



A COMPARATIVE STUDY ON MENTAL HEALTH OF RURAL AND URBAN STUDENTS

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ABSTRACT:

Background: Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Attainment of better quality of life is the objective behind all facets of development while a balanced and buoyant environment is fundamental to the growth of mankind.

Aim: Study was to assess between the mental health of urban students and rural students.

Methods: In study, sample has selected to match the study and help in achieving the purpose of the study. The researcher used simple random sampling for the data collection; the help of Ex post facto research collected Data. From urban four schools total students are 475 out of which 227 are Girls and 258 are boys. Similarly, from rural schools 380 students are there out of which 192 are girl's students and 188 are boys students. In aggregate, the total population constitutes 855 students for present research with the help of The Mental Health Battery (MHB), which has been constructed by Arun Kumar Singh and Alpana Sen Gupta. It was published by Ankur Psychological Agency, Lucknow in 1983.

Statistical Techniques: Data were analyzed with the help of t-test. The statistical analysis of the research study was carried out by comparing the mental health of urban students and rural students.

Result: The result suggested that the Mental Health of urban student is much better than the Mental Health of rural students. The girls students are comparatively mentally healthy than the boys students. The urban girls students are mentally healthy than their rural counterpart. The Mental Health of urban boy's students is far better than those of their rural counterpart. The urban girls are mentally health than the urban boys students. The Mental Health of rural girls students is considerably better than that of rural boys students.

Conclusion: To summarize, From the deep and through study of this research work we may conclude that the Mental Health of the urban students and the rural students have significant difference.

KEYWORDS:

MENTAL HEALTH, RURAL STUDENTS AND URBAN STUDENTS.

NEED AND SIGNIFICANT OF THE STUDY

It is often compared that Mental Health is the National Wealth of a Nation. A country's peace and prosperity largely depends upon the mental ability of its citizens. Today's children are citizen of tomorrow. The destiny of our Nation lies in their hands. They will be the Doctors, Engineers, Lawyers, Politicians, Administrators, and Teachers of tomorrow. They have to move forward this world ahead. So it is very much essential that they should possess a good mental health without which it would be very difficult to shoulder this responsibility. This study is completely dedicated to them. Gustafsson, et al. (2012) conducted a study aimed at examining the effects of an outdoor educational intervention on the mental health of schoolchildren. The results point towards a small but

non-significant improvement in mental health at the experimental school while adjusting for demographics. However, this effect was significantly moderated by gender: boys generally fared better than girls at the intervention school, relative to the reference school. The results indicate that it may be important to address gender issues when educational programmes are implemented in schools. Biddle & Asare (2011) investigated physical activity and depression, anxiety, self-esteem and cognitive functioning in children and adolescents and to assess the association between sedentary behaviour and mental health by performing a brief review. Four review articles reported evidence concerning depression, four for anxiety, three for self-esteem and seven for cognitive functioning. Nine primary studies assessed associations between

sedentary behaviour and mental health. Physical activity has potentially beneficial effects for reduced depression, but the evidence base is limited. Intervention designs are low in quality, and many reviews include cross-sectional studies. Physical activity interventions have been shown to have a small beneficial effect for reduced anxiety, but the evidence base is limited. Physical activity can lead to improvements in self-esteem, at least in the short term. However, there is a paucity of good quality research. Reviews on physical activity and cognitive functioning have provided evidence that routine physical activity can be associated with improved cognitive performance and academic achievement, but these associations are usually small and inconsistent. Primary studies showed consistent negative associations between mental health and sedentary behaviour. Association between physical activity and mental health in young people is evident, but research designs are often weak and effects are small to moderate. Evidence shows small but consistent associations between sedentary screen time and poorer mental health. Somersalo, Solantaus & Almqvist (2002) were carried out to examine associations between classroom climate and pupils' mental health in primary school, and whether pupils who had emotional and behavioural problems in the second grade are more vulnerable to the effects of a poor classroom climate 4 years later. The results showed associations between poor sixth-grade classroom climate and an increase in emotional and behavioural problems in both boys and girls. In addition, the girls who were overall poorly adjusted, particularly those who had externalizing problems in the second grade, were especially vulnerable to a poor classroom climate in the sixth grade.

