



A STUDY ON MENTAL OF HIGHER SECONDARY SCHOOL STUDENTS IN RELATION TO THEIR ADJUSTMENT BEHAVIOUR IN THIRUVALLUR DISTRICT

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ABSTRACT

This study examined the relationship between Mental Health and Adjustment Behaviour of Higher Secondary School Students in Thiruvallur District. The study adopted survey method of research. Participants were 300 school students randomly selected in Government, Government Aided and Private schools in Thiruvallur district. The research instrument used for data collection was: Adjustment Behaviour developed by A.K.P. Sinha and R.P.Singh and Mental Health developed by Droved and Augustine. The findings indicated that there is a positive relationship between Mental Health and Adjustment Behaviour of Higher secondary school Students. There exist the level of Adjustment Behaviour is moderate in nature and the high level in Mental Health. There exist significant impact with respect to the Adjustment Behaviour based on Location, Fathers' Educational Qualification, mothers' educational qualification and association, correlation between the Adjustment Behaviour and Mental Health. There is no significant impact gender, type of management, medium of instruction, type of family, father's occupation, mother's occupation, family monthly income on the Adjustment Behaviour and Mental Health of Higher Secondary School Students.

Keywords: Mental health, Adjustment Behaviour, Students, Schools.

INTRODUCTION

Man is ambitious by nature. He has aspirations and desires to be fulfilled. He plans and strives hard for realization but it may be possible that despite his best planning and efforts he may not get the desired success. At times he finds himself in a state -of confusion with all the paths ahead blocked with repeated failures, he reaches a state or condition of frustration. In such kind of confused and frustrated situation the students should have the capacity to understand the reality of the fact to adjust him to maintain a good acceptance of them.

It is the practice of extricating the knowledge, ideas, cognitive domains from inside rather than thrusting from outside. The ultimate aim of 'Education' is the modification of behaviour. Schooling the students to help achieving academic excellence is the futuristic way of improving them.

The concept of mental health in successful living is equivalent to absence of stress, related body illness, unimpaired adjusted functioning behaviour normally and subjective comfort.

Adjustment enforces a state of harmonious relationship between the problem and the individual under frustrating conditions or situations. Adjustment refers to the adequacy of the behaviour patterns the individual habitually uses to satisfy his needs. But, due to the problems in the adjustment behaviour the adolescents refuse to accept themselves.

MENTAL HEALTH

Mental health means the balanced and integrated development of personality. It is a science that deals with human welfare pervades all fields of human relationships. It is believed that a person who is mentally healthy will be efficient, social and moral.

On the other hand there are people who work utilizing all their

energies and powers in the pursuit of some goals and ends, their will power is strong and they pursue their goals with confidence. A person is said to have good mental health when he succeeds in maintaining harmonious relationship between himself and his environment.

ADJUSTMENT BEHAVIOUR

Adjustment is the process of getting along with one's own self and with others. It is the process by which a person varies his behaviour to produce a more harmonious relationship between himself and his environment.

Adjustment is a continuous process of satisfying one's needs, rather than something fixed and static and it involves virtually all aspects of human behaviour. It is the process of satisfying physiological drives which is never completely achieved for an extended period.

STATEMENT OF THE PROBLEM

Formally stated the problem stand as follows.

A Study on Mental Health of Higher Secondary School Students in relation to their Adjustment Behaviour in Thiruvallur District.

OBJECTIVES OF THE STUDY

The following are the objectives of the study:

1. To find out the level of Adjustment Behaviour among the Higher Secondary School Students.
2. To find out the level of Mental Health among the Higher Secondary School Students.
3. To find out the significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Gender.

