International Journal of Applied Social Science
Volume 6 (3), March (2019) : 515-518
Received : 03.01.2019; Revised : 17.01.2019; Accepted : 03.02.2019

RESEARCH PAPER
ISSN : 2394-1405 (Print)

Understanding the Mental Health and Psychological Well Being of Adolescents: A Comparative Study

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ABSTRACT

The purpose of present study is to find the overall mental health status and well being of adolescents. In order to collect data, the Mental health inventory (A.K. Singh and Kalpana Sengupta) and PGI well being scale (Verma and Verma) are used to assess mental health and well being of the adolescents. The sample consists of total 120 adolescents of government and convent schools further divided on gender basis. Mean, Standard deviation and t-test have been used to analysis of the data. The result indicates that there is significant difference found in mental health on the basis of school type and gender basis. The students of government and convent are differ significantly in well being and male and female students are not differ significantly in well being.

Key Words : Mental health, Well being, Gender, Adolescents

INTRODUCTION

According to World Health Organization (WHO) mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others. These qualities enhance the person's capacity to make a meaningful contribution to their family, community and society (Lavikainen *et al.*, 2000) .Evidence from the World Health Organization suggests that nearly half of the world's population is affected by mental illness with an impact on their self-esteem, relationships and ability to function in everyday life Mental Health also been defined in relation to self-efficacy (Daniel and Karna, 2001) personal growth imitative (Ogunyemi and Mabekoje, 2005) and job satisfaction (Henderson and Olives, 2000) with results indicating that mental health is indeed an important factor in human behavior.

Well being can be defined as the "state of being comfortable, healthy or happy" (Oxford Dictionary online). According to this definition, well being can be divided into three parts as physical, social and psychological well being. All these spheres are equally important for each and everyone for their development. Well-being is a dynamic state characterized by a reasonable amount of harmony between an individual's abilities, needs and expectations, and environmental demands and opportunities (Levi, 1987). Distinct domains such as feelings of mastery, autonomy, personal growth, self-acceptance, life purpose, and positive relations, proposed by Ryff and colleasgues in their multidimensional model of psychological wellbeing (Ryff, 1995; Ryff and Keyes, 1995), are considered to be important aspects of wellbeing. Psychological well-being is the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the world of work, sense of achievement, utility, belongingness, and distress, dissatisfaction or worry, etc. that may by maintained in adverse circumstances and conversely may be lost in favorable situation. Psychological well being refers to the simple notion of a person's welfare, happiness, advantages interests, utility and quality of life (Burris *et al.*, 2009).

How to cite this Article: Pant, Rashmi (2019). Understanding the Mental Health and Psychological Well Being of Adolescents: A Comparative Study. *Internat. J. Appl. Soc. Sci.,* **6** (3) : 515-518.

Adolescence as the period in human growth and development that occurs after childhood and before adulthood, from ages 13 to 19. It is a period when rapid physiological and psychological changes demand for new social roles to take place. The adolescents, due to these changes often face a number of crises and dilemmas.

Literature Review:

'Mental health is the capacity of the individual, the group and the environment to interact with one another in ways that promote subjective well-being, the optimal development and use of mental abilities (cognitive, affective and relational), the achievement of individual and collective goals consistent with justice and the attainment and preservation of conditions of fundamental equality' (World Health Organization's, 1981).

Patel *et al.* (2007). The recent research findings ravels that mental health conditions are prevalent among young people; In high income countries, it is estimated that approximately 20 per cent of youth experience a mental health condition in each year (Bewick *et al.,* 2010). Mental health was shown as a concerns through several studies. Known factors revealed through previous researches such as, financial debt and concerns come into play while a students enrolled in a college program.

Diener *et al.* (1999) found that Well being is an individual's evaluation of his or her own life and is considered to consist of long- term affective elements, particularly the presence of positive affect and the absence of negative effect, and a cognitive component of life satisfaction.

Verma (1988), a person can have both conditions poor, both conditions good, and any one of them good, with all its accompanying results. Health not only provides freedom from all illness but also ensures that all physical, mental and social well- being pervade in that state .

Jose and Thomas (2005) studied among 200 psychology and 200 engineering students. They found that there is no significant difference between psychological well being and resilience among psychology and Engineering students.

Gracia *et al.* (2011) the results reveals that Psychological well being is beneficial for adults to live a healthy life, making it an important aspects of one's life in the college years.

Melissa and Gitimus (2015) found that psychological well being is influenced by age, gender, financial well being and support from family and friends.

