

Mental Health among Secondary School Students in Northern Kerala

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Abstract

The present study makes an attempt to examine the difference of mental health among secondary school students in Northern Kerala. The mental health tool was developed by the investigators used for the present study. This study was conducted with the sample of 636 secondary school students of Northern Kerala. Students' mental health was analyzed on the basis of the select background variables such as Gender, Locale and Type of Management. The collected data were analyzed using mean, standard deviation (S.D), and 't' value statistics. The findings of this research indicate that, on average of difference in mental health among secondary school students is prevalent. The findings revealed that the category of the secondary school students does not find significant differences in mental health when comparing students from different sub categories such as gender, locale and type of management.

Introduction

Mental health is an essential aspect of overall well-being, encompassing our emotional, psychological, and social well-being. It impacts how we think, feel, and behave, and influences our ability to cope with life's challenges. This work explores the multifaceted nature of mental health, shedding light on common disorders, recognizing signs and symptoms, and offering practical strategies for improving mental well-being among adult learner. A lot of recent research evidence (Gregory, et. al., 2024; Agnafors, Barmark & Sydsjö 2021; Rao & Rao, 2021) supports the fact that a learner's mental health is a crucial factor in the successful accomplishment of academics. This study delves into the difference of mental health among secondary school students in the Kasargod, Kannur, Wayanad, Kozhikode, and Malappuram regions of Kerala, India.

Objectives

1. To find out the level of difference in mental health among the secondary school students.
2. To find out the significant difference in mental health among the secondary school students with respect to sub variables selected for the study
 - a. Gender (Male / Female)
 - b. Locality (Rural / Urban)
 - c. Type of management (Government / Aided)

Hypotheses

1. The level of difference in mental health among the secondary school students is low.
2. There is no significant difference in mental health among the secondary school students with respect to Gender (Male / Female).
3. There is no significant difference in mental health among the secondary school students with respect to Locality (Rural / Urban).
4. There is no significant difference in mental health among the secondary school students with respect to Type of management (Government / Aided)

Tool

1. Mental Health Assessment Scale (MHAS) prepared and validated by the Rasheed C P and Senthilkumar k(2023)

Method

The investigator adopted the survey method of research to study. Simple random sampling technique is a procedure in qualitative research for selecting participants. It means each individual has an equal probability of being selected from the population, ensuring that the sample will be representative of the population.

The present investigation has been conducted at Kasargod, Kannur, Wayanad, Kozhikode, and Malappuram district of Kerala, India. A simple random sample of 636 ninth standard school students selected for the study.

Inferential Analysis: Difference in Mental Health

Hypothesis: 1

The level of difference in mental health among the secondary school students is low.

Table – 1 The Mean and SD Scores of Difference in Mental Health

S.NO	Sub variables	N	Mean	S.D
1.	Entire sample	636	273.75	24.041

The computed mean score of the mental health among the secondary school students for the total sample is found to be 273.75 and the SD is 24.041 respectively. From the table the mean value laid between 394 - 202. Hence the respective null hypotheses is rejected and concluded that the mental health of secondary school students is average.

Hypothesis: 2

There is no significant difference in mental health among the secondary school students with respect to Gender (Male / Female).

Table – 2 ‘t’ test values for difference of mental health among the Secondary School Students

Sub variable		N	Mean	S.D	‘t’value	Significant at 0.05 level
Gender	Male	295	274.44	25.023	0.678	NS
	Female	341	273.14	23.178		

The calculated ‘t’ value for the sub variables like gender is found to be 0.678 it is significant at 0.05 level for the df 634. Hence the respective null hypothesis is accepted; it is concluded with 95 percent confidence. It shows that the sub variable of students gender do not differ significantly in their mental health.

Hypothesis: 3

There is no significant difference in mental health among the secondary school students with respect to Locality (Rural / Urban).

Table – 3 ‘t’ test values for difference of mental health among the Secondary School Students

Sub variable		N	Mean	S.D	‘t’value	Significant at 0.05 level
Locality	Rural	316	273.34	23.415	0.42	NS
	Urban	320	274.14	24.673		

The calculated ‘t’ value for the sub variable like locality is found to be 0.42 it is not significant at 0.05 level for the df 634. Hence the respective null hypotheses accepted; it is concluded with 95 percent confidence. It shows that the sub variable of students locality do not differ significantly in their mental health.

Hypothesis: 4

There is no significant difference in mental health among the secondary school students with respect to Type of management (Government / Aided)

Table – 4 ‘t’ test values for difference of mental health among the Secondary School Students

Sub variable		N	Mean	S.D	‘t’value	Significant at 0.05 level
Type of management	Government	309	275.17	22.195	1.45	NS
	Aided	327	272.40	26.625		

The calculated ‘t’ value for the sub variable like locality is found to be 1.45 it is not significant at 0.05 level for the df 634. Hence the respective null hypotheses accepted; it is concluded with 95 percent confidence. It shows that the sub variable of management of the schools do not differ significantly in their mental health.

Findings of the Study

- The level of mental health among the secondary school students is average.

- There is no significant difference between male and female students of ninth standard with respect to their mental health.
- There is no significant difference between rural and urban living ninth standard students with respect to their mental health.
- There is no significant difference between government and aided schools studying ninth standard students with respect to their mental health.

Conclusion

This study provides valuable insights into the prevalence and variations in mental health among secondary school students. Mental health is an essential aspect of overall well-being, encompassing our emotional, psychological, and social well-being. It impacts how students think, feel, and behave, and influences our ability to cope with life's challenges. Further research and interventions in this area are warranted to ensure the well-being and academic success in this world.

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