

## A Comparative Study of Mental Health of Public School Students and Govt. Aided School Students of Bareilly City.

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### Abstract

Mental health is used to describe how well the individual is adjusted to the demands and opportunities of life. A person is in good mental health when his mind or personality is functioning effectively and he is free from emotional disturbances. He is self confident, hopeful about himself and his opportunities though he may have temporary setbacks and discouragements. He is able to meet his problems without much disturbance, and his fears and anxieties are normal.

Mental health stands for a balance that is dynamic. A mentally healthy person is one who is in harmony with his own self and consequently with those around him. The conscious and unconscious aspects of his mind are in tune with each other. Mental health is the capacity to keep oneself integrated in the face of stress and strain through integrated adjustment. A mentally healthy person is aesthetic, creative and dynamic inspired by the values of love and truth with a balance of reason and faith effort and resignation and self needs and social needs.

**Key words:** Mental Health, Human Development, Public School, Endocrinal Change.

### Introduction

The problem of promoting mental health, in the educational context in India, occupies high priority on the agenda of human development. In particular, attaining the goal of mental health for all by AD 2000 is critically related to planning and implementing educational programmes. Also pursuing education and attaining its goals requires achieving an optimally minimum level of health for the learners and instructors. Any disturbance or disruption in this process is likely to create risks and health hazards. At the same time, the educational process itself may have implications for the health status of teachers, students and community. In other words, there is reciprocal relationship between the health status of the community and that in the educational context.

Within the context of the educational system, the issues related to health may be conceptualized in terms of three components viz. Teachers, students and the immediate school context within which instruction is imparted. The students come to the educational institution from various environments which affect their mental health. Thus the family environment, the personality make-up and other dispositions, assets and liabilities of a learner prepare him or her uniquely to interact with the school or college in a healthy and productive or

unhealthy and destructive ways. Considerable individual differences exist in these characteristics. Health problem may arise due to incompatibility between the demands of the educational system and the characteristics of learners or between learners expectations and the educational process or both. Failures in examination, underachievement, and the resulting frustration are becoming prominent features of educational life at school as well as at the higher educational levels, leading to a wide range of health problems having far-reaching consequences for individual as well as social well-being. The period of adolescence has traditionally been considered as a focus of large scale psycho-physiological and social changes of great significance. Rapid growth spurt, dramatic endocrinal change and upsurge of sexual maturation make it a very distinct stage. The developmental problems having implications for mental health include variation in attaining pubertal landmarks, menstruation and breast development in girls and nocturnal emissions and acne in boys.

The researcher suggests that this programme should be based on students initiative so that in process of its implementation students develop the values of good mental health and take most

decisions in life on the basis of their appropriateness to sound physical, mental and social health. Provisions for students guidance and consultancy have to be made. The present study undoubtedly would have practical bearing for mentally ill students. It may also help teachers, educational administrators and parents who are involved for the sake of education and welfare of students.

#### **OBJECTIVES OF THE STUDY**

1. To compare mental health of boys of public schools and boys of government aided schools.
2. To compare girls of public schools and girls of government aided schools in respect of mental health.
3. To compare students of public schools and students of government aided schools in respect of mental health.

#### **HYPOTHESES OF THE STUDY**

Following null hypotheses are set up for testing the significance of the problems –

1. There is no significance difference between mental health of boys of public schools and boys of government aided schools.
2. There is no significant difference between mental health of girls of government aided schools.
3. There is no significance difference between mental health of students of public schools and students of government aided schools.

#### **METHODOLOGY**

Survey method of research has been used to collect the information with the help of self made questionnaire based on mental health. The main focus of the study was to evaluate the mental health of public school students and aided school students of High School classes of Bareilly city.

#### **THE POPULATION**

The population of the present study is defined as the students of public schools and government aided schools of Bareilly city.

#### **SAMPLE**

The study covers 4 schools from Bareilly city of Uttar Pradesh. The researcher selected 60 male and 100 female subjects for this study. The random sampling method was chosen.

#### **PUBLIC SCHOOLS**

1. Prabhat Public school, Bareilly.
2. Woodrow Public School, Bareilly.

#### **GOVERNMENT AIDED SCHOOLS**

1. Pt. D N M Inter College, Bareilly.

2. SSV Inter college, Bareilly.

#### **DELIMITATIONS**

The study was delimited to public schools and government aided school students of High school classes of Bareilly city only.

For the present study, a self developed questionnaire was used to measure the mental health of the students.

The self made questionnaire used in the present study, which contains 50 items. These items cover the various dimensions regarding mental health of person are self confidence and self esteem, emotional maturity, tolerance, high aspirations, adjustment power, practical philosophy of life, strong willpower, capacity of self evaluation, attention towards physical health, maturity, regularity, scientific attitude towards life, self introspection, ability of decision making, sense of self respect.

#### **STATISTICAL TREATMENT**

Collected data were analysed, edited and put into tabular form wherever necessary. The statistical techniques used to analyse the whole data are Mean, Standard Deviation and t-test.

#### **DISCUSSION OF RESULTS**

In the present research an attempt has been made to study the mental health of public school students and government aided school students. Certain objectives were formulated for this study. Major findings of research are as follows----

1. The students of public schools differed significantly from the students of government aided schools on mental health. Mental health of public school students is better than mental health of government aided school students.
2. Boys of public schools were compared to boys of government aided schools on their mental health. It was found that boys of public schools did not differ significantly from boys of government aided schools on their mental health.
3. Girls of public schools were also compared to girls of government aided schools. The findings revealed that there was significant difference between them on mental health. The girls of public schools are better than girls of government aided schools in their mental health.

#### **SUGGESTIONS FOR FURTHER RESEARCH**

1. This study is related to the study of mental health only. Further studies can be conducted on other problems related to public schools and government aided schools.
2. This study was delimited to the Inter college of Bareilly city only. Similar studies can also be conducted in other cities.
3. The present study has been delimited to students of High school classes. A similar study is to be conducted in the field of primary, secondary and degree students.

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