



THE MENTAL HEALTH OF NORMAL AND SPECIAL SCHOOL STUDENTS IN PURULIA DISTRICT OF WEST BENGAL: A COMPARATIVE STUDY

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ABSTRACT

In the present study the investigators made an attempt to compare the Mental Health of Normal and Special School Students in Purulia District of West Bengal. 180 Normal and Special Students were taken as representative sample of the whole population in Purulia District of West Bengal. For selecting the students stratified random sampling was adopted. Mental Health Inventory was used for collecting the data. The means of both groups were tested for significance of difference by using t-test. The study revealed that the Mental Health of Upper primary students in both Normal and Special schools, Normal schools and Special schools students in Purulia district of West Bengal is neither high nor low i.e., satisfactory or average level in Mental Health. The study also revealed that there is no significant difference between the mental health of Rural and Urban, General and SC/ ST, Class VI and VIII, VII and VIII students in both Normal and special schools, Normal Schools and Special Schools. It is also found that the mental health of Male and female students in both normal and special schools and Normal schools did not differ significantly. On the other hand, the mental health of male and female students of special schools, the mental health of Normal and Special school students at Upper Primary level in Purulia District of West Bengal differ significantly.



KEYWORDS: Mental Health, Normal School Students, Special School Students.

INTRODUCTION

The quality and excellence of a nation depends upon the knowledgeable citizens. It is further depend upon sound mental health of students. Education is a powerful instrument for the social, political and economic development of a country and also the human resources. Student has to take part in a major role in developing the greatest wealth of our nation and any place of the world. Naturally students, being more active, curious and keen to learn are the future of the nation. Mental health is a comprehensive term, which refers to the condition of individual which results from the normal organization of the functioning of the mind. Mental health in a broader sense, suggest degree of happiness and satisfaction under the condition of warrant such a state of mind and capacity of making satisfactory personal and social relationships. Mental health can also be called the process of self realization, self satisfaction and fully successful existence. Mental health is the way your thoughts, feelings, and behaviors affect your life. Mental health plays an important role at every stage of life. However mental health is significant at adolescent as in this time one takes on new responsibilities and roles. The role of mental health in human life is very important. It plays its role not only in the lives of individuals but also in the life of society. There is no area in human life which is beyond the range of mental health. Like physical health, mental health is also an aspect of total personality.

If a person is well adjusted, he has good physical health, desirable social and moral nature, and has harmonious personality.

- According to Freud (1932) defined mental health in his pragmatic statement,- “Where id was, there shall ego be”. Here the value is awareness of unconscious motivations and self control based upon these insights.
- Mental health is defined by the World Health Organization (WHO:2004) as ‘a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community’ (www.ncbi.nlm.nih.gov/pmc/articles/PMC4471980/#b1).

In this modern era no one is free to conflicts to its heightened competitiveness everyone yearns to achieve high standards of life. The rapid development in all walks of life problems have also multiplied in the proportion. It is not uncommon for teenagers to develop problems with their mental health in life. Student is the back bone of the nation and is the member of the larger society. So it is very essential to study the mental health of Upper Primary school students because they are the future teachers, engineers, doctors, politicians etc.

STATEMENT OF THE PROBLEM:

The problem for the present study may be specifically stated as below:

“The Mental Health of Normal and Special School Students in Purulia District of West Bengal: A Comparative Study.

NEED AND SIGNIFICANCE OF THE STUDY:

