

An Analysis on Mental Health and Social Adjustment Issue among School Students: A Comparative Study

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Abstract – Adolescence is a time of progress from childhood to Adulthood which comes about numerous developmental changes in the adolescents. Mental Health of the adolescents and their social adjustment assumes an imperative part in the general public. The fundamental point of the present investigation is to investigate the mental health and social adjustment of the senior optional students of Delhi. Also an endeavor is made to expand the connection between mental health and social adjustment of adolescents. Clear survey method is utilized for the present investigation. The sample of the examination comprised of 100 male students and 100 female students (add up to 200 students were haphazardly chosen) from the senior auxiliary schools of Delhi. The scientist utilized Mental Health Battery of Arun kumar Singh and Alpana Sen Gupta's and Social Adjustment Inventory of Dr. R.C. Deva for the sample subjects. The discoveries uncover a positive critical connection between the Mental Health and Social Adjustment in the adolescents.

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INTRODUCTION

Mental health is the emotional and otherworldly strength that enables one to appreciate life and to survive torment, enduring and frustration. It is a positive feeling of prosperity and a hidden confidence in one's own and others' poise and worth. Mental health is critical as it influences all that one does – how one dozes, what one eats, the hazard one will take and the kinds of things one does to unwind and have a good time. The National Association for Mental Health portrays a portion of the attributes of individuals with great mental health: agreeable sentiments about one's self, feeling 'appropriate' about other individuals and having the capacity to meet the requests of life. To accomplish these one ought to get well or change in accordance with the earth.

Adjustment is a manufactured – in instrument for adapting to the tricky or different substances of life. Adjustment has been considered as a record to combination; an agreeable conduct of the person by which other individual of society perceive individual is balanced (Pathak, 1990).

In the cutting edge society, life is winding up extremely unpredictable and clashing step by step. In the event that a man is balanced at exactly that point one can get by without mental pressure coming about because of maladjustment. Thus adjustment is vital in one's life.

Adjustment amid the time of adolescence will decide to a bigger degree what will one be as a man as a grown-up. For the most part adolescence is accepted to be a time of extraordinary pressure and tempest as quick physical and additionally mental changes happen amid this period. Each social group has desires for a person as indicated by their developmental stage.

Fruitful achievement of such developmental errands prompts joy and help to prevail in later undertakings, inability to despondency and a developmental slack. Youngsters experience a change in teenage years and one of the greatest issues they will confront influencing mental health and social character. They encounter a wide range of weights, troubles and conditions, for example, peer weight, moving to another school, breaking associations with companions, contentions with guardians, battle for self-rule, exams, not feeling adequate, changing or clamorous home condition, exam weight and disappointments or more all pubertal changes, school avoidance or truancy. Cairns and Lloyd (2005) removed information from the youthful life and times survey in Northern Ireland and revealed that school work and exams was the most referred to reason for worry for youngsters of 16 years old.

Unknown (2004) has inspected drifts in the vicinity of 1983 and 2003 in youngsters' emotional health and prosperity, as revealed through their

youngsters and health survey and has discovered that youngsters are progressively more prone to stress a considerable amount over school and profession problems.

School assumes an imperative part in the improvement of an adolescent as they spend most piece of their day going to school, participating in additional curricular exercises; and even at home engaged in educational work. School is an organization which adds to the aggregate instructive and socialization process coordinated to the advancement of identity of an adolescent (Greenbaum, 1974). School condition incorporates connections among and between organization, educators, guardians, students and the group that impacts over all advancement through the academic requests of formal educational program and through presentation to instructors who underscore academic achievement, motivation to learn and self-change (Newman and Newman, 1986). The secondary school acquaints a superior point of view with the adolescents.

Emotional problems will frequently influence school work – stress oneself or over what is going at home, makes it hard to think. Strain to do well and to pass exams may originate from guardians or instructors, however adolescents ordinarily need to do well and will propel themselves. Inordinate bothering can be counter-beneficial. Exams are imperative, however they ought not be permitted to command life or to cause misery. School has two kinds of duties, to expel those circumstances/factors/capacities which create maladjustment in students and to recognize unfortunate conduct of students and to adjust them.

