

# ASSESS THE MENTAL WELL BEING OF ADOLESCENTS IN SELECTED SCHOOL OF NAVI MUMBAI

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## ABSTRACT

Promoting Mental well being among adolescents is of great public health and social significance. Mental well being is a state of complete mental, emotional and psychological aspects where the individual learns work effectively, feel happy, learn new skills and try to adapt their potential, feeling safe and secure, feeling connected to others. It is an important aspects of health also essential to maintain as physical health. This study was carried out 1) To assess the level of mental well being among adolescents in selected school of Navi Mumbai. 2) To find the association between Mental well being and selected demographic variables among adolescents. A quantitative descriptive research design by using convenient sampling was adopted on 200 School students of 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade by using Google form and was circulated through emails. Data analyzed using descriptive and inferential statistics. Results showed , Majority were found in age group of 13-15 years .The findings revealed that Age and Grade are affecting adolescents mental well being. These findings conclude the importance of mental health interventions during early adolescence.

**Keywords:** Mental Well Being, Adolescents ,Students, School.

## I. INTRODUCTION

Adolescents is often described as one of the most dynamic and challenging stages of life. It's a time when young people begin to explore who they are, shape their identity, and form deeper relationships outside their families. <sup>1</sup>

Mental well being refers to a state of complete mental, emotional and psychological aspects where the individual learns work effectively, feel happy, learn new skills and try to adapt their potential, feeling safe and secure, feeling connected to others <sup>2</sup>. Many factors influence the mental well being how individual think, feel and act., care for self, handle stress and relate the things to others <sup>5</sup>. However, today's adolescents are facing increasing challenges that can negatively affect their well-being. From academic pressure and social comparison to family expectations and the influence of social media, many young people feel overwhelmed .

This makes it all the more important to truly understand what adolescents are experiencing and how these experiences are shaping their overall well-being.<sup>10</sup>

### **Need of the study:**

Adolescents are more prone to have the risk taking behavior. Early detection and treatment involve addressing the needs of adolescents with defined mental health conditions. School and community based intervention such as cognitive behavior models, life skills, problem solving are known to decrease anxiety, depression symptoms among youth. Hence, need to assess and to promote the mental well being By exploring how adolescents define and experience well-being, this study aims to provide insights that can inform better support systems, more empathetic teaching approaches, and youth-centered policies.<sup>11</sup>The struggles of a adolescents are increased and the health is ignored not only physical but also the mental health , there is a need to know about the mental well being of adolescents in different domains.

**Title of the study :** Assess the mental well being of adolescents in selected school of Navi Mumbai.

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

- To assess the level of mental well being among adolescents in selected school of Navi Mumbai .
- To find the association with mental well being and selected demographic variables among adolescents .

### **Operational Definitions :**

**Mental well being** – Is referred to the psychosocial status of the adolescents.

**Adolescents** : Is referred to the students studying in the middle school (6<sup>th</sup> , 7<sup>th</sup> and 8<sup>th</sup> Grades ).

**School** :- Is referred to a private school of a selected setting

### **RESEARCH METHODOLOGY :**

Research methodology essentially directs the entire process and assure that the findings are reliable and scientific. . It discusses the rationale behind the selection of specific methodologies. The research design, data collection instruments, sampling strategies, and analysis techniques are all described in the methodology.

**3.1 Research approach :** Quantitative research approach.

**3.1.2 Research design :** Descriptive evaluative research design.

**3.1.3 Research variables :** Mental well being of adolescents.

### 3.2 Population :

**3.2.1 Target population** – All school students in 6<sup>th</sup> , 7<sup>th</sup> and 8<sup>th</sup> grades.

**3.2.2 Accessible population** – All middle school students , those who are in 6<sup>th</sup> , 7<sup>th</sup> and 8<sup>th</sup> grades from schools of Navi Mumbai.

**3.3 Sample Size** – Total Enumeration Method was adopted for this study .

**3.3.1 Sampling technique** – Non probability convenient sampling technique is used.

#### 3.3.2 Inclusion criteria :-

- All the middle school students(6<sup>th</sup> , 7<sup>th</sup> and 8<sup>th</sup> grades ) those who give consent.
- Those who are present during the data collection.

