

A Comparative Study on Mental Health Status of Adolescents

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Abstract—Adolescence is a critical period of development characterized by rapid physical, cognitive, and emotional changes, as well as increased stressors such as academic pressures, peer relationships, identity formation, and family dynamics. These factors can significantly impact adolescent's mental health and wellbeing. The present study aims at a comparative study on Mental health status of Adolescents. The research was conducted among male and female students studying in Rural and Urban Schools of Keonjhar District, Odisha, studying in 9th and 10th standards. The sample consists of a total 240 boys' and girls' students. Mean, SD, T.Test, was used to compare the mental health status of adolescents. There is significant difference found between male and female adolescent in relation to their mental health. Female adolescents have better mental health than male adolescents. There is no significant difference found between rural and urban adolescent in relation to their mental health.

Keywords: Mental health status, Adolescent, Urban adolescents, Rural adolescents.

I. INTRODUCTION

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 healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Adolescence is a unique stage of development starts from 10 to 19 years of age. It is a crucial period for developing social and emotional habits important for mental well-being. These include adopting healthy sleep patterns, exercising regularly, developing coping, problem-solving and interpersonal skill and learning to manage emotions. Protective and supportive environments in the family, at school and in the wider community are important, multiple factors affect mental health. The more risk factors adolescents are exposed to add the potential impact

on their mental health. Factors that can contribute to stress during adolescence include exposure to adversity, pressure the conform to peers and exploration of identity (WHO)

Adolescents with mental health conditions are particularly vulnerable to social exclusion, discrimination, stigma (affecting readiness to seek help), educational difficulties, risk-taking behaviours, physical ill-health and human rights violations.

II. REVIEW OF LITERATURE

Kumar (2015) found out there exists significant difference in 'Autonomy' 'Security-insecurity' and Self- concept' component of mental health of adolescent girls and boys. Whereas no significant difference has been found in 'Emotional stability', 'Overall adjustment' and 'Intelligence' component of mental health of adolescent girls and boys. It was evident that adolescent girls were better than boys in all six components of mental health, means adolescent girls tend to be mentally healthier. Waghmare (2018) results revered Female Students better Mental Health than Male Students and Urban Students better mental health than Rural Students. Arora (2022) The study found that there is no significant correlation between Academic Anxiety and Adolescent Mental Health; there is no significant correlation between Academic Anxiety and Female Adolescent Mental Health; and there is no significant correlation between Academic Anxiety and Male Adolescent Mental Health". Chouhan & Chandel (2019) revealed significant difference between Urban and rural girls of Madhya Pradesh in relation to mental health status, urban girls were having greater mental health in comparison to rural girls, this might be due to urban girls were more aware about health and education. Senad (2018) results show that boy students are high emotional stability than girl students whereas girl students have high overall adjustment and autonomy

than boy students. No significant difference between boy and girl students with mental health dimension on Security- Insecurity. And no significant difference between boy and girl students on Mental Health. Kansal & Chanchal Bala (2015) their study revealed that no significant relationship exists between mental health and emotional maturity of adolescents. Significant negative correlation was found between emotional stability, security-insecurity and intelligence dimensions of mental health and emotional maturity. Mental health and overall emotional maturity of adolescents are negatively correlated. Singh (2015) result showed that male group was mentally healthier than female group. High achiever group was mentally healthier than low achiever group. Mental health was positively related with academic achievement.

III. OBJECTIVES

- To examine the mental health status of boys and girls.
- To analyse the mental health status of urban and rural boys.
- To compare the mental health status of urban girls and rural girls.

IV. METHODS OF THE STUDY

- *Area of the study:* The study has been conducted in urban and rural area of Keonjhar district. The data has been collected from different blocks.
- *Sample of the study:* The sample consist of total 240 boys' and girls' students from rural and urban area.
- *Tools used:* Mental Health Battery prepared by Arun Kumar Singh and Alpna Sen Gupta (1983).
- *Statistical Techniques used:* Data were analyzed using different statistical methods like Mean, SD, t-test.

V. PROCEDURE

Instructions were given to the adolescents to fill up the questionnaire. Adolescents were of class IX and X standards. They were asked to read all the instructions carefully before starting the fill up. Though there was no fixed time to complete the questionnaire, but 25 to 30 minutes were given to complete it. They were given assurance that the information collected wouldn't be made public and will be used for research purpose only. They were explained all the questions in the booklet and instructed how to fill it up.

Mental Health Battery (MHB)

Mental Health Battery prepared by Arun Kumar Singh and Alpna Sen Gupta. There are six dimensions of mental health.

Emotional Stability (ES) – It refers to experiencing subjective stable feelings which have positive or negative values for the individual.

Over-all Adjustment (OA) - It refers to individual's achieving an overall harmonious balance between the demands of various aspects of environment, such as home, health social, emotional and school on the one hand and cognition on the other.

Autonomy (AY) – It refers to a stage of independence and self- determination in thinking.

Security-insecurity (SI) – It refers to a high (or low) sense of safety, confidence, freedom from fear, apprehension or anxiety particularly with respect to fulfilling the person's present or future needs.

Self- Concept (SC) - It refers to the sum total of the person's attitudes and knowledge towards himself and evaluation of his achievements.

Intelligence (IG) – It refers to general mental ability which helps the person in thinking rationally, and in behaving purposefully in his environment.