As indicated by World Health Organization (WHO) the people who are in the age between 10 to 19 years are adolescents. It is the most basic change stage in one's life expectancy which is portrayed by enormous development and potential. At this stage, set up personal conduct standards of the adolescents have dependable impacts on the mental health and prosperity, that might be certain or antagonistic. At the worldwide level, it is evaluated that approx. 20% of youth encounters mental health problems every year (Kessler 2005), Adolescents bears a most serious danger of mental-health conditions amid their progress stage i.e. from Childhood to Adulthood (Kessler and others, 2005).

Late examinations have distinguished 'Melancholy' as a mental issue among different adolescent problems (WHO). Poor mental health influences the health and improvement of adolescents which may cause school dropouts, reprobate conduct, propensity for liquor and tobacco and so forth. There is developing agreement too that healthy improvement of adolescents anticipates mental health problems. World Health Organization (WHO) is additionally reinforcing the mental health administrations arrangements by

executing the Mental Health Gap Action Program (mhGAP).

Adolescents confront inside clashes which specifically influences their mental health and adjustment in the general public. Mental health is a noteworthy zone for consideration being developed (WHO, 2010). Mental health states of the adolescents brings down the confidence, bring down academic execution and furthermore brings down the financial capability of the youngsters. Despite the fact that schools try most ideal endeavors to raise the capacities and abilities of the children, however it is extremely hard to accomplish all round improvement of a person's identity. Mental health of individual is the central point which impacts the instruction items and additionally it is a key for accomplishment in all circles of the life. A healthy individual requires physical healthiness as well as requires mental healthiness. Exhibit age is the age of rivalry, which causes mental disease and pressure in the brains of the youthful age. The cutting edge idea of health requires productive personality and controlled feelings.

Mental health is seen as an advantage for grow separately, socially and financially (WHO, 2004). The expansion in mental health issues is a developing worry for the teachers. Research has demonstrated that there is an expansion on account of melancholy and other mental health issues among adolescents (WHO, 2012). Great mental health of the people requires overcoming of contentions and dissatisfaction among them. They would benefit from outside assistance in understanding their own particular capacities, possibilities, aptitudes and intrigue with the goal that they can work resonantly.

Adjustment is a procedure of making cordial connection amongst people and with the earth. Since each individual lives in the general public subsequently everybody tries to carry on as indicated by the standards of the general public for the adjustment like individual in his/her family, students in the classrooms and students in the school and so on. We can state that adjustment is a more extensive term which is utilized as a part of various circles of the life. The procedures of the conduct like Learning Maturation, Perception Motivation are essential in person's life in light of the fact that these all contributes in the adjustment. The way, an individual interfaces with other individuals depends, all things considered, upon how he see them and furthermore he translate his conduct.

As Plato stated, "Man is a social creature", in this way everybody acts as indicated by the standards of the general public for the social adjustment. In any case, in handy, it is extremely troublesome in light of the fact that every individual is a one of a kind association. In this manner it is most extreme necessity from instructors in the schools to accentuate on the adjustment of the students. Social

adjustment is the capacity to fabricate a decent relationship to stay away from exploitation from others. Everyone living in the general public wants to carry on with a cheerful life. In this way every individual tries best to get balanced in all circumstances of life. Some of the time he battles against circumstances, now and then he surrenders before circumstances. A few clashes happen ideal from the adolescence stage. At this stage, people can't acknowledge the extreme and cruel substances of life and they simply begin battling and confronting clashes throughout their life. They keep themselves saved and far from others. They revolt their senior citizens and build up a negative reasoning and conduct. These bizarre circumstances damage as long as they can remember. The fundamental reason is absence of adjustment in the adolescent time frame.