Our society is becoming increasingly much and more materialistic. Mental pressure is increasing day-by-day, especially at the adolescent students. Unrest and frustration are occurring in almost all the spheres of their lives leading to imbalanced personalities in society and thus hampering its progress. No individual can personally and socially be well adjusted without being mentally healthy. Mentally healthy person accept responsibility for their actions. They don't look for excuses for their behavior and satisfied in life. The younger generation, especially students of upper primary level, who are supposed to be the future leaders and decision makers, may opt for changes in their lifestyles. Every educational institution, worth the name, desires that its students should do their best to learn what they are expected to learn. Now doing the best to learn on the part of students'- they should fully utilize the strength of their cognitive assets to learn. The complexity and stress of modern living make necessary considerations of his mental health if he is to meet them successfully. But these assets can be fully utilized by students only if they are mentally healthy. Mental health is important in each phase of life. But adolescence appears to be relatively more important period of life. This is the period in which the personality traits develop and find expression in many directions. Adolescent children experience a number of physiological and psychological changes in this transitional period. For the mental health it is necessary that all our dispositions, native and acquired should like the organs of body, work not completely and fully, but harmoniously together.

The first aim of education is to help the individual to grow mentally healthy. The child's mental health and balance are of utmost important in relation to his general health. The students enter the educational institution with certain explicit and implicit expectations from the school and schooling and are endowed with certain characteristics at the point of entry.

Health problems may arise due to incompatibility between the demands of the educational system and the characteristics of learners, or between learners' expectations and the educational process, or both. Failure in examination, underachievement, and the resulting frustration are becoming prominent features of educational life at school as well as the higher educational levels, leading to a wide range of Mental Health problems having far reaching consequences for individual as well as societal well-being.

An adolescent usually is a person of strong impulses; satisfying or annoying himself, arouse in him conflict state of affection and of sex, excitement and enthusiasm, a fear and anxiety. During adolescence if

the individual continues desirable health and habits which began in childhood, he will be able to better meet his emotions. If adolescents are mentally healthy then they are self-controlled and self-disciplined.

Upper primary educational institutions are in general, and the faculty members absorbed there in specific, have major responsibilities in shaping the above-mentioned changes, both directly and indirectly.

This should be the prime task of upper primary education to nurture and generate planners and implementers of future with Mental Health awareness, as well as appropriate methodology to be accorded to study of Mental Health. Therefore, an urgent need at present is to investigate the effectiveness of the present curriculum and to see the Mental Health of Upper Primary students. It is this feeling that has urged these investigators to take up the present study in a particular region of West Bengal. It is expected that this study, though small, will be able to make some significant contributions in the field of education.

REVIEW OF RELATED LITERATURE:

Gahlawat, O.P. & Gahlawat, P. (2012) have conducted a study on “A Comparative Study of Player and Non- Player Students in Relation to Mental Health.” The objective of the study was to examine mental health dimensions between player and non- player students. The findings were: there is significant difference of Mental Health between male player and male non -player subjects, there is significant difference of Mental Health between female player and female non -player subjects. **Talawar, M.S. & Das, A. (2014)** have carried out a “Study of Relationship between Academic Achievement and Mental Health of Secondary School Tribal Students of Assam.” The objectives of the study were: to know the relationship between academic achievement and mental health of secondary school tribal students of Assam, to find out the significant differences of mental health of secondary school tribal students in Assam when they are classified according to their gender and locality. The study revealed that a significant relationship between academic achievement and mental health of secondary school tribal students of Assam, a significant difference between boys and girls of secondary school tribal students of Assam with respect of their mental health. Mental health of tribal boys are greater than the tribal girls, there is a significant difference between urban and rural secondary school tribal students of Assam with respect of their mental health. Mental Health of urban tribal students is greater than the rural tribal students. **Kumar, N. & Kaur, G.K. (2014)** have conducted a study on “Mental Health of School Going Adolescents: A Comparative Study. The objectives of the study were: to compare the mental health of male and female senior secondary school students, to compare the mental health of Humanities and Science senior secondary schools, and to compare the mental health of Rural and urban senior secondary school students. The findings were: there is no significant difference is seen in the mental health of boys and girls (adolescents), there is no significant difference is seen in the mental health of Science and Humanities group, and there is no significant difference is seen in the mental health of rural and urban adolescents. **C. Bala (2017)** has conducted a study on “Mental health of adolescents in relation to emotional maturity and family environment.” The objectives of the were: (1) mental health, emotional maturity and family environment of adolescents, (2) to study the differences between male and female adolescents on their mental health, emotional maturity and family environment, (3) to find out the difference between rural and urban adolescents on their mental health, emotional maturity and family environment, (4) to work out the co-relation between mental health and emotional maturity of adolescent, (5) to work out the co-relation between mental health and family environment of adolescent, (6) to study the relationship between different domains of mental health and five factors of emotional maturity, (7) to study the relationship between different domains of mental health and eight dimensions of family environment. The findings were: (1) there exists significant difference between male and female adolescent in relation to their mental health Female adolescents have better mental health than male adolescents, (2) there exists no significant difference between rural and urban adolescent in relation to their mental health, both are equal, (3) there exists no significant difference between male and female adolescent in relation to their emotional maturity, both are equal, (4) there exists no significant difference between rural and urban adolescents in their emotional maturity, both are equal, (5) there is exists no significant difference between male and female adolescent in relation to their family environment, both are

