

A Study of Relationship of Family Environment with Mental Health of Secondary School Students of Greater Noida Region India

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Abstract – Adolescence is taken into account as a transition from childhood to adulthood. It is very important aspect in human life because many developmental changes take place in this period such as physical growth, peer emotions, mental development etc. The current study was undertaken to look at the connection between family environments with mental state of adolescents of Greater Noida Region. The family environment of the adolescents was assessed by using family environment scale by Dr. Harpreet Bhatia and Dr. N.K.Chadha (1993) and mental health of the adolescents was assessed by Mental Health Check list by Dr. Parmod Kumar (1992). 168 Adolescents including boys and girls were chosen from one school in urban area and one school from rural area equally through random sampling technique.

The data was analyzed and interpreted by using statistical technique, mean, standard deviation, correlation and t-ratio. The current study can recommend appropriate measures to strengthen the connection of family atmosphere with mental state of adolescents.

Keywords: Environment, Mental Health, Interaction, Adolescents.

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INTRODUCTION

Family is an endless school of life. Each child is conceived in a family as a unit of society. It is through the family that a child takes in the main exercise of socialization and what the general public expects of him and what is his part as a person in the general public. The family significantly affects the youngster. It influences all parts of his identity his convictions, demeanors, conduct, goals and so on. Emotional wellness is an essential determinant of one's coordinated identity and adjusted conduct. Psychological wellness is joined result of five sorts of wellbeing: 1. Physical wellbeing 2. Social wellbeing 3. Emotional wellbeing 4. Moral wellbeing 5. Spiritual wellbeing. Mental pressure is expanding step by step particularly among students.

Turmoil, tension, dissatisfaction are happening in every students lives prompting unsound psychological wellness. Psychological wellness of the student is critical for effective learning and appropriate advancement of identity. For youths, school is the most vital setting outside the family.

The present study is endeavors to see the relationship of family environment with mental health

of the secondary school student's adolescence how the different dimension of family environment influence them and their mental health.

RATIONALE OF THE STUDY

The researcher chose to take this subject for the investigation as a result of lack of huge research on this theme in India. While the greater part of the examination on mental health was done on children identified with physical ailment, on the other hand than the mental concern leading to young people committing suicide or leaving their home early. Therefore it is vital currently to see to teenager's psychological well-being. This will likewise make them to comprehend the important role of family condition on their lives.

OBJECTIVES OF THE STUDY

1. To investigate the connection between mental health and family environment among secondary school students of greater noida region.

2. To find out the difference in mental health of rural and urban secondary school students of greater noida region.
3. To find out the differences in family environment of rural and urban boys and girls secondary school students of greater noida region.
4. To find out the differences in mental health of rural boys and girls of secondary school students of greater noida region.
5. To find out the differences in family environment of rural boys and girls of secondary school students of greater noida region.
6. To find out the differences in mental health of urban boys and girls of secondary school students of greater noida region.
7. To find out the differences in family environment of urban boys and girls of secondary school students of greater noida region.

HYPOTHESES OF THE STUDY

1. There exists no significant relationship between mental health and family environment of secondary school students of greater noida region.
2. There exists no significant difference in mental health of rural and urban secondary school students of greater noida region.
3. There exists no significant difference in family environment of rural and urban secondary school students of greater noida region.
4. There exists no significant difference in mental health of rural boys and girls of secondary school of greater noida region.
5. There exist no significant difference in family environment of rural boys and girls of secondary school of greater noida region.
6. There exist no significant difference in mental health of urban boys and girls of secondary school of greater noida region.
7. There is no significant difference in family environment of urban boys and girls of secondary school of greater noida region.

METHODOLOGY

The method adopted in the present study was descriptive research survey method.

Population

The secondary school students of Greater Noida Region constituted population of the present study.

Sample

The present study was conducted on 168 student selected from, one school situated in rural area and another school situated in urban area of secondary schools of Greater Noida Region on the basis of random sampling technique.

Tools

The following tools were used in this study.

Mental Health Check List by Dr. Parmod Kumar. (1992) and Family environment scale by Dr. Harpreet Bhatia & Dr. N.K. Chadha (1993).

