

# Mental Health among School Going Adolescents - Descriptive Study

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## Abstract

The present scientific research paper concentrates on mental health among school going adolescent. Mental health problem has important implications for every aspect of young people's lives including their ability to engage with education, make and keep friends, have constructive family relationships and make their own way in the world. Prevention and intervention in adolescence is critical for wellbeing. Keeping this view, the main aim of the present study is to understand the levels of mental health among school going adolescent at private higher secondary school in Tiruchirappalli district. Descriptive research design has been adopted in the present study. 100 school going adolescent were chosen by adopting simple random sampling techniques using lottery method. For measuring the study variable mental health battery developed by Arun Kumar Singh and Alpna Sen Gupta in 2000 has been used. Questionnaire method was adopted to collect the required data from the respondents. The present study result revealed that less than half (47 percent) of the school going adolescent have medium level of mental health, more than one fourth (28 percent) of the school going adolescent have high level of mental health and one fourth (25 percent) of the school going adolescent have low level of mental health. Further salient finding will be discussed in the full paper.

**Keywords:** Mental Health, School Going Adolescents

## 1. Introduction

Mental health is the balanced development of individual's personal. Mental health is not exclusively a matter of relation between persons. It is also a matter of relation of the individual towards the community lives in, towards the society of which the community is a part, and towards the social institutions which for a large part guide for the individual's life, determine the way of living, working, leisure, and the way earns and spends money, the way sees happiness, stability and security. 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, adolescence and adulthood.

Adolescent age typically between ages 13 to 19 and can be considered as transitional stage from childhood to adulthood. The transitional period can bring up issues of independence and self-identify; many adolescents and their peers face tough choices regarding schoolwork, sexuality, drugs, alcohol and social life. Peer groups, romantic interests, and appearance tend to naturally increase in importance for some time during a teen's journey towards adulthood. Most adolescents experience positive mental health, but one in five has a diagnosable mental health disorder. Problems with mental health often start early in life. In fact, half of all mental health problems begin by age 14. Worldwide 10-20% of children and adolescents experience mental disorders. Half of all mental illnesses begin by the age of 14 and three-quarters by mid-20s. neuropsychiatric condition are the leading cause of disability in young people in all regions. If untreated, these condition severely influence children's development, their educational attainment and their potential to live fulfilling and productive lives.

## 2. Review of Literature

John R. Burns (2006) This study examined the mental health literacy of a group of adolescents, with particular reference to their ability to recognize symptoms of depression in their peers. Respondents were 202 Australian adolescents (122 males, 80 females) aged 15–17 years. Their mental health literacy was examined through a questionnaire that presented them with five scenarios of young people. Respondents showed a mixed ability to correctly recognize and label depression, although they were able to differentiate depressed and non-depressed scenarios in terms of severity and expected recovery time. Results are discussed in light of findings from adult mental health literacy and clinical implications.

Claire Driscoll, Carolie Heary (2015) Stigma research suggests that exclusion of peers with mental health problems is acceptable, however, no research has explored young people's beliefs about the fairness of exclusion. Group interviews with 148 adolescents explored judgements about the fairness of excluding peers with Attention Deficit and Hyper Active Disorder or depression from dyads and groups. Young people evaluated exclusion of peers with ADHD or depression from their groups, with the exception of group exclusion of the peer with

ADHD, as mostly unfair. Beliefs about the fairness of exclusion were influenced by the attributions that they applied to the target peer's behavior, social obligations and loyalty within friendships and concerns about the adverse psychological effects of exclusion. Furthermore, their evaluations were influenced by personal beliefs about the social and personal costs of including the target peer. Evaluations of exclusion highlight novel avenues for to develop knowledge on the stigma of mental health problems.

### 3. Research Methodology

The main aim of the study is to find out the level of Mental health among school going adolescent in the private higher secondary school Tiruchirappalli. The researchers like to find out the level of mental health among school going adolescent and give suggestion to improve their mental health. The researchers formulated three hypotheses for the current study. The descriptive research design was adopted in this study because the researchers like to explain the characteristics of the respondents. The researchers selected 100 school going adolescent from private higher secondary school located at Tiruchirappalli by adopting simple random sampling technics using lottery method. For measuring the study variable mental health battery was used that was developed by Arun Kumar Singh and Alpana Sen Gupta in 2000. Questionnaire method was adopted to collect the data from the respondents.