It is established fact that individual who have good mental health are well adjusted to society. Mental health is very essential in every walk of life. Man is an integrated psychosomatic unit whose behavior is determined by both physical and mental factors. That is why we can say that mental health is the balance between health and all aspects of life-- Social, Physical, Spiritual and Emotional. It influences the way we manage our surrounding and make choices in our lives. Certainly it is integral part of our overall Total Health. Keeping this fact in mind the study of mental health has been taken in the present research. Stein, et al. (2003) conducted the effectiveness of a collaboratively designed school-based intervention for reducing children's symptoms of PTSD and depression that has resulted from exposure to violence and the differences between the 2 groups were not significantly different for symptoms of PTSD and depression; showed similar ratings for psychosocial function; and teachers did not report significant differences in classroom behaviours. A standardized 10-session cognitive-behavioural group intervention can significantly decrease symptoms of PTSD and depression in students who are exposed to violence and can be effectively delivered on school campuses by trained school-based mental health clinicians.

There may be some research have been done on mental

health till now, but when it comes to students community it has a considerable effect on the performance and over all achievement. Looking at the impact of mental health on student's development this study has been undertaken. In the present study the researcher has been attempt to compare the mental health of urban and rural students and tried to show what type of relationship exist between them.

OBJECTIVES OF THE STUDY

After the selection of research problem the next step for the researcher is to set the objectives of the problem on which he/she is going to base the study. The objectives of the present study are:

- 1) To compare the Mental Health of Rural and Urban students.
- 2) To compare the Mental Health of Boys and Girls students.
- 3) To compare the Mental Health of Urban Girls and Rural Girls students.
- 4) To compare the Mental Health of Rural Boys and Urban Boy students.
- 5) To compare the Mental Health of Urban Girls and Urban Boys students.
- 6) To compare the Mental Health of Rural Girls and Rural Boy students.

HYPOTHESIS OF THE STUDY

Hypothesis- 1: There exists significant difference between the mental health of total urban students and total rural students.

Hypothesis -2: There exists significant difference the mental health of girl's students and boys students.

Hypothesis-3: There exists significant difference between the mental health of urban girls a students and rural girls students.

Hypothesis-4: There exists significant difference between the mental health of urban boys students and rural boys students.

Hypothesis- 5: There exists significant difference between mental health of urban girls students and urban boys students.

Hypothesis -6: There exists significant difference between the mental health of rural girls students and rural boys students.

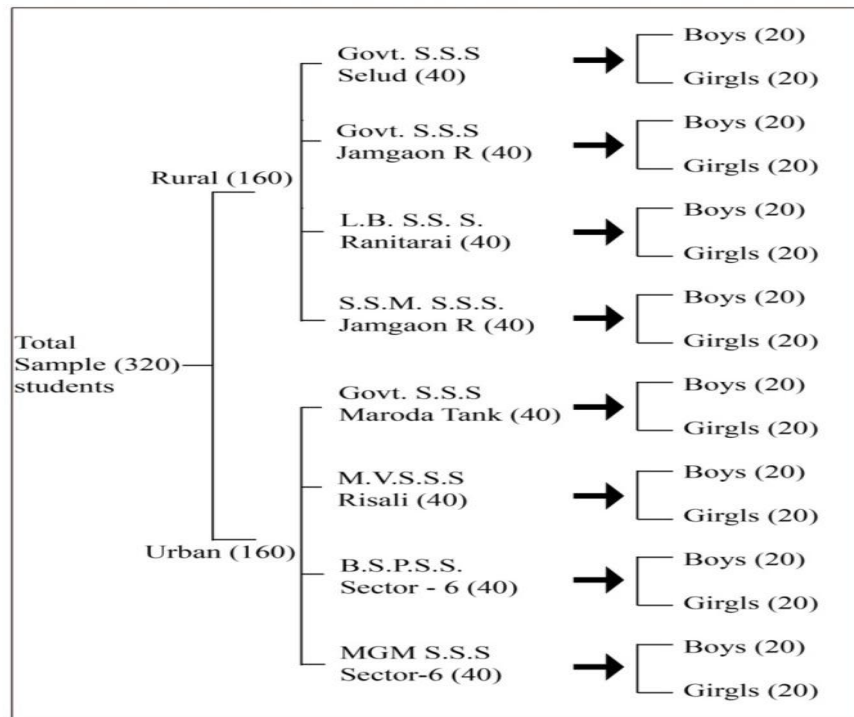
DELIMINATION OF THE STUDY

The present study has the following delimitation

- 1) The study is limited to be Durg district of Chhattisgarh state.
- 2) Total Three Hundred Twenty (320) students have been selected from Eight (8) schools. Out of which four (4) schools from urban area i.e. Steel City Bhilai and four (4) school from rural belt of Patan block.

