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## MENTAL HEALTH AND DEFENSIVE BEHAVIOUR AMONG HARD TO HEAR AND SPEAK STUDENTS

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### ABSTRACT:

The study aimed to analyze the mental health and self-confidence among hard to hear and speak students. The normative survey method was adopted. The sample consisted of 485 hard to hear and speaks students from the age group (13-19) at Chennai and Trichy cities in Tamil Nadu. Purposive sampling technique was adopted for this selection of sample. Mental Health Battery (MHB) was by Dr. Arun Kumar Singh & Dr. Alpna Sen Gupta and Defensive Behaviour Rating Scale by S. Sathiyagirajan was used. The data evaluated by using Correlation and t-test. The study revealed that there is a negative relationship between Mental Health and Defensive

Behaviour among Hard to hear and speak students.

**KEYWORDS:** Mental Health, Defensive Behavior, Hard To Hear and Speak Students.

### INTRODUCTION

Health is determined as positive and dynamic concepts and it defined as physical, mental and social well-being. Physical fitness alone does not measure of the good health, mental health also act to important in it. In school and education, mental health play prominent role in every child. Mental health is the most important at every stage of the people from childhood to adolescent. It includes our psychological, emotional and social well-being and these affects the people's feel, act and thinking abilities. It defined as total personality of the person. If the mental health is not much strong they leads to

down in all other circumstance such as lack in their confidence and easily escape from their problematic situations. Here the defensive behavior is defined as to hide or escape from the problematic situation and undesired situations. In this research, the researcher attempt to focus on mental health and Defensive behaviour of Hard to hear and speak students.

### OBJECTIVES

- To study whether the hard to hear and speak students difference in a) mental health and b) defensive behaviour with respect to locality.
- To find out the relationship between mental health and defensive behaviour hard to hear and speak

- students among hard to hear and speak students.

### HYPOTHESES

1. Urban and rural of hard to hear and speak students do not differ significantly with respect to mental health.
2. Urban and rural of hard to hear and speak students do not differ significantly with respect to defensive behaviour.
3. There is no relationship between mental health and defensive behaviour among hard to hear and speak students.

**RESEARCH METHODOLOGY**

Normative method is used for the present investigation. For this research purposive sampling technique was adopted. The sample consisted of 485 Hard to Hear and speaks from the urban and rural at Chennai and Trichy cities in Tamil Nadu. Mental Health Battery (MHB) was by Dr. Arun Kumar Singh & Dr. Alpana Sen Gupta and Defensive Behaviour Rating Scale was by S. Sathiyagrirajan was used for the study.

**ANALYSIS AND INTERPRETATION**

**Table 1: t-test for Significant Difference between Urban and Rural among Hard to Hear and Speak Students with respect to Mental Health**

Mental Health	Gender				t-value	p-value
	Urban		Rural			
	Mean	SD	Mean	SD		
	107.01	11.01	102.46	15.26	3.171	0.002**

\*\*Significant at 1% level

Since p-value is less than 0.01, the hypothesis-1 is rejected at 1% level with regard to mental health. Hence there is significance difference between urban and rural of hard to hear and speak students with regard to mental health. Based on mean score, the urban students have better in Mental Health than rural students.

**Table 2: t-test for Significant Difference between Urban and Rural among Hard to Hear and Speak Students with respect to Defensive Behaviour**

Defensive Behaviour	Gender				t-value	p-value
	Urban		Rural			
	Mean	SD	Mean	SD		
	54.06	24.09	63.51	31.31	3.065	0.001**

\*\*Significant at 1% level

Since p-value is less than 0.01, the hypothesis-2 is rejected at 1% level with regard to defensive behaviour. Hence there is significance difference between urban and rural of hard to hear and speak students with regard to defensive behaviour. Based on mean score, the rural students have high in defensive behaviour than urban students.

**Table 3: Relationship between Mental Health and Defensive Behaviour of Hard To Hear and Speak Students**

Factor	r-value
Mental Health vs. Defensive Behaviour	-0.793**

\*\* denotes significant at 1% level

From Table 3, the r-value between mental health and defensive behavior is -0.793, which is significant at 1% level. Thus there is a negative relationship between mental health and defensive behaviour of hard to hear and speak students.

**MAJOR FINDINGS**

- There existed significant difference between urban and rural of hard to hear and speak students with regard to mental health.

- ✚ There existed significant difference between male and female of hard to hear and speak students with regard to self-confidence.
- ✚ There is a negative relationship between mental health and defensive behaviour of hard to hear and speak students ( $r=-0.793$ ).

### CONCLUSION

The research concluded that the rural students have low mental health and more defensive behavior compared to urban students because they don't have enough resources to handle their education needs and some basic needs. The rural students gradually escape from their problematic situations due to their low level of mental health. And found another result that there is a negative relationship between Mental Health and defensive behavior of hard to hear and speak students. Where ever the students try to escape from their problems it leads to their mental health downwards. For this the teacher should take some special guidance to the hard to hear and speak students to face the problems easily and provide cognitive based classes will enhance the mental health and balance their defensive behavior which leads to strong in all aspects in their life.

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