

## A STUDY ON THE MENTAL HEALTH OF HIGHER SECONDARY SCHOOL STUDENTS IN CHENNAI DISTRICT

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### **ABSTRACT**

*The present investigation was under taken for higher secondary school students studying in 11<sup>th</sup> Standard. Mental Health is essential for long term success and wellbeing. Survey method is applied in this study. Investigator has used simple random sampling technique and mean, S.D., t value were computed for gender and locality of the school of the students. The findings of the study are, there is no significant difference between mean scores of mental health of gender and locality of the school students of higher secondary school.*

**KEYWORDS:** *Mental Health, Higher Secondary Students*

### **INTRODUCTION**

Mental health is strong-minded by the inter-relationship of physical, environment, social and psychological factors and is an integral part of every child's healthy development. An imbalance between one or more of these factors can lead to a child who experiences Mental health issues that interfere with the child's ability to successfully complete his/her development into a healthy productive adult. Issues that 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. With this objective in mind, the researcher has made an attempt to examine the mental health of the students.

### **STATEMENT OF THE PROBLEM**

"A Study on the Mental Health of Higher Secondary School Students in Chennai District".

### **OBJECTIVES**

- To study the result of their gender on the mental health of the higher secondary Students.
- To study the result of their locality of the school on the mental health of the higher secondary students.

### **HYPOTHESIS**

- **H<sub>01</sub>:** There is no significant difference between mean scores of mental health of boys and girls students of higher secondary school.
- **H<sub>02</sub>:** There is no significant difference between mean scores of mental health of higher secondary students of north and south area.

### Limitation

- This study includes only 11<sup>th</sup> std. students of Chennai city.
- The present study is for Tamil and English medium schools only.

### RESEARCH METHOD

In the study the investigator has used survey method to acquire data of present period.

### Sample

In this study, the students of std. 11th of higher secondary school of Tamilnadu of Chennai city is the population of the study. The sample in this study has been selected by the 'Simple Random Sample technique'. In sampling 100 higher secondary school students have taken.

### Research Tool

In this study, the standardized mental health battery Scale developed by Investigator is used for this study. This test has been divided into six parts, i.e. Emotional stability, Adaptation, Self administration, security-insecurity, self concept and Intelligence. There are totally 130 items in these six parts of the test. The reliability coefficient of this test is 0.83.

### Data Analysis Method

To analyse the score obtained on 'Mental Health Battery' scale, Mean, standard Deviation (SD) were found on the basis of the scores. t-test was applied to examine the effects of gender and locality of the school on mental health score.

### TESTING OF HYPOTHESIS

- **H<sub>01</sub>**: There is no significant difference between mean scores of mental health of boys and girls students of higher secondary school.

**Table 1**

Gender	N	Mean	S.D.	't' Value	Remarks
Boys	50	70.50	6.61	0.51	Not significant at 0.05 level
Girls	50	70.80	7.49		

According to the table no.1 the 't' value is 0.51 which is not significant. Hence, formulated hypothesis is accepted. Therefore, it can be said that there is no significant difference between mean scores of mental health of boys and girls students of higher secondary school.

- **H<sub>02</sub>**: There is no significant difference between mean scores of mental health of higher secondary students of north and south area.

**Table 2**

Gender	N	Mean	S.D.	't' Value	Remarks
North Area	50	70.77	7.49	0.33	Not significant at 0.05 level
South Area	50	71.04	6.51		

According to the table no.1 the 't' value is 0.33 which is not significant. Hence, formulated hypothesis is accepted. Therefore, it can be said that there is no significant difference between mean scores of mental health of higher secondary students of north and south area.

## **FINDINGS**

- There is no result of gender on mental health of the students of Chennai District.
- There is no result of locality of the school on mental health of the students of Chennai District.

## **Educational Implication**

The findings of the present study point to that there is no result of gender and locality of the school on the mental health of the students. The following educational implication can be laid down:

- The parents and teachers can get information about child's mental health and can develop certain ideas about determining their students future.
- This investigation can be applied to high school higher secondary school and B.Ed students.

## **CONCLUSION**

This research can give a wider and original field in the educational psychology. The researcher hopes that this study will be very useful to find out mental health of students which direct effect on their study, family, society and nation. Only healthy students can create healthy society and nation.

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