of Science and Commerce stream .

METHODOLOGY

Sample :

This is a study involves Class XII students aged between 16-17 Haldwani city . This sample consisted of total 120 students, out of which 60 students are from Commerce stream and 60 students from Science stream. In this study researcher has collected the sample through purposive random

number. Sample of 60 students of class XII (girls and boys) and a sample of 60 students of class XII (commerce and science) were collected for the study.

Instrument/ Tools :

MENTAL HEALTH SCALE –Mental Health Battery is developed by A.K Singh and A. Sengupta. This battery contains 130 items and measures mental health of 13 to 22 years age group .

Hypothesis -1

TABLE NO.1 Showing No., Mean, S.D, & t scores of overall mental health of girls & boys

GENDER	N	MEANS	S . D	t- Ratio	LEVEL OF SIGNIFICANCE
Boys	60	75.10	7.70	2.52	Significant
Girls	60	74.32	10.31		

RESULT

The above table No.1 shows that the number of girls 60 & boys is 60. The mean score of overall mental health for girls and boys is 75.10 & 74.32 respectively whereas which shows higher the mean of boys than girls. SD value are 7.70 and 10.31 respectively. The “t” value difference between them is 2.52 which is significant at 0.05 level, therefore the null hypothesis is rejected. Here for it can be said that there significant difference found between overall mental health of girls and boys.

Hypothesis-2

TABLE NO.2 Showing Mean, S.D, and & t-scores of overall mental health of commerce and science stream adolescents

STREAMS	N	MEANS	S . D	t- Ratio	LEVEL OF SIGNIFICANCE
Commerce	60	84.3	7.53	.62	Insignificant
Science	60	83.0	8.06		

table No.2 shows that the number of commerce & Science students are 60. The mean score of overall mental health of commerce students & Science students 84.3 & 83.3 respectively whereas SD value are 7.53 and 8.06 respectively. The “t” value difference between them is 0.62 which is not significant even at 0.05 level & 0.01 level, therefore the null hypothesis is accepted. Here for it can be said that

there is no significant difference in mental health between their streams. **Mohd. Amin Warsi.(2017).**The finding shows that boys have higher level of mental health than girls and a significant difference found between them.

Recent estimate by the WHO indicate approximately 20% of children worldwide have at least one disabling mental illness with half of all mental illness beginning before the age of 14. The treatment gap of mental health in developed countries ranges from 44-70% but in developing countries it can be higher as 90%.

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