equal, (6) there exists significant difference between rural and urban adolescent in relation to their family environment (7) Urban adolescent have better family environment than rural adolescents, there exists negative correlation exists between mental health and emotional maturity of adolescents. **Zhang, Jun-hua & et.al. (2018)** have conducted a study on “Comparing the Mental health to rural-to-urban migrant children and their counterparts in china: Protocol for a systematic review and meta analysis.” The objective of the study was: to compare the mental health and its sub-dimensions of migrant children and their counterparts. The findings were: the Subgroup analysis may find the difference between migrant health and rural, urban, and left-behind children.

On the basis of aforesaid research findings, it can be concluded if Mental Health plays an important role in both Normal and Special school students. The review of the studies mentioned above revealed that a small number of the study was undertaken on Mental Health of Normal and Special schools at Upper Primary level. So, the researchers chose to study- “The Mental Health of Normal and Special School Students in Purulia District of West Bengal: A Comparative Study”.

DELIMITATIONS OF THE STUDY:

The delimitations of the present study are as follows:

(A) Geographical Area:

The investigation was delimited to only Purulia district of West Bengal.

(B) Level of Education:

- (i) The study was restricted to the Normal and Special schools at Upper Primary level of the said district.
- (ii) Students reading in class- VI, VII and VIII in Normal and Special schools of the said district were considered as the subjects of the present study.

(C) Type of Study:

This study was conducted only at surface level. It was not an ‘in-depth’ study. Attempts to know the subject’s mental health by administering the Mental Health Inventory constructed by the researchers themselves. No inter-state comparison was done. Only intra- district comparison between the male and female-students, between rural and urban students, General and SC/ ST students, Classes-VI, VII and VIII students of both Normal and Special Schools were done.

OBJECTIVES OF THE STUDY:

1. To ascertain the Mental Health of Upper Primary Students in Normal and Special schools in Purulia District of West Bengal.
2. To ascertain the Mental Health of Normal school students at Upper Primary level in Purulia District of West Bengal.
3. To ascertain the Mental Health of Special school students at Upper Primary level in Purulia District of West Bengal.
4. To compare the Mental Health of Male and Female students in Normal and Special schools at Upper Primary level in Purulia district of West Bengal.
5. To compare the Mental Health of Male and Female students in Normal schools at Upper Primary level in Purulia district of West Bengal.
6. To compare the Mental Health of Male and Female students in Special schools at Upper Primary level in Purulia district of West Bengal.
7. To compare the Mental Health of students reading in Urban and Rural - Normal and Special Upper Primary schools of Purulia District.
8. To compare the Mental Health of students reading in Urban and Rural - Normal Upper Primary schools of Purulia District.

