



A Study of Mental Health and Stress among Male and Female Adolescent.

Dr. Ram Gangadhar Wajire

Assistant Professor

Vivekanand College, Aurangabad.

Abstract:

The purpose of this study was to measure the mental health and stress among male and female adolescent students. The present research investigation was done on a representative sample of 40 adolescent students, including both male (n=20) and female (n=20) students, age ranged from (17 to 20 years), randomly taken from Government college students (Boys & Girls). In this research paper, Mental Health Inventory (MHI) Questionnaire was used. This scale was developed by Dr. Kamlesh Sharma. And stress measure scale by Aligarh University. Descriptive statistical methods used for mean, SD and t-test for analysis of the data. Result indicated that Females have higher mental health compared to males' students as well as male have higher stress level compared to female and There is positive correlation found between mental health and stress of adolescent.

Keyword- Mental health, Stress and Adolescent

Introduction

Mental health is a term used to portray either a degree of psychological or passionate prosperity or a nonattendance of turmoil. From points of view of the control of positive brain research or comprehensive quality mental health may incorporate a person's capacity to appreciate life and secure a harmony between life exercises and endeavors to accomplish mental flexibility. Mental health is the articulation of our feelings and adjusts to a scope of demands (Kaplan and Sadock, 1993). The World Health Organization characterizes mental health as "a condition of prosperity where the individual understands their own capacities, can adapt to the ordinary stresses of life, can work beneficially and productively, and can make a commitment to their locale" (Boldero

and Fallon, 1995). It was recently expressed that there was nobody "official" meaning of mental health. Social contrasts, abstract appraisals, and seeking proficient hypotheses all influence how mental health" is characterized (Meadows, 2007). The expression "mental health issues" is characterized as "disabled psychosocial or subjective working because of unsettling influences in any at least one of the accompanying procedures: organic, compound, physiological, hereditary, mental, or social" (Barker, 1999).

A mentally healthy individual has all parts of his being, physical, mental, social or very individualistic well-organized into a reasonable and agreeable entire in an association with the all out condition. A healthy individual has a perspective that empowers him to encounter the best measure of bliss and to accomplish the most extreme proficiency with the base measure of strain or strife. An examination shows that healthy individuals who are hopeful have lower demise rates from coronary illness than the individuals who are cynical, in any event, considering other hazard factors (Giltay, et al., 2004).

Stress emerges when the mix of inside and outer weights surpasses the person's assets to adapt to their circumstance. Youth is a phase of human advancement that happens among adolescence and adulthood. Because of quick physical changes and mental advancement at this stage, understudies may encounter incongruence of their mental improvement with their physical changes or with the social condition and then experience the ill effects of issues emerging from deficient adjustments. These issues may additionally cause mental issues and even instigate degenerate practices. Youthfulness is a perilous timeframe where youngsters experience self association and job perplexity. For them, stress principally originates from scholastic tests, relational relations, relationship issues, life changes, and profession investigation. Such stress may for the most part cause mental, physical and conduct issues.

Sharma (1979) found that young men in late adolescents show preferable mental health over young ladies. Anand (1999) detailed that female understudies were discovered preferable mental health over male understudies. The primary year understudies show misery and mental health issues influence relational connections and scholastic execution of distressed understudies (Kitzrow, 2003). Nanda (2001) additionally discovered young ladies indicated preferred mental health over young men. A few examinations noticed that the job of sexual orientation and

habitation on mental health, yet the investigation was not adequate to understand the impact of living arrangement and sex on the mental health of understudies, particularly in the present period. The motivation behind the present research work was to look at the job of sex and home upon mental health. Swati Mishra (2015) investigated that the primary impact of sex and living arrangement was seen as critical on mental health.

Stephanie K. Kania (2014). The connection among sex and stress levels was inspected in this investigation. It was estimated that females would express more stress than guys, that females would encounter more stress on the math task than the spelling task, and that guys would not encounter an enormous contrast in stress levels on the math and spelling undertakings. A math task and a spelling task were utilized to make stress and a 10-point stress scale was utilized to gauge stress levels of the members. The analysis was an inside subjects structure. The outcomes were immaterial and didn't bolster the speculation, uncovering no distinction between stress levels of guys and females on the two assignments.

Statement of the problem:

To study mental health and stress among male and female adolescent students.

Objectives:

1. To search difference of mental health among male and female adolescent.
2. To investigate gender difference for stress among adolescent.
3. To study the relationship of mental health and stress among adolescent

Hypotheses:

- 1) There will be significant difference between male and female students on mental health
- 2) There will be significant difference between male and female students on stress.
- 3) There will be positive relationship between mental health and stress among adolescent.

Methodology**Sample:**

The present research investigation was done on a representative sample of 64 college going students, including both male (n=20) and female (n=20) students, age ranged from (17to 20

years), randomly taken from government college students (Boys & Girls) Aurangabad (i.e. Faculty of Arts, Faculty of Science, Faculty of Social Sciences,).

Variables:**1. Independent variable**

- a. Gender – male and female.

