



A study of mental health of secondary school students in relation to their type of school and peer pressure

Pinky jinwal¹, Neelam kumari²

¹ Department of Education, Kumaun University, Nainital, Uttarakhand, India

² Assistant Professor, Department of Education, S.S.J. University, Almora, Uttarakhand, India

Abstract

Mental health describes the cognitive and emotional well being of human beings. The main purpose of the present research was to study the mental health of secondary school students in relation to their type of school and peer pressure. The objective of the study was to find out the difference in the Mental Health of government and private secondary school students. The normative survey method has been used in this study. The sample of the study comprised 800 secondary school students selected by random sampling method from government and private secondary schools of U.S. Nagar Uttarakhand. For gathering the data following Tools used were: a mental health scale by Sunil Saini and the peer pressure scale developed by the researcher. To analyze the data Mean, SD, T-test, Coefficient Correlation and two-way ANOVA were used. The conclusions of the study were there is no significant difference in the mental health of government and private secondary school students and there is a very low positive relationship between mental health and peer pressure of secondary school students. There is a significant difference in the mental health of government and private secondary school students in relation to their peer pressure.

Keywords: Mental health, government and private, peer pressure

Introduction

Mental health is an important aspect of any person's life and it is as essential as physical health. In the absence of good mental health, a person can neither benefit himself nor the society. Hadfield (1952) also stated that mental health is the full and harmonious functioning of the whole personality. No one is immune from the effects of mental disorders and most of these changes occur during adolescence. Students studying at the secondary level come under adolescence. Different types of change take place at a very rapid pace during adolescence. The Mental Health Survey (2016) reports that almost one hundred fifty million citizens of India need care and support for their mental health. Many factors affect mental health. Therefore the researcher has tried to do research work to know the mental health level of the secondary school students and through this research work, an attempt will be made to know the relation between mental health and type of school and peer pressure of the students.

Review of the study

Shakya (2018) ^[6] investigated the correlation between mental health and academic achievement of college-going students. This study was descriptive and the sample of the search was 200 students of Uttar Pradesh for collecting the data mental health battery by A. K Singh and Alpana Sen Gupta used the aim of the study to assess the mental health and academic achievement in relation to their gender and locality to test the null hypothesis correlation was applied and the finding of the study revealed that a positive correlation was found between mental health and academic achievement of college-going students in relation to their gender and locality.

Pant (2019) ^[1] did a study on the mental health of adolescents in relation to their gender and streams. The sample consists of 120 adolescents of class 12. For gathering the data the researcher used a mental health battery by A. K Singh and Alpana Sen Gupta. The main purpose of the study was to assess the impact of the mental health of adolescents in relation to their gender, streams. Mean, sd and t-test were employed. The conclusions of the research were there was a significant difference in the mental health of adolescents in relation to gender an insignificant difference was found in relation to stream and overall mental health was found average.

Statement of the problem

A study of mental health of secondary school students in relation to their type of school and peer pressure.

Delimitation of the study

This presented study is delimited to 800 government and private secondary school students of U.S. Nagar district of Uttarakhand. The present study is delimited to 10 class students only.

Objectives of the study

The aim and purpose of the study are to find to what extent the type of school affects the mental health of the students. The main objectives of this research are the following

1. To study the difference in the mental health of government and private secondary school students.
2. To study the relationship between mental health and peer pressure of secondary school students.

- To study the mental health of government and private secondary school students in relation to their peer pressure.

Hypotheses of the study

Based on the objectives of the present research, the following null hypothesis has been formulated

- There is no significant in the mental health of government and private secondary school students.
- There is no significant relationship between mental health and peer pressure of secondary school students.
- There is no significant difference in the mental health of government and private secondary school students in relation to their peer pressure.

Method of the study

The normative survey method has been used in this research work.

Sample and sampling technique of the study

In the present study, 800 students from government and private secondary school students have been selected as the samples of the study by stratified random sampling technique to study the mental health of the study.

No	Type of school	Selected students	Total
1.	Government	400	800
2.	Private	400	

Dependent variable	Independent variable	N	Mean	S.D	Df	t-test	Result
Mental health	Government	400	146.50	19.63	798	1.93	Insignificant
	Private	400	149.26	20.95			
*0.05level of significance .96)					**=0.01level of significance (t value-2.59)		

The table shows the mean, s.d and t value of mental health of government and private secondary school students. The mean values of government and private secondary school students are 145.50 and 149.26 which indicates the good mental health of private school students in comparison of government schools and t value at df of 798 is 1.93. This value is not significant at 0.05 level of significance. It shows that there is no significant difference in the mental health of government and private secondary school students, thus the null hypothesis is accepted.

