

GENDER BASE STUDY OF MENTAL HEALTH AMONG SENIOR SECONDARY SCHOOL STUDENTS

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Abstract

This study was designed to examine mental health among adolescents on the basis of their gender of District Ludhiana. The sample of 120 adolescent boys and girls was taken from different schools of District Ludhiana which was delimited to +2 students. The study was of descriptive type and survey method was used for conducting the investigation. The mental health inventory by Srivastva & Jagdish Rai (1986) was used to measure the mental health of adolescents. The data was analyzed by using t-test. The findings of the study showed that there was insignificant difference in mental health of boys & girls.

Keywords: Mental health, Gender difference & Senior Secondary School Students

Education is an indispensable instrument in life which demands certain skills and competence to help the individual of today to meet the challenges of tomorrow. The thing in education is that which is mostly desired in almost all the societies of world, the basic need of maintaining the mental health of the individual in their social life. For this social intelligence has a vital component for human well being and success in life. Psychologist says that individual who is able to adapt himself according to natural and social environment is mentally healthy. Mental health stands for a balance that is dynamic. This term is used to describe how well the individual is adjusted to the demands and opportunities of life. WHO, A public health approach to mental health, 2008 defines mental health concept as that "Which includes subjective well being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others. From a cross-cultural perspective, it is nearly impossible to define mental health comprehensively. It is however generally agreed that mental health is broader than a lack of mental disorders."

According to the modern concept mental health is the capacity to keep oneself integrated in the face of stress and strain through integrative

adjustment. Mental health is the balanced development of the individual personality and emotional attitudes which enable him to live harmoniously and affectively. Leung et al. (2011) examined the influence the culture bound barriers and conception of mental health on the attitudes Asian American 134 college students towards seeking professional psychological help. The findings indicate that acculturation and conception of mental health were significantly co-related with attitudes toward mental health services. Implications for mental health professional working with Asian Americans are highlighted. Walter et al. (2011) studied feasibility, desirability and outcomes of a full model of comprehensive mental health service in two public elementary schools. Results revealed that students had significantly lower mental health difficulties, less functional impairment, improved behavior and reported improved mental health knowledge, attitudes, beliefs and behavioral intentions. Vishwakarma (2013) examined the effect of sex differences on mental health of 60 students of B.A. 1st semester studying in different colleges located at Sagar (Madhya Pradesh). Data were obtained through a mental health questionnaire by Kamlesh Sharma (2002). The result showed there was a significant difference on mental health of male and female.

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Males enjoyed superiority on mental health. Dhillon and Sharma (2014) studied eve teasing: effects on mental health of two hundred adolescent girls in relation to their self esteem. Sample of 100 girl students was taken from government senior secondary schools and 100 from private senior secondary schools of Chandigarh. The major findings revealed significant difference in the self-esteem of adolescent girl studying in government and private schools and also significant difference in self-esteem of adolescent girls with high and low eve teasing. Study also revealed no significant difference in mental health of adolescent girl studying in government and private schools and also no significant difference in mental health of adolescent girls with high and low eve teasing.

The study was conducted to know how affect mental health of +2 students on the basis of gender. Some parents want to fulfill their own desires from their children. They expect a lot from their children, They think that girls are more mentally sound as compare to boys so they insist them in their studies and career as per their thinking.

The students opt subjects or career under the pressure of parents and against their own interest. If the stream of study or profession is not according to their ability, it has bad effect on the mental health of students. They become frustrated, depressed, feeling stress etc. So this study would be useful to parents, teachers, schools, administrators, curriculum makers and counselors to provide educational guidance to students so that their mental health remains good. This study would also be useful for them to know the difference between boy and girls with mental health.

OBJECTIVE

To study the mental health of +2 girls and boys of commerce, science and humanities stream.

METHOD

120 students of +2 class were selected from the school of District Ludhiana, 60 were boys and 60 were girls.

MEASURE

Mental health inventory: By Srivastva & Jagdish Rai (1986)

ANALYSIS OF DATA

Table 1: Significance of the Difference between Mean Scores of Mental Health of girls and boys.

Mental health	N	Mean	Standard deviation	t Value	Level of significance
Girls	60	151.8	39.8	0.47	Insignificant at .05 level
Boys	60	156.1	57.73		

Table 1 revealed that the mean scores of mental health among girls & boys as 151.8 and 156.1 respectively and their standard deviation as 39.8 and 57.73 respectively. The t- value is 0.47 with df= 118 which is insignificant at .01 and .05 level of confidence. This revealed that no significant difference existed in mental health of girls & boys. Therefore, Hypothesis 1 stating that "There is no significant difference in mental health of girls & boys" stands accepted.

CONCLUSION

The study revealed that there was insignificant difference in mental health of boys & girls. From this study, we concluded that gender factor does not matter while mental health activities are done. A boy or girl can adjust or perform according to his/ her own capability, interest and capacity etc in social

spects of life.

EDUCATIONAL IMPLICATIONS

- Good mental health is the real determinant of one's outlook towards life. It leads to emotional stability and better social adjustment.
- The research helps in studying and understanding mental health on the basis of gender. It tells us there is no significant difference between boys and girls in relation to mental health. So, all girls and boys are equal to adjust in social circumstances per their interest, capacity, capability etc.
- It also reveals that there is insignificant difference social intelligence among adolescents. As per sample, students are of average intelligence. So curriculum maker should construct the syllabus in such a way, so social task should include in

□ every stream to improve the social intelligence.

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