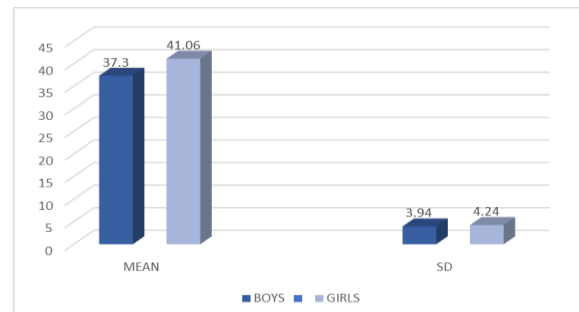
VI. RESULTS

Table-1 Comparison of boys and girls adolescents on mental health

Group	No.	Mean	SD	t-Test	Remarks
Boys	120	37.30	3.94	3.56	**
Girls	120	41.06	4.42		

** Significant at 0.05 level.

Graph-1



The Table No.1 reveals that calculated t-value (3.56) is greater than the tabulated value at 0.05 level of significance. Hence, there is a significant different between the mean scores of mental health of adolescent boys and girls. It is also inferred that girl

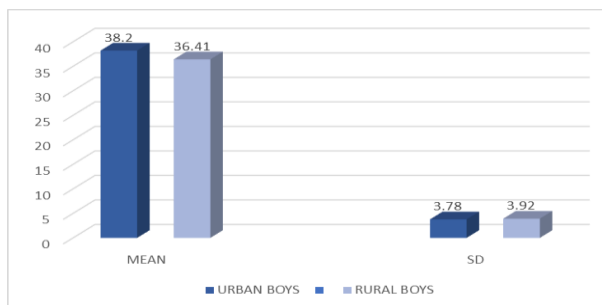
students (41.06) have high mental health than that of boy students (37.30).

Table-2 Comparison of urban and rural boy’s adolescents on mental health

Group	No.	Mean	S.D.	t-Test	Remarks
Urban Boys	60	38.2	3.78	0.012	NS
Rural boys	60	36.41	3.92		

NS- Not Significant

Graph-2



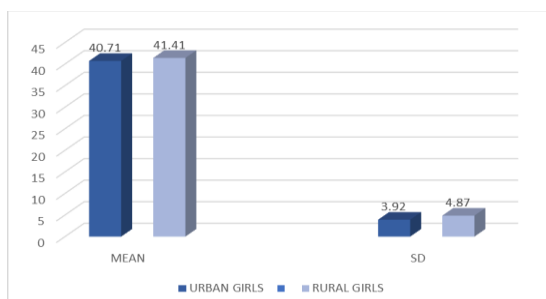
At a significance level of 0.05, table no-2 shows that calculated t-value (0.012) is less than the tabulated value. As a result, there is no visible change in the mean mental health of urban and rural boys. It is also inferred that the mean score of urban boys (38.2) have high mental health than rural boys (36.41).

Table-3 Comparison of urban girls and rural girls on mental health

Group	No.	Mean	S.D.	t-Test	Remarks
Urban Girls	60	40.71	3.92	0.177	NS
Rural Girls	60	41.41	4.87		

NS-Not Significant

Graph-3



The Table No.3 reveals that calculated t-value (0.177) is less than the tabulated value at 0.05 level of significance. Hence, there is no significant different between the mean scores of mental health of adolescent urban and rural girls. It is also inferred

that rural girls (41.41) have little high mental health than that of urban girls (40.71).

VII. DISCUSSION

In the present study significant differences were found in the mental health of boys and girls. The results of the present study go in the line with the findings of Waghmare (2018). Findings of the study revealed that girls have better mental health as compared to boys. Above mentioned studies are supporting findings of present study that girls have better mental health than boys.

According to the present study no significant difference was found in mental health of urban and rural adolescents. The results of the present study go in line with the findings of Chauhan & Chandel (2019) that there exists significant difference in adolescent students of urban and rural areas. Urban boys have high mental health than rural boys and rural girls have little high mental health than that of urban girls.

Kumar (2015) adolescent girls were better than boys in all six components of mental health, means adolescent girls tend to be mentally healthier. Our studies coincide with the study of Kansal & Chanchal Bala (2015) which shows that there exists no significant difference between urban and rural adolescents. Above studies are supporting the findings of present study.

VIII. CONCLUSION

There is significant difference found between boys and girls adolescent in relation to their mental health. Girls have better mental health than boys. There is no significant difference found between rural and urban adolescent in relation to their mental health, both are equal.

There is no meaning of research if it does not provide cause for the further investigation. Infected by universal opinion and experience, the solution of one problem leads to indicate many other unsolved problems, waiting for scientific probing. Every researcher after accomplishing their own piece of research may feel inspired to do more research through their own efforts and may also feel greatly motivated to indicate new areas of research for others. The study as confined only to Keonjhar district of Odisha state. The present study, therefore, cannot claim to have comprehensiveness. Conclusions may not be universally valid for all. It is therefore suggested that study may be conducted on more other areas with more respondents, to establish the results fairly and accurately.

The samples of only 240 adolescents were considered. A study may be conducted on large population to search at very definite conclusions regarding mental health of the adolescents as a whole. The study can be concluded with a few suggestions for proper mental health of the adolescents:

- Implement comprehensive mental health education programs in schools to raise awareness, reduce stigma, and teach coping skills.
- Encourage open communication between adolescents and their parents or caregivers and provide resources for parents to support their children's mental health.
- Promote healthy lifestyle choices, including balanced nutrition, adequate sleep, and limiting screen time, which can positively impact mental well-being.

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