Kessler *et al.* (2011) study revealed that Young people are at greater risk of a range of mental health conditions as they transition from childhood to adulthood.

Objectives:

The main aim of this study is to investigate the mental health and psychological well being of Adolescents in terms of their school type and gender.

Hypotheses:

1. There would be no significant difference between overall mental health of Government and Convent school students.
2. There would be no significant difference between overall mental health of girls and boys of both group.
3. There would be no significant difference between Psychological well being of Government and Convent school students.
4. There would be no significant difference between Psychological well being of girls and boys of both group.

METHODOLOGY

Sample :

This is a study involves Class XII students aged between 16-17 yrs from Nainital district. The sample consisted of total 120 students, out of which 60 students are from Government and 60 from convent school and further divided into gender basis. In this study samples has collected through purposive random sampling.

Instrument/ Tools :

Mental health scale :

Mental Health Battery is developed by A.K Singh and A. Sengupta. This battery contains 130 items and measures mental health of 13 to 22 years age group through six health indices-emotional stability (ES), over all adjustment (OA), Autonomy (AY), Security- Insecurity (SI), Self-Concept (SC) and Intelligence (IG).

PGI General Well- Being Scale:

PGI General Well- Being Scale (Verma and Verma, 1989) was used to measure the psychological wellbeing of the respondents. This is a 20 item scale and the respondents were required to tick the items applicable to them as they feel ' these days and in the past one months'. The total number of items ticked by the

participants makes the total number of well-being score. Thus, the range of score on the scale is 0 to 20.

RESULTS AND DISCUSSION

Hypothesis-1:

The Table 1 shows that the number of government and convent students are 60 in both group. The mean score of overall mental health of both group are 84.3 and 81.4, respectively whereas SD value are 10.53 and 9.86, respectively. The "t" value difference between them is 2.92 which is significant at 0.05 level, therefore the null hypothesis is rejected. Here for it can be said that there is significant difference between overall mental health of adolescents of government and convent going students.

Hypothesis-2:

The Table 2 shows that the number of girls and boys is 60. The mean score of overall mental health for girls and boys is 73.10 and 76.32, respectively whereas which shows higher the mean of boys than girls SD value are 8.02 and 8.79, respectively. The "t" value difference between them is 2.12 which is significant at 0.05 level, therefore the null hypothesis is rejected. Here for it can be said that there significant difference found between overall mental health of girls and boys.

Hypothesis-3:

It is evident from the results that students of government and convent are differ significantly in well being (t=4.04). Observation of Table 3 shows that convent school students (M=10.72) reveled better well being than government students (8.12). Therefore null hypothesis rejected at .005 level.

Hypothesis-4:

It is evident from the results that male and female students are not differ significantly in well being (t=1.02). Observation of Table 4 shows that female students (M=10.12) reveled better well being than male students (4.13). Therefore null hypothesis accepted at .005 level.

The findings are of this study supported the findings of the research carried out by (1) Koter (2015) found that there is no significant mean difference between psychological well being among male and female college students and (2) Akhter (2015) reported female to be higher on psychological well being than male.

Conclusion:

After looking the results of this study, that overall mental health of government schools students are much better than those of convent school as well as the mental health of girls are much higher than boys and convent school students revealed better well being than government school students and girls revealed better well being than boys.

Mental health is a state of well being. In the present

Table 1 : Showing Mean, S.D. and and t scores of overall mental health of government and convent school students

Measures	School type	Mean	S.D.	t-value	Level of significance
Mental Health	Government	84.3	10.53	2.92	Significant
	Convent	81.4	9.86		

Table 2 : Showing Mean, S.D. and t scores of overall mental health of male and female students

Measures	School type	Mean	S.D.	t-value	Level of significance
Mental Health	Boys	73.10	8.02	2.12	Significant
	Girls	76.32	8.79		

Table 3: Showing Mean, S.D. and t scores of well being of government and convent school students

Measures	School type	Mean	S.D.	t-value	Level of significance
Wellbeing	Government	8.12	2.00	4.04	Significant
	Convent	10.72	3.43		

Table 4 : Showing Mean, S.D. and t scores of well being of male and female student

Measures	Gender	Mean	Standard Deviation	t-value	Level of significance
Wellbeing	Male	6.20	1.96	1.02	Insignificant
	Female	10.12	4.13		

scenario there are so many mental health problems and are related to well being, found in adolescents such as depression, anxiety, addiction and suicide. To overcome these problems need of emotional support of parents and teacher is necessary.

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