Social adjustment is excessively required in a cutting edge world. The present man lives under complex condition which is turn causes uneasiness and fretfulness. Adjustment assumes an indispensable part in academic achievement of the adolescents, in family adjustment and with peer adjustment and so forth., these all decides the mental cosmetics of youthful adolescents (Aggarwal and Bhalla, 2012). Various examinations have been directed in different parts of the world to distinguish the components that effect on understudy mental health. (Archana, 2011) found that there is a huge positive connection between the mental health of adolescents and in the ethical adjustment of adolescents. There is no noteworthy distinction in mental health of male and female students (Singh, 2011). Sharma and Suman Lata (2014) uncovered that there is a positive relationship between's mental health and school condition of adolescents. No huge contrast was found between the mental health of adolescent young men and young ladies.

Above studies suggested that sound mental health is an essential requirement for the harmonious personality. It plays an important role in the child growth and development. It must be taken care at school and at home with sincerity. As mental health of an individual is required for becoming a civilized and efficient member of the society, present study was undertaken. In the study, the researcher tried to measure the social adjustment and mental health of the senior secondary students.

MENTAL HEALTH

It is a worldwide term, which alludes to the state of person which comes about because of the ordinary association of the working of the psyche. Mental health in a more extensive sense, propose level of joy and fulfillment under the state of warrant such a perspective and limit of making attractive individual

and social connections. Mental health can likewise be known as the procedure of self acknowledgment, vanity and completely fruitful presence.

Mental health assumes a critical part at each stage of life. Anyway mental health is huge at adolescent as in this time one goes up against new obligations and parts. It is set apart by endeavors of renegotiate with grown-ups in the family and companions, to explore different avenues regarding things representative with grown-up life, and to bring up issues about the family and social parts and traditions. Mental health impacts adolescent bases on how an adolescent communicates the developmental errand, the developmental assignments, the recurrence and the power with which it is done, and it doesn't simply influence the individual health of an individual yet it can likewise be influenced by person's own characteristics. Mental health can be conceptualized as a condition of prosperity in which the individual understands his or her own particular capacities, can adapt to typical worries of life, work would productivity be able to and productively, and it can make a commitment his or her locale. Mental health is regularly taken as conduct process by which people keep up adjust among the different needs or between their requirements and hindrances of their condition.

As indicated by WHO, "Mental Health is emotional and otherworldly versatility, which enables us to appreciate life and to survive agony, frustration and bitterness. It is certain feeling of prosperity and fundamental conviction of our own others respect and riches."

Mental Health assumes an imperative part at each stage of life. Anyway mental health is huge at adolescent as it this time on goes up against new grown-ups in the family and associates, to explore different avenues regarding things representative with grown-up's life, and to bring up issues about the family and societal parts and traditions. Mental health impacts on adolescent communicates the developmental assignments, the recurrence and the power with which it is done, and it doesn't simply influence the individual health of individual however it can likewise be influenced by person's own characteristics. Mental health is the capacity to modify tasteful the different strains of the earth, meet in life and mental cleanliness as the way to guarantee this adjustment in this manner based on previously mentioned meanings of mental health. One might say that the term mental health has been utilized as a part of various routes by therapists, specialists and others and is affected by variety of variables like knowledge, identity training level, diatomic achievement, social level and physical health. Emotionally healthy people acknowledge

themselves as they are with every one of their shortcomings and their qualities. They remain contact with reality as they can manage pressure and dissatisfaction they likewise act autonomously to outside impacts and show real worry for other individuals.

LITERATURE REVIEW

Adolescent influences progress; to change implies change; there is a requirement for adjustment at this stage. On the off chance that one doesn't accomplish amicability with one's condition, it prompts assortment of problems. These problems influence the mental health of the person. The disregard of mental health brings about genuine outcomes and makes the adolescents unfit to adapt to the requests of life and future vocation. Mental health is the limit of a person to shape agreeable adjustments to one's social and physical conditions. Adjustment is a procedure by which a living being keeps up a harmony between its needs and the conditions that impact the fulfillment of these necessities.

Adjustment is amicable association with nature including the capacity to fulfill the greater part of one's needs and the vast majority of the requests, both physical and social those are put upon one.

Mental health is about how a man considers, feels, and acts when looked with life's circumstances. Mental health is what individuals look like at themselves, their lives, and the other individuals in their lives; assess their difficulties and problems; and investigate decisions. This incorporates taking care of pressure, identifying with other individuals, and deciding.