**3.3.3 Exclusion criteria** : Those who are absent during data collection .

### 3.4 Data collection process :

Ethical clearance was obtained from MGM Biomedical and Allied Health Research Institutional Ethics Committee.

A formal written permission was taken from Principal of the School.

Information was given to the students regarding the objectives of the study . Formal consent was obtained.

The structured self administered 5 point likert scale was used to collect the data to assess the Mental wellbeing of adolescents . The tool was divided into 2 section (A and B ) and, in which section B was divided 4 parts. **Section A** It consisted of items to assess the socio demographic variables. **Section B** : Consisted of items to assess the mental wellbeing of adolescents. **Part 1** : To assess the mental wellbeing of adolescents related to self .It consisted of 5 self reported Likert Scale. **Part 2** : To assess the mental wellbeing of adolescents related to family .It consisted of 5 self reported Likert Scale. **Part 3** : To assess the mental wellbeing of adolescents related to friends .**Part 4** : To assess the mental wellbeing of adolescents related to school .

## IV. RESULTS:

### 4.1 Results of Descriptive statics of study variables

**Table 1:** Percentage wise distribution of Adolescents according to their demographic characteristics.

n=200

Demographic Variables	<i>f</i>	(%)
<b>Age(years)</b>		
10-12 yrs	86	43.0
13-15 yrs	114	57.0
<b>Gender</b>		
Male	100	50.0
Female	100	50.0
<b>Standard</b>		
6 <sup>th</sup> Standard	46	23.0
7 <sup>th</sup> Standard	60	30.0
8 <sup>th</sup> Standard	94	47.0
<b>Number of siblings</b>		
None	18	9.0
One	97	48.5
Two	69	34.5
Three	16	8.0
<b>Father's Occupation</b>		
Business	63	31.5
Service	133	66.5
Farmer	4	2.0
<b>Mother's Occupation</b>		
Business	6	3.0
Service	64	32.0
Homemaker	130	65.0
<b>Type of family</b>		
Nuclear	120	60.0
Joint	80	40.0

Table 1, shows that majority 57% school students were in group of 13-15 years, 50% were male and females, 47% were studying in 8<sup>th</sup> standard, 48.50% students had one sibling, 66.50% adolescents father were doing service, 65% students mother was homemaker and 60% of the adolescents were from joint families .

## Analysis of mental well being among adolescents in selected setting

**Table 2:** Analysis of assessment of Mental well being score among adolescents.

**n=200**

Level of mental well being	Score Range	<i>f</i>	%	Mean of mental well being score	SD	Mean % of mental well being score	SD
Poor Mental well being	0-20	1	0.5				
Average well being	21-40	27	13.5	49.15	±7.48	81.92	±12.47
Good Mental well being	41-60	172	86				

Table 2, shows that 13.5% of the adolescents had average well being score and 86% of adolescents had above average well being score. Mean mental well being score was  $49.15 \pm 7.48$  and mean percentage of mental well being score was  $81.92 \pm 12.47$ .

**Analysis of Association of mental well being among adolescents in selected school with their selected demographic variables.**

**Table 3:** Analysis of Association of mental well being score of adolescents in relation to age among adolescents.

n=200					
Age (years)	No. of adolescents	Mean mental well being score	t-value	p-value	Level Of significant
10-12 yrs	86	45.01±8.49	7.73	0.0001	S
13-15 yrs	114	52.28±4.63		S,p<0.05	

Table 3, shows the association of mental well being score with age in years of adolescents from selected schools of Navi Mumbai. ‘p’=0.0001 which was much less than the acceptable level of significance i.e. ‘p’=0.05. Hence it shows that age in years of adolescents is statistically associated with their mental well being score.

