



# A Study of Mental Health of the Students of Standard X in Mehsana Taluka

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## Abstract:

*Mental health is a term used to describe how well the individual is adjusted to his demands and opportunities of life. Hence the researcher has taken up the present study to know the mental health of the students. The main objectives of the study are to measure the mental health of the students of the standard X in terms of gender, area, family income, parent's occupation with their relationship. The survey method of research was used for present study used with one standardized test prepared by Dr. R. S. Patel. The researcher has selected 200 students from secondary schools of Mehsana taluka . The collected data was analysed by t-Test. On the basis of the hypotheses testing and from the interpretation of it, the major findings of the study are,*

*The mental health of both the groups of service class family and business class family is almost same. Both groups of boys and girls students of mental health are almost the same. The students of urban area have been found better than the students of rural area. The students belonging to the family income above Rs 2 lakh have been found better than the students belonging to family income Rs 1 lakh to 2 lakh.*

## 1. Introduction

In recent years, Industrial development, social and economical changes have given rise to many new problems. The problem of mental health has acquired importance in programmes of national development. So the subject of mental health in the classroom shares with educational emphases, a part in the knowledge explosion. Mental health is determined by the inter-relationship of physical, environment, social and psychological factors and is an integral part of the every child's health development. Children encounter can create an imbalance include peer bullying, victimization, youth violence, suicide, child abuse or neglect, family violence, mental illness and barriers to mental health care.

## 2. Definition of the Keywords

### 2.1 Mental Health

Mental Health means the psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment.

## 3. Rationale

Mental health and education are closely related with each other. Learning is dependent on sound health. The plain fact is that there is a crying need for nurturing all round development in every classroom. This study may help to know the nature of adolescents. This may also help the teachers, counsellors and administrators to plan and organize the school curriculum for developing mental health in education and adjustment capacity among the school children. Very few studies are done regarding to the mental health of teenagers of this area. Considering all the above factors the problem has been taken for the present study.

#### 4. Statement of a Problem

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#### 5. Objectives of the Study

1. To study the effect of mental health of the students of standard X.
2. To study the effect of gender on the mental health of the students of standard X.
3. To study the effect of area on the mental health of the students of standard X.
4. To study the effect of parent's occupation on the mental health of the students of standard X.
5. To study the effect of family income on the mental health of the students of standard X.

#### 6. Variables of the Study

In the present study the variables as such the family income, mental health, parents' occupation are the dependent variable where as gender and area are independent variables.

#### 7. Hypothesis of the Study

Hypothesis of the presents study are as follows.

- Ho<sub>1</sub>:** There will be no significant difference between the mean scores of the mental health of X standard boys and girls.
- Ho<sub>2</sub>:** There will be no significant difference between the mean score of area of the mental health of X standard s.
- Ho<sub>3</sub>:** There will be no significant difference between the mean scores of the mental health of X standard students belonging to the business class family and service class family.
- Ho<sub>4</sub>:** There will be no significant difference between the mean scores of the mental health of X standard students belonging to the family yearly income up to Rs 50 thousand and 50 thousand to 1 lakh .

#### 8. Limitations of the Study

The study is limited to students of granted schools of Mehsana Taluka. The study is limited to the students studying in GSEB schools.

#### 9. Sample of the Study

Population of the present study was all the students studying in standard X of Gujarati medium schools from Mehsana Taluka. The researcher has selected 200 students with random sampling from 8 secondary schools of Mehsana taluka.

#### 10. Tool

For the present study, the researcher has used the mental health questionnaire prepared by Dr R.S.Patel.

#### 11. Type of the Research

The present study was applied type because it can be applied in practical.

#### 12. Field and Method of the Study

The study is dealt with the secondary education. It is also educational measurement and evaluation type study because here the mental test is measured. Apart from this mental health is a psychological term, so the field of the study also touches Educational Psychology. The method of the present study is descriptive method of which survey method was used for this research.

#### 13. Data Collection and Analysis of Data

##### 1. Data Collection

In the present study, the researcher has used the mental health questionnaire prepared by R.S.Patel. After that the test was given to the students. By this way the researcher had collected data.