Mentally healthy children and adolescents appreciate a positive personal satisfaction; work well at home, in school, and in their groups; and are free of handicapping side effects of psychopathology (Hoagwood et al., 1996).

Rask et al. (2002) directed an examination on adolescent subjective prosperity and acknowledged qualities, and inspected the connections between socio-statistic factors, acknowledged qualities and subjective prosperity from the adolescent point of view. Adolescent subjective prosperity was conceptualized by methods for four distinct measurements: fulfillment, sick being, learning and exercises identified with prosperity. The qualities were operationalized by eight center thoughts from which chief segments analysis distinguished 10 factors speaking to the acknowledged qualities. Information was picked up without anyone else's input report questionnaires from 245 adolescents from seventh and ninth grades, with a mean age of 14 years, in 13 optional schools in southern Finland. The information were investigated statistically. The outcomes uncovered that a large portion of the respondents were happy with life. In any case, one out of 10 did not encounter the delight of

life. There was no statistically huge distinction in worldwide fulfillment amongst young ladies and young men. Add up to sick being among the adolescents was uncommon, yet one out of four members had off and on again stressed over cash and 17% were as often as possible surprisingly worn out. Young ladies and students from the ninth class experienced more sick being than young men and understudies from the seventh class. The discoveries propose that specific qualities, for example, individual balance, safe family relations, and family compose are indicators of adolescent worldwide subjective prosperity. They inferred that while evaluating and advancing adolescent prosperity it is vital to give careful consideration to the acknowledgment of qualities throughout everyday life and not simply to valuation for things. Suggestions for training incorporate the need to make open doors for the acknowledgment of qualities when adolescents require health mind administrations.

Ojha (2003) thought about the social nervousness and mental health of typical and physically tested adolescents. The sample constituted of 60 subjects (15 orthopaedically tested guys, 15 orthopaedically tested females and coordinated control group of ordinary adolescents) arbitrarily chose from various universities situated in Varanasi. Social tension scale (Sheik and Kaushik, 1989) and Mental Health Inventory was managed separately to quantify the uneasiness and mental health individually. Social tension was watched fundamentally high in orthopaedically tested group, where females were observed to be more on edge. With respect to mental health, typical group and orthopaedically tested group demonstrated no critical contrast.

Vasuki and Charumathy (2008) contrasted the kin contention and achievement motivation, dissatisfaction, mental health and self clash of adolescents on a sample of 60 young ladies and 60 young men of age 15-18 years. Mental health was evaluated by mental health stock created by Jagdish and Srivastava (1983). Competition brought about mediocre level of achievement motivation and poor mental health. More noteworthy degree of kin competition likewise drives the adolescents to wind up more baffled.

Rahi et al. (2011) found that the pervasiveness of psychopathological issue was essentially higher in the principal borns and furthermore announced more number of psychopathological cases in the joint families and extensive estimated families.

Abu-Rayya (2014) investigated the connection between ethnic personality, inner self character and mental prosperity among blended ethnic adolescents with European moms and Arab fathers in Israel. The sample of 127 blended ethnic adolescents (13 to 18 years) were told to react to a changed adaptation of Phinney's (1992) Multi-group ethnic personality

measure (MEIM), Bennion and Adam's (1986) sense of self character measure (EOM-EIS) and Ryff's (1999) mental prosperity scale. It was discovered that Arab and European ethnic personalities, made out of ethnic behaviours, confirmation and having a place and achievement of a feeling of oneself as a major aspect of an ethnic group, were essentially emphatically connected with members' mental prosperity. Discoveries uncovered positive and huge connection amongst Arab and European ethnic character and mental prosperity for the blended ethnic adolescents. The outcomes additionally proposed that sense of self character status was fundamentally connected with the mental prosperity of blended ethnic adolescents.

METHODOLOGY

Population and Sample of the Study –

In the present examination, all XII class students of senior optional schools in Delhi constitute the populace and a sample of 200 students (100 Male and 100 Females) has been arbitrarily chosen by the scientist from five schools of Delhi. 20 male and 20 female students were arbitrarily chosen from each school.