4. To find out the significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Type of Management.
5. To find out the significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Medium of Instruction.
6. To find out the significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Location.
7. To find out the significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Type of Family.
8. To find out the significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Father's Educational Qualification.
9. To find out the significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Mother's Educational Qualification.
10. To find out the significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Father's Occupation.
11. To find out the significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Mother's Occupation.
12. To find out the significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Family Monthly Income.
13. To find out the significant difference in the Mental Health of Higher Secondary School Students based on Gender.
14. To find out the significant difference in the Mental Health of Higher Secondary School Students based on Type of Management.
15. To find out the significant difference in the Mental Health of Higher Secondary School Students based on Medium of Instruction.
16. To find out the significant difference in the Mental Health of Higher Secondary School Students based on Location.
17. To find out the significant difference in the Mental Health of Higher Secondary School Students based on Type of Family.
18. To find out the significant difference in the Mental Health of Higher Secondary School Students based on Father's Educational Qualification.
19. To find out the significant difference in the Mental Health of Higher Secondary School Students based on Mother's Educational Qualification.
20. To find out the significant difference in the Mental Health of Higher Secondary School Students based on Father's Occupation.
21. To find out the significant difference in the Mental Health of Higher Secondary School Students based on

Mother's Occupation.

22. To find out the significant difference in the Mental Health of Higher Secondary School Students based on Family Monthly Income.
23. To find out the significant association between Adjustment Behaviour and Mental Health of Higher Secondary School Students.
24. To find out the significant relation between Adjustment Behaviour and Mental Health of Higher Secondary School Students.

HYPOTHESES OF THE STUDY

The following are the hypotheses of the study framed based on the objectives.

The level of Adjustment Behaviour among the Higher Secondary School Students is moderate in nature.

2. The level of Mental Health among the Higher Secondary School Students is moderate in nature.

3. There is no significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Gender.

4. There is no significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Type of Management.

5. There is no significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Medium of Instruction.

6. There is no significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Location.

7. There is no significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Type of Family.

8. There is no significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Fathers' Educational Qualification.

9. There is no significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Mothers' Educational Qualification.

10. There is no significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Fathers' Occupation.

11. There is no significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Mothers' Occupation.

12. There is no significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Family Monthly Income.

13. There is no significant difference in the Mental Health of Higher Secondary School Students based on Gender.

14. There is no significant difference in the Mental Health of Higher Secondary School Students based on Type

of Management.

15. There is no significant difference in the Mental Health of Higher Secondary School Students based on Medium of Instruction.
16. There is no significant difference in the Mental Health of Higher Secondary School Students based on Location.
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20. There is no significant difference in the Mental Health of Higher Secondary School Students based on Fathers' Occupation.
21. There is no significant difference in the Mental Health of Higher Secondary School Students based on Mothers' Occupation.
22. There is no significant difference in the Mental Health of Higher Secondary School Students based on Family Monthly Income.
23. There is no significant association between Adjustment Behaviour and Mental Health of Higher Secondary School Students.
24. There is no significant relation between Adjustment Behaviour and Mental Health of Higher Secondary School Students.

RESEARCH DESIGN

Methodology

The study was conducted through survey method of research and it is most suitable for the present study.

Variables

Dependent variables: Adjustment Behaviour

Independent variables: Mental Health

Sample

The study was conducted on a representative sample of 300 Higher Secondary School Students in Thiruvallur District.

Research Tools

The following tools have been selected by the investigator to carry out this study:

- a) Adjustment Inventory for School Students constructed by **A.K.P.Sinha and R.P.Singh**.
- b) Mental health index by **Droved and Augustine**.

STATISTICAL TECHNIQUES

Suitable descriptive (standard deviation and standard error deviation) and inferential statistical techniques (ANOVA, t-test, Chi-Square and correlation) were used to investigate the hypotheses of the study.

MAJOR FINDINGS OF THE STUDY

The following are the major findings of the study.