### 4. Findings

It is found that more than half 51 percent of the respondents are 17 years of age, more than one third 39 percent of the respondent are in the age of 16 and remaining 10 percent are in the age of 15 years. It is found that more than half 59 percent of the respondent are in the Hindu religion, more than one fourth 30 percent of the respondent are in the Christian religion and remaining 11 percent are in the Islamic religion. It is found that more than three fourth 79 percent respondent are in the semi-urban, very few 19 percent of the respondent are in the urban and remaining are in the rural areas. It is found that more than half 58 percent respondent are female, less than half 42 percent of the respondent are male. It is found that more than one fourth of 28 percent respondents' father are completed UG, less than one fourth of 21 percent respondents father are completed secondary, very few 17 percent of the respondents' father are completed middle, very few 16 percent of the respondent's father are completed primary, very few 12 percent of the respondents father higher and remaining are in the 6 percent are illiterate.

It is found that one fourth of 25 respondents mother are studied secondary, less than one fourth of 23 percent respondents mother are studied higher, very few 17 percent of the respondents' mother are studied UG, very few 13 percent of the respondents' mother are studied primary, very few 11 percent of the respondents' mother are studied middle, very few 11 percent of the respondents' mother are illiterate. It is found that more than half 59 percent respondents are coolie workers, very few 19 percent of the respondents are working in government, very few 12 percent of the respondent are doing business and remaining meager 10 percent of the respondents are doing own farming. It is found that more than one third 37 percent of the respondents' income are 6000 between 8000, less than one fourth 23 percent respondents' income are 9000 between 12000, less than one fourth 21 percent respondents' income are 3000 between 5000, very few 11 percent of the respondents' income are 30,000 between 62,5000 and remaining meager 7 percent respondents are 15,000 between 20,000.

It is found that more than half 55 percent of the respondents size of family are four members, less than one fourth 23 percent of the respondents size of family are five members, very few 13 percent of the respondents size of family are three members, meager 4 percent of the respondents size of family are six members, meager 3 percent of the respondents size of family are seven members, meager 1 percent of the respondents size of family are eight members and remaining meager 1 percent of the respondents are two members. It is found that vast majority 87 percent of the respondents are in the nuclear family and remaining very few 13 percent of the respondents are in the join family. It is found that less than half 49 percent of the respondents' birth order are first, more than one third 37 percent of the respondents' birth order are second, very few 10 percent of the respondents' birth order are three, meager 3 percent of the respondents' birth order are four and remaining meager 1 percent of the respondents are seventh birth order.

It is found that more than one third 38 percent of the respondent's hobbies are sports, very few 20 percent of the respondents' hobbies are watching TV, very few 13 percent of the respondent's hobbies are drawing, very few 12 percent of the respondents' hobbies are reading books, meager 7 percent of the respondents' hobbies are dance, meager 6 percent respondents hobbies are craft work and remaining meager 4 percent of the respondents' hobbies are singing song. It is found that more than half 58 percent of the respondents' life ambition are engineer, less than one fourth 21 percent of the respondent's life ambition are police, very few 12 percent of the respondents' life ambition are doctor, meager 5 percent of the respondents' life ambition are farmer and remaining 4 percent of the respondents' life ambition are teacher. It is found that less than half 49 percent of the respondents' lovable person in home are mother, more than one fourth 30 percent of the respondents are father, meager 8 percent of the respondents are siblings, meager 7 percent of the respondents are grandparents and

remaining meager 6 percent of the respondent are relations. It is found that vast majority 97 percent of the respondents are playing games and sports and remaining meager 3 percent of the respondent are not playing games and sports.

It is found that more than one third 38 percent of the respondents watching TV program are sports and games, very few 20 percent of the respondent are watching song, very few 17 percent of the respondent are watching discovery, very few 13 percent of the respondent are watching comedy, meager 9 percent of the respondent are watching movie, meager 2 percent of the respondent are watching news and remaining 1 percent of the respondent are watching serial. It is found that more than half 51 percent of the respondents are more interest in sports, less than one two 33 percent of the respondent are interest in game, meager 9 percent of the respondent are interest in agricultural work and remaining meager 7 percent of the respondent are interest in study. It is found that less than half 45 percent of the respondent are slapping, more than one third 37 percent of the respondent are beating, meager 9 percent of the respondent are punishment and remaining meager 9 percent of the respondent are scolding bad words. It is found that more than half 37 percent of the respondent are mother, less than one two 32 percent of the respondent are father, very few 15 percent of the respondent are friends, very few 10 percent of the respondent are siblings and remaining 6 percent of the respondent are relation.

