



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2015; 1(9): 472-475
www.allresearchjournal.com
Received: 06-06-2015
Accepted: 08-07-2015

Malkeet Kaur

Assistant Professor, HHS New
Era College of Education, Sirsa
District.

Dr. Shamshir Singh Dhillon

Assistant Professor, Central
University of Punjab,
Bathinda.

Dr. Ranjit Kaur

Assistant Professor,
Chaudhary Devi Lal
University, Sirsa.

A study of relationship of family environment with Mental Health of adolescents of Sirsa District

Malkeet Kaur, Shamshir Singh Dhillon, Ranjit Kaur

Abstract

Adolescence is considered as a period of transition from childhood to adulthood. Adolescent period is considered very important aspect in human life because many developmental changes take place in this period such as physical growth, new peer emotions independent of parent, intellectual skill and so on. The present study was undertaken to examine the relationship between family environments with mental health of adolescents of Sirsa district. 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). 60 Adolescents including boys and girls were chosen from one school in urban area and another from rural area through random sampling technique. The tabulated data was analyzed and interpreted by using statistical technique, mean standard deviation, correlation and t-ratio. The present study will suggest suitable measures to strengthen the relationship of family environment with mental health of adolescents.

Keywords: *family environment, Mental Health, family interaction, adolescents.*

Introduction

Family is an eternal school of life. A child sees the light of the day in the home. Family is the first social environment where he fulfills his physical, mental and cultural needs. Family environment is the nucleus of all other social institutions. Family interaction plays an important role in the development of an individual. The healthy functioning of these interaction patterns enhances mental health. There are some important interactional effects between family and its members at differential stages. It influences the whole life of the adolescents. A clear understanding of roles in the context of family function is very important in shaping the future of adolescents. Researchers have consistently proved that both overall family system functioning and parental behavior are positively related to adolescence. Thus we can say that family environment moulds the behavior, personality, aptitude and self-esteem of the adolescents. Mental health is an important determinant of one's integrated personality and balanced behavior identified on the basis of the level of his/her adjustment to own self, others and environment. The expression "Mental health" consists of two words mental and health. Both generally mean sound mental health. Mental health means sound conditions, wellbeing of freedom from mental diseases. According to Wikipedia Dictionary (2010) mental health is a state of emotional and psychological wellbeing in which an individual is able to use his /her cognitive and emotional capabilities, and meet the ordinary demand of everyday life. The nature of family environment is strongly associated with adolescent mental health. The present study is a deliberate attempt to see the relationship of family environment with mental health of adolescence how the different dimension of family environment influence them and their mental health.

Rationale of the study

The researcher decided to undertake this subject for the study because of lack of significant research on this topic in India. While most of the research on mental health was done on children only. Either their symptoms were attributed to physical illness rather than the psychological consideration which increasing number of adolescence attempting suicide and leaving their home early it become important now to conduct adolescents mental health. It will also help them to understand the role of family environment.

Correspondence

Malkeet Kaur

Assistant Professor, HHS New
Era College of Education, Sirsa
District.

Objectives of the study

- (i) To study the mental health of adolescents
- (ii) To study the family environment of adolescents.
- (iii) To find out the relationship between mental health and family environment among adolescents.
- (iv) To find out the differences in family environment of rural boys and girls of adolescents of Sirsa district.
- (v) To find out the differences in mental health of rural boys and girls adolescents.
- (vi) To find out the differences in mental health of urban boys and girls adolescents.
- (vii) To find out the differences in family environment of urban boys and girls adolescents.

Hypotheses of the study

- (1) There exist no significant relationship between mental health and family environment among adolescents.
- (2) There exists no significant difference in mental health of rural and urban adolescents.
- (3) There exists no significant difference in family environment of rural and urban adolescents.
- (4) There exist no significant difference in mental health of rural boys and girls adolescent.
- (5) There exist no significant difference in family environment of rural boys and girls
- (6) There exist no significant difference in mental health of urban boys and girls adolescent.
- (7) There is no significant difference in family environment of urban boys and girls.

Methodology

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

Population

All the student of senior secondary school of Sirsa district of Haryana constituted population of the present study.

Sample

The present study was conducted on 60 student selected from, one school situated in rural area and another school situated in urban area of sen. sec. school of Sirsa district 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 Technique used

In this study mean, S.D., Correlation and t test were used for analysis and interpretation of data.

Analysis and Interpretation of data

Hypothesis. 1

Showing co-efficient of correlation between mental health and family environment of adolescents.

Sr. No.	Variable	N	r	
1	Mental health	60	-0.18	Very low negative co-relation
2	Family Environment	60		

The table shows the co-efficient of co-relation between mental health and family environment among adolescent of Sirsa District. This indicates that there is negative relationship between mental health and family environment among adolescents. Thus hypothesis is accepted.