3) All students belong to 11th standard.

DIAGRAMATIC REPRESENTATION OF DELIMINATION OF THE STUDY



OPERATIONAL DEFINITION OF THE TERMS USED

It is necessary to define all unusual terms and concepts that may be misinterpreted. In this context the technical terms or words and phrases having special meanings need to be defined. Some of the terms used in the present study are:-

MENTAL HEALTH: In the present study mental health means a state of emotional psychological and personal well being in which an individual is able to use his or her cognitive and emotional capabilities, function in society and meet the ordinary demand of everyday life.

HIGHER SECONDARY STUDENTS: Here in this study student refers to the higher secondary students studying in 11th standard and 12th standard in order to be more

specific the researcher has taken only students of 11 standards only it includes both boys and girls. It also includes the higher secondary students of rural and urban areas.

METHOD SELECTED FOR THE STUDY: In this study descriptive survey method has been used for better collection of data and to gather adequate information to fulfil the objectives and hypothesis. This method investigates to study, describe and interpret what exist at present. It is as designed to obtain pertinent and precise information concerning the current status of the phenomenon and whenever possible to draw valid general conclusions from the facts discovered. The main reasons behind choosing this method are:-

- Descriptive survey investigates the phenomenon in its natural setting. This explains the phenomena in terms of the conditions and relationship that

exists.

- It throws light on the various aspects of the social problems and help in understanding the causes of the problem.
- It covers a wide range of area, some group of people, policy or events.
- The concrete data gives concrete results.
- Sometime it is the only method through which opinions, attitudes suggestion for improvement of educational practices and instruction and other data can be obtained.

THE POPULATION: The population means a particular or certain portion of the whole universe. In order to be more specific we select population from the universe. As we have taken student community as the universe, we chose some student from urban schools and some student from rural schools which constitute the population, filling the need of the research. Hence, as the representative of urban area the researcher has selected four (4) schools from Bhilai Township and as rural area four (4) schools from the Patan block belong to Durg District of Chhattisgarh state. All the students of 11th class these 8 schools constitute the population.

THE SAMPLE: A sample represents the whole population. Sampling is a process through which systematically a small number or amount of individual, objects or events are selected and analyzed in order to find out something about the entire population. It saves money time and material. Among the above categories of sampling, simple random sampling has been used to select sample here. Because this method is free from individual partiality, simple to use,

based on all items of the population and each unit have an equal chance of being selected. From urban four schools total students are 475 out of which 227 are Girls and 258 are boys. Similarly from rural schools 380 students are

there out of which 192 are girls students and 188 are boys students. In aggregate the total population constitutes 855 students.

POPULATION TABLE NO-1**TOTAL NUMBER OF STUDENT STUDYING IN 11TH CLASS OF SELECTED URBAN SCHOOLS**

Sl.No	Name of the Schools	Total No. of Girls students	Total No. of Boys students	Total Students
1.	M.G.M. Senior Secondary school Sector - 6, Bhilai	72	85	157
2.	BSP Senior Secondary School sector -6, Bhilai	64	77	141
3.	Govt. Senior Secondary school ,Maroda Tank, Bhilai	45	47	92
4.	M.V. Senior Secondary School, Risali Bhilai	46	39	85
Grand Total		227	258	475

POPULATION TABLE NO-2**TOTAL NUMBER OF STUDENT STUDYING IN 11TH CLASS OF SELECTED RURAL SCHOOLS.**

Sl.No.	Name of the Schools	Total No. of Girls students	Total No. of Boys students	Total Students
1.	Govt. Senior Secondary school Selud	58	63	121
2.	Govt. Senior Secondary school , Jamgaon (R)	43	35	78
3.	Saraswati Shishu Mandir Senior Secondary school ,Jamgaon (R)	37	41	78
4.	Laxmi Bai Senior Secondary School, Ranitarai	54	49	103
Grand Total		192	188	380

SAMPLE TABLE - 3**SAMPLE SELECTED FROM URBAN SCHOOLS**

Sl.No.	Name of the Schools	Total		Sample Selected		Total Sample
		Girls	Boys	Girls	Boys	
1.	Govt. Senior Secondary school Selud, Patan, Durg	72	85	20	20	40
2.	Govt. Senior Secondary school , Jamgaon (R)	64	77	20	20	40
3.	Saraswati Shishu Mandir Senior Secondary school ,Jamgaon (R)	45	47	20	20	40
4.	Laxmi Bai Senior Secondary School, Ranitarai, Patan, Durg	46	39	20	20	40
Grand Total		227	258	80	80	160

