

# A Study of Mental Health and Social Adjustment of Senior Secondary Students

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## ABSTRACT

Adolescence is a period of transition from childhood to Adulthood which results many developmental changes in the adolescents. Mental Health of the adolescents and their social adjustment plays an important role in the society. The main aim of the present study is to explore the mental health and social adjustment of the senior secondary students of Delhi. Moreover an attempt is made to elaborate the relationship between mental health and social adjustment of adolescents. Descriptive survey method is used for the present study. The sample of the study consisted of 100 male students and 100 female students (total 200 students were randomly selected) from the senior secondary schools of Delhi. The researcher used Mental Health Battery of Arun kumar Singh and Alpana Sen Gupta's and Social Adjustment Inventory of Dr. R.C. Deva for the sample subjects. The findings reveal a positive significant relationship between the Mental Health and Social Adjustment in the adolescents.

**Keywords:** Mental health, social adjustment, adolescent

According to World Health Organization (WHO) the individuals who are in the age between 10 to 19 years are adolescents. It is the most critical transition phase in one's life span which is characterized by tremendous growth and potential. At this stage, established behaviour patterns of the adolescents have long lasting effects on the mental health and well being, that may be positive or negative. At the global level, it is estimated that approx. 20% of youth experiences mental health problems each year (Kessler 2005), Adolescents bears a greatest risk of mental-health conditions during their transition stage i.e. from Childhood to Adulthood ( Kessler & others, 2005).

Recent studies have identified 'Depression' as a mental problem among various adolescent problems (WHO). Poor mental health affects the health and development of adolescents which may cause school dropouts, delinquent behaviour, habit of alcohol and tobacco etc. There is growing consensus too that healthy development of adolescents prevents mental health problems. World Health Organization

(WHO) is also strengthening the mental health services provisions by implementing the Mental Health Gap Action Programme (mhGAP).

Adolescents face internal conflicts which directly affects their mental health and adjustment in the society. Mental health is a major area for attention in development (WHO, 2010). Mental health conditions of the adolescents lowers the self-esteem, lower academic performance and also lowers the economic potential of the young people. Although schools make best possible efforts to raise the abilities and capabilities of the children, but it is very difficult to achieve all round development of an individual's personality. Mental health of individual is the major factor which influences the education products as well as it is a key for success in all spheres of the life. A healthy individual not only requires physical healthiness but also requires mental healthiness. Present age is the age of competition, which causes mental illness and tension in the minds of the young generation. The modern concept of health requires efficient mind and controlled emotions.

Mental health is perceived as an asset to develop individually, socially and economically (WHO, 2004). The increase in mental health issues is a growing concern for the educators. Research has showed that there is an increase in the case of depression and other mental health issues among adolescents (WHO, 2012). Good mental health of the individuals requires overcoming of conflicts and frustration among them. They could be helped in understanding their own abilities, potentialities, aptitudes and interest so that they can work mellifluously.

Adjustment is a process of creating friendly relationship between individuals and with the environment. Since every individual lives in the society therefore everyone tries to behave according to the norms of the society for the adjustment like individual in his/her family, students in the classrooms & students in the school etc. We can say that adjustment is a wider term which is used in different spheres of the life. The processes of the behaviour like Learning Maturation, Perception Motivation are very important in individual's life because these all contributes in the adjustment. The way, an individual interacts with other people depends to a great extent upon how he perceive them and also he interpret his behaviour.

As Plato said, "Man is a social animal", therefore everyone behaves according to the norms of the society for the social adjustment. But in practical, it is very difficult because each individual is a unique organization. Therefore it is utmost requirement from teachers in the schools to emphasize on the adjustment of the students. Social adjustment is the ability to build a good relationship to avoid victimization from others. Everybody living in the society has a desire to live a happy life. Therefore every individual tries best to get adjusted in all situations of life. Sometimes he struggles against situations, sometimes he surrenders before situations. Some conflicts occur right from the adolescence stage. At this stage, individuals cannot accept the tough and harsh realities of life and they just start struggling and facing conflicts in their life. They keep themselves reserved and away from others. They revolt their elders and develop a negative thinking and behaviour. These unusual situations damage their whole life. The basic cause is lack of adjustment in the adolescent period.

Social adjustment is too much needed in a modern world. Today's man lives under complex environment which is turn causes anxiety and restlessness. Adjustment plays a vital role in academic achievement of the adolescents, in family adjustment and with peer adjustment etc., these all determines the mental makeup of young adolescents (Aggarwal and Bhalla, 2012). A number of studies have been conducted in various parts of the world to identify the factors that impact on student mental health. (Archna, 2011) found that there is a significant positive relationship between the mental health of adolescents and in the moral adjustment of adolescents. There is no significant difference in mental health of male and female students (Singh, 2011). Sharma & Suman Lata (2014) revealed that there is a positive correlation between mental health and school environment of adolescents. No significant difference was found between the mental health of adolescent boys and girls.

Above studies suggested that sound mental health is an essential requirement for the harmonious personality. It plays an important role in the child growth and development. It must be taken care at school and at home with sincerity. As mental health of an individual is required for becoming a civilized and efficient member of the society, present study was undertaken. In the study, the researcher tried to measure the social adjustment and mental health of the senior secondary students.

