

MENTAL HEALTH OF HIGH SCHOOL STUDENTS

By

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Abstract

In the present study, the investigator has attempted to study the mental health of high school students using a random sampling technique. 300 secondary students from ten schools of Kanyakumari district were selected as samples for the study. Statistical techniques like t-test and F-test is used to analyze the data. The findings revealed that there exist significant differences in the mental health of secondary students with regard to gender, medium of instruction, locality of Institution, and type of institution. There is no significant difference in the mental health of secondary students with regard to the nature of family.

Keywords: *mental health, random sampling, analyze, revealed*

Introduction

Mental Health is necessary to personal welfare, family and interpersonal relationships, and one's contribution to society. It does not refer to any one aspect of mental life or to any one dimension of human personality. It encompasses all aspects of the individual's adjustment, and is characterized by appropriate personal, social, intellectual, emotional and philosophical orientations, the individual is deemed to have good mental health. Mental health means the capability to balance feelings, desires, ambitions, and an ideal in one's daily living. It means the capability to face and accept the reality of life. It has been seen that a mentally well person is one who has a "wholesome" balanced character free from inconsistencies, emotional and nervous discords, and conflicts.

Need and significance of the study

The modern world or age is the age of science and technology. In spite of so many advancements, human is not happy; rather it has made life more complex. Man has become a victim of confusion and mental illness. The aim of education is not merely imparting bookish knowledge but to make youth good citizens by bringing about his physical, mental, social, and intellectual development, so it is an important function of education to make the students mentally fit. Then only they may become the mentally healthy personalities of the society. A mentally healthy person is very co-operative with others who can make friends, who have good emotional control and moral standards. In life, mental health plays an important role to compete in this ever-changing world. Thus an attempt is made to conduct a study on "Mental Health of High School Students."

Title of the problem

The problem is stated as “Mental Health of High School Students”.

Objectives of the study

The objectives of the study are as follows:

- 1) To find out whether there is any significant difference in the mental health of secondary students with regard to gender.
- 2) To find out whether there is any significant difference in the mental health of secondary students with regard to medium of instruction.
- 3) To find out whether there is any significant difference in the mental health of secondary students with regard to nature of family.
- 4) To find out whether there is any significant difference in the mental health of secondary students with regard to locality of institution.
- 5) To find out whether there is any significant difference in the mental health of secondary students with regard to type of institution.

Hypotheses

- 1) There is no significant difference in the mental health of secondary students with regard to gender.
- 2) There is no significant difference in the mental health of secondary students with regard to medium of instruction.
- 3) There is no significant difference in the mental health of secondary students with regard to nature of family.
- 4) There is no significant difference in the mental health of secondary students with regard to locality of institution.

- 5) There is no significant difference in the mental health of secondary students with regard to type of institution.

Method Adopted for the present study

Method adopted for the present study is survey method.

Population

The population of the study consists of high school students of Kanyakumari district.

Sample

The sample consists of 300 high school students of kanyakumari district.

Tools used

The tool used for the present study was Mental Health Scale constructed and validated by the investigator.

Establishing validity and reliability**a. Validity of the tool**

The item validity was already found by doing item analysis. It was also carefully analysed by the department head and the guide. Some alternations were made according to their suggestions. Thus, the content validity of the test was established.

b. Reliability of the tool

The reliability of the tool was established by the split-half method. This was done by correcting the scores on the odd items of the test (1,3,5,7 & so forth) against the even items of the test (2,4,6,8 & so forth).

The co-efficient of reliability was calculated by using the following Spearman's Brown Prophecy formula.

$$r' = \frac{2r}{1+r}$$

The reliability value of the mental health scale was found to be 0.625.

Analysis of Data

Hypothesis:1 There is no significant difference in the mental health of secondary students with regard to gender.

Table 1. Difference in the mental health of secondary students with regard to gender

Variable	Gender	N	Mean Variable	SD	Calculated 't' value	Remarks at 5% level
Mental Health	Male	159	74.60	7.971	2.478	S
	Female	141	77.09	9.304		

S – Significant

It is inferred from the above table that the calculated value is greater than table value at 5% level of significance. Hence the null hypothesis is rejected. It shows that there is significant difference in the mental health of secondary students with regard to gender.

Hypothesis:2 There is no significant difference in the mental health of secondary students with regard to medium of instruction.