9. To compare the Mental Health of students reading in Urban and Rural- Special Upper Primary schools of Purulia District.
10. To compare the Mental Health of General and SC / ST students in Normal and Special Upper Primary Schools of Purulia District.
11. To compare the Mental Health of General and SC / ST students in Normal Upper Primary Schools of Purulia District.
12. To compare the Mental Health of General and SC / ST students in Special Upper Primary Schools of Purulia District.
13. To compare the Mental Health of Class VI and VIII students in Normal and Special Upper Primary schools of Purulia District.
14. To compare the Mental Health of Class VII and VIII students in Normal and Special Upper Primary schools of Purulia District.
15. To compare the Mental Health of Normal and Special school students at Upper Primary level in Purulia District of West Bengal.

HYPOTHESES OF THE STUDY:

The hypotheses were formulated in null form:

H₀₁: There is low level of Mental Health of Upper Primary Students in Normal and Special Schools in Purulia District of West Bengal.

H₀₂: There is low level of Mental Health in Normal school students at Upper Primary level in Purulia District of West Bengal.

H₀₃: There is low level of Mental Health in Special school students at Upper Primary level in Purulia District of West Bengal.

H₀₄: There is no significant difference between the Mental Health of Male and Female students in Normal and Special schools at Upper Primary level in Purulia District of West Bengal.

H₀₅: There is no significant difference between the Mental Health of Male and Female students in Normal schools at Upper Primary level in Purulia District of West Bengal.

H₀₆: There is no significant difference between the Mental Health Male and Female students in Special schools at Upper Primary level in Purulia District of West Bengal.

H₀₇: There is no significant difference between the Mental Health of students reading in Urban and Rural-Normal and Special Upper Primary schools in Purulia District.

H₀₈: There is no significant difference between the Mental Health of students reading in Urban and Rural-Normal Upper Primary schools of Purulia District.

H₀₉: There is no significant difference between the Mental Health of students reading in Urban and Rural-Special Upper Primary schools in Purulia District.

H₀₁₀: There is no significant difference between the Mental Health of General and SC / ST students in Normal and Special Upper Primary Schools of Purulia District.

H₀₁₁: There is no significant difference between the Mental Health of General and SC / ST students in Normal Upper Primary Schools in Purulia District.

H₀₁₂: There is no significant difference between the Mental Health of General and SC / ST students in Special Upper Primary Schools in Purulia District.

H₀₁₃: There is no significant difference between the Mental Health of Class VI and VIII students in Normal and Special Upper Primary schools in Purulia District.

H₀₁₄: There is no significant difference between the Mental Health of Class VII and VIII students in Normal and Special Upper Primary schools in Purulia District.

H₀₁₅: There is no significant difference between the Mental Health of Normal and Special school students at Upper Primary level in Purulia District in West Bengal.

METHOD OF THE STUDY:

The present study is based on survey method, particularly, the normative survey research method.

Population of the Study

The Upper Primary Normal and Special school students of Purulia district of West Bengal comprised the population of this study.

Sample and Sampling Procedure

180 students of Upper Primary Schools [both Normal (100) and Special (80) schools] in Purulia district were taken as representative sample of the whole population. Stratified random sampling technique was adopted for selecting the schools. At first two separate lists of Normal and Special Schools were prepared. From among lists, Eight Normal and two Special schools in rural and urban areas were selected through random sampling procedure.

The Tool Used:

The Mental Health Inventory was used for knowing the Mental Health of the Upper Primary Normal and Special school students.

Scoring Procedure

Psychological Well-being: In tool there were five options to put tick including Always, very often, Fairly often, sometimes, Almost never, and Never. Score 6 was given for Always, score 5 was given for very often, score 4 was given for Fairly often, score 3 was given for sometimes, score 2 was given for Almost never, and score 1 was given for Never. In each dimension total score was calculated. In each tool total score was also calculated.

Psychological Distress: In tool there were five options to put tick including Always, very often, Fairly often, sometimes, Almost never, and Never. Score 6 was given for Never, score 5 was given for Almost never, score 4 was given for sometimes, score 3 was given for Fairly often, score 2 was given for very often, and score 1 was given for Always. In each dimension total score was calculated. In each tool total score was also calculated.