### Operational Definitions

**Social Adjustment:** Social Adjustment means harmonious relationship between peer groups, proper understanding of social needs and meeting the social requirements of school, home and society.

**Mental Health:** Mental health is a state of well-being in which the person realizes his or her abilities, can work efficiently and can compete with normal stresses in the life. (WHO).

### Objectives of the study

1. To compare the mental health of male & female senior secondary students of Delhi.
2. To compare the social adjustment of male & female senior secondary students of Delhi.
3. To study the relationship between mental health & social adjustment of male & female senior secondary students of Delhi.

**Hypotheses of the study**

1. There is no significant difference between mental health of male & female senior secondary students of Delhi.
2. There is no significant difference between social adjustment of male & female senior secondary students of Delhi.
3. There is no significant relationship between mental health & social adjustment of male & female senior secondary students of Delhi.

**Population and Sample of the Study**

In the present study, all XII class students of senior secondary schools in Delhi constitute the population and a sample of 200 students (100 Male & 100 Females) has been randomly selected by the researcher from five schools of Delhi. 20 male and 20 female students were randomly selected from each school.

**Method of the Study**

Descriptive survey method was employed for the present study.

**Tools Used for the Study**

In order to collect the data for the present research study, following tools were used in the present study:

1. *Mental health battery of Arun Kumar Singh and Alpana Sen Gupta (2000)* was used to know the mental health of students of age 13 to 22 years. There were total 130 items in the battery with 6 dimensions i.e. Emotional Stability, overall adjustment, Autonomy, Security-Insecurity, Self-concept and Intelligence.
2. *Social adjustment inventory of Dr. R.C Deva* was used to know the social adjustment of students. There were 100 statements in the inventory for which the students gave answer as 'Yes' and 'No'.

**Statistical Techniques Used in the Study**

Mean, standard deviation, t-test and coefficient of correlation were used for analyzing the data.

**Analysis and Interpretation**

**Objective 1:** To compare the Mental Health of male and female students.

**Hypothesis:** There is no significant difference between the Mental health of male and female students.

**Table 1:** Mean, S.D. & 't' value of Mental Health of Male & Female students

Variable	Groups	N	Mean	S.D	't' value
Mental Health	Male	100	26.57	4.66	2.112
	Female	100	24.78	4.63	

Mean and S.D values are 26.57 and 4.66 for the male students and 24.78 and 4.63 for the female students. The obtained 't' value is 2.112 which is more than the table value i.e. 1.98 at 0.05 level of significance but less than the table value i.e. 2.63 at 0.01 level of significance. Hence the Null Hypothesis is rejected at 0.05 level but accepted at 0.01 level. It depicts that there is a significant difference in both groups at 0.05 level. It is also revealed that male students have better mental health than the female students.

**Objective 2:** To compare the social adjustment of male and female students.

**Hypothesis:** There is no significant difference between social adjustment of male and female students.

**Table 2:** Mean, S.D. & 't' value of Social Adjustment of Male & Female students

Variable	Groups	N	Mean	S.D	't' value
Social Adjustment	Male	100	82.70	8.75	1.60
	Female	100	82.87	7.39	

Mean and S.D values are 82.70 and 8.75 for the male students and 82.87 and 7.39 for the female students. The obtained 't' value is 1.60 which is less than the table value i.e. 1.98 at 0.05 level and 2.63 at 0.01 level of significance. Hence the Null Hypothesis is accepted. It depicts that there is no significant difference in both groups.

**Objective 3:** To study the relationship between mental health & social adjustment of male & female students.

**Hypothesis:** There is no significant relationship between mental health and social adjustment of male and female students.

**Table 3:** Correlation between Mental Health & Social Adjustment of Male students

Variable	r
Mental health and social adjustment (Male Students)	.457

The above table reveals that computed value of r is 0.457. This value is higher than the table value i.e. 0.195 at 0.05 level and 0.254 at .01 level. Hence the null hypothesis is rejected. It means that there is significant positive relationship between mental health and social adjustment of male students.

**Table 4:** Correlation between Mental Health & Social Adjustment of Female students

Variable	r
Mental health social adjustment (Female Students)	.401

The above table reveals that computed value of r is 0.401. This value is higher than the table value i.e. 0.195 at 0.05 level and 0.254 at 0.01 level. Hence the null hypothesis is rejected. It means that there is significant positive relationship between mental health and social adjustment of female students.

**CONCLUSION**

Adolescent’s mental health and social adjustment plays a significant role in all the fields of their life. Sound mental health of adolescents help in better adaptation in society and better development in school. Every adolescent requires social learning, awareness of self, positive attitude and decision making skills for improving the academics, health and social outcomes.

In the present study, the researcher found that there is significant difference in the mental health of male & female students. It is found that male students have better mental health than the female students. The researcher also found that there is no significant difference in the social adjustment of male & female students. It shows that the social adjustment is present in same amount in the both groups. Moreover the findings showed that correlation between mental health and social adjustment of male & female students was significant. It can be concluded that the individuals possessing good mental health can balances his/her life socially

and emotionally and thus the individual feels satisfaction and happiness. Therefore, family, school and society should provide a healthy environment to adolescents.

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