SAMPLE TABLE - 4

SAMPLE SELECTED FROM RURAL SCHOOLS

Sl.No.	Name of the Schools	Total		Sample Selected		Total Sample
		Girls	Boys	Girls	Boys	
1.	M.G.M. Senior Secondary school Sector - 6, Bhilai	58	63	20	20	40
2.	BSP Senior Secondary School sector -6, Bhilai	43	35	20	20	40
3.	Govt. Senior Secondary school ,Maroda Tank, Bhilai	37	41	20	20	40
4.	M.V. Senior Secondary School, Risali Bhilai	54	49	20	20	40
Grand Total		192	188	80	80	160

Out of 855 students from 8 schools investigator has chosen 320 students, from each school 40 students comprising 20 boys and 20 girls. Through simple random sampling procedure.

TOOL USED FOR THE COLLECTION OF DATA: The instruments through which a researcher collects data and information fact is called as tools. Tools play very important role in the research work, as it is the basis of all the calculations. Selection of wrong tools means complete collapse of the research work. So for the successful research work the selection of a perfect and accurate tool is very much essential.

A good research tool should have the following feature:-

- It should fulfil the expectation desired by the researcher.
- It should be reliable.
- It should be valid.
- It should be economical as well as less time consuming.

DESCRIPTION OF THE TOOL: In this study the investigator has used "The Mental Health Battery" (MHB) which has been prepared by Arun Kumar Singh and Alpna Sen Gupta. It was published by Ankur Psychological Agency, Lucknow in 1983.

The mental health Battery (MHB) is the combination of six popular indices of mental health viz emotional stability, over all adjustment, autonomy, stability, insecurity, Self-concept, intelligence.

A brief description of each of these indices has given below:-

- Emotional stability:** It refers to experiencing subjective stable feeling which has positive or negative values for the individuals.
- Adjustment:** It refers to an individual's achieving an overall harmonious balance between the demands of various aspects of environment, such as home health, social emotional and schools on one hand and cognition on the other hand.
- Autonomy -** It refers to a stage of independence and self - determination in thinking.
- Security-Insecurity:** It refers to a high or low sense of safety, confidence, and freedom from fear, apprehension or anxiety particularly with respect to fulfilling the person's present or future needs.
- Self - Concept:** - It refers to the sum total of the person's attitudes and knowledge towards himself and evaluation of his achievement.
- Intelligence:** - It refers to general mental ability, which helps the person in thinking rationally and in behaving purposefully in his environment.

ADMINISTRATION OF THE TEST

Mental health Battery (MHB) intends to assess the status of mental health of persons in the age group of 13 to 22 years. Following are the 130 items selected dimension wise for MHB.

AREA AND NO. OF ITEMS OF MHB

Part	Area	No. of Items
I	Emotional Stability (ES)	15
II	Over all Adjustment (OA)	40
III	Autonomy (AY)	15
IV	Security – Insecurity	15
V	Self – Concept	15
VI	Intelligence	30
	Total	130

SCORING: The score of MHB composes of two sections – section A and Section B in section A, from item – I to IV preliminary information has been assigned to determine Socio-Economic Status (SES) of the examinee A, B, C, and

D of item No. II, III and IV has been given the source of 1, 2, 3 and 4 respectively whereas A, B, C and E of item No. I have been given a score 5, 4, 3, 2 and 1. The five part the SES has been calculated as under:-

15 - 17 = Upper SES
9 - 14 = Middle SES
8 or below = Low SES

The answers of all the five parts which tally with the answers given the student has been given a score of +1 if they don't tally they have counted as a score of zero. By summing raw scores of all the five parts we arrived at the total score.

STATISTICS TECHNIQUES USED: For proper analysis and interpretation of the data, right statistical treatment

should be given to arrive at desirable conclusion. Researcher used t-test is used for statistical analysis.

INTERPRETATION OF THE RESULT: In light of the interpretation of data, the researcher has to take utmost care and caution in formulating his conclusion and generalization. Thus final step of this process demand critical and logical thinking in summarizing the findings of the study and compare them with the hypothesis formulated at the beginning.

