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COMPARISON OF NEGATIVE MOOD STATES OF ADOLESCENTS AT HIGHER SECONDARY LEVEL WITH RESPECT TO GENDER AND TYPE OF MANAGEMENT OF SCHOOL

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ABSTRACT:

An attempt was made in the present study to compare the negative mood states of adolescent students at higher secondary level with respect to gender and type of management. 3006 higher secondary school students constituted the sample of the study. Self-made tool was administered on the sample to assess their negative mood states. The findings revealed that there is significant difference in negative mood states of adolescent students at higher

secondary level with respect to gender and no significant difference in negative mood states of adolescent students at higher secondary level with respect to type of management.

KEYWORDS: *Negative Mood States, Adolescents.*

INTRODUCTION

Negative moods have important implications for human mental and physical wellbeing. Moods are basic psychological states that can occur as a reaction to an event or can surface for no apparent external cause. Since there is no intentional object that causes the negative mood, it has no specific start and stop date. It can last for hours, days, weeks, or longer. Negative moods can manipulate how individuals interpret and translate the world around them, and can also direct their behaviour.

NEGATIVE MOOD STATES IN THE PRESENT STUDY

Mood state, the other construct

of interest in this study, refers to "a situation specific, somewhat transient, psychological response to an environmental stimulus" Cox (2002). Based on the definitions and theories of emotions/mood states as provided by previous researches in the field and expert consensus, the present study includes the following as the dimensions of negative mood states.

1. Anxiety
2. Depression
3. Regression
4. Fatigue
5. Guilt
6. Stress

NEED AND SIGNIFICANCE OF THE STUDY

In this investigation it was planned to find out the comparison of negative mood

states of adolescents at higher secondary level. In general, psychological state is a mental condition in which the qualities of a state are relatively constant, even though the state itself may be dynamic. The good psychological states of adolescence would feel comfortable about themselves. They would not be too much affected by their fears, angers, love, jealousy, guilt or worries. They could laugh at themselves having self-respect, feel and show respect to others. Bernard (1964) states that mentally healthy individuals are adjusted to themselves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and socially considerate behaviour and the ability of facing and accepting their relatives of life. Since

mental health relates with psychological state or we can say that it is psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment. So, mentally healthy people have positive attitude toward their own group and other people. That's why several psychologists and psychiatrists have presented different criteria of positive good psychological states.

OBJECTIVES OF THE STUDY

- To compare the negative mood states of adolescent students at higher secondary level with respect to gender (boys/girls) and type of management (aided/government).

HYPOTHESES

- There is significant difference in the negative mood states of adolescent students at higher secondary level with respect to gender.
- There is significant difference in the negative mood states of adolescent students at higher secondary level with respect to type of management.

METHODOLOGY

Normative survey method was used in the study. The present study has been envisaged on a sample of 3006 higher secondary students from 18 schools of Ernakulam, Kottayam, Thrissur and Idukki districts in Kerala. Random sampling was used for selecting sample from the population. Negative Mood States Scale developed and standardized by the investigator was used for collecting the data. The investigator had used mean, standard Deviation and t-test for analyzing the data.

RESULTS AND DISCUSSIONS

Table 1: Data and Results of the Test of Significance of Difference in Mean Scores of Negative Mood States of the Students Grouped with respect to Gender

Sub Samples		Mean	SD	N	t-value
Gender	Boys	90.68	31.94	1586	3.21**
	Girls	86.92	32.26	1420	

**Significant at 0.01 level.

Table-1 shows that the average negative mood states scores are 90.68 and 86.92 respectively. The calculated value of 't' for significance of difference between the mean scores of gender (boys and girls) is $t=3.21$, Indicating that there exist significant difference between the mean scores of negative mood states with respect to gender. On the basis of the mean it may be concluded that girls are having more study involvement than boys.

Table 2: Data and Results of the Test of Significance of Difference in Mean Scores of Negative Mood States of the Students Grouped with respect to Type of Management

Sub Samples		Mean	SD	N	t-value
Type of Management	Aided	87.81	33.01	1484	-1.85
	Govt.	89.97	31.25	1522	

Not Significant at 0.05 level.

Table-2 depicts that the average negative mood states scores is 87.81 and 89.97 respectively. The calculated value of 't' for significance of difference between the mean scores of type of management (Aided & Govt.) is $t=-1.85$, Indicating that there exist no significant difference between the mean scores of negative mood states with respect to type of management.

FINDINGS

- There is significant difference between boys and girls adolescent students at higher secondary level with regard to their negative mood states.
- There is no significant difference between adolescent higher secondary students in aided and government schools with regard to their negative mood states.

EDUCATIONAL IMPLICATIONS

- ✓ Primary prevention programs such as community education campaigns involving use of the mass media, education through the publication of information packages, pamphlets and videos as well as school programs is useful for children.
- ✓ Curriculum which emphasizes positive role models, the teaching of alternative conflict resolution strategies and co-operative play is beneficial for students.
- ✓ Participating more in sports and extracurricular activities at school is worthy for them. Sport and exercise produce positive moods and greater happiness when done regularly.
- ✓ Counselling in the school by professionals or school counsellors is beneficial for the children who have high negative mood states. Secondary prevention programs like home visits and parenting programs for identified at risk populations is worthy for them.

SUGGESTIONS FOR FURTHER RESEARCH

- A study of this kind can be conducted among the students at primary and secondary level.
- The study can be extended to other areas like positive mood states, achievement, social intelligence, social skills, home learning environment etc.
- The present study was confined to four districts of Kerala. It can be extended to other districts of Kerala to arrive at more reliable and precise result.
- A study can be done for the development of innovative strategies for enhancing positive mood states and eliminating negative mood states.

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