## 2. Data Analysis

The researcher has analyzed and interpreted the received numerical data with the reference to the classification of the table of variables. The descriptive and anital analysis was done for the interpretation of data. The descriptive statistics was used in the present study. The collected data was analysed by T-Test.

**Table 1: Relationship between mental health of boys and girls**

Gender	N	Mean	SD	t-value
Male	100	158.41	17.89	1.50
Female	100	149.23	15.69	

From table-1, it can be showed that t-value is 1.50 which is less than 1.96 level of significance which is not significance. Hence, the hypothesis one is not rejected. It means that there is no difference between mental health of boys and girls of Mehsana taluka studying in X standard.

**Table 2: Relationship between mental health of students belonging to urban and rural area**

Area	N	Mean	SD	t-value
Urban	100	156.66	19.58	6.59
Rural	100	140.33	9.53	

From table-2, it can be showed that t-value is 6.59 which is higher than 2.58 level which is significant at 0.01 level. Hence, the hypothesis two is rejected. As per the result, students belonging to urban area have better mental health in comparison to students belonging to rural area.

**Table 3: Relationship between mental health of students belonging to service class family and business class family**

Parents Occupation	N	Mean	SD	t-value
Service class family	100	119.63	16.58	1.09
Business class family	100	146.47	14.62	

From table-3, it can be showed that t-value is 1.09 which is less than 1.96 level which is not significance. Hence, the hypothesis three is not rejected. There is no significant difference between the mean scores of mental health of X standard students belonging to service class family and business class family.

**Table 4: Relationship between mental health of students belonging to yearly income up to Rs 50 thousand and 50 thousand to 1 lakh**

Parents Income	N	Mean	SD	t-value
Up to 50 thousand	59	145.14	16.48	2.28
50 thousand to 1lakh	41	139.35	13.36	

From table-4, it can be showed that t-value is 2.28 which is higher than 1.96 level of significance which is significant at 0.05 level. Hence, the hypothesis four is rejected. As per the result, students belonging to family income up to Rs 50 thousand have better mental health in comparison to students belonging to family income Rs 50 thousand to 1lakh.

**Table 5: Relationship between mental health of students belonging to yearly income Rs 50 thousand to 1 lakh and 1 lakh to 2 lakh**

Parents Income	N	Mean	SD	t-value
50 thousand to 1 lakh	61	143.39	13.45	0.98
1 lakh to 2 lakh	79	151.23	16.10	

From table-5, it can be showed that t-value is 0.98 which is less than 1.96 level which is not significance. Hence, the hypothesis five is not rejected. It means that there is no difference between mental health of students belonging to family income Rs 50 thousand to 1 lakh and 1 lakh to 2 lakh of Mehsana taluka.

#### 14. Findings of the Study

The main findings of the study were:

- Comparison of boys and girls students of mental health did not differ significantly in their level of significance. The urban area students have been found better than rural area students.
- No significant difference have been found between the students belonging to service class family and business class family, hence it can be concluded that the mental health of both the group is almost same.
- Students belonging to family income up to Rs 50 thousand have been found better than the students belonging to family income Rs 50 thousand to 1lakh.
- Students belonging to family income Rs 1 lakh to 2 lakh had higher mean of mental health scores than the students belonging to family income Rs 50 thousand to 1 Lakh. But this difference is not considered to be statistically significant.
- Students belonging to family income above Rs 2 Lakh have been found better than the students belonging to family income Rs 1 Lakh to 2 Lakh.

#### 15. Suggestions for the Further Study

The suggestions are as follows.

- The mental health of the urban area students is higher than rural area students.
- So special programs for the development of mental health should be conducted for the ninth standard students belonging to different school of rural area.
- On the regular basis orientation programs should be conducted for parents belonging to different occupations.
- Similarly, orientation programs should be conducted for children and parents both on the basis of difference in family income as it is another base for nature of home environment.

#### 16. Conclusion

The present time is considered as competitive era. The priority is given to the Excellence. Mental health is a strong aspect of education which is very useful for the excellence and all round development of the students. The results of the test are delimited to Gothra taluka. Still it can be useful for the students of other areas of Gujarat. The attempt of a researcher will be valid, if the present study is useful for the educational and occupational guidance of the school of secondary students.

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