TABLE SHOWING MEAN & S.D. VALUE OF THE SCORES OBTAINED BY URBAN AND RURAL STUDENTS

Category	Total No. of Students	Mean Value	S.D value
Urban Boys	80	68.55	9.99
Urban Girls	80	74.07	14.24
Total Urban	160	71.31	10.94
Rural Boys	80	49.23	9.98
Rural Girls	80	60.51	7.38
Total Rural Students	160	54.87	10.28
Total Boys	160	58.89	13.36
Total Girls	160	67.29	11.26

ANALYSIS OF HYPOTHESIS

The Hypothesis No.-1 "There exists significant difference between the mental health of urban student and rural student."

THE TABLE BELOW SHOWS THE MEAN, S.D AND T-VALUE OF THE SCORES OBTAINED BY URBAN AND RURAL STUDENTS

Category	Total No. of Students	Means value	S.D value	t- value
Urban students	160	71.31	10.94	13.81
Rural Students	160	54.87	10.28	

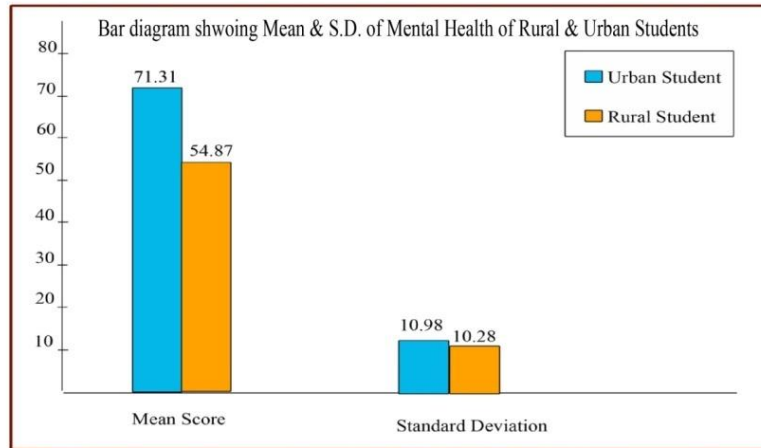
df =318

Significant

p >.01 level

To verify the hypothesis t-value has been calculated. Table shows the calculated t-value 13.81, with 318 as its degree of freedom. The table value at 0.01 level is 2.59. Thus 13.81

> 2.59. Therefore Hypothesis No. 1 is accepted at 0.01 level. Hence it can be said that urban students are mentally healthy than rural students.



The Hypothesis No-2: "There exists significant difference between the mental health of girl's students and boy's students".

THE TABLE BELOW SHOWS THE MEAN S.D AND T-VALUE OF THE SCORES OBTAINED BY URBAN AND RURAL STUDENTS

Category	Total No. of Students	Means value	S.D value	t- value
Urban students	160	69.29	11.26	6.06
Rural Students	160	58.89	13.36	

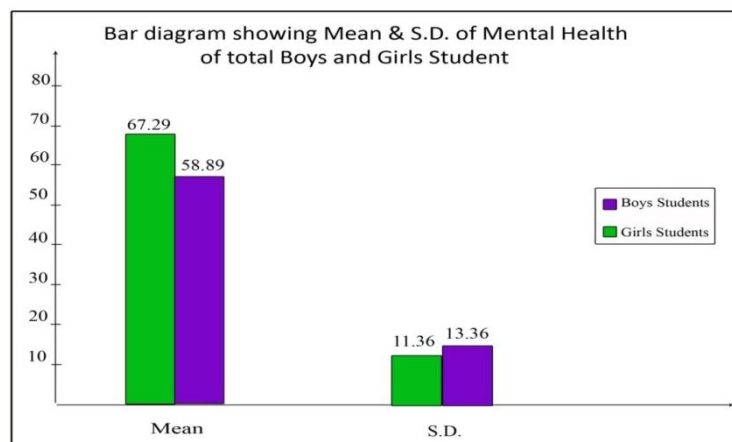
df = 318

Significant

p> 0.01 level

To verify the Hypothesis No-2, t-value has been calculated. The above table states the calculated t-value 6.06, with 318

as its degree of freedom. The table-value at 0.01 level is 2.59 but our calculated value i.e. 6.06 > 2.59. It shows that girls are mentally healthy than the boys. Therefore we can accept this hypothesis.



