



MENTAL HEALTH OF ADOLESCENTS IN TIRUCHIRAPPALLI DISTRICT – A STUDY

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ABSTRACT :

The objective of this paper is to highlight the mental health of adolescent students. Adolescence is the period of stress and storm. This is the life situation where the students have to undergo lot of hormonal imbalances which results in psychological Distress. Therefore, it is necessary to focus on psychological Well-being of the adolescent students.

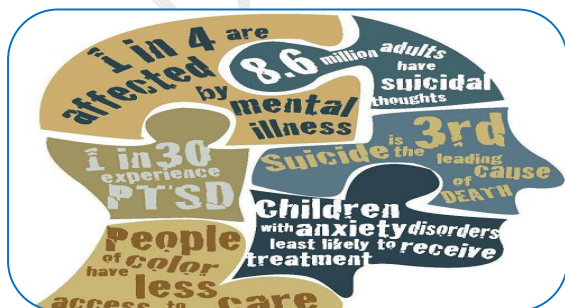
KEYWORDS : Psychological Well-being, Adolescent, Distress.

INTRODUCTION

Mental health is a level of psychological well-being or absence of mental illness. It is psychological state of someone who is functioning at a satisfactory level of emotional and behaviour adjustment (Kumar, 2016). Maslow defines mental health and illness in the context of individual functioning and developed a hierarchy of needs, the lower needs requiring fulfilment before those at higher level can be achieved, with self-actualisation being fulfilment of one's highest potential (Curtis & Tuzo, 2017). Mental health and stability is a very important factor in person's everyday life. Social Skills, behaviour skills, and someone's way of thinking are just some of the things that the brain develops at early age. Learning how to interact with others and how to focus on certain subjects are essential lessons to learn from the time we can talk all the way to when we are so old that we can barely walk. However, there are persons out there who have difficulty with these kinds of skills and behaving like an average person. This is most likely the cause of having mental illness. Study during the first few years on mental health has received public and medication in large State that about 26 % of them have been diagnosed with some kind of mental disorder (Rohit, 2016). The most common mental illness in children includes anxiety disorder as well as depression in older children and teens. Mental illness affects not only the person themselves but the people around them, friends, and Family. Therefore, the present study aims to study the socio-economic background, psychological distress and psychological well-being of adolescent students of Holy Trinity School, Sembattu, Tiruchirappalli District.

REVIEW OF LITERATURE

Siddique and Arcy (1984) conducted a study on adolescence, stress and psychological wellbeing,



among adolescents from a Canadian prairie city. The main aim of the study to examine the relationship between perceived stress in family, school and peer group situations and four measures of psychological wellbeing i.e. anxiety, depression, social dysfunction and anergia. The findings of the study revealed that there were substantial sex differences in the perception of family and peer related stresses as well as in levels of psychological distress. Raja et al. (1992) conducted a

study among 935 adolescents to assess the perceived attachments to their parents and peers, and their psychological health and well-being. The findings of the study highlighted the fact that adolescents who perceived high attachments to both their parents and peers had the highest scores on a measure of self-perceived strengths. The findings of the study suggest that high perceived attachment to parents may be a critical variable associated with psychological well-being in adolescence. Mavroveli et al. (2007) conducted a study on 'Trait emotional intelligence, psychological well-being and peer-rated social competence in adolescence' aimed to investigate the relationship between trait EI and four distinct socio emotional criteria on a sample of Dutch adolescents (N = 282; 136 girls, 146 boys; mean age = 13.75 years). Results of the study revealed that adolescents with high trait EI scores received more nominations from their classmates for being co-operative and girls gave significantly more nominations to classmates with high trait EI scores for having leadership qualities. Kieling et al. (2011) conducted a research on mental health that indicated that one in five children experience mental health problems. It is also stated that this problem may be increasing. Perez (2012) through a study called 'gender difference in psychological well-being among Filipino college student samples' among 5888 college students from various schools in order to determine gender differences in various aspects of psychological wellbeing. The findings of the study revealed that female participants reported significantly higher scores in the aspects of daily spiritual experience, relationship with father, relationship with peers, positive relationship with others and purpose in life. However, male participants reported higher autonomy than their female counterparts. The differences were statistically significant and ranged from small to moderate degree. The differences that emerged are in line with stereotypical beliefs regarding gender roles. They also reported that there is no significant gender difference in terms of experience of positive and negative affect, relationship with mother, relationship with teachers, environmental mastery, personal growth and self-acceptance. Interestingly, there was almost significant gender difference in negative affect with the female participants showing higher scores than the males. A cross sectional study was carried out by Yasmin et al. (2015), in order to assess school adolescents' PWB, examine the relationship of PA and socio-demographic factors with PWB. The study findings showed that the mean age of the respondents is 14.64, above fifty percentages of them were female. In a multivariable analysis the mean wellbeing in females adjusted for other covariates was significant ($P = 0.004$) than males. PWB importantly ($P < 0.001$) decreased by 3.36 units as its covariates increased and PA score in boys found 0.05 unit more than girls. Pavithra and Sembian (n.d.) conducted a study among 50 adolescents and reported that stay in hostel is positively related with psychological well-being. It could be said that hostellers will have a good psychological wellbeing. They also reported that socio-demographic variables do not influence adolescent's psychological well-being; gender and age are negatively related with psychological wellbeing.

