

A STUDY OF MENTAL HEALTH OF SECONDARY SCHOOL STUDENTS OF AHMEDABAD CITY

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Abstract

Academic achievement is one of the most important goals of education in this present age. Achievement itself on varying degree depends upon various factors like age, sex, intelligence, personality, motivation, socio-economic status, attitude, study habits, mental health etc. which are termed as correlates of achievement and in turn categorizes students as high achievers, average achievers and low achievers. Mental health which today is recognized as an important aspect of one's total health status is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. Today is the age of competition, which results in tension and mental illness. The present era of educational scene is fast changing. Curriculum and co-curriculum offerings have tremendously expanded thereby gripping the students in adjustment problems. Good mental health is obtained and maintained by helping pupils to overcome serious conflicts and frustrations. They are to be helped to understand their own potentialities, abilities, aptitudes, interests and the environmental conditions so that they can work harmoniously at an optimum level of functioning. A number of studies have been conducted in context of academic achievement and mental health¹.

Study

"The activity of learning or gaining knowledge either from books or by examining things in the world."

Mental Health

- "It is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."
- According to Medilexicon's medical dictionary², mental health is "emotional, behavioral, and social maturity or normality; the absence of a mental or behavioral 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".

The Objectives of the Study

"Objectives are basic tools that underline all planning and strategic activities." The objectives of the present study are:

1. To study the Mental Health of the Secondary School students of Ahmedabad city.
2. To study the level of Mental Health of the Secondary School students of Ahmedabad city.
3. To study the Mental Health of the Secondary School students of Ahmedabad city in context to their Gender.
4. To study the Mental Health of the Secondary school students of Ahmedabad city in context to their Area.

Hypothesis of the Study

Ho₁ There will be no significant difference between the mean score of Mental Health of boys and girls of secondary schools of Ahmedabad city.

Ho₂ There will be no significant difference between the mean score of the Mental Health of the student of secondary schools of east and west area of Ahmedabad City.

Importance of the study

- The level of mental health in the Grade IX students is known.
- The impact of mental health on Grade IX students in context to their gender is known.
- The study will help in the overall development of the students.
- The study will determine the thinking ability of students.
- The study will help the teachers, parents, students and principal to know about the effect of mental health upon them and progress obtained.
- The study will help to take the decision of future career of students.

Variables of the Study

Table: 1.1 Variable of the Study

Serial Number	Types of Variables	Factors	Class Name
1.	Independent Variable	Gender	Boys
			Girls
		Area	West Area
2.	Dependant Variable	Scores of Mental Health Inventory	East Area

Limitations of the study

The limitations of the study are:-

1. This study is limited to the students of Grade IX English Medium School of Ahmedabad city only.
2. This study is dependent upon the impact of certain variables like gender and area on the students of Grade IX English Medium Schools of Ahmedabad city only.

Population and Sample of the Study

In the present study, the population is the students of Grade IX English Medium Schools of Ahmedabad City only.

Sample of the study

In the present study the Multi Stage Sampling Technique is used where (Areas are based upon Stratified Sampling, Schools on Random Sampling and Class on Cluster Sampling), the Sample of 300 students of 4 English Medium Schools of (East and West) of Ahmedabad City are selected.

Research Methodology

In the present study the Researcher has used the Survey Method to know the Mental Health in the secondary school students of Ahmedabad City.

Tool of the Research

In the present study a Self made Tool is used by the Researcher based upon the Mental Health Inventory.

Data Collection

In the present study after getting permission of Principal from the selected schools, The Researcher provided the Questionnaire to the students of Grade IXth English Medium and Collected the data thus got the suitable data for the research.

Data Analysis

In the Present Study, The Researcher finds out the Mean, S.D. SD^2 , SE_D , Mean difference and t-value from the collected data. After that researcher has tested the hypothesis through t-value in excel Programm .

Testing of Hypothesis

H_{01} There will be no significant difference between the mean score of Mental Health of boys and girls of secondary school of Ahmedabad city.

Table: 1.2

Statistics of Marks Based upon Gender

Gender	N	Mean	SD^2	Mean Diff	SE_D	CR	Remark
Boys	150	128.10	176.34	4.45	1.52	2.93	S
Girls	150	123.65	170.90				

$$df = (n_1 + n_2) - 2$$

$$= (150 + 150) - 2$$

$$= 298$$

$$**0.01 = 2.59$$

$$*0.05 = 1.97$$

From table 4.2 it is evident that the CR = 2.93 which is more than both $t_{0.05} = 1.97$ and $t_{0.01} = 2.59$ values, thus indicates that the difference is significant at both 0.05 and 0.01 level. Therefore H_{01} is not accepted at both the 0.05 and 0.01 levels. By which we can say that the mean score of Mental Health of boys and Girls of secondary school is Significant and thus, the hypothesis H_{01} is

not accepted.

Ho₂ There will be no significant difference between the mean score of the Mental Health of the student of secondary school of east and west area of Ahmedabad City.

Table: 1.3

Statistics of Marks Based upon Area

Area	N	Mean	SD ²	Mean Diff	SED	CR	Remarks
East	150	125.45	195.23	0.84	1.54	0.54	NS
West	150	126.29	161.57				

$$df = (n_1 + n_2) - 2$$

$$= (150 + 150) - 2$$

$$= 298$$

$$**0.01 = 2.59$$

$$*0.05 = 1.97$$

From table 4.3 it is evident that the CR = 0.54 which is less than $t_{0.05} = 1.97$ and $t_{0.01} = 2.59$ values, thus indicates that the difference is not significant 0.01 level and 0.05 level. Therefore the hypothesis Ho₂ is accepted at both the level. So, we can say that the mean score of Mental Health of Secondary School students of east and west area of Ahmedabad city are same, and thus the hypothesis Ho₂ is accepted.

FINDINGS OF THE STUDY

Findings should be clear, specific, simple and directly relating to the objectives of the study. From the above study the Researcher Obtained the Mental Health in Middle Level among the secondary school students of Ahmedabad City.

Therefore as a result of analysis the researcher was able to obtain the Following findings which are given below:

- i. There is significant difference between the mean score of Mental Health of boys and girls of secondary school of Ahmedabad city, which means that the Mental Health of both Boys and Girls are not same, and Mental Health does depends upon the Gender.
- ii. There is no significant difference between the mean score of the Mental Health of the student of secondary school of east and west area of Ahmedabad City, which means that the Mental Health of both east and west area students are same and thus, it can be said that the Mental Health not depends upon the Area.

CONCLUSION

- In the present study of Mental Health in the Secondary School students of Ahmedabad City, researcher wants to develop the mental health of the students in direction where they seriously do something new for the nation. By this, future of the nation can be made bright, because students of present will become the future of tomorrow.
- It is believed that, this research will become useful in the progress of family, society and nation.

REFERENCES

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- [2] Barber, B, Stolz, H. and Olsen, J. (2005) *Mental Support, Psychological Control and Behavioural Control: Assessing relevance across time, culture and Method*: Monographs of the Society for Research in Child Development Vol. 70, No. 4
- [3] Patel R.S. *Fundamental Concept of Research*. Ahmedabad: Jay Publication, p.25.

Website

- [1] www.wikipedia.com
- [2] www.ardictionary.com