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## A Comparative Study of Mental Health of Government and Private Senior Secondary School Students

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### Abstract

Mental health is a way of describing social and emotional wellbeing. Good mental health is central to your child's healthy development. Mental health defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community (WHO, 2007). The study attempted to find out the mental health of government and private senior secondary school students. This was an empirical research with a sample of 100 senior secondary school students selected randomly from Rohtak city of Haryana. The study was conducted through descriptive survey method and mental health inventory developed by Dr. Arun Kumar Singh and Alpna Sen Gupta(1987) was used for the collection of data. 't' test was applied to find out the significance of difference between means. The major findings of the study are: 1) There is significant difference in mental health of boys of government and private senior secondary schools. 2) There is significant difference in mental health of girls of government and private senior secondary schools. 3) There is no significant difference in mental health of boys and girls of government senior secondary schools. 4) There is no significant difference in mental health of boys and girls of private senior secondary schools. In conclusion to the findings of this study could be considered for designing fundamental future research regarding the status of adolescent's mental health in India as well as abroad.

**Keywords:** Mental health, Government and Private school students

### 1. Introduction

Mental health is an essential part of wellbeing and there's a lot you can do to promote mental health for your child. It also helps to know what to do if you think your child has a mental health problem. Mental health, derived from its original term mental hygiene, is the state or quality of the mental process that either promotes health or determines potential risks towards ones well-being. Mental health is the emotional and spiritual resilience that allows one to enjoy life and to survive pain, suffering and disappointment. It is a positive sense of well-being and an underlying belief in one's own and others' dignity. Mental health is about how a person thinks, feels, and acts when faced with life's situations. Mental health as the ability to balance feelings, desires, ambitions and ideals in one's daily living. It means the ability to face and accept the realities of life (Bhatia, 1984) [7]. Mental health is an index which shows the extent to which one has been able to meet one's environment and social, emotional or physical demands. However, when one finds oneself trapped in a situation where one does not have matching coping strategies to deal with it effectively, one gets mentally strained. This mental health is generally reflected in symptoms like anxiety, tension, restlessness or hopelessness among others (Pooja, *et al.*, 2012) [32]. A mentally healthy person is well adjusted to social norms, cheerful, socially considerable, accepts reality, satisfied with his vocation and gets along with minimum of friction and tension and remains optimistic in life. Mental health is a condition and a level of function which is socially acceptable and personally satisfied (Mudasir, 2013) [28]. Mental health is how people look at themselves, their lives, and the other people in their lives, evaluate their challenges and problems. This includes handling stress, relating to other people, and making decisions. (Panchal, 2013) [31].

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**Statement of the problem**

The study focuses on the topic entitled, “A Comparative Study of Mental Health of Government and Private Senior Secondary School Students”.

**Operational Definition of the key term**

**Mental Health:-** Mental health as the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. It is the ability to maintain an even temper, an alert intelligence, socially considerate behaviour and a happy disposition.

**Government School:-** A school that is established, conducted, and primarily supported by government. Right to education is the freedom for everyone and government schools provide education to all the children without any partiality.

**Private School:-** A school supported by a private organization or private individuals rather than by the state. Private schools do not accommodate the low economic group students

**Senior Secondary School Students:-** Students of 11<sup>th</sup> and 12<sup>th</sup> class considered as senior secondary school students.

**Objectives**

The objectives set for the present study undertaken are as following:

- ❖ To study the mental health of boys and girls of government schools.
- ❖ To study the mental health of boys and girls of private schools.
- ❖ To compare the mean score of mental health of boys of government and private schools.
- ❖ To compare the mean score of mental health of girls of government and private schools.
- ❖ To compare the mean score of mental health of boys and girls of government schools.
- ❖ To compare the mean score of mental health of boys and girls of private schools.

**Hypothesis**

The Hypotheses formulated for the present study are as following:

- ❖ There is no significant difference between the mean score of mental health of boys and girls of government schools.
- ❖ There is no significant difference between the mean score of mental health of boys and girls of private schools.
- ❖ There is no significant difference between the mean score of mental health of boys of government and private schools.
- ❖ There is no significant difference between the mean score of mental health of girls of government and private schools.

**Methodology of Study**

The method used for the study was descriptive survey and the type of sampling followed was Random sampling. Data were collected from 100 students studying at senior secondary school level from four senior secondary schools of Rohtak city. The investigator has taken three background

variables for the present study. These are Mental health, govt. and private senior secondary school students.

**Tools used in the Study**

In this study, Mental Health Inventory by Dr. Arun Kumar Singh and Alpana Sen Gupta (1987) containing 130 items with six parts was used to measure the mental health of the students. Reliability of the scale part-wise is: Part-1: Emotionality Stability-0.876, Part2: Over-all Adjustment – 0.821, Part-3: Autonomy-0.767, Part4: Security-Insecurity-0.826, Self-Concept-0.786, Part 6: Intelligence-0.823 as determined by the Test-retest method. The scale according to the author is highly valid.

