

Understanding Mental Health of High School Students: A Study in Bokaro District of Jharkhand

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Abstract: *Mental health has been a large issue in teaching learning field for the last some years and ill mental health is cause of stress, anxiety, conflicts, depression, frustration and pressure among students community which lead towards failure and sometimes suicide. Mental health plays a vital role in every field especially in education. This study investigated the overall level of mental health of students and the main factors responsible for their mental distress. 120 students were selected randomly and data was collected by the questionnaire. This research is quantitative in nature so analysis of the data was conducted using frequency, percentage. Results indicate differences in the level of males and females mental health, of individuals from private verses government school environments. Demographic and school life variables such as caste, types of school, locality, parents' occupational background and parental education affect mental health. This study found that lack of good environment and awareness towards mental health is main reason of mentally un-healthiness of students. Based on the results some recommendations have been made and the main aim of all recommendations is to improve, understand and promote mental health. Awareness should be spread among parents, teachers and students and there is need to be included mental health topic in curriculum of high school because if students have adequate knowledge of mental health then it will help them to reduce anxieties, stress, and worries. Students need to have regular mental health test or check up and mentally unhealthy students should be motivated.*

Key words: *Mental health, education, learning, distress, unhealthy, behaviour.*

1. INTRODUCTION:

Mental health means that an individual should be emotionally and psychologically able to meet the demands of everyday life. It is defined as an expression of emotions, and as signifying a successful adaptation to a range of demands. Good mental health contributes to the quality of our lives as individuals, as communities, and as a society in general. Just as it is difficult to find an individual with perfect physical health like that it is also difficult to find an individual with perfect mental health. We all have some extent some and show some symptoms of mentally un-healthiness or maladjustment. But it does not mean that we all need immediate psychiatric treatment but we need to know and understand mental health to overcome those activities and try to maintain balance in our lives. A teacher faces many such cases in classroom. If she or he has knowledge how to handle such children she or he can help the child. Mental illnesses are serious disorders which can affect anybody's thinking, mood and behavior. There are many causes of mental disorders.

Mental health is the most important for everyone to live happily and lead a successful life. It indicates about a person's overall emotional and psychological condition. It is all about how we think, feel and behave more precisely the state and condition of an individual human mind. Mental health is an individual's positive inch. It is state of emotional and psychological well-being in which individual is able to use his or her cognitive and emotional capabilities function in society and meets the demands of everyday life. The individual may be classified as more or less healthy in a long term view of his behaviour or, in other words, according to his attributes normal behaviour vary with the time, place, culture and expectations of social group. A person possessing sound mental health can adjust well to environmental situations and inter personal relation such a person has a clear concept. Hence mental health is the full and harmonious functioning of the total personality.

Health is called wealth; it involves one's physical as well as mental health. Mental health has much wider scope than physical health as it aims for development of wholesome balanced, integrated and humanistic personality. One can enjoy good mental health only when one is cautious about his mental health and knows its value and importance along with the knowledge of means and ways for achieving and maintaining it in across the democratic public spheres.

- development of desirable personality
- helps in proper emotional development
- proper social development
- moral development
- actualizing one's potentialities

- helps in seeking proper adjustment
- seeking goals of life

1.1 Aspects of mental health

Mental health has two aspects, individual and social. The individual aspect of mental health means that the individual is internally adjusted. He or she is self-confident, adequate and free from internal conflicts, tensions or inconsistencies in his or her behaviour. He or she is able to adapt successfully to the changing needs and demands of the environment. He or she is capable to make decision assuming responsibilities in accordance with his or her capacities. The social aspect of mental health is the result of social forces influencing the individual beginning with his or her formative years and continuing throughout his or her life. The individual must be able to adjust; otherwise he or she will have to suffer from mental illness. Mental health has certain principles and we can achieve good mental health by acquainting with some principles of mental health. We can divide it into two categories. Which are following:

- Principles seeking adjustment with self
- Principles seeking adjustment with environment

There are many factors which affect on students mental health, in which some are emotional security, habits of peer groups, home environment, nature of curriculum, school environment and the role of teachers. There are many factors which affect mental health and per mote ill mental health are following:

- Frustration
- Conflicts
- Approach-approach conflict
- Approach-avoidant conflict
- Avoidant-avoidant conflict
- Anxiety
- stress

A teacher should be ready for any kind of situation and he or she should know how to handle any kind of problems properly. So this research will enable the research to tackle with each and every problem related to ill mental. The communication of mentally unhealthy students includes argumentative and aggressive behaviour sometimes. So to overcome or handle this kind of behaviour there is a significant need to enhance their communication. When a child is mentally unhealthy and family members do not care about him or they have lack responsibility worsens the child. So in order to enhance the network of mentally unhealthy children and teachers can suggest guidance and support to parents and teachers in respect to improve their behaviour and social skills at institutional level or home. Based on the findings of the research, proper suggestions will be given by the researcher.