Statistical Techniques used

Following statistics were computed for analysis of data:

1. Mean
2. S.D
3. Collection of Correlation
4. T-test

Table1.

Distribution of Family environment and Mental Health

Sr. No	Group	No. of Students
1.	Family environment	84
2.	Mental Health	84
Total		168

Table 1.1

Sr. No	Variable	N	r	Very low positive co-relation
1.	Mental health Family	84	0.0399	
2.	Environment	84		

The table-1.1 shows the co-efficient of co-relation between mental health and family environment among secondary school students of Greater Noida Region. This indicates that there is positive relationship between mental health and family environment among secondary school students thus hypothesis-1 is not accepted.

Hypothesis (2) stating "There is no significant difference in Mental Health of rural and urban secondary school students" stands accepted.

Table 1.2

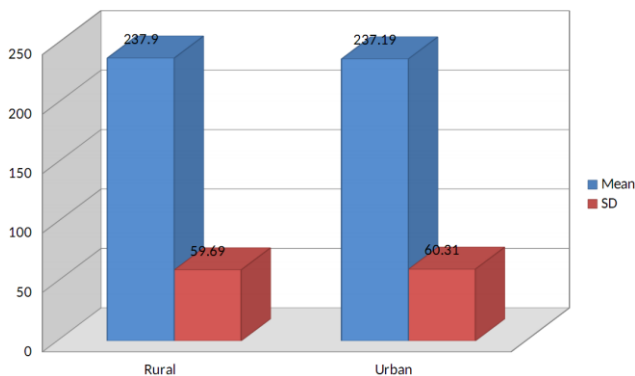
Group	N	Df	Mean	S.D.	SED	t-ratio	Level of Significance
Rural	42	82	10.05	5.83	1.134	0.8607	Not significant
Urban	42		11.02	4.48			

Graph- showing mean and SD scores of mental health among secondary school student urban and rural areas.

Hypothesis (3) stating "there is no significant difference in family environment of rural and urban secondary school students" stands accepted.

Table 1.3

Group	N	mean	SD	SED	t-ratio	df	Level of Significance
Rural	42	237.90	59.69	13.093	0.0546	82	Not significant
Urban	42	237.19	60.31				

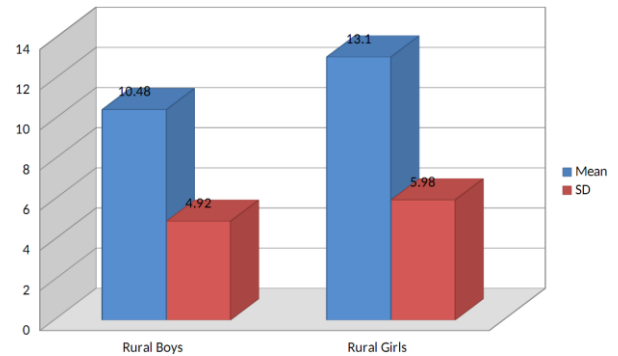


Graph: In figure, mean scores of family environment among secondary school students of rural and urban areas are given.

Testing of Hypothesis (4) stating "There is no significant difference in mental health of rural boys' and girls' secondary school students of Greater Noida Region." Stands accepted.

Table 1.4

Group	N	mean	SD	SED	t-ratio	Level of Significance
Rural Boys	22	10.48	4.92	1.695	1.5501	Not Significant
Rural Girls	22	13.10	5.98			

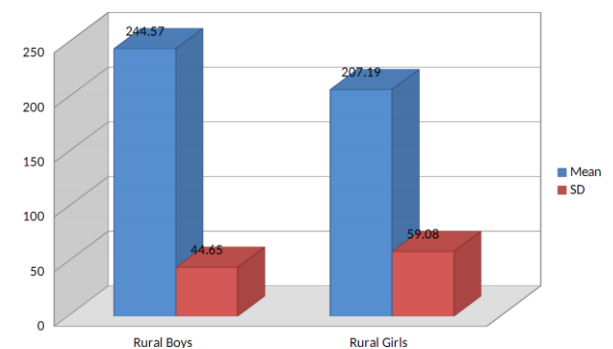


Graph. In figure mean score of mental health of rural boys' and rural girls 'secondary school students of Greater Noida Region are given.