**Table 4:** Analysis of association of mental well being score in relation to gender among adolescents

n=200					
Gender	No. of adolescents	Mean mental well being score	t-value	p-value	Level Of Significant
Male	100	49.30±7.08	0.27	0.78	NS
Female	100	49.01±7.89			

\*NS – Not significant

Table 4, shows the association of mental well being score with gender of adolescents from selected schools. Hence it show that gender of adolescents is statistically not associated with their mental well being score

**Table 5: Analysis of association of mental well being score of adolescents in relation to Grades.**

n=200

Grade	No. of adolescents	Mean mental well being score	F-value	p-value	Level of significant
6 <sup>th</sup> Grade	46	44.02±8.34	30	0.0001 S,p<0.05	<b>S</b>
7 <sup>th</sup> Grade	60	47.45±8.10			
8 <sup>th</sup> Grade	94	52.75±4.06			

**\*S- Significant**

Table 5, shows the association of mental well being score with standard of adolescents from selected schools. Hence it showed that standard of adolescents is statistically associated with their mental well being score.

**Table 6: Analysis of association of mental well being score in relation to number of siblings of adolescents .**

n=200

No of siblings	No. of adolescents	Mean mental well being score	F-value	p-value	Level of significant
None	18	48±6.30	1.34	0.26 NS,p>0.05	<b>NS</b>
One	97	48.29±7.31			
Two	69	50.28±7.28			
Three	16	50.75±10.06			

Table 6, shows the association of mental well being score with number of siblings of adolescents from selected schools. Hence it shows that number of siblings of adolescents is statistically not associated with their mental well being score.

**Table 7: Analysis of association of level of mental well being score of adolescent in relation to their Father’s Occupation**

n=200

Father’s Occupation	No. of adolescents	Mean mental well being score	F-value	p-value	Level of significant
Business	63	48.15±7.08			
Service	133	49.59±7.66	0.82	0.43	NS
Farmer	4	50.25±8.22			

\*NS – Not significant

Table 7, shows the association of mental well being score with occupation of fathers of adolescents from selected schools. Hence it is interpreted that occupation of fathers of adolescents is statistically not associated with their mental well being score.

**Table 8: Analysis association of level of mental well being score of adolescent in relation to their Mother’s Occupation**

n=200

Mother’s Occupation	No. of adolescents	Mean mental well being score	F-value	p-value	Level of significant
Business	6	48.33±4.08		0.43	NS
Service	64	50.15±7.75	0.84	NS,p>0.05	
Homemaker	130	48.70±7.46			

\*NS – Not significant

Table 8, shows the association of mental well being score with occupation of mothers of adolescents from selected schools of Navi Mumbai. Hence it is interpreted that occupation of mothers of adolescents is statistically not associated with their mental well being score.

**Table 9: Analysis of association of level of mental well being score of adolescents in relation to their Type of family**

n=200

Type of family	No. of adolescents	Mean mental well being score	t-value	p-value	Level Of significant
Nuclear	120	49.54±6.98	0.89	0.37	
Joint	80	48.57±8.19		NS,p>0.05	NS

\*NS – Not significant

Table 9, shows the association of mental well being score with type of family of adolescents from selected schools. Hence it is interpreted that type of family of adolescents is statistically not associated with their mental well being score

## v. DISCUSSION

The study found that majority 114 (57%) adolescents were in the age group of 13–15 years, each 50% were male and female, 47% were studying in 8th standard, 48.5% had one sibling, 66.5% fathers were in service, 65% mothers were homemakers and 60% belonged to nuclear family. The findings revealed that 86% adolescents had good mental well-being, 13.5% had average mental well-being and only 0.5% had poor mental well-being. Significant association was found between mental well-being with age and grades.

Similar findings were reported by Antara et al. (2019), who found that majority of adolescents had good mental well-being.

Shalini S et al. also reported better psychological well-being among older students, which supports the present study findings. However, Nagy-Pénzes G et al. found parental occupation and socioeconomic factors influencing mental well-being, whereas the present study showed no significant association with parental occupation.

## CONCLUSION

The research emphasizes the necessity to promote mental health, particularly during early adolescence and lower middle school grades. Mental well-being was positively associated with age and grades, which implies that these are significant variables. There was no statistical association of mental well-being with gender, number of siblings, family type, or parents' occupation.

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