2. THE PURPOSE OF THE STUDY:

The purpose of the study is to study the mental health of 10th class students of Bokaro district of Jharkhand from the learning point of view and explore the knowledge about mental health of students and to know whether mental health effects on study or not. Following are the objectives of the study.

- 1) To study the mental health of the students of high school level in Bokaro district of Jharkhand.
- 2) To understand the difference in the level of mental health among male and female high school students in Bokaro district of Jharkhand.
- 3) To study the difference in the level of mental health among Government and Private high school students in Bokaro district of Jharkhand.

3. METHODS AND MATERIALS:

The present study is descriptive research. In order to achieve the objectives of the study, the survey method was adopted.

3.1 Participants

In this study 120 learners were involved, the learners belongs to five different schools, two government schools and three private schools, three rural and two urban schools, Giyan Darshan Public School in Mahavir Chaok, Baba Saheb Bhim Rao Ambedkar High School in Camp 1, Ramrudra High School in Chas, Aadarsh Vidya Mandir in Sector- IV and Oriental Public School in Bari Co-operative colony of Bokaro Steel City in Jharkhand.

3.2 Instruments and Apparatus

Simple random sampling technique was adopted in selecting the respondents for the collection of data through a questionnaire having 25 items. To gather data, the researcher developed a Questionnaire herself to know and understand mental health of the students. The questionnaire contains two parts.

Part One: General Information of the Students

This part has 11 items, which governs the general information about the students and schools details such as gender, caste, type of school, locality, parents' occupations, parents' qualifications etc.

Part Two: Mental Health of the Students

This part contains 25 items, both yes or no and open ended explanations. The questions in this section were divided into five sub parts. First sub part contained 5 items related children mental health with respect to curriculum pressure. Second sub part had 5 questions to elicit the problem related to children mental health with respect to teachers. Third sub part of questionnaire dealt with the problem related to children mental health with respect to school infrastructure and facilities. Fourth sub part containing 5 items dealt with the factors related to children mental health with respect to peer group. And fifth sub part having 5 items illicit the problem related to children mental health with respect to parent and family.

3.3 Procedures

The field work was done at five schools in 25 days. The tool has been administered by the investigators themselves. The investigators administered the tool has to be deciding the response given by the pupils in the form of questionnaire. The researcher critically and carefully scrutinized and analyzed the written material of the students. All the responses have to be judged and indicated in tables based on the percentage of the responses by the pupil in estimating the given item. The data was analyzed in terms of descriptive statistics. And Frequency was determined in order to know the percentage and number of students same reply.

4. RESULTS:

Quantitative method was used in this analysis of data.

SECTION-1

General information of the students

The present study consists of 10th class students from different five schools such as government and private school, rural and urban schools of Bokaro Steel City in Jharkhand. The general information such as gender, caste, type of school, locality, parents' occupations, parents' qualifications etc..., have been analyzed and presented as the following:

4.1 caste wise distribution of the students

Caste	Frequency	Percent	Valid Percent	Cumulative Percent
GEN	53	44.2	44.2	44.2
OBC	33	27.5	27.5	71.7
valid SC	25	20.8	20.8	92.5
ST	9	7.5	7.5	100.0
Total	120	100.0	100.0	

4.2 Father's Occupation

Type of job	Frequency	Percent	Valid Percent	Cumulative Percent
Not Alive	5	4.2	4.2	4.2
Government Job	19	15.8	15.8	20.0
Private Job	22	18.3	18.3	38.3
Valid Business	48	40.0	40.0	78.3
Farmer	14	11.7	11.7	90.0
Other Work	12	10.0	10.0	100.0
Total	120	100.0	100.0	

4.3 Mother's Occupation

Occupations	Frequency	Percent	Valid Percent	Cumulative Percent
Not Alive	5	4.2	4.2	4.2
Government Job	8	6.7	6.7	10.8
Private Job	10	8.3	8.3	19.2
House wife	96	80.0	80.0	99.2
Other Work	1	0.8	0.8	100.0
Total	120	100.0	100.0	

4.4 Father's Education

Education	Frequency	Percent	Valid Percent	Cumulative Percent
Illiterate	11	9.2	9.2	9.2
Up to 10 th class	46	38.3	38.3	47.5
Up to Higher Secondary	25	20.8	20.8	68.3
Graduate	32	26.7	26.7	95.0
PG Degree	6	5.0	5.0	100.0
Total	120	100.0	100.0	