2. Dependent variable

- a. Mental health.
- b. Stress

Research Tool:**Stress Measuring Scale:**

The present researcher constructed this scale to measure the stress level of the adolescents exposed to insurgency; there was no other test available for this type of research, so it became essential to develop a scale as per the requirements of this study. For this purpose the survey of literature was extensively done to frame items/statements to be included in the scale. In the first phase 30 items were framed and after making proper editing of the items, pilot study of the scale containing 30 items was done on a group of 100 adolescents in Kashmir valley and finally 20 items/statements were retained after item analysis. The scale with 5- point response category (1 for i.e. Not at all to 5 for maximum i.e. extremely) was administered to the Ss (both male and female). To confirm the reliability/dependability of device, split-half reliability was calculated and reliability coefficient was found $r = 0.94$ which confirm high reliability. In this way stress-measuring device is considered to be a standardized scale.

Mental Health Scale: This scale was developed by Dr. Kamlesh Sharma. There are 60 statements in the scale. Every statement has three alternative responses. Yes, No, and Indefinite. The subject has chosen only one alternative response. The test retest and split half reliability coefficient was found 0.86 and 0.86 respectively. The validity coefficient was calculated by comparing the scale with mental health check list of pramod kumar and was found 0.79

Procedure of Data Collection

First of all, permissions were sought from the Principals of government College (Boys & Girls) and Head of the Departments of different Faculties of Government college, Aurangabad. A rapport was formed with students after discussing the purpose of the study and taking consent from them. The participants were also ensured that all the information would be kept confidential and will use for research purpose only. All the questionnaires related to different variables administered at a gap of five minutes. The total time taken by students was approximately one and half hour. After completing questionnaires students were thanked for their cooperation, and scoring was done on the basis of the instructions given in the manual.

Statistical Technique used:

Descriptive analysis- Mean, and Standard Deviation was computed. Inferential statistics such as 't' test was applied to determine the significance of the difference in mean scores on said variables between college going students.

Result and Discussion:

The main finding of the present study

Table No - 1.1 Showing Mean and Standard Deviation Values among male and female adolescent on mental health.

Gender	Number	Mean	S.D	T value	Df	Sign
Male	20	60.55	9.26	2.05	38	0.01 level
Female	20	67.25	11.24			

Table 1 shows the mean and SD of male is 60.55 and 9.26 where as the mean and SD of female is 67.25 and 11.24 respectively and t value is 2.05 this significant at 0.01 level of mental health. It indicates that male and female differ significantly on mental health. Female have higher mental health compared to male. This finding is in congruence with the studies conducted by Anand (1999) reported that female students were found better mental health than male students

Mental Health and Stress among Male and Female Adolescent

and Nanda (2001) also found girls showed better mental health than boys. **Sharma** (1979) found that boys in late adolescents show better mental health than girls.

Table No - 1.2 Showing Mean and Standard Deviation Values among male and female adolescent on Stress.

Gender	Number	Mean	S.D	T value	Df	Sign
Male	20	62.20	11.40	2.18	38	0.01 level
Female	20	54.60	10.54			

Table 1 shows the mean and SD of male is 62.20 and 11.40 where as the mean and SD of female is 54.60 and 10.54 respectively and t value is 2.18 this significant at 0.01 level of stress. It indicates that male and female differ significantly on stress level. Male have higher stress compared to female adolescent students.

Table No - 1.2 showing correlation between mental health and stress of adolescent.

Variable	Mean	Std. Dev	df	r
Mental health	63.9000	10.71974	38	.581
Stress	58.4000	11.50206	38	

The r value is itself explanatory that there is a positive correlation between the mental health and stress of adolescent students. This is an indicator that if the mental health increases the levels of Stress get reduced. That means that there is positive correlation found between mental health and stress of adolescent.

Conclusion:

Based on the analysis of the data it is clear that

- 1) The mental health is found better female than male adolescent student.
- 2) Male have higher stress level compared to female adolescent students.
- 3) There is positive correlation found between mental health and stress of adolescent.

References:

- Anand S.P. (1999). A study of student's mental health attitude and motivation for studies. *Journal of Educational Research*, 36 (2), 55-61.
- Barker, A. (1999). *The Social work Dictionary*. National Association of Social Work (NASW). Washington, D.C.
- Boldero, J., & Fallon, B. (1995). Adolescents' help -seeking: what do they get help for and from whom? *Journal of Adolescence*, 18, 193-209.
- Conner, J., Pope, D., & Galloway, M. (2009/2010). Success with Less Stress. *Educational Leadership*, 67 (4), 54-57.
- Elizabeth Scott, M.S. (2009). *Stress in College. Common Causes of Stress in College*, Lambert Academic Publishing.
- Giltay, E. J., Leung, S., So, C., & Lam L. (2004). Dispositional optimism and all-cause and cardiovascular mortality in a prospective cohort of elderly Dutch men and women. *Archives of General Psychiatry*, 61, 1126-1135.
- Kaplan, H. L., & Sadock, B. J. (1993). *Comprehensive glossary of psychiatry and psychology*. Baltimore, