



CORRELATION OF MENTAL HEALTH PROBLEMS WITH ADJUSTMENT IN ADOLESCENCE

Dr. Shafiq Yusufkhan Pathan

Assistant Professor, UG & PG Department of Psychology,
Government Vidarbha Institute of Science and Humanities, Amravati (Maharashtra State).

ABSTRACT

It now seems that mental health and adjustment problems concerns, which are very much prevalent in Indian society. In recent years, it has been widely witnessed that a surprising number of adolescents suffer mental health and adjustment problems. Against this backdrop this study tried to assess the relationship between mental health problem and adjustment in adolescents. The study also attempted to look at whether any gender wise differences on mental health problems and adjustment. The participants included 120 male and female from the age range of 17-22 years, were administered mental health inventory and adjustment inventory for college students. Results showed that mental health problems were significantly related to adjustment. Gender wise differences found significantly on adolescent's mental health and adjustment.

KEYWORDS: Mental health problems. Adjustment. Adolescents.

INTRODUCTION

Mental Health is the normal state of well being of the individual. It is a condition which is characteristic of the average person who meets the demand of life on the basis of his own capacities and limitations. The term Mental Health denotes a quality of wholeness or soundness. Mental health is not the mere absence of mental illness, but it is quality of an individual about others and how he is able to face the realities of life. Mental Health is rooted in a person's ability to balance feelings desires, ambitions and competence. The individual state of mental health not static, but it is continuously changing depend up on his actions and the factors acting up on him.

Mental health is a balanced development of the total personality which enables to interact, creativity and harmoniously with society (WHO, 1962). Another view is a balanced development of the total personality which is enables to interact creativity and harmoniously with society (Konhuser, 1965).

Adjustment is ability to oneself to meet problems appropriate to his level of development (Anderson, 1949), it is large units of behaviour in which several separate acts or responses are joined (Asher & et.al., 1953). According to Coleman in 1960, adjustment is a state that the process by which an organism attempts to meet the demands place upon it by its own nature by it environment is called adjustment.



Adjustment is a process to crating friendly relationship between person and with the environment. In society, everyone tries to behave according to norms for the adjustment like individual in his/her family, students in the classroom, employee in the office etc.

The individuals who are in the age between 10 to 19 years are adolescents (WHO), the adolescents phase is characterized by tremendous growth and potential, at this phase of life span they established behaviour pattern of adolescents have effects on the mental health and

well-being for long time that may be positive or negative. Worldwide approximately twenty percent of youth experiences mental health problems each year (Kessler, 2005), adolescents having a greater risk of mental health during childhood to adulthood (Kessler & et.al. 2005). WHO also strengthens the mental health services provisions by implementing the mental health Gap Action Programme (mhGAP). Adolescents face internal conflicts which are directly influence to their mental health and adjustment. Mental health is a major area attention in development (WHO, 2010). Adjustment plays an important role in academic achievement of the adolescents, peer adjustment in family etc., these all stated determines the mental makeup of young adolescents(Aggarwal & Bhalla, 2012). Many studies have been conducted in various parts of the world to identify the factors that impact on students' mental health and adjustment. There is significant positive correlation between mental health of adolescents and in the moral adjustment of adolescents, and there is no significant gender difference on mental health (Archana, 2011).

There is significant association between mental health and adjustment of higher secondary school students revealed by Murugan, P.V in 2017. van der Molen, E & et.al (2013). Revealed that, in their study, 59% had one or more mental health problems at follow-up, whereas 96.2% of participants were facing at least one adjustment problem. Subject with personality disorder reported more adjustment problem as compared to subjects without personality disorder.

Mental health positive related with school environment of adolescents, no gender differences on mental health (Sharma & SumanLata, 2014). Mental health of adolescents is required for becoming a civilized and good member of the society. In this study, researcher tried to measure correlation of mental health problem with adjustment in adolescents.

OBJECTIVES OF THE STUDY

1. To explore the relationship between adjustment and mental Health.
2. To examine the differences between male and female on the measure of mental health and adjustment.

Hypotheses

1. Mental health and adjustment would be significantly correlated with each other.
2. There would be significant difference between male and female on the measure of mental health.
3. There would be significant difference between male and female on the measure of adjustment.

Research Design

The present research was exploratory in nature, since the purpose of this study was that of formulating a problem for more precise investigation. This study explores the relationship between mental health and adjustment. Also, the study examines the truth of statistical hypotheses by systematically finding the difference between male and female, in psychological variables namely adjustment and mental health.

Method

Participants

Participants (60 women, 60 men, M age=20.4: 17-22) were under graduate-students volunteers at the Government Vidarbha Institute of science and humanities, Amravati (Maharashtra-India) aged between 17 and 22 who took part in the study. Participants were randomly assigned to take part in study and complete the mental health inventory and adjustment inventory for college students. Participants were not paid for their contribution. Participants were also informed of the nature of the study. Upon completion, they were thanked, and debriefed.

Measures

Information schedule

It was administered for the purpose of collecting demographic details and family income, their name, age, gender, structure of the family, participation in cultural activities and inhabitant.

Mental health: Mental health was assessed with the mental health scale (Sharma1996), which contains 60 items. Participants were asked to responsecategoriesyes, indefinite and no (1= Yes, 2= Indefinite, 3=No).

Mental health inventory: Mental health was assessed with the mental health inventory (Augestien, 1990), which contains 40 items. Participants were asked to select any one of the two responses to indicate their ability to adjust one's social, vocational and environmental demands.

Adjustment Inventory for college students: the adjustment level of the participants was measure with the adjustment inventory for college students (Sing & Sing, 1993), which contains 60 items. Participants wereasked to indicate how much they agree with statements (*yes or not*) each item for them.