1. The higher secondary students have moderate level of Adjustment Behaviour.
2. The higher secondary students have high level of Mental Health.
3. There is no significant difference in the Adjustment Behaviour of the higher secondary school students based on gender.
4. There is no significant difference in the Adjustment Behaviour of the higher secondary school students based on type of management.
5. There is no significant difference in the Adjustment Behaviour of the higher secondary school students based on medium of instruction.
6. There is significant difference in the Adjustment Behaviour of the higher secondary school students based on Location.
7. There is no significant difference in the Adjustment Behaviour of the higher secondary school students based on type of family.
8. There is significant difference in the Adjustment Behaviour of the higher secondary school students based on Fathers' Educational Qualification.
9. There is significant difference in the Adjustment Behaviour of the higher secondary school students based on mothers' educational qualification.
10. There is no significant difference in the Adjustment Behaviour of the higher secondary school students based on fathers' Occupation.
11. There is no significant difference in the Adjustment Behaviour of the higher secondary school students based on mothers' occupation.
12. There is no significant difference in the Adjustment Behaviour of the higher secondary school students based on family monthly income.
13. There is no significant difference in the Mental Health of the higher secondary school students based on gender.
14. There is no significant difference in the Mental Health of the higher secondary school students based on type of management.
15. There is no significant difference in the Mental Health of the higher secondary school students based on medium of instruction.
16. There is no significant difference in the Mental Health of the higher secondary school students based on location.
17. There is no significant difference in the Mental Health of

the higher secondary school students based on type of family.

18. There is no significant difference in the Mental Health of the higher secondary school students based on Fathers' Educational Qualification.
19. There is no significant difference in the Mental Health of the higher secondary school students based on mothers' educational qualification.
20. There is no significant difference in the Mental Health of the higher secondary school students based on fathers occupation.
21. There is no significant difference in the Mental Health of the higher secondary school students based on mothers' occupation.
22. There is no significant difference in the Mental Health of the higher secondary school students based on family monthly income.
23. There is significant association between the Adjustment Behaviour and Mental Health among the higher secondary school students.
24. There is significant high correlation between the Adjustment Behaviour and Mental Health among the higher secondary school students.

Table: 1

Showing N, Mean, S.D and C.R value for Adjustment Behaviour of Higher Secondary School Students based on Location

| Variable | Location | N | Mean | Std. deviation | C.R value | L.O.S |
|----------------------|----------|-----|-------|----------------|-----------|-------|
| Adjustment Behaviour | Rural | 97 | 30.43 | 9.490 | 2.604 | 0.01 |
| | Urban | 203 | 33.54 | 9.760 | | |

Table :2

Showing N, Mean, S.D and C.R value for Adjustment Behaviour of Higher Secondary School Students based on Fathers' Educational Qualification

| Variable | Fathers' Educational Qualification | N | Mean | Std. deviation | C.R value | L.O.S |
|----------|------------------------------------|---|------|----------------|-----------|-------|
| | | | | | | |

| | | | | | | |
|----------------------|-------------------|-----|-------|-------|-------|------|
| Adjustment Behaviour | School Education | 53 | 29.55 | 9.828 | 2.477 | 0.05 |
| | College Education | 247 | 33.18 | 9.653 | | |

Table:3

ANOVA showing the significant difference in the Adjustment Behaviour of Higher Secondary School Students based on Mothers' Educational Qualification

| Variables | Source of Variance | Sum of squares | Df | Mean Square | F Ratio | L.O.S |
|----------------------|--------------------|----------------|-----|-------------|---------|-------|
| Adjustment Behaviour | Between Groups | 761.013 | 2 | 380.507 | 4.071 | 0.05 |
| | Within Groups | 27761.583 | 297 | 93.473 | | |
| | Total | 28522.597 | 299 | | | |