Mental Health	Item No.	Always	Very often	Fairly often	Sometimes	Almost never	Never
Psychological Well-being (Positive)	16,17,18,19,20,21,22,23,24,25,26,27,28,29,30	6	5	4	3	2	1
Psychological Distress (Negative)	1,2,3,4,5,6,7,8,9,10,11,12,13,14,15	1	2	3	4	5	6

Statistical Techniques

Percentage, Mean, SD, & t-test were used to analyse the collected data. t-tests were used to verify the hypotheses.

RESULTS & DISCUSSIONS:

Testing of H_{01} :

There is low level of Mental Health of Upper Primary Students in Normal and Special Schools in Purulia District of West Bengal.

Category	N	Mean	S.D
Normal and Special School Students	180	109.52	11.68

Through the help of cut-off point the researcher has verified the H_1 . Here Cut-off Point is $M + 1\sigma$. It means, Mean=109.52, N=180 and $\sigma=11.68$. Hence $M + 1\sigma$ is $109.52 + 1 \times 11.68 = 121.2$. And $M - 1\sigma = 109.52 - 1 \times 11.68 = 97.84$. Most of Upper Primary both Normal and Special school students (128 in number) i.e., 71.11 % of students were lies between 121.2 to 97.84 scores. Hence, it can be said that the Mental Health of Upper primary students [both Normal and Special schools] in Purulia district of West Bengal is neither high nor low i.e., satisfactory or average level in Mental Health.

Table-1: The Mental Health of Upper Primary Students in Normal and Special schools in Purulia District of West Bengal.

Scores	Frequency	Percentage	Levels of Mental Health
Above-121.2	27	15%	High
Between-97.84-121.2	128	71.11%	Average
Below-97.84	25	13.89%	Low
Total	180	100%	

Testing of H_{02} :

There is low level of Mental Health in Normal school students at Upper Primary level in Purulia District of West Bengal.

Category	N	Mean	S.D
Normal School Students	100	111.25	12.44

Through the help of cut-off point the Investigator verified the H_2 . Here Cut-off Point is $M + 1\sigma$. It means, Mean=111.25, N=100 and $\sigma=12.44$ Hence $M + 1\sigma$ is $111.25 + 1 \times 12.44 = 123.69$ And $M - 1\sigma = 111.25 - 1 \times 12.44 = 98.81$. Most of Upper Primary Normal school students (73 in number) i.e., 73 % of students were lies between 123.69 to 98.81 scores. Hence, it can be said that the Mental Health of Normal school students of Upper Primary level at Purulia district of West Bengal is neither high nor low i.e., satisfactory or average in Mental Health

Table-2: The Mental Health of Upper Primary Students in Normal schools in Purulia District of West Bengal.

Scores	Frequency	Percentage	Levels of Mental Health
Above-123.69	13	13%	High
Between-98.81-123.69	73	73%	Average
Below -98.81	14	14%	Low
Total	100	100%	

Testing of H_{03} :

There is low level of Mental Health in Special school students at Upper Primary level in Purulia District of West Bengal.

Category	N	Mean	S.D
Special School Students	80	107.35	10.23

Through the help of cut-off point we verify the H_3 . Here Cut-off Point is $M + 1\sigma$. It means, Mean=107.35, N=80 and $\sigma = 10.23$. Hence $M + 1\sigma$ is $107.35 + 1 \times 10.23 = 117.58$ And $M - 1\sigma = 107.35 - 1 \times 10.23 = 97.12$. Most of Upper Primary Special school students (57 in number) i.e., 71% of students were lies between 117.58 to 97.12 scores. Hence, it can be said that the Mental Health of Special Upper Primary school students of Purulia district of West Bengal is neither high nor low .i.e., satisfactory or average in Mental Health

Table-3: The Mental Health of Upper Primary Students in Special schools in Purulia District of West Bengal.

Scores	Frequency	Percentage	Levels of Mental Health
Above- 117.58	10	13%	High
Between-97.12-117.58	57	71%	Average
Below-97.12	13	16%	Low
Total	80	100%	

Testing of H_{04} :

There is no significant difference between the Mental Health of Male and Female students in Normal and Special schools at Upper Primary level in Purulia District of West Bengal.