Hypothesis (2) stating “There is no significant difference in Mental Health of rural and urban adolescents” stands **accepted.**

Group	N	mean	S.D	S.ED	t-ratio
Urban	30	20.97	3.29	1.36	1.26
Rural	30	22.17	4.13		

Table value of t = 1.96at 0.05 level and 2.58 at 0.01 level

*Significant at 0.05 level of confidence

**significant at 0.01 level of confidence

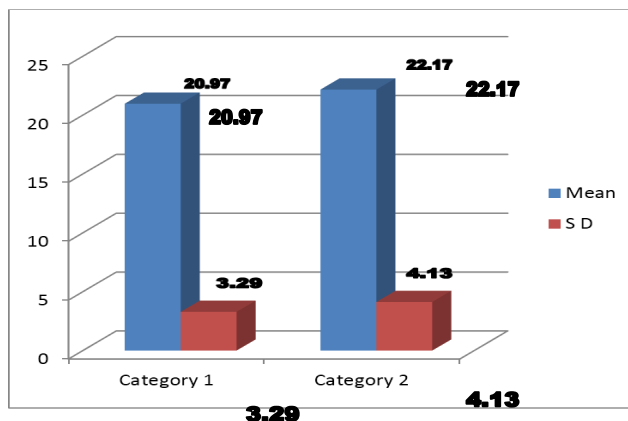


Figure showing mean scores of mental health among adolescents of urban and rural areas.

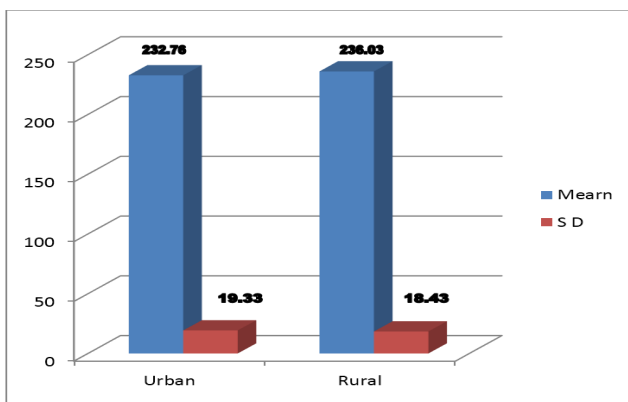
Hypothesis (3) stating “there is no significant difference in family environment of rural and urban adolescents” stands **accepted.**

Group	N	Mean	S.D	S.ED	t-ratio
Urban	30	232.76	19.33	4.88	0.68
Rural	30	236.03	18.43		

Table value of t = 1.96 at 2.58 at 0.01 level

*Significant at 0.05 level of confidence

**Significant at 0.01 level of confidence.

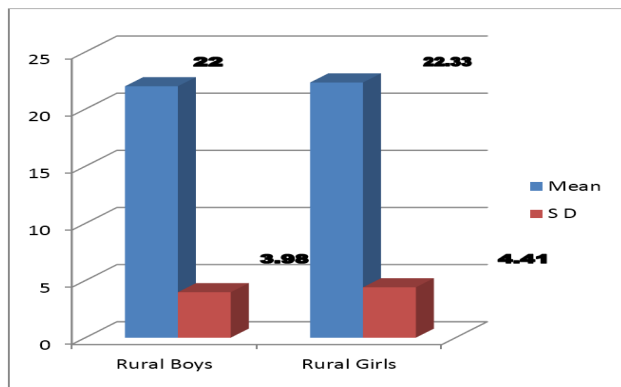


In figure, mean scores of family environment among adolescents of urban and rural areas are given.

Hypothesis (4) stating no significant difference in mental health of rural boys and girls' adolescent of Sirsa District" stands accepted.

Group	N	Mean	S.D.	S.ED	t-ratio
Rural Boys	15	22	3.98	1.53	0.21
Rural Girls	15	22.33	4.41		

Table value of t= 1.96 at 0.05 level and 2.58 at 0.01 level
 *Significant at 0.05 level of confidence.
 ** Significant at 0.01 level of confidence.

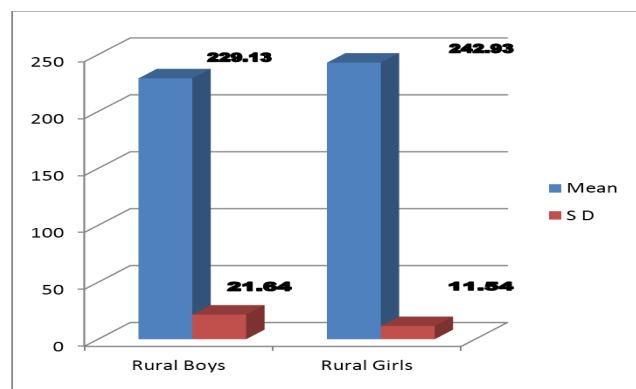


In figure mean score of family enviroment among adolescents urban and rural areas are given.

Hypothesis (5) stating, "There is no significant difference in family environment of rural boys and girls adolescents" stands rejected.

