



## A Study of Mental Health of Secondary Schools' Students in Context to Certain Variables

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### Abstract:

*Present Study has been done to know about mental health of secondary schools students in context to gender. For the present study gender consider as variables. Total 783 Boys and 591 Girls from secondary schools were selected from north Gujarat region. To know about mental health of secondary schools students; standardize Mental Health Test were used as tool. On the basis of the score obtain by the students mean, standard deviation, standard error of mean and t-values were calculated for data analysis. Effect of gender was found significantly.*

**Keywords:** Gender, Mental Health, Secondary School

### 1. Introduction

We all know about physical health and we also know which elements are helpful to keep better health. The term 'mental health' is used in psychology recently. Mental health has direct relation with human mind. But theories of mental health are not so developed as physical health. Self-assurance, emotional stability, endurance, ambition, maturity, regularity, adjustment, self-contentment and self-examination etc influence mental health. Positivity of an individual suggests better mental health; whereas negative mind suggests unsound and sickly mental health. Both, human body and mind affect each other so, in order to attain peace and happiness, human being is required to keep both healthy and in sound position. Hence, mind governs the whole operations as well as performances of body, mental health is more important.

### 2. Objective of the Study

1. To measure level of the Mental Health of secondary schools students.
2. To Study the mental health of secondary schools students in relation to their gender.
3. To Study the mental health of secondary schools students in relation to their Educational Achievement.

### 3. Hypotheses of the Study

- Ho<sub>1</sub>** There will be no significant difference between the mean scores of Mental Health of Boys and Girls of Secondary Schools.
- Ho<sub>2</sub>** There will be no significant difference between the mean scores of Mental Health of Students having High Educational Achievement and Low Achievement of Secondary Schools Students.
- Ho<sub>3</sub>** There will be no significant difference between the mean scores of Mental Health of Boys and Girls of Secondary Schools having High Educational Achievement.
- Ho<sub>4</sub>** There will be no significant difference between the mean scores of Mental Health of Boys and Girls of Secondary Schools having Low Educational Achievement.

#### 4. Research Method

In the present research the researcher used Survey Method.

#### 5. Population

In the present study, the population is teachers performing duties in Gujarati medium Secondary Schools of the North Gujarat Region of Gujarat State.

#### 6. Methods of Sampling

In the present study, the researcher has selected Students of Secondary schools were classified as boys and girls. Further, they were classified in two parts: High Achievement and Low Achievement. In this way, total 1374 Secondary Schools Students were selected for sample in the present study.

#### 7. Tool of the Study

In the present study, the researcher has select standardize test, Mental Health Test by Dr. Manoj C. Shastri was used.

#### 8. Method of Analysis

Data was analysis according to the gender, area and experience like variables. After that mean, standard deviation, standard error in standard deviation were counted. The hypothesis of research, according to the researcher objectives, were checked by 't' value. For this arithmetical counting, MS EXCEL computer programme was used.

#### 9. Testing of the Null Hypotheses

**Table 1: Average, Standard Deviation and t-value of Score on the Basis of Gender**

Gender	N	Mean	S.D.	Mean Diff.	Standard Error	t-Value	Level
Boys	783	83.82	17.74	0.97	3.68	3.81	0.01
Girls	591	80.14	17.69				

From Table 1 it becomes clear that the ( $H_{01}$ ) is getting rejected at 0.01 level it means the boys and girls are having difference in mental health.

**Table 2 : Average, Standard Deviation and t-value of Score on the Basis of Educational Achievement**

Educational Achievement	N	Mean	S.D.	Mean Diff.	Standard Error	t-Value	Level
High	775	83.80	18.10	0.96	3.59	3.74	0.01
Low	599	80.21	17.22				

From Table 2 it becomes clear that ( $H_{03}$ ) is getting rejected at 0.01 level it means the Students of High and Low educational Achievement are having difference in Mental Health.

**Table 3: Average, Standard Deviation and t-value of Score on the Basis of Gender of High Educational Achievement**

High Educational Achievement	N	Mean	S.D.	Mean Diff.	Standard Error	t-Value	Level
Boys	459	86.29	17.81	1.31	6.10	4.66	0.01
Girls	316	80.19	17.94				

From Table-3 it becomes clear that ( $H_{o3}$ ) is getting rejected at 0.01 level it means the boys and girls of High educational Achievement are having difference in Mental Health.

**Table 4: Average, Standard Deviation and t-value of Score on the Basis of Gender of Low Educational Achievement**

Low Educational Achievement	N	Mean	S.D.	Mean Diff.	Standard Error	t-Value	Level
Boys	324	80.32	17.07	1.42	0.23	0.16	NS
Girls	275	80.09	17.43				

From Table 4 it becomes clear that ( $H_{o4}$ ) is getting accepted it means the boys and girls of High educational Achievement are having no difference in Mental Health.

## 10. Findings of the study

1. Effect of Gender found on Mental Health of Secondary Schools Student. Boys were found to have better Mental Health than Girls which shows that gender of Secondary Schools Students is affecting variable to Mental Health.
2. Effect of Gender was found on Mental Health of Students having High Educational Achievement of Secondary Schools. Boys having High Educational Achievement were found having better mental health than Girls having High Educational Achievement which shows that Gender of Students having High Educational Achievement of Secondary Schools Students is affecting variable to Mental Health.
3. Effect of Gender was not found on Mental Health of Students having Low Educational Achievement of Secondary Schools. Boys and Girls having Low educational Achievement were found equal as far as their mental health Concern which Shows that Gender of Students having Low Educational Achievement of Secondary Schools Students is not affecting variable to Mental Health.

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