Table-4: Showing significance of difference between the Mental Health of Male and Female students in Normal and Special schools at Upper Primary level in Purulia District of West Bengal.

Group	N	Mean	SD	S_{ED}	df	t-value	Level of Significance
Male Students in Normal and Special Schools	118	109.53	10.6	1.66	178	0.03	Not Significant at 0.05 level
Female Students in Normal and Special Schools	62	109.48	13.49				

From the **Table-4**, it is observed that the calculated 't' value ('t' = 0.03) is less than the table value at the 0.05 level of significance (1.97 at 0.05 level of significance).Therefore, the result is not significant. Hence, the H_4 is rejected and the researcher's H_{04} is retained; that is to say that, there is no significant difference between the Mental Health of Male and Female students in Normal and Special schools at Upper Primary level in Purulia District of West Bengal.

Testing of H₀₅:**Table-5: Showing significance of difference between the Mental Health of Male and Female students in Normal schools at Upper Primary level in Purulia District of West Bengal.**

Group	N	Mean	SD	S _{ED}	df	t-value	Level of Significance
Male Students in Normal Schools	53	110.62	11.04	2.51	98	0.53	Not Significant at 0.05 level
Female Students in Normal Schools	47	111.96	13.83				

From the **Table-5**, it is observed that the calculated 't' value ('t' = 0.53) is less than the table value at 0.05 level of significance (1.98 at 0.05 level of significance).Therefore, the result is not significant. Hence, the H₅ is rejected and the researcher's H₀₅ is retained; that is to say that, there is no significant difference between the Mental Health of Male and Female students in Normal schools at Upper Primary level in Purulia District of West Bengal.

Testing of H₀₆:**Table-6: Showing significance of difference between the Mental Health Male and Female students in Special schools at Upper Primary level in Purulia District of West Bengal.**

Group	N	Mean	SD	S _{ED}	df	t-value	Level of Significance
Male Students in Special Schools	65	108.65	10.15	2.82	78	2.45	Significant at 0.05 level
Female Students in Special Schools	15	101.73	8.57				

From the **Table-6**, it is observed that the calculated 't' value ('t' = 2.45) is greater than the table value at 0.05 level of significance (1.99 at 0.05 level of significance).Therefore, the result is significant. Hence, the H₀₆ is rejected and the researcher's H₆ is retained; that is to say that, there is significant difference between the Mental Health Male and Female students in Special schools at Upper Primary level in Purulia District of West Bengal.

Testing of H₀₇:**Table-7: Showing significance of difference between the Mental Health of students reading in Urban and Rural- Normal and Special Upper Primary schools of Purulia District.**

Group	N	Mean	SD	S _{ED}	df	t-value	Level of Significance
Urban students in Normal and Special Schools	102	109.56	12.51				Not Significant

Rural students in Normal and Special Schools	78	109.46	10.48	1.66	178	0.06	at 0.05 level
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From the **Table-7**, it is observed that the calculated 't' value ('t' = 0.06) is less than the table value at 0.05 level of significance (1.97 at 0.05 level of significance).Therefore, the result is not significant. Hence, the H₇ is rejected and the researcher's H₀₇ is retained; that is to say that, there is no significant difference between the Mental Health of students reading in Urban and Rural- Normal and Special Upper Primary schools of Purulia District.

Testing of H₀₈:

Table-8: Showing significance of difference between the Mental Health of students reading in Urban and Rural-Normal Upper Primary schools of Purulia District.

Group	N	Mean	SD	S _{ED}	df	t-value	Level of Significance
Normal Students in Urban schools	50	112.06	13.11	2.5	98	1.13	Not Significant at 0.05 level
Normal students in Rural schools	50	109.84	11.57				

From the **Table-8**, it is observed that the calculated 't' value ('t' = 1.13) is less than the table value at 0.05 level of significance (1.98 at 0.05 level of significance).Therefore, the result is not significant. Hence, the H₈ is rejected and the researcher's H₀₈ is retained; that is to say that, there is no significant difference between the Mental Health of students reading in Urban and Rural –Normal Upper Primary schools of Purulia District.