Procedure

All participants were informed about purposes of the study before completing of measures, Consent for participation of students was obtained. Student participation was voluntary and confidential. The study was conducted in two phases; in the first phase the personal information of participants was collected. In the second phase, mental health inventory and adjustment inventory for college students were administered and determined the number of responses given by the participants. It took approximately 100 minutes to complete the administration. Obtained data was further analyzed by using SPSS 23.0.

RESULTS AND DISCUSSION

The various means of the sample were computed. The standard deviations were computed to measure the variability correlational analysis was done using Statistical Package for Social Sciences (SPSS 23.0) for finding out the relationship among variables.

Student t-test was used to find out the difference between men and womenadolescents in their mental health and adjustment.

Table-1:
Showing the correlation between mental Health and adjustment.

		Mental Health	Adjustment
Mental Health	Pearson Correlation	1	0.68**
	N	120	120
Adjustment	Pearson Correlation	0.68**	1
	N	120	120

Correlation indicates that there is a significant positive correlation between mental health and adjustment. Correlation score is $r = 0.68^{**}$ it is significant at 0.01 level. It means, there is positively significant correlation between mental health and adjustment.

Table-2
Showing the Mean, Standard Deviation and t-value on mental health.

Gender	M	SD	t	Level of Significance
Men	33.02	5.30	5.70	Significant
Women	28.06	4.15		

The mean values of Men and Women adolescents are 33.02 and 28.06 respectively. The standard deviation for Men is 5.30 and for Women is 4.15. The t-value is 5.70 and found to be significant. This shows that there is significant difference in their mental health problems of Men and Women adolescent. Hence, the hypothesis-2 there would be significant difference between male and female on the measure of mental health is accepted.

Table-2
Showing the Mean, Standard Deviation and t-value on adjustment

Gender	M	SD	t	Level of Significance
Men	44.36	4.52	4.44	Significant
Women	48.67	6.02		

The mean values of Men and Women are 44.36 and 48.67 respectively. The standard deviation for Men is 4.52 and for Women is 6.02. The t-value is 4.44 and found to be significant. This shows that there is significant difference on the Adjustment of Men and Women students.

Hence, hypothesis no3 which is there would be significant difference between male and female on the measure of adjustment is accepted.

It is seen that there is significant correlation between Mental Health and Adjustment. The positive correlation between mental health and adjustment implies that adjustment is a factor that determines the level of mental health and similarly mental health is one of the components that influence the adjustment. Some other components also influence the mental health; they are acceptance, good home environment, tolerance, confidence, stress, curiosity, achievement and adoptability to any kind of situations etc.

It is also observed that there is significant difference between Men and Women in their Mental Health. This may be attributed to gender inequality. Today, both men and Women have entered into all types of course and hold significant position in various important jobs in metropolitan cities not all over Maharashtra. Results showed that there is significant differences between men and women in their adjustment problems, it may due to unequal nurturing by parents and society. In Indian scenario women's facing lot of ethics, parenting and societal control for how she should behave in society.

CONCLUSIONS

Mental Health and Adjustment have significant related to each other.
Significant difference found between Men and Women adolescence.

LIMITATIONS AND RECOMMENDATIONS

In any Social Science investigation, the external validity of the results of the study is limited by many constraints related to the sample selection/ availability, research design, reliability and validity of the tools under study and number of variables feasible to study at a time.

Local of the study was restricted to urban region only. It can be spread into other areas also.

The sample of the study was small. The study can also be done by taking large sample size.

Area of living i.e. environment as well as rural & urban factors and socioeconomic status, cultural factors of the subjects was not considered in this study.

REFERENCES

Anand, S.P. (1989). Mental health of high school students. *Indian Educational Review*, Vol. 24 (2), PP 14-24.
Atwater, Eastwood (1983) *Psychology of Adjustment*, New Jersey: Prentice Hall, Inc.

- Barger, B., Hall, E. E. (1964). *Higher education and mental health*; proceedings of a conference, University of Florida, Gainesville, Sept. 25-26, 1963. Gainesville.
- Bonham, S. J., Stephens, T. M. (1964). *Report for Comprehensive Mental Health Planning Project*. Columbus, Division of Special Education Ohio Dept. of Education.
- Carroll, H.A (1964). *Mental Hygiene: The Dynamics of Adjustment*. New York; Prentice Hall, 4th Edition.
- Garrett, H.E. and Woodsworth , R.S. (1985). *Statistics in Psychology and Education*. Mumbai: Vikas and Sons Ltd.
- Koul, L. (2000). *Methodology of Educational Research*. New Delhi: Vikas Publishing House Pvt. Ltd.
- Murugan, P. Vel (2017). Mental Health and Adjustment of Higher Secondary School Students. *Journal on Educational Psychology*, v11 n2 p29-35 Aug-Oct 2017.
- Raj, O.N. (1985) *Level of Mental Health of Post Graduate Students of Banarus Hindu University*, Unpublished M.Ed Dissertation. Varanasi: Banarus Hindu University.
- van der Molen, E.; Vermeiren, R. R. J. M.; Krabbendam, A. A.; Beekman, A. T. F.; Doreleijers, T. A. H.; Jansen, L. M. C. (2013). Detained Adolescent Females' Multiple Mental Health and Adjustment Problem Outcomes in Young Adulthood. *Journal of Child Psychology and Psychiatry*, v54 n9 p950-957 Sep 2013.
- Zimbardo, Phlip G. (1985) *Psychology and Life*, 11th edition Glenview, IL: *Scott, Foresman*.



Dr. Shafiq Yusufkhan Pathan

Assistant Professor, UG & PG Department of Psychology, Government Vidarbha Institute of Science and Humanities, Amravati (Maharashtra State).