Table : 4

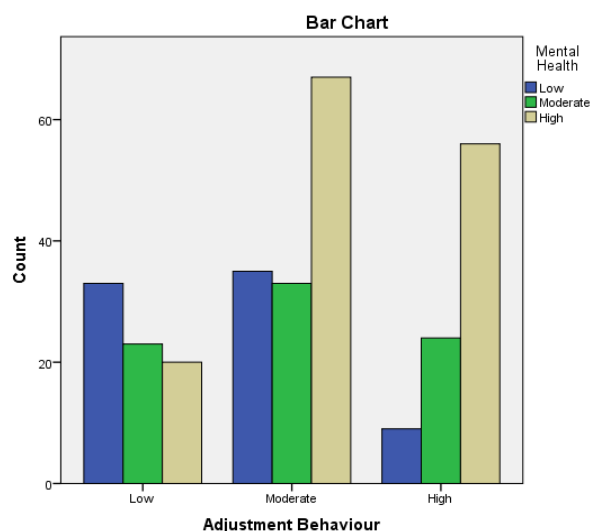
Showing the significant association between Adjustment Behaviour and Mental Health of Higher Secondary School Students

| Adjustment Behaviour | Mental Health | | | Total | df | χ^2 | L.S |
|----------------------|--------------------|--------|------|-------|------|----------|------|
| | Low | Medium | High | | | | |
| Low | Observed Frequency | 33 | 23 | 20 | 76 | 30.070 | 0.01 |
| | Expected Frequency | 19.5 | 20.3 | 36.2 | 76.0 | | |

| | | | | | |
|--------------|-----------------------|----------|------|-----------|-----------|
| Mode rate | Observed Frequency | 3 5 | 33 | 67 | 13 5 |
| | Expected Frequency | 3 4.7 | 36.0 | 64.4 | 13 5.0 |
| High | Observed Frequency | 9 | 24 | 56 | 89 |
| | Expected Frequency | 2 2.8 | 23.7 | 42.4 | 89.0 |
| Total | | 77 | 80 | 143 | 300 |
| | | 7 7.0 | 80.0 | 14 3.0 | 30 0.0 |

Figure

Showing the significant association between Adjustment Behaviour and Mental Health of Higher Secondary School Students

**Table : 5**

Showing the significant correlation between Adjustment Behaviour and Mental Health of Higher Secondary School Students

| Variables | N | Correlation |
|---|-----|-------------|
| Adjustment Behaviour Vs Mental Health | 300 | 0.67 |

EDUCATIONAL IMPLICATIONS

1. The individual differences between students of different age groups with regard to inferiority feeling should be taken care of which can be sorted out by the parents and the school authority in a productive manner to benefit students.
2. Today's global education should help students in overcoming the adjustment problems within themselves.
3. Teachers should always give positive strokes to kids to enhance their performance.
4. An educational programme which emphasizes, adjustment behaviour and mental health tend to develop potential growth capacities.
5. Educational institutions should identify the children with more problems, and take some necessary steps in removing the lower adjustment problems, lower creative pressure and higher mental health.
6. Education must make the students to understand that adjustment behaviour has a prominent role in one's social index and also in the development of good mental health.
7. The educational set up should provide opportunities for the students who tend to be alone and detached from other peers, to participate in extracurricular activities which is the root cause in bringing out self awareness.
8. Students should be trained to detect and acknowledge their faults, which is one of the bench marks of a self accepting personality.
9. Emotional education and physical education are the best methods in promoting emotional security among the adolescents to develop a socially acceptable personality.
10. Education should make considerable contribution to help the child to accept all that has happened in each part of his life.
11. Healthy educational process, with the restructured

curriculum includes programmes which give the child possibility of developing self confidence, self expression, and self realization and further the possibility of receiving guidance and counselling and encouragement should be provided to the students at all the levels of education.

CONCLUSION

On evaluating the problems related to adjustment behaviour and mental health, typically people judge themselves unfavourably with the hope it will motivate them to change. This kind of negative guidance will lead them to have several behavioural problems. The results of the present study indicates that majority of the higher secondary students have high level of mental health even though they have average level of adjustment behaviour.

The findings of this study may give a clear idea about the psychological concepts of adolescents which are to be addressed in the right time and highlighting the importance of providing ample conditions for them to live their lives with harmonious functioning of their body and mind in order to achieve progress in future.

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