Testing of H₀₉:

Table-9: Showing significance of difference the Mental Health of students reading in Urban and Rural-Special Upper Primary schools of Purulia District.

Group	N	Mean	SD	S _{ED}	df	t-value	Level of Significance
Special students in Urban schools	52	106.58	10.98	2.31	78	0.96	Not Significant at 0.05 level
Special students in Rural schools	28	108.79	8.16				

From the **Table-9**, it is observed that the calculated 't' value ('t' = 0.96) is less than the table value at 0.05 level of significance (1.99 at 0.05 level of significance).Therefore, the result is not significant. Hence, the H₉ is rejected and the researcher's H₀₉ is retained; that is to say that, there is no significant difference

between the Mental Health of students reading in Urban and Rural –Special Upper Primary schools of Purulia District.

Testing of H_{010} :

Table-10: Showing significance of difference between the Mental Health of General and SC / ST students in Normal and Special Upper Primary Schools of Purulia District.

Group	N	Mean	SD	S_{ED}	df	t-value	Level of Significance
General Students in Normal and Special schools	120	109.82	11.87	2.03	178	0.44	Not Significant at 0.05 level
SC / ST Students in Normal and Special schools	60	108.92	11.24				

From the **Table-10**, it is observed that the calculated 't' value ('t' = 0.44) is less than the table value at 0.05 level of significance (1.97 at 0.05 level of significance).Therefore, the result is not significant. Hence, the H_{10} is rejected and the researcher's H_{010} is retained; that is to say that, there is no significant difference between Mental Health of General and SC / ST students of Normal and Special Upper Primary Schools of Purulia District.

Testing of H_{011} :

Table-11: Showing significance of difference between the Mental Health of General and SC / ST students in Normal Upper Primary Schools of Purulia District.

Group	N	Mean	SD	S_{ED}	df	t-value	Level of Significance
General Students in Normal School	66	111.73	12.73	2.51	98	0.56	Not Significant at 0.05 level.
SC / ST Students in Normal school	34	110.32	11.82				

From the **Table-11**, it is observed that the calculated 't' value ('t' = 0.56) is less than the table value at 0.05 level of significance (1.98 at 0.05 level of significance).Therefore, the result is not significant. Hence, the H_{11} is rejected and the researcher's H_{011} is retained; that is to say that, there is no significant difference between the Mental Health of General and SC / ST students in Normal Upper Primary Schools of Purulia District.

Testing of H_{012} :**Table-12: Showing significance of difference between the Mental Health of General and SC / ST students in Special Upper Primary Schools of Purulia District.**

Group	N	Mean	SD	S_{ED}	df	t-value	Level of Significance
General Students in Special School.	54	107.48	10.27	2.54	78	0.16	Not Significant at 0.05 level
SC / ST Students in Special school	26	107.08	10.15				

From the **Table-12**, it is observed that the calculated 't' value ('t' = 0.16) is less than the table value at 0.05 level of significance (0.05 level of significance).Therefore, the result is not significant. Hence, the H_{12} is rejected and the researcher's H_{012} is retained; that is to say that, there is no significant difference between the Mental Health of General and SC / ST students in Special Upper Primary Schools of Purulia District.

Testing of H_{013} :**Table-13: Showing significance of difference between the Mental Health of Class VI and VIII students in Normal and Special Upper Primary schools of Purulia District**

Group	N	Mean	SD	S_{ED}	df	t-value	Level of Significance
Class VI Students in Normal and Special Schools	65	110.2	11.85	2.04	116	0.87	Not Significant at 0.05 level
Class VIII Students in Normal and Special Schools	53	108.42	11.59				

From the **Table-13**, it is observed that the calculated 't' value ('t' = 0.87) is less than the table value at 0.05 level of significance (1.98 at 0.05 level of significance).Therefore, the result is not significant. Hence, the H_{13} is rejected and the researcher's H_{013} is retained; that is to say that, there is no significant difference between the Mental Health of Class VI and VIII students in Normal and Special Upper Primary schools of Purulia District.