METHODOLOGY

The Present Study aims to analyse the Socio – economic background and psychological well-being of adolescent students. The researcher collected data from 82 students of 11th and 12th standard in Holy Trinity School, Sembattu. The study is descriptive in nature. Self-prepared interview schedule was used to collect personal data of the respondents and to measure the psychological wellbeing of the respondents the researcher adopted Mental Health Inventory by Department of Health and Ageing (2003).

RESULTS

Socio Economic Background of the respondent: The socio-economic background of the respondents shows that majority (40%) of the respondents are from urban areas, about 44 per cent of the respondents are in the age group of 16 years, and 62 of the respondents are male. With regard to their educational qualification more than half of them belong to nuclear family, about 56 per cent of the respondents belong to Hinduism, and 72 percent of them are from backward community. More than half (53.7 per cent) of the respondents are living in concrete houses and 38 per cent of them living in tiled houses. More than one fourth (29%) of the respondents' fathers have studied upto middle school, nearly one fourth of the respondents' fathers

have studied upto high school level (24%) and primary school level (23%) respectively. About 13 per cent of the respondent’s fathers were illiterate & the remaining 8 per cent of the respondent’s father have completed higher secondary & above level of education. One third (34%) of the respondents’ fathers earned up to Rs.6,000 per month, nearly one third (32%) of the respondents’ mothers have completed primary education, and 31% of the respondents’ mother earned upto Rs.5000 and Rs. 5001-10000 respectively. With regard to the family income of the respondents, about 37% of the respondent’s family income in the range of Rs.10001-15000, more than one third (23%) of the respondent’s family income in the range of Rs.6001-10000.

Psychological Wellbeing: Majority of the respondents scored low in their level of psychological wellbeing (48%) and scored high (52 %) in psychological distress.

Socio Economic Background and Psychological Wellbeing

Table - 1: Place of Living of the Respondents

Place of Living	N	Mean	Std. Deviation	Inference
Urban	33	52.7273	9.37841	F - 4.467 df - 2, 79 Sig. - 0.015 p <0.05
Semi Urban	23	48.0870	9.35615	
Village	26	45.1923	10.61327	
Total	82	49.0366	10.19010	

Table - 1 indicates that the respondents from urban areas have a higher psychological wellbeing mean score than the respondents from semi urban and rural areas. The ANOVA results (F-4.467, p<0.05) show that there is a significant difference between psychological wellbeing and place of living of the respondents.

Table - 2: Age Group of the Respondents

Age	N	Mean	Std. Deviation	Inference
15	21	56.5238	8.74997	F - 9.338 df - 2, 79 Sig. - 0.000 P<0.001
16	36	47.0000	8.51218	
17	25	45.6800	10.67599	
Total	82	49.0366	10.19010	

Table - 2 points out that the mean score of psychological wellbeing is higher among the respondents in the age of 15 years than the respondents in the age of 16 years and 17 years. The ANOVA results (F-9.338, p<0.001) show that there is a significant difference between psychological wellbeing and age of the respondents.

Table - 3: Sex of the Respondents

Sex	N	Mean	Std. Deviation	Inference
Male	51	54.6078	7.24176	t - 8.906 df - 80 Sig. 0.000 p<0.001
Female	31	39.8710	7.30635	

Table - 3 illustrates that the mean score of psychological wellbeing is higher among the male respondents than the female respondents. The independent sample t test results (t-8.906, p<0.001) show that there is a significant difference between the male and female respondents in the mean scores of psychological wellbeing.

Table - 4: Educational Qualification of the Respondents

Educational Qualification	N	Mean	Std. Deviation	Inference
11th Std	49	51.0816	9.85908	t - 2.271 df - 80 Sig. - 0.026 P<0.05
12th Std	33	46.0000	10.05609	

Table - 4 demonstrates that the mean score of psychological wellbeing is higher among the respondents studying in 11th std. than the respondents studying in 12th std. The independent sample t test results (t-2.271, p<0.05) show that there is a significant difference between the educational qualification of the respondents in the mean scores of psychological wellbeing.

Table - 5: Family Type of the Respondents

Family Type	N	Mean	Std. Deviation	Inference
Nuclear Family	45	46.6889	9.26337	t - -2.365 df - 80 Sig. - 0.020 P<0.05
Joint Family	37	51.8919	10.65307	

Table - 5 demonstrates that the mean score of psychological wellbeing is higher among the respondents studying in 11th Std than in the respondents studying in 12th std. The independent sample t test results (t-2.271, p<0.05) show that there is a significant difference between the educational qualification of the respondents in the mean scores of psychological wellbeing.

