

## Research Article

## **A Study on Mental Health of Higher Secondary Students in Relation to Family Environment in Karaikudi**

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### **Abstract**

In higher education the family environment plays a major role towards moulding the personality of an adolescent into a man or woman. Family relationship is the earliest and the most influential on the mental health of the child. Each and every student must understand the family conditions and problems. They should realize necessity of maintaining the environment. An individual has to come up with the socially desirable dimension of behavior. Hence the investigator intended to study the mental health of higher secondary students in relation to their family environment.

**Keywords:** Mental Health, Higher Secondary Students, Family Environment, Adolescents, Personality Development, Educational Research, Karaikudi, Social Behavior, Student Well-being

### **INTRODUCTION**

Mental health is the state of relatively good adjustment, feeling of well-being and actualization of one's potentialities and the most influential on the mental health of the child there are some factors like love, affection and independence, which increase the child's ability to remain mentally health. In higher education, the family environment plays, a major role towards moulding the personality of an adolescent into a men or woman family is orienting the individual in the social skills life developing social attitudes, co-operating with other social members, learns to accept the feeling of others, acquires the skill of recognizing others il Tespective of their age, sex, education income and so on.

**NEED FOR THE PRESENT STUDY**

Mental health plays an important role in life and contributes in the personal and social adjustment of the individual. Each and every student must understand the family conditions and problems. They should realize the necessity of maintaining the environment. Education is the best outcome in the environment in which they live.

The Family environment is caused by various factors like type of family size of family, marital status of the family Socio-economic background of the family and so on. In such a situation, an individual has to come up with the socially desirable dimension of behaviors. Hence the investigator intended to study the mental health of higher secondary students in relation to their family environment.

**STATEMENT OF THE PROBLEM**

The problem is stated as "A Study on mental health of higher secondary students in relation to family environment".

**DEFINITION OF THE TERMS:****Mental Health**

Mental health is the full and harmonious functioning of the whole personality

**Family Environment**

Family environment is the social and environmental characteristics of families. It involves the circumstances and social climate conditions within families.

**OBJECTIVES OF THE STUDY**

- ❖ The level of the mental health of higher secondary students.
- ❖ The level of the family environment of higher secondary students.

- ❖ To find out whether there is any significant relationship between mental health and family environment.
- ❖ To find out whether there is any significant difference between the boys and girls.

### **HYPOTHESES**

- ❖ There is no significant difference in mental health between the male and female higher secondary students.
- ❖ There is no significant difference in mental health between the rural and urban higher secondary students.
- ❖ There is no significant difference in mental health between the government and aided higher secondary students.
- ❖ There is no significant difference in mental health between the employed parents and unemployed parents of higher secondary students.
- ❖ There is no significant difference in family environment between the male and female higher secondary students.
- ❖ There is no significant difference in family environment between the rural and urban higher secondary students.
- ❖ There is no significant difference in family environment between the government and aided higher secondary students.
- ❖ There is no significant difference in family environment between the employed parents and unemployed parents of higher secondary students.
- ❖ There is no significant relationship between mental health and family environment of higher and secondary students.

### **Sample of the Study**

The sample consists of 300 higher secondary students; the random sampling technique

1: used in the present study for the sample selection.

### Tools used in the Study

#### Mental Health Inventory

This inventory standardized by Peter Becker was used for assessing the mental health of higher secondary students.

#### Family Environment Scale

Family environment scale standardized by Dr. Harpeet Bhatia and Chandha Nk used for assessing the family environment of higher secondary students.

#### The Mean and Standard deviation of the mental health scores and family environment scores of the total sample

S.No.	Variables	N	Mean	S.D
1.	Mental Health	300	50.36	11.43
2.	Family Environment	300	258.02	22.24

#### The Mean and Standard deviation of Mental Health Score of the Selected Variables

S.No.	Variables	Sub-Groups	N	Mean	S.D.	t value	Sig
1.	Gender	Male	180	50.08	13.37	0.51	NS
		Female	120	50.77	7.68		
2.	Locality	Rural	186	50.12	13.15	0.44	NS
		Urban	114	50.73	7.88		
3.	Management of the School	Government	132	52.52	13.14	2.94	Sig
		Aided	168	48.66	9.58		
4.	Parents Occupation	Employed	126	53.45	12.72	4.09	Sig
		Unemployed	174	48.12	9.84		

#### The Mean and Standard deviation of family environment score of the selected variables

S.No.	Variables	Sub-Groups	N	Mean	S.D.	t value	Sig
1.	Gender	Male	180	259.9	21.59	1.79	N.S.
		Female	120	255.2	22.99		
2.	Locality	Rural	186	260.3	21.36	2.29	S
		Urban	114	254.2	23.28		
3.	Management of the School	Government	132	257.7	22.04	0.18	N.S.
		Aided	168	258.2	22.46		
4.	Parents Occupation	Employed	126	257.7	22.56	0.18	N.S.
		Unemployed	174	258.2	22.07		

**Correlation between the mental health and family environment of higher secondary students**

Variable	df	r value	Table Value		Level of Sig
Mental Health & Family environment	298	0.095	0.05	0.01	N.S.

**Findings**

- ♣ There is no significant difference in mental health between the male and female higher secondary students.
- ♣ There is no significant difference in mental health between the rural and urban higher secondary students.
- ♣ There is significant difference in mental health between the government and aided higher secondary students.
- ♣ There is significant difference in mental health between the employed parents and unemployed parents of higher secondary students.
- ♣ There is no significant difference in family environment between the male and female higher secondary students
- ♣ There is no significant difference in family environment between the rural and urban higher secondary students
- ♣ There is no significant difference in family environment between the government and aided higher secondary students.
- ♣ There is no significant difference in family environment between the employed parents and unemployed parents of higher secondary students.
- ♣ There is no significant relationship between mental health and family environment of higher and secondary students.

**Educational Implications**

The present study is great importance in the field of education for various reasons. It reveals that students are having extremely unstable mental health. So in order to provide mental stability improved performance and good developments, parents and teachers should see that

they are mentally peaceful and well-adjusted that is very important significant role in one's life. Education is the best outcome in the environment in which they live.

### **Conclusion**

I conclude in this article, emotions are strong mental states involving experiment which give rise to feeling and passions. Intense emotional conditions disturb our mental equilibrium and reasoning each and every student must understand the family conditions and problems. They should realize the necessity of maintaining the environment. The student should have the family co- operation in wining success, so that home and college can Co-operate effectively in building the mentally healthy, emotionally stable, psychologically balanced, socially useful enthusiastic and energetic new generation.

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