Method of the Study –

Graphic survey method was utilized for the present examination.

Tools Used for the Study –

To gather the information for the present research think about, after tools were utilized as a part of the present examination:

1. Mental health battery of Arun Kumar Singh and Alpana Sen Gupta (2000) was utilized to know the mental health of students of age 13 to 22 years. There were add up to 130 things in the battery with 6 measurements i.e. Emotional Stability, general adjustment, Autonomy, Security-Insecurity, Self-idea and Intelligence.
2. Social adjustment stock of Dr. R.C Deva was utilized to know the social adjustment of students. There were 100 proclamations in the stock for which the students gave reply as 'Yes' and 'No'.

Statistical Techniques Used in the Study –

Mean, standard deviation, t-test and coefficient of correlation were utilized for breaking down the information.

Analysis and Interpretation –

Hypothesis: There is no huge distinction between the Mental health of male and female students.

| Variable | Groups | N | Mean | S.D | 't' value |
|---------------|--------|-----|-------|------|-----------|
| Mental Health | Male | 100 | 26.57 | 4.66 | 2.112 |
| | Female | 100 | 24.78 | 4.63 | |

Table 1: Mean, S.D. & 't' value of Mental Health of Male & Female students.

Mean and S.D esteems are 26.57 and 4.66 for the male students and 24.78 and 4.63 for the female students. The acquired 't' esteem is 2.112 which is more than the table esteem i.e. 1.98 at 0.05 level of centrality yet not as much as the table esteem i.e. 2.63 at 0.01 level of centrality. Consequently the Null Hypothesis is rejected at 0.05 level however acknowledged at 0.01 level. It delineates that there is a critical distinction in the two groups at 0.05 level. It is additionally uncovered that male students have preferable mental health over the female students.

Hypothesis: There is no critical distinction between social adjustment of male and female students.

| Variable | Groups | N | Mean | S.D | 't' value |
|-------------------|--------|-----|-------|------|-----------|
| Social Adjustment | Male | 100 | 82.70 | 8.75 | 1.60 |
| | Female | 100 | 82.87 | 7.39 | |

Table 2: Mean, S.D. & 't' value of Social Adjustment of Male & Female students.

Mean and S.D esteems are 82.70 and 8.75 for the male students and 82.87 and 7.39 for the female students. The acquired 't' esteem is 1.60 which is not as much as the table esteem i.e. 1.98 at 0.05 level and 2.63 at 0.01 level of importance. Thus the Null Hypothesis is acknowledged. It delineates that there is no huge distinction in the two groups.

Hypothesis: There is no critical connection between mental health and social adjustment of male and female students.

| Variable | 'r' |
|--|------|
| Mental health and social adjustment (Male Students) | .457 |

Table 3: Correlation between Mental Health & Social Adjustment of Male students.

The above table uncovers that figured estimation of r is 0.457. This esteem is higher than the table esteem i.e. 0.195 at 0.05 level and 0.254 at .01 level. Henceforth the invalid hypothesis is rejected. It means that there is noteworthy positive connection between mental health and social adjustment of male students.

CONCLUSION

Adolescent's mental health and social adjustment assumes a huge part in every one of the fields of their life. Sound mental health of adolescents help in better adjustment in the public eye and better improvement in school. Each adolescent requires social learning, attention to self, inspirational disposition and basic leadership abilities for enhancing the academics, health and social results.

In the present examination, the analyst found that there is huge contrast in the mental health of male and female students. It is discovered that male students have preferred mental health over the female students. The scientist additionally found that there is no critical contrast in the social adjustment of male and female students. It demonstrates that the social adjustment is available in same sum in the two groups. Additionally the discoveries demonstrated that correlation between mental health and social adjustment of male and female students was huge. It can be presumed that the people having great mental health can balances his/her life socially and emotionally and along these lines the individual feels fulfillment and bliss. In this way, family, school and society ought to give a healthy domain to adolescents.

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