Testing of H_{014} :**Table-14: Showing significance of difference between the Mental Health of Class VII and VIII students in Normal and Special Upper Primary schools of Purulia District.**

Group	N	Mean	SD	S_{ED}	df	t-value	Level of Significance
Class VII Students in Normal and Special Schools	62	109.74	11.5	2.02	113	0.65	Not Significant at 0.05 level
Class VIII Students in Normal and Special Schools	53	108.42	11.59				

From the **Table-14**, it is observed that the calculated 't' value ('t' = 0.65) is less than the table value at 0.05 level of significance (1.98 at 0.05 level of significance). Hence, the H_{14} is rejected and the researcher's H_{014} is retained; that is to say that, there is no significant difference between Mental Health of Class VII and VIII students of Normal and Special Upper Primary schools of Purulia District.

Testing of H_{015} :**Table-15: Showing significance difference between the Mental Health of Normal and Special school students at Upper Primary level in Purulia District of West Bengal.**

Group	N	Mean	SD	S_{ED}	df	t-value	Level of Significance
Normal school Students	100	111.25	12.44	1.64	178	2.38	Significant at 0.05 level
Special school Students	80	107.35	10.23				

From the **Table-15**, it is observed that the calculated 't' value ('t' = 2.38) is greater than the table value at 0.05 level of significance (1.97 at 0.05 level of significance). Therefore, the result is significant. Hence, the H_{015} is rejected and the researcher's H_{15} is retained; that is to say that, there is significant difference between the Mental Health of Normal and Special school students at Upper Primary level in Purulia District of West Bengal.

LIMITATIONS OF THE STUDY:

Though a thorough and sincere investigation has been attempted, the present investigation has some limitations, those are as follow:

- 1) This study was conducted only in particular district (Purulia) of West Bengal.
- 2) Mental health of the students was measured only through administration of Mental Health Inventory constructed by the investigators. The researchers could not use other research tools.
- 3) Some Special students (52 students) were taken from Normal Upper Primary schools in Purulia District.

EDUCATIONAL IMPLICATIONS:

1. It is a humble attempt in this direction to assess the level of Mental Health of Upper Primary school Students.
2. This study is very much essential for acquiring a brief knowledge about Mental Health of Upper Primary Students.
3. This study is very much essential that promotes the equal Mental health of Special Students as like Normal Students.
4. The need of this study is to make Upper Primary Students realize their capabilities and improve upon capabilities to help solve the problem of their own life.
5. Special efforts should be made in order to develop Mental Health among the Upper Primary Students.
6. Special efforts should be made in order to develop Mental Health of Female Students in Special schools at Upper Primary level.
7. Special efforts should be made in order to develop Mental Health of Rural Students at Upper Primary level.
8. The consequence of the study will assist the policy makers and planners to know the real status of Mental health in the context of Normal and Special school Students in West Bengal.

CONCLUSION:

We can say that Mental Health is play very important role in life and also in student life. We know “there is no health without Mental Health”.The incidence of mental health issues continues to increase on schools and has more of a negative effect on student success than do physical health issues, students continue to engage in risk-taking behaviors that impact their physical health and may be a direct result of the increasing prevalence of mental health issues. No one can't achieve their desire goal without good Mental Health whether they are Normal or Special Students. In wider sense, Mental health suggests the degree of happiness and satisfaction under the condition of deserve such a state of mind and capacity of making satisfactory personal and social relationships. So we should know Mental Health and the process to utilise it. The Upper Primary level is crucial stage in present educational system in our country, and therefore Upper Primary students should give special attention on Mental Health and its' utilisation.

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