Table - 6: No. of Siblings of the Respondents

No. of Siblings	N	Mean	Std. Deviation	Inference
1	14	40.5000	7.15488	F - 8.405 df - 3,78 Sig. - 0.000 p <0.001
2	19	45.4211	5.98439	
3	27	51.8519	4.43503	
4	22	54.1364	14.69466	
Total	82	49.0366	10.19010	

Table - 6 illustrates that the mean score of psychological wellbeing is higher among the respondents who have 4 siblings with them than the others. The ANOVA test results (F-8.405, p<0.001) indicated that there is a significant difference between the number of siblings in the mean scores of psychological wellbeing of the respondents.

Table - 7: Fathers' Educational Qualification of the Respondents

Father Education	N	Mean	Std. Deviation	Inference
Illiterate	11	38.7273	6.70956	F - 21.400 df - 4,77 Sig. - 0.000 p <0.001
Primary school	19	43.2632	6.09956	
Middle school	24	50.2083	4.31357	
High school	20	51.8000	11.26055	
H. Secondary &<	8	66.5000	1.92725	
Total	82	49.0366	10.19010	

With regard to the fathers’ educational qualification, it is highlighted in table 7 that the mean score of psychological wellbeing is higher among the respondents whose father have completed higher secondary education and above than the other categories. The ANOVA test results (F-21.400, p<0.001) indicated that there is a significant difference between the fathers’ educational qualification in the mean scores of psychological wellbeing of the respondents.

Table - 8: Fathers Income of the Respondents

Father Income	N	Mean	Std. Deviation	Inference
Unemployed	12	34.4167	6.25893	F - 49.038 df - 3,78 Sig. - 0.000 p <0.001
Up to Rs.6000	28	46.2143	6.49990	
Rs.6001-12000	23	50.3043	5.51391	
Rs. 12001& above	19	60.8947	6.11823	
Total	82	49.0366	10.19010	

With regard to the fathers’ Income, it is clear from table 8 that the mean score of psychological wellbeing is higher among the respondents whose fathers’ income in the range of Rs. 12001 & above than the other categories. The ANOVA test results (F-49.038, p<0.001) show that there is a significant difference between the fathers’ income in the mean scores of psychological wellbeing of the respondents.

Table - 9: Mothers’ Educational Qualification

Mother Education	N	Mean	Std. Deviation	Inference
Illiterate	15	34.6667	5.62731	F - 70.001 df - 3, 78 Sig. - 0.000 P<0.001
Primary school	26	46.3077	5.86358	
Middle school	22	51.8182	3.78765	
High school and above	19	60.8947	6.11823	
Total	82	49.0366	10.19010	

Based on the results in table - 9 with regard to the respondent’s mothers’ educational qualification it is apparent that the mean score of psychological wellbeing is higher among the respondents whose mother have completed higher secondary level of education and above than the other categories. The ANOVA test results (F-70.001, p<0.001) indicated that there is a significant difference between the fathers’ educational qualification in the mean scores of psychological wellbeing of the respondents.

Table - 10: Mothers Income of the Respondents

Mother Income	N	Mean	Std. Deviation	Inference
Unemployed/H.Wife	15	34.4667	5.15290	F - 109.284 df - 3,78 Sig. - 0.000 p <0.001
Up to Rs.5000	25	45.3200	3.92343	
Rs.5001-10000	25	52.5200	3.76519	
Rs. 10001& above	17	62.2353	5.78283	
Total	82	49.0366	10.19010	

With regard to the mothers’ Income, it is evident from table 10, that the mean score of psychological wellbeing is higher among the respondents whose mothers’ income in the range of Rs. 10001 & above than the other categories. The ANOVA test results (F-109.284, p<0.001) show that there is a significant difference between the fathers’ income in the mean scores of psychological wellbeing of the respondents.

Table - 11: Family Income of the Respondents

Family Income	N	Mean	Std. Deviation	Inference
Up to Rs.6000	11	38.7273	6.70956	F - 32.997 df - 4, 77 Sig. - 0.000 p <0.001
Rs.6001-10000	19	41.8421	6.35315	
Rs.10001-15000	30	49.9667	5.76842	
Rs.15001-20000	13	53.8462	8.78300	
Rs.20001&<	9	66.7778	1.98606	
Total	82	49.0366	10.19010	

With regard to the Fathers' Income, it is evident from table 11, that the mean score of psychological wellbeing is higher among the respondents whose family income in the range of Rs. 20001 & above than the other categories. The ANOVA test results (F-109.284, p<0.001) show that there is a significant difference between the family income in the mean scores of psychological wellbeing of the respondents.

CONCLUSION

Thus, it is concluded that the state of psychological distress is in the higher rate among older students or 12th students as there are under the grip of heavy stress due to their career plans. Male students experience more distress than girl students due to influence of mass media and peer group pressure. It is also noted that young students possess good psychological well-being. Socio-economic status of the adolescents also plays vital role in psychological well-being. Over all, to improve mental health among the students a good counsellor can be appointed in schools to give career counselling. Social Work methods like group work and case work can be adopted to improve well-being of the students and to reduce distress.

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