Table2. Difference in the mental health of secondary students with regard to medium of instruction

Variable	Medium of Instruction	N	Mean Variable	SD	Calculated 't' value	Remarks at 5% level
Mental Health	Tamil	119	73.01	7.503	4.779	S
	English	181	77.59	8.968		

S - Significant

It is inferred from the above table that the calculated value is greater than table value at 5% level of significance. Hence the null hypothesis is rejected. It shows that there is significant difference in the mental health of

secondary students with regard to medium of instruction.

Hypothesis:3 There is no significant difference in the mental health of secondary students with regard to nature of family.

Table 3. Difference in the mental health of secondary students with regard to nature of family

Variable	Nature of Family	N	Mean Variable	SD	Calculated 't' value	Remarks at 5% level
Mental Health	Nuclear	186	76.28	8.402	1.285	NS
	Joint	114	74.93	9.137		

NS – Not Significant

It is inferred from the above table that the calculated value is less than table value at 5% level of significance. Hence the null hypothesis is accepted. It shows that there is no significant difference in the mental health

of secondary students with regard to nature of family.

Hypothesis:4 There is no significant difference in the mental health of secondary students with regard to locality of institution.

Table 4. Difference in the mental health of secondary students with regard to locality of institution

Variable	Locality of Institution	N	Mean Variable	SD	Calculated 't' value	Remarks at 5% level
Mental Health	Rural	100	78.67	9.336	3.985	S
	Urban	200	74.32	7.999		

S - Significant

It is inferred from the above table that the calculated value is greater than table value at 5% level of significance. Hence the null hypothesis is not rejected. It shows that there is significant difference in the mental

health of secondary students with regard to locality of institution.

Hypothesis:5 There is no significant difference in the mental health of secondary students with regard to type of institution.

Table.5. Difference in the mental health of secondary students with regard to type of institution

Variable	Sum of Variance	Sum of Squares	Df	Mean Square variance	Calculated 'F' value	Remarks at 5% level
Mental Health	Between group	1492.662	2	746.331	10.490	S
	Within group	21130.468	297	71.146		

S – Significant

It is inferred from the above table that the calculated value is greater than table value at 5% level of significance. Hence the null hypothesis is rejected. It shows that there is significant difference in the mental health of secondary students with regard to type of institution.

Table 5(a). Post-Hoc Duncan test to find the significant difference among the groups

Type of institution	N	Subset for alpha = 0.05	
		Mean 1	Mean 2
Aided	94	73.26	
Private	70	74.49	
Government	136		78.17

The Duncan test infers that government secondary students have more mental health than aided and private secondary students.

Findings and Discussions

1. Significant difference is revealed in the mental health of secondary students with regard to gender. Female students possess more mental health than male students. In the adolescent stage, boys are less mature physiologically and are more emotional. They have heavier brains and bulkier muscles but tend to be less mature than girls and are less likely to ask for help when distressed. But female students are more attached with their family because families are the mainstay of safety and support and develop more mental health than male students.
2. Significant difference is revealed in their mental health of secondary students with regard to type of institution. English medium secondary students possess more mental health than Tamil medium students. This may be due to the fact that in English medium schools various programmes were organized in schools to boost up the skills and potentialities of students. Moreover, they harmonize school social workers and school psychologist to coordinate the different support systems for every child and to supervise them. This includes giving advice on how to deal with mental health problems at school, and there by develop more mental health than that of Tamil medium secondary school students.
3. No significant difference is revealed in the mental health of secondary students with regard to nature of family. This may be due to the fact that nature of family is not the factor that affects mental health of secondary students. Both in nuclear or joint family children are more close to the parents and can have more free and frank discussion about their problems with parents which helps for the better development of their personality and their by developing good mental health.
4. Significant difference is revealed in the mental health of secondary students with regard to locality of institution. Rural secondary student possess more mental health than urban students. This may be

due to the fact that in rural area the environment is very favorable for the students to build a good friendship circle and foster good mental health.

5. Significant difference is revealed in the mental health of secondary students with regard to type of institution. Among the government, private, and aided, government secondary students have more mental health. This may be due to the fact that in government schools promote positive mental health among students through inclusive group sporting activities, encourages teamwork, new relationships, and physical activity. As a result, students are better supported to realize their full potential as learners and become healthy

and productive members of their community.

Conclusion

Mental health is a vital and fundamental component of health. The promotion and safeguard of mental health can be regarded as an essential concern of individuals, communities, and societies throughout the world. Mental health promotion involves measures that improve psychological well-being. This may involve creating an atmosphere that supports mental health. The risks of mental health problems should be recognized at an early stage and reduced by means of preventive measures. Children, adolescents, and their families should be conversant about the options available in the healthcare system, and access to such services should be enhanced.

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