Objective 2: To study the relationship between mental health and peer pressure of secondary school students.

No	Dependent variable	Independent variable	N	Df	R	Result
1	Mental health	Peer pressure	800	798	.208	Significant
* 0.05level of significance .088			** 0.01 level of significance.115			

The presented table shows the relationship between mental health and peer pressure of secondary school students. The r value at df of 798 is .208 which is significant at 0.01 level of significance. Both variables have a very low positive

Variables involved

Dependent variable: Mental health has been taken as dependent variable

Independent variable: Type of the school and peer pressure has been selected as the independent variable of the study

Tools used

Personal information schedule: A request letter was used to obtain information related to the name, sex, residence, class, and age of the students studying in the school

Mental health scale: To measure the mental health of secondary school students the mental health scale by Dr. Sushma Talesara and Akhtar Bano was used.

Peer pressure scale: To measure the peer pressure of secondary school students the peer pressure scale was constructed by the researcher.

Statistical techniques of the study: In this study mean, SD, t-test, coefficient of correlation and two-way ANOVA statistical techniques were used to analyse of data of the study.

Data analysis and interpretation

Objective 1: To study the mental health of government and private secondary school students.

relationship thus the null hypothesis is rejected in this regard.

Objective 3: To study the mental health of government and private secondary school students in relation to their peer pressure

The table shows the values of mean and SD of the mental health of government and private secondary school students in relation to their peer pressure.

Table A

Dependent variable	Type of school	Independent variable peer pressure	N	Mean	S.D
Mental health	Government	Good	8	147.00	10.73
		Moderate	118	139.59	19.52
		Poor	274	149.46	19.17
	Private	Good	12	141.37	15.91
		Moderate	93	141.37	19.63
		Poor	294	151.58	20.97

Table (A) shows the values of mental health of government and private secondary school students in relation to their peer pressure. The mean values indicate that government and private secondary school students with high, average and low peer pressure have moderate mental health.

Analysis of variance for comparing of mental health of government and private secondary school students in relation to their peer pressure.

Table B

Source	df	Sum of squares	Mean square	F	Result
Type of school	1	890.978	890.978	2.254	Insignificant
Peer pressure	2	15542.148	5180.716	13.107**	Significant
Interaction	2	72.399	36.200	.092	Insignificant
Between groups	6	17512525.113	2501789.302	6329.605	-
Within group	793	313434.887	395.252	-	-
*f value at 0.05level of significance 2.60			**F value at 0.01level of significance 3.78		

The above table shows the first between source of value at df 1 and 793 is 2.254 which is insignificant at a level of 0.05. This means that there is no significant difference between government and private secondary school students with respect to mental health.

The second between source of the f value at df of (2,793) is 13.107 which is a significant level of 0.01 level of significance which indicates a significant difference in the mental health of secondary school students who got high, average and low peer pressure.

The third between source of f value at df (2 and 793) is .098 which is insignificant at a level of 0.05. It means that the interaction of type of school and peer pressure does not cause any significant difference in the mental health of secondary school students. Hence the null hypothesis is partially rejected and mostly accepted.

Research findings

1. There is no significant difference in the mental health of government and private secondary school students.
Finding 1. No Significant difference has been found in the mental health of government and private secondary school students. The mental health of both groups is good but private school students have better mental health than government secondary school students.
2. There is no significant relationship between mental health and peer pressure of secondary school students.
Finding 2. A very low significant relationship has been found between mental health and peer pressure of secondary school students.
3. There is no significant difference in the mental health of government and private secondary school students in relation to their peer pressure.

Finding 3.1: No significant difference has been found in the mental health of government and private secondary school students in relation to their peer pressure. Both groups are good at mental health

Finding 3.2: A significant difference has been found in the mental health of government and private secondary school students in relation to peer pressure. Those who have good peer pressure have good mental health; moderate peer pressures have moderate mental health and students who have poor peer pressure have very good mental health.

Finding 3.3: The interaction between type of school and peer pressure has no significant effect on the mental health of secondary school students

Educational implication

Based on the findings of the study, it is said that various types of programmes like yoga, meditation etc should be organised in government schools as well as private schools by the government, school management and teachers for the betterment of the mental health of students. Mental health should be checked from time to time at the school level and the teaching process should be made interesting so that there is no excessive pressure on the mental health of the students.

Suggestions for future research

The present research has been done on government and private students of 10 classes from U.S. Nagar district of Uttarakhand. In future, research can be done in other districts of Uttarakhand, interior and exterior school and also done on the socio-economic status of the students.

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