The Hypothesis No-3: "There exists significant difference between the mental health of urban girls and rural girl's student"

TABLE SHOWS MEAN S.D AND T. VALUE OF THE SCORES OBTAINED BY URBAN GIRLS AND RURAL GIRLS STUDENTS

Category	Total No. of Girls Students	Mean	S.D	t- value
Urban Girls students	80	74.07	14.24	7.43
Rural Girls students	80	60.51	7.43	

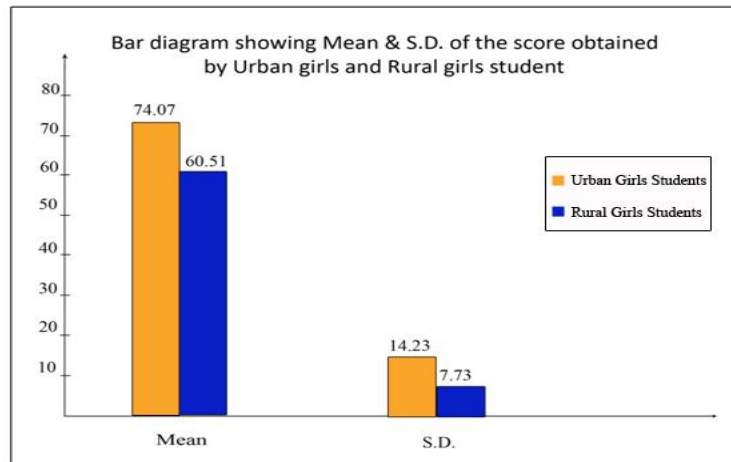
df= 158

Significant

P>0.01

For verifying the hypothesis t- value has been calculated. The above table shows the calculated t- value as 7.43 with 158 as its degree of freedom, but the table value at 0.01 is 2.61. So it is clear that $7.43 > 2.61$. Thus the calculated

t-value indicate that the mental health of urban girls students is better than the rural girls students. Hence we can accept the hypothesis.



The Hypothesis No-4: "There exists significant difference between the mental health of urban boys and rural boys students".

THE TABLE SHOWS MEAN, S.D AND T- VALUE OF THE SCORES OBTAINED BY URBAN BOYS AND RURAL BOY'S STUDENTS

Category	Total no of Boys students	Mean	S.D.	t- value
Urban boys students	80	68.55	9.99	12.16
Rural boys students	80	49.23	9.98	

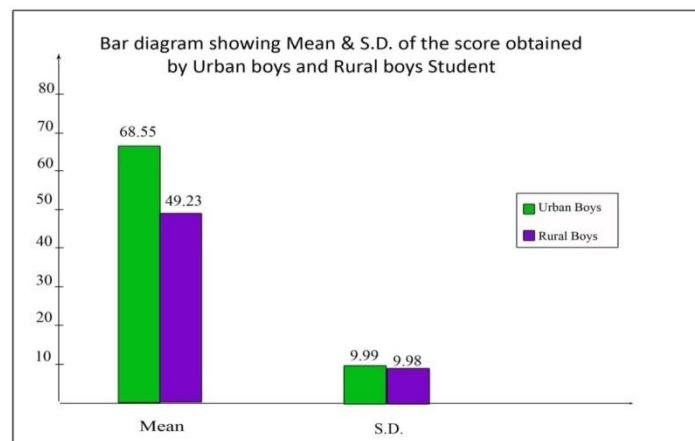
df= 158

significant

P > 0.01

In order to verify the hypothesis the t- value has been calculated. The above table shows the calculated t- value as 12.16 with 158 as its degree of freedom. Here $12.16 > 2.61$

at 0.01 level. It indicates that urban boys students are mentally healthy than their rural counterpart. Thus we can accept this hypothesis.



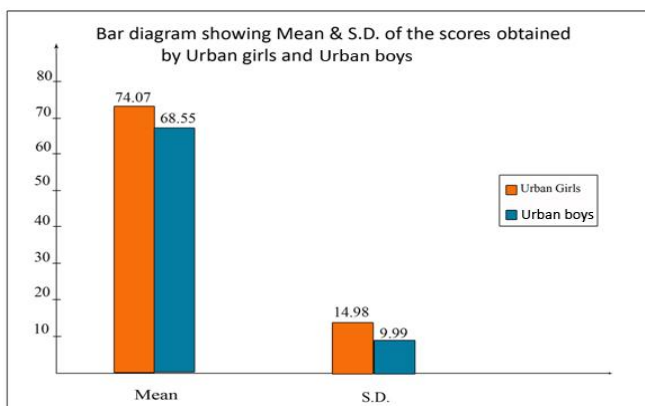
The Hypothesis No-5: “There exists significant difference between the mental health of urban girls and urban boys students”.