4.5 Mother's Education

Qualification	Frequency	Percent	Valid Percent	Cumulative Percent
Illiterate	17	14.2	14.2	14.2
Up to 10 th class	61	50.8	50.8	65.0
Up to Higher Secondary	24	20.0	20.0	85.0
Graduate	15	12.5	12.5	97.5
PG Degree	3	2.5	2.5	100.0
Total	120	100.0	100.0	

4.6 Section- 2 mental health of school children

Items	Yes (%)	No (%)	Total (%)
Item 1	26.7	73.3	100
Item 2	29.2	70.8	100
Item 3	55.8	44.2	100
Item 4	44.5	55.5	100
Item 5	73.3	26.7	100
Item 6	72.4	27.6	100
Item 7	65.8	34.2	100
Item 8	82.5	17.5	100
Item 9	65.8	34.2	100
Item 10	43.3	56.7	100
Item 11	59.2	40.8	100
Item 12	52.5	47.5	100
Item 13	84.2	15.8	100
Item 14	78.3	21.7	100
Item 15	77.5	22.5	100
Item 16	32.5	67.5	100
Item 17	90.0	10.0	100
Item 18	79.2	20.8	100
Item 19	89.2	10.8	100
Item 20	83.3	16.7	100
Item 21	10.0	90.0	100
Item 22	47.5	52.5	100
Item 23	95.0	5.0	100
Item 24	96.7	3.3	100
Item 25	98.3	1.7	100

Based on the collective experience of the students, majority of the students consider their parents as their well-wishers.

5. DISSCUSSION:

The data revealed many significant results. This study reveals the level of mental health of students is average. There are multi-dimensional factors which are affecting the mental health of students some of them are gender, Social background, locality, Parental education, parental occupation, school background etc._From the

analysis of the collected data, it is clear that girls and boys students significantly differ from each other with respect to their mental health. The analysis from the gender point of view stated in chapter 4th indicates that girls have more sound mental health than the boys.

The study clarifies that Students belonging to Private and Government schools significantly differ from each other with respect to their mental health. From the locality point of view, the study reveals that the students who belong to urban areas have a little more sound mental health than the students hail from rural areas. From the Social background point of view, the comparison among all four categories of caste reveals that the children who belong to GENERAL category have somewhat high mental health compare to other backward caste and schedule tribe and schedule caste students. The researcher comes to know from the analysis that OBC students are little more sound mentally healthy than ST students. And schedule caste SC students have less sound mental health in comparison to other castes. Lack of awareness is the major factor in shaping parents and teachers' attitude towards mental health of children. From the parental (mother and father both) education point of view, according to the data analysis level of parents' educational qualification varies the level of mental health in students. The role of parental education affects the mental health of the students. It shapes the children to think positively. From parental occupation (mother and father both) point of view, the students whose parent is not alive they are less mentally health in comparison of other, the students whose parents have Government or Private job, they have almost similar mental health but comparison to others occupations they are more mentally healthy, Business men's children are mentally healthier than Farmers' children, other works and who do not have fathers, Farmers' children have a little more good mental health than the students of other works and not alive fathers or mothers and the students' fathers having other works have a very little more good mental health than the students whose fathers are no more now.

6. CONCLUSIONS:

Children are the hope of the future of tomorrow's developed, peaceful and beautiful world, so they need to be mentally healthy, we need to give importance to mental health. Mental health does not depend only on heredity factors but also on environment, family condition, Peer groups, social condition and on school environment and its effects on academic achievement so we should take care of these things. There is need to be included awareness programme on mental health in curriculum of high school because if students have adequate knowledge of mental health then it will help the students to reduce anxieties, stress, and worries about study and at the time of examinations. The mentally unhealthy students need to be motivated, understood by teachers and parents and to be per mooted in the field of study. Teachers are facilitators, which mean a teacher should have good knowledge of everything especially about mental health so that he or she can handle any kind of situation related to children. Students should be provided guidance and counselling to solve their problems and to remove their stress so that they can concentrate on their study and live freely. School should motivate and encourage the parents to create better environment at home in order to enhance level of mental health. The benefits of good mental health are not just for the students, but for teachers, too. When children are mentally healthy they concentrate on study properly, they understand content more clearly, they can respond to teachers more easily, and teachers' feel more competent in their own work. The significance of the learning is personal functioning and development. The present study signifies that gender, social background, Parental occupation, locality, Parental educational factors play a vital role in affecting mental health. So teachers should know all information about the child to show him right path towards mental health. There is a dire need of more research on this area which will lead to even more exciting discoveries about how mental health influences human interactions, behaviour, interest and learning.

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