Testing of Hypothesis (5) stating, "There is no significant difference in family environment of rural boys' and girls' secondary school students of Greater Noida Region." Stands accepted.

Table 1.5

Group	N	mean	SD	SED	t-ratio	df	Level of Significance
Rural boys	21	244.57	44.65	16.9	2.3134	40	No Significant
Rural girls	21	207.19	59.08				



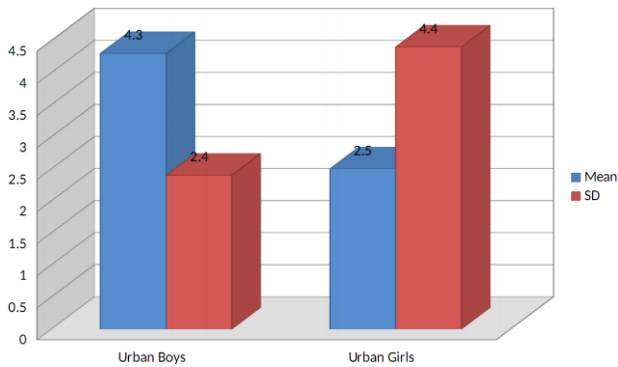
Graph. In figure mean score of family environment of rural boys and girls secondary school students of Greater Noida Region.

Testing of Hypothesis (6) stating "There is no significant difference in mental health of urban boys

and girls secondary school students of Greater Noida Region.” stands accepted.

Table 1.6

Group	N	mean	SD	Df	SED	t-ratio	Level of Significance
Urban boys	21	9.62	4.07	40	1.404	0.4748	Not Significant
Urban girls	21	8.95	4.98				



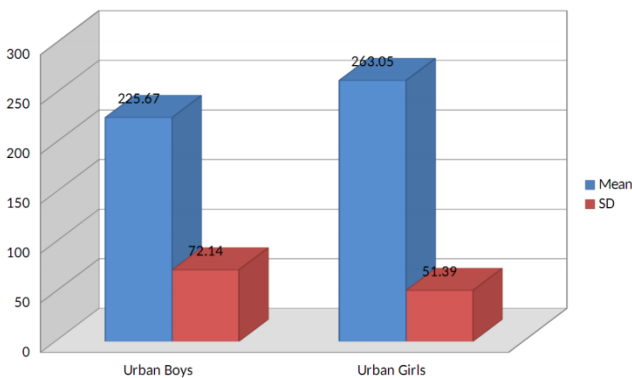
Graph

In figure mean scores of mental health of urban boys and girls secondary school students of Greater Noida Region are given.

Testing of Hypothesis (7) stating “there is no significant difference in family environment of urban boys and girls secondary school students of Greater Noida Region.” stands accepted.

Table 1.7

Group	N	mean	SD	SED	t-ratio	df	Level of Significance
Urban boys	21	225.67	72.14	19.328	1.9340	40	Not Significance
Urban girls	21	263.05	51.39				



Graph In figure, scores of family environment among urban boys and girls secondary school students of Greater Noida Region are given.

CONCLUSION

The mental health of school students of Greater Noida Region is positively related with their family environment. If the students are given the chances to express their views candidly and as per their desires with no interruption in family helps in the development of mental health of the students. From the above findings it is concluded that there is positive correlation between mental health of adolescents and family environment. It is a sure indication that if family environment is improved than mental health of students can also be improved.

The investigator found that, there is no noteworthy difference in rural and urban male and female students of greater noida region which shows that the mental health is available in same amount in both sexes and locales. Relatives particularly guardians ought to invest subjective energy with their youthful young men and young ladies and make home air to feel free for them and create a proper healthy home atmosphere. Therefore it helps them not only to guarantee their mental health but also safe and secure environment for them. Government or NGO should come forward and take an initiation that the social workers should take part in the parent – teachers association. Thereby helping to guide the parents and teachers to handle the adolescent boys and girls and promote their mental health. Special association for adolescent boys and girls should be established at school and if possible at community level to solve their complex problems.

Puberty is an essential stage in the existence remains at the limit of adulthood. This stage is the most significant for mental, enthusiastic and mental prosperity of the adolescent. The individual is the result of the family condition. There is a need to make an improved domain for immature young men and young ladies.

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