Group	N	Mean	S.D	S.ED	t-ratio
Rural boys	15	229.13	21.64	6.33	2.18
Rural girls	15	242.93	11.54		

Table value of t= 1.96 at 0.05 level and 2.58 at 0.01 level
 *significant at 0.05 level of confidence.
 **significant at 0.01level of confidence.

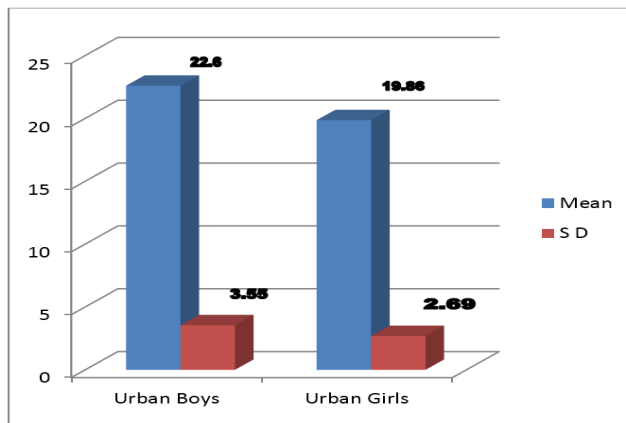


In figure mean score of mental health among girls and boys adolescents of rural areas are given.

Hypothesis (6) stating "There is no significant difference in mental health of urban boys and girls adolescent" stands rejected.

Group	N	Mean	S.D	S.ED	t-ratio
Urban Boys	15	22.6	3.55	1.15	2.4
Urban girls	15	19.86	2.69		

Table value of t= 1.96 at 0.05 level and at 0.01 level
 *significant at 0.05 level of confidence
 **significant at 0.01level of confidence

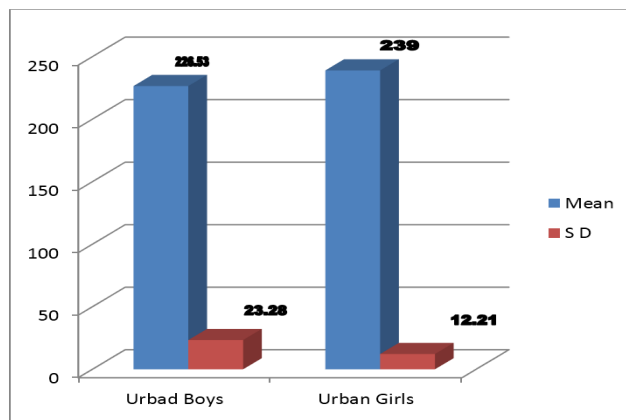


In figure mean scores of family enviroment among rural boys and girls adolescents are given.

Hypothesis (7) stating "there is no significant difference in family environment of urban boys and girls adolescent" stands accepted.

Group	N	Mean	S.D	S.ED	t-ratio
Urban boys	15	226.53	23.28	6.79	1.83
Urban girls	15	239	12.21		

Table value of t= 1.96at 0.05 level and 2.58 at 0.01 level
 *significant at 0.05level of confidence
 **significant at 0.01 level of confidence



In figure, scores of family environment among urban boys and girls adolescents are given

Findings of the Study

- 1) It is evident from the result that there exists no significant relationship between mental health and family environment among adolescents.
- 2) There exists no significant difference in mental health of rural and urban adolescents.
- 3) There exists no significant difference in family environment of rural and urban adolescents.
- 4) There is no significant difference in mental health of rural boys and girls adolescents.
- 5) There exist significant difference in family environment of rural boys and girls adolescents.
- 6) There exists significant difference in mental health of urban boys and girls.
- 7) There exist no significant difference in family environment of urban boys and girls of adolescents.

References

1. Borah, Santosh. Family environment and Academic achievement of adolescent students of Jorhat District, Assam. *Indian Journal of Education, Research, Experimentation and Innovation*. 2013, 3(3).
2. Sathyabama B, Jeryda Gnanajane Eljo JO. Family Environment and Mental Health of Adolescent Girls. *International Journal of Humanities and Social Science Invention*. 2014; 3(9):46-49.
3. Chaudhary, Nand Kishore. A Study of Mental Health in Relation to Family Environment and Gender of School Going Adolescents. *Indian Journal of Research*. 2013; 3(4).
4. Parmar P. Mental Health of adolescents in relation to social intelligence M.Ed. Dis., Pb. Chd, 2003.
5. Manju. Adjustment and positive mental health, sense of humour, degree of aggression and inferiority feeling, Phd. Psychology. Meerut University, 1994.
6. Shivane D. To study the family environment and mental health of the tribal and urban secondary students. *Indian streams research journal Psychology*. 2011, 1(4).
7. Friedman R, Katz-Leavy J, Manderscheid R, Sondheimer D. Prevalence of serious emotional disturbance in children and adolescents in Mental Health, United States. Edited by: Manderscheid RW, Sonnenschein MA. Rockville MD: Centre for Mental Health Services; Hoagwood K, Johnson J (2003) *School psychology: a public health framework*. 1996, 71-81.