THE TABLE SHOWS THE MEAN, S.D AND T- VALUE OF THE SCORES OBTAINED BY THE URBAN AND RURAL GIRLS STUDENTS

Category	Total No. of girls students	Mean value	S.D value	t- value
Urban girls students	80	74.07	14.28	2.82
Rural girls students	80	68.55	9.99	

df= 158 significant P>0.01

For verifying the above hypothesis the t- value has been calculated. The above table shows that the calculated t-value is 2.82 with 158 as its degree of freedom. The table value at 0.01 level is 2.61. But the t-value 2.82 > 2.61. So comparatively urban girl’s students are mentally healthy than their rural counterpart. Hence we can accept this hypothesis.



The Hypothesis No- 6: “There exists significant difference between the mental health of rural girls and rural boy’s students”.

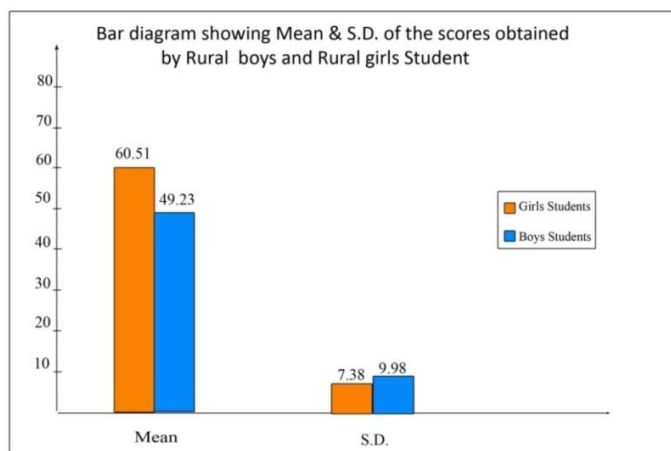
THE TABLE SHOWS MEAN, S.D AND T- VALUE OF THE SCORES OBTAINED BY THE RURAL GIRLS AND BOYS STUDENTS

Category	Total No. of Rural students	Mean value	S.D value	t- value
Rural Girls students	80	60.51	7.38	7.95
Rural boys students	80	49.23	9.98	

df= 158 significant P > 0.01 level

To verify the hypothesis t- value has been calculated. Here the above table states the calculated t- value as 7.45. But the table value at 0.01 level is 2.61.As t- value is 7.45 >

2.61. So there exists significant difference between the mental health of rural girls and rural boy’s student. Thus we can accept this hypothesis.



FINDINGS OF THE STUDY

On the basis of analysis of data and facts the main findings of the study has been discussed below:

HYPOTHESIS NO -1 “There exists significant difference between the mental health of urban students and rural students”. Result revealed that the mean value of urban student is 16.44 more than the rural students which clearly indicates that the urban students have better mental health than their rural counterpart. Similarly in standard deviation the gap is 0.66, and in case of t-value the gap is 11.22 more than the table value. Findings showing that the mental health of urban students (both boys and girls) is comparatively much better than the mental health rural students (both boys and girls). So far the knowledge of the researcher goes; this difference may be due to the educational environment of the school and community where the students reside. In urban area there is better infrastructure facility, good transport and communication, highly qualified faculties, a sense of healthy competition among students, parental encouragement etc. But in rural area, there is negligence to education, lack of parental encouragement, low socio economic status, unfavorable school and family environment etc all these are directly affects the health of the rural students.

HYPOTHESIS NO - 2 “There exists significant difference between the mental health of girl’s students and boys students”. Result revealed that mean score gap between the girls and boys student is 8.4. But the standard deviation of boys is 2.1 greater than those of girls’ student. Here t- value is 6.06 which is 3.77 more than the table value. I.e. 2.59 at 0.01 level with 318 as its degree of freedom. Findings showing that the girls students are mentally healthy than the boys student. This is because of the integrity and sincerity of girls in each and every aspect of life. The girls wisely evaluate and judge the situation in a better way than the boys. In every step their mothers guide them in right direction. However, the boys being fickle minded don’t give hundred percent commitment in any job they do. They are more entertainment conscious and adopts take it easy principle.

HYPOTHESIS NO -3 “There exists significant difference between the mental health of urban girls students and rural girls students”. Result revealed that the mean value of the urban girls and rural girls student shows a considerable difference i.e. 13.56. Again in case of standard deviation 6.51 gaps is there which indicates that urban girls have better mental health than their rural counterpart. Thus the calculated t- value 7.43 which is 4.82 higher than the table value i.e. 2.61 at 0.01 level with 158 as it degree of freedom. Findings showing that the mental health of urban girls students is better than that of the rural girls student. This difference is due to good care, favorable school and family environment, a sense of healthy competition among student, coaching and personal tuition and guidance, better transport and communication facilities, Socio-economic condition of the family etc. Apart from this the urban girls have good exposure to modern

technology, knowledge, events through T.V, News Paper, Journals, and Internet as these resources are easily available to them. But the rural girls suffer from lack of these facilities.

