



# A STUDY OF MENTAL HEALTH IN URBAN RURAL SCHOOL GIRLS

\*Arti Singh and \*\*Dr. Amita Tripathi

\* Research Scholar – Deptt. Of Psychology, J.R.D. State University, Chitrakoot (U.P.)

\*\*Head/In-charge- Deptt. Of Psychology, J.R.D.State University, Chitrakoot (UP), 210204

## ABSTRACT

Mental health is a stage of well-being in which the individual realizes his or her own abilities, can cope with normal stress of life, can work productively and fruitfully and is able to make contribution to his or her community. Mental health includes our emotional and psychological well-being. It affects how we think, feel and acts. Adolescents are full of energy, have significant drive and new ideas. They are a positive force for a nation and are responsible for its future. In spite of health problems they may have, it is a common observation that they do not access the existing services, especially adolescent girls.

In the present investigation, an attempt has been made to find out the mental health of urban and rural adolescent girls. A sample of 100 adolescent girls (50 girls of rural areas and 50 girls of urban areas of Chitrakoot Region) were selected through simple random sampling technique. Mental Health Battery by A.K. Singh and Alpana Sen Gupta was used for this study. Mean, S.D., and Critical Ratio were calculated. The findings suggest that there is no significant difference between mental health scores of rural and urban girls.

**Key Words:** Mental health, adolescent girls, health, well-being, urban & rural schools.

Mental health is a state of well being in which people realizes their own potentialities, can cope with the every day's normal stresses and work productively as well as fruitfully and are able to make contribution to her on his community, world Health organization (WHO) conceptualizes mental health as a “state of well being in which the individual realizes his or her own abilities, 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.

Thus, mental health is an integral and essential part of overall health, which can be defined in at least three ways – as the absences of disease, as a state of the organism that allows the full performance of all its functions or as a state of balance within one self and one's physical and social environments (Sartorius, 2002). Which of these three definitions is used depends on the level to which the basic health need is satisfied. These needs includes food, shelter, survival, protections, society, social support and freedom from pain, environment hazards, unnecessary stress and from any part of exploitation (Maslow, 1968)

The state of mental health implies that the individual has the ability to form and maintain affectionate relationship with others, to perform in the social notes usually played in their culture and to manage change recognize acknowledge and communicate positive action and thought as well as to manage emotions such as sadness. Mental health gives an individual the feeling of worth central and understanding of internal and cultural functioning.

The society for Health Education and Promotion specialist (SHEEPS , 1997) suggest to that mental health also involves feeling positive about and others, feeling glad and joyful and living.

Thus mental health is fundamental to good health and well being and it attach an individual's social and economic out comes throughout life. Childhood and adolescences are very important and good mental health. Adel sand has been defined by “World Health Organization (WHO)” as the period of life spanning between 10-19 years, they are we longer children, but not yet adult, Adolescent are full of energy, have significant drive and new ideas. They are a portions force for a nation and are responsible for its future.

India is home to the largest number of adolescents gloomy comprising about a fifth of its population (243 Millions). A Meta - analysis reports that 6.5% of the community and 23.3% of school children and adolescents have psychiatric disorder 10 Feb. 2022.

Multiple factors are associated with poor mental health among adolescents including domestic violence, child abuse, bullying, peer pressure substance abuse, human immune deficiency virus (HIV) Injection and teenage pregnancy. Transition through stressful and unhealthy adolescence with a high burden of mental disorder can impact their health and well being later in life. Hence dividend” – improving their health, enhancing it throughout life and contributing to the health of future generation

India has the highest youth suicide rate globally, and suicide is the leading case of mortality in this population. The national mental Health survey (2015-2016) reported 97% prevalence by psychiatric disorders in 13-17 years and was nearly equal among both the genders the overall impact of mental illness

on society is enormous, and the awareness about the severity of mental health diseases is very poor. It is critical to note that the economic burden of mental health disorders outweighs as high as 4% of the gross national product among which only 2% has been accounted for by treating mentally unhealthy people in developing countries. The overall treatment gap for mental health disorders in India is as high as 90%

### **Significance of the study**

The present study is very important because it will explore whether there are significant differences in mental health of urban and rural adolescent girls. It will be useful for planning educational programmes. Teachers may help the students to modify their behavior with regard to mental health related problems. Parents may also be trained to keep better mental health of their children and themselves. It will help in managing training programmes for teachers and guidance workers.

### **Statement of the problem**

The problem for the present study is stated as follows:

MENTAL HEALTH OF ADOLESCENT GIRLS IN URBAN RURAL SCHOOLS.

### **Objectives of the study:**

- 1- To study the difference of mental health between the students of urban and rural schools.
- 2- To study the differences of mental health between urban girls and rural girls.

### **Hypotheses of the study:**

- 1- There is no significant difference of mental health between the students of rural and urban schools.
- 2- There is no significant difference between mental health of urban girls and rural girls.

### **Method:**

In the present study, survey method was used by the researchers.

### **Sample:**

The sample of the present study consisted of 50 urban adolescent girls and 50 rural adolescent girls of Chitrakoot region of Uttar Pradesh in the age range of 13 to 19 years.

### **Tool used:**

In the present study, the tool used is-

**Mental Health Battery (MHB):** by A.K. Singh and Alpana Sen Gupta. It measures mental health through six health indices - emotional stability (ES), Overall Adjustment (OA), Autonomy (AY), Security-insecurity (SI), Self concept (SC) and Intelligence (IG).

Data were collected individually. The scoring of responses was done in accordance with the scoring they given in the manual.

**Statistical Techniques Used:**

Mean, standard Deviation (S.D.) and critical ratio (CR) techniques were used to analyze the data.

**Variables:**

Independent variable – mental health

Dependent Variable – urban rural girls

**Result and discussion****Table: 1**

Mean , S.D. and CR showing differences in mental health scores of Urban and Rural Adolescent Girls.

Category	N	Mean	S.D.	S.E.D	CR Value	D.F.	Significant Value		Interpretation
Urban	50	72.08	91.07	13.05	0.54	98	0.05	1.98	Accepted
Rural	50	79.04	15.12				0.01	2.36	

It is clear from table 1 that the CR value is not significant at 0.05 levels. The value required to be significant at .05 levels is 1.98 and the obtained value is 0.54.

Thus, our first hypothesis that “there is no significant difference of mental health between the students of rural and urban schools” is therefore, is accepted,

Hence, our second hypothesis that “there is no significant difference of mental health of urban girls and rural girls” is also accepted.

Table 1 shows a little difference in mean scores of mental health in urban and rural adolescent girls but it is not significant at .05 levels. Thus in this study we find that mental health of urban and rural school students are not statistically different.

**Conclusions:**

- 1- There is no significant difference is mental health between the student of urban and rural schools.
- 2- There is no significant difference of mental health between urban girls and rural girls.

**Suggestions:**

- 1- The data of the present study may be used for future researches.
- 2- Large sample size may be used to make generalization more valid.
- 3- Mental health of each student must be treated in every school, so that mentally unhealthy students may be recognized and prevention may be taken to make them mentally healthy.

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