**Sample for the Present Study**

A sample of 100 students was taken for the present study. These 100 students were taken from the four senior secondary schools available from the Rohtak city. Fifty students taken were private senior secondary schools and the rest fifty students taken were government senior secondary schools.

**Statistical Techniques used in the Present Study**

By direct administration of the test data were collected from the students of three school by investigator. Mean, Standard deviation and ‘t’ test were the statistical techniques used for carrying out the analysis and interpretation of the data collected.

**Delimitation of the study**

- ❖ The study was delimited to 100 students only.
- ❖ The study was restricted only to senior secondary school students.
- ❖ The sample is delimited only three schools of Rohtak city.
- ❖ The study is delimited only to the co-educational schools.

**Data Analysis and Interpretation**

The data have been analysed by Mean, S.D, t-test and interpretation of data is given below.

**Table 1:** Values of Mean, Standard deviation &t-values of mental health of boys students of govt. and private schools

Group of School	N	Mean	S.D	‘t’ value
Boys students of govt. schools	25	91.68	10.38	2.72*
Boys students of private schools	25	99.48	9.91	

\* Significant at 0.05 level.

It may be observed from the table-1 that the ‘t’ value of (2.72) for the differences in the mean scores of mental health of the boys students of govt. and private school is significant with df 48. The mean score of the boys students of private school is higher than boys of govt. school. There is significant difference between them. Hence hypothesis “There is no significant difference in the mean score of mental health of the boy student of govt. and private school” is Rejected.

**Table 2:** Values of Mean, Standard deviation &t-values of mental health of girls students of govt. and private schools

Group of school	N	Mean	S.D	‘t’ value
Girls students of govt. schools	25	91.84	10.49	2.38*
Girls students of private schools	25	98.68	9.81	

\* Significant at 0.05 level.

It may be observed from table-2 that the 't' value of (2.38) for the differences in the mean scores of mental health of the girls students of govt. and private school is significant with df 48. The mean score of the girls students of private school is higher than girls of govt. school. The mean score of the girls students of govt. and private school show significant difference. Hence hypothesis "There is no significant difference in the mean score of mental health of the girls students of govt. and private school" is Rejected.

**Table 3:** Values of Mean, Standard deviation & t-values of mental health of boys and girls students of govt. schools

Group of school	N	Mean	S.D	't' value
Girls students on govt. school	25	91.84	10.49	0.054*
Boys students on govt. school	25	91.68	10.38	

\*Not Significant at 0.05 level

It may be observed from table-3 that the 't' value of (0.054) for the difference in the mean scores of mental health of the boys and girls students of govt. school is not significant with df 48. This shows that the score of the mental health of boys students does not differ significantly from girls students of govt. school. This indicates that there is no significant difference in the mean score of mental health of boys and girls students of govt. school. Hence hypothesis "There is no significant difference in the mean score of mental health of the boys and girls students of govt. school" is Accepted.

**Table 4:** Values of Mean, Standard deviation & t-values of mental health of boys and girls students of private schools

Group of school	N	Mean	S.D	't' value
Girls students of private schools	25	98.68	9.81	0.29*
Boys students of private schools	25	99.48	9.91	

\*Not Significant at 0.05 level.

It may be observed from table-4 that the 't' value of (0.29) for the difference in the mean scores of mental health of the boys and girls students of private school is not significant with df 48. This shows that the score of the mental health of boys students does not differ significantly from girls students of private school. This indicates that there is no significant difference in the mean score of mental health of boys and girls students of private school. Hence hypothesis "There is no significant difference in the mean score of mental health of the boys and girls students of private school" is Accepted.

### Findings and Conclusion of the Study

On the basis of the above analysis, it may be concluded that from table-1, there is significant difference in mental health of boys of government and private senior secondary schools. Further analysis of the data revealed that table-2, that there is significant difference in mental health of girls of government and private senior secondary schools. Similarly, from the analysis of table-3, it could be seen that there is no significant difference in mental health of boys and girls of government senior secondary schools. Further analysis of the data revealed that table-4, that there is no significant difference in mental health of boys and girls of private senior secondary schools.

### Educational Implication of the Study

The findings have considerable implications for students, teachers, counsellors and for the society at large. Following are the educational implications of the study:-

- ❖ Mental health is a vital problem. It affects the total personality of an individual. The present study shows the mental health of senior secondary school students. So, this problem should be solved with the help of teacher, guide and counsellors.
- ❖ Guides and counsellors should be appointed in the school for the help of students in facing mental health problems.
- ❖ Curriculum should be framed as, it can be proved helpful in the mental health of government school students.
- ❖ The role of teacher should be as a monitor. He should encourage the students to take part in co-curricular activities and social activities.
- ❖ The present study shows the mental health. Here, comes the role of a teacher, family as well as education which guides them how to control the mental health problem and improve their mental health.

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