HYPOTHESIS NO - 4 “There exists significant difference between the mental health of urban boys and rural boy’s student”. Result revealed that the difference in the mean value of urban boys and rural boy’s students is 19.32. However, standard deviation gap is only 0.01. Hence the calculated t- value i.e. 12.16 which is 9.55 greater than the given table value 2.61 at 0.01 level with 158 as its degree of freedom. Findings showing that the mental health of urban boys student is far better than those of their rural counterpart. The urban boys enjoys better infrastructure facility, good transport and communication, highly qualified faculties, a sense of healthy competition among students, parental encouragement etc. Again the urban boys have good exposure to modern technology, knowledge, events through T.V, News Paper, Journals, and Internet as these resources are easily available to them. But the rural boys suffer from lack of these facilities.

HYPOTHESIS NO - 5 “There exists significant difference between the mental health of urban girls and urban boys student”. Result revealed that there is significant difference exists between the mental health of urban girls and urban boys students. The mean value gap is 5.52 and standard deviation is 4.29, but the calculated t- value 2.82 which is 0.21 greater than the table value at 0.01 level with 158 as its degree of freedom. So on the basis of t- value we can say that there is difference between the mental health of urban girls and urban boys students. Findings showing that there is significant difference between the mental health of urban girls and urban boys students. The urban girls students are more disciplined, systematic and sincere in their attitude in compare to boys. The girls are emotionally stable, well-adjusted and proactive in every adverse situation than the boys. The girls are more obedient to their parents, devote much time to study than entertainment. But the urban boys are relatively less dedicated than girls. They spent more time in playing, viewing T.V, surfing Net which divert their attention from study.

HYPOTHESIS NO - 6 “There exists significant difference between the mental health of rural girls and rural boy’s students”. Result revealed that that the mean score gap between rural girls and rural boys students is 11.28. But the standard deviation of rural girls is 2.6 less than the rural boys. The calculated t- value is 7.45 which is 5.34 more than the given table value 2.61 at 0.01 level with 158 as its degree of freedom. Findings showing that the mental health of rural girl’s students is relatively better than the mental of rural boy’s students. In rural belt, the girls are very close and intimate to their mothers in comparison of boys to their fathers. The mother guides them in a right prescriptive. The girls are courteous, obedient and kept under the directive supervision of their parents. The girls are spiritualist as well as ritualistic which strengthen their will power and concentration of mind. The rural boys

enjoys freedom at home and at outside too. They spent relatively more time in amusement, playing, merry making, gossiping in compare to girls. The boys are less attentive than the girls.

CONCLUSION

From the deep and through study of this research work we may conclude that the Mental Health of the urban students and the rural students have significant difference. The urban students enjoys a better opportunities and facilities like better Guidance, Coaching and Personal Tuition, Favorable Family and School Environment, Access to Modern Technologies i.e. T.V, News Papers, Magazines, Net, Computer etc.

But the rural student suffers a lot even for the basic amenities of life like good transport and communication, better infrastructure facilities, capable facilities etc and many more. So the Mental Health of urban students is better than the Mental Health of rural students.

The girls have a good Mental Health in compare to boys. This because all most all girls are kept under the directive supervision of their parents and teachers. Scientist also found that genetically the girls are in good advantage in compare to boys. The girls are constructive by nature and proactive in their attitude. The urban girls are mentally healthy than the rural girls, as they have better infrastructure facility, good transport and communication, highly qualified faculties, a sense of healthy competition among students, parental encouragement etc. Again the urban girls have good exposure to modern technology, knowledge, events through T.V, News Paper, Journals, and Internet as these resources are easily available to them. But the rural girls suffer from lack of these facilities. The rural girls are very close to their parents especially with mother. The mothers counsel them in every problem. Their sympathetic attitude and able guidance makes the girls more secure and emotionally stable. However, the

rural boys as they spent more time outside home in amusement and playing there exists a communication gap with their parents. The boys are not so spiritualistic as well as ritualistic, often having fickle mindedness, which more or less affects their determination, will power, confidence, decisions making ability to a considerable extend.

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