It is found that vast majority 87 percent of the respondent are happiest school environment and remaining very few 13 percent of the respondent are not happiest school environment. It is found that vast majority 91 percent of the respondent are happiest home environment and remaining meager 9 percent of the respondent are not happiest home environment. It is found that less than three fourth 72 percent of the respondent are no reading difficulty and remaining more than one fourth. It is found that more than half 53 percent of the respondent are no writing difficulty and remaining less than half 47 percent of the respondent are writing difficulty. It is found that majority 70 percent of the respondent are no listing difficulty and remaining more than one fourth 30 percent of the respondent are listing difficulty. It is found that less than three fourth 72 percent of the respondent are had motivational person and remaining more than one fourth 28 percent of the respondent are doing not have motivational person. It is found that more than 53 percent of the respondent are nothing doing daily practice, less than one two 33 percent of the respondent are doing physical exercise, meager 8 percent of the respondent are doing meditation and remaining meager 6 percent of the respondent are doing yoga.

It is found that more than half 59 percent of the respondent are reading moral stories and remaining less than half 41 percent of the respondent are not reading moral stories. It is found that vast majority 92 percent of the respondent are socially competent and remaining meager 8 percent of the respondent are not socially competent. It is found that more than three fourth 80 percent of the respondent are praying in the morning and remaining very few 20 percent of the respondent are not praying in the morning. It is found that majority 65 percent of the respondent are good sleeping pattern, more than one fourth 30 percent of the respondent are medium sleeping pattern and remaining meager 5 percent of the respondent are poor sleeping pattern. It is found that less than three fourth 72 percent of the respondent's father are not alcoholic and remaining more than one fourth 28 percent of the respondent are alcoholic. It is found that vast majority 97 percent of the respondents' mother are not using tobacco and remaining meager 3 percent of the respondent are using tobacco.

#### 4.1. Major Findings

Dimensions	Value	Correlation Value	Statistical Inference
Age and Mental Health	.271	Positive Low Relationship	Highly Significant

Table 1: Karl Pearson's Coefficient of Correlation between Age of Respondent and Dimension of Mental Health

It shows from the above table that there is a significant relationship between the age of respondent and mental health. From the above table it is clear that there is a positive low relationship between the age of respondent and in the dimension of mental health.

#### Null Hypothesis for Research Hypothesis

There is a significant relationship between the age of respondent and mental health.

Karl pearson coefficient of correlation test was applied and it is found that there is significant relationship between age of the respondent and mental health.

Hence null hypothesis is rejected.

Gender	N	Mean	Std. Deviation	Std. Error Mean	Statistical Inference
Male	42	70.02	6.154	.950	Z = -2.360 Df = 98 P < 0.05 Not Significant
Female	58	72.78	5.452	.716	

Table 2: Z Test between the Respondent's Gender and Dimensions of Mental Health

It shows from the above table that there is a significant difference between the gender of respondent and dimension of mental health. However, the means score reveals that the female respondent have higher level of mental health than male.

#### *Null Hypothesis for Research Hypothesis*

There is a significant difference between the gender of respondent and mental health.

Z test was applied and it is found that there is no significant difference between the gender of respondent and mental health. Hence the null hypothesis is accepted.

#### **5. Suggestion**

Life skill education programmes should be conducted at all higher secondary school going adolescent so as to enrich positive mental health. School management shall arrange mental health screening programme through psychiatrist once in three months. Social and recreational skill training shall be conducted in order to help them happy and free from stress. Lot of sports and games activity should be conducted for the adolescent. Like Debate, cultural programmes and competition shall be conducted to better interpersonal relationship among boys and girls. The school management shall conduct yoga and meditation classes for weekly once to improve the peaceful mind and relaxation, it can also automatically improve the mental health. It is also suggested to the school management to encourage open communication with teachers and parents. It is also suggested to parents not to show anxiety in front of their children because this can have a negative impact. In order to improve the mental health, the students should learn how to manage their problem. Parents should not intensify pressure for students to secure highest marks in the examination.

#### **6. Conclusion**

The descriptive study undertaken by the researchers, with view to study the socio demographic characteristics of the respondents and measure the study variable mental health battery has help to understand this school going adolescent and their mental health levels. In order to improve the mental health, a positive school and home environment shall promote good mental health among students and staffs. This in turn would bring fourth higher level of mental health among the school going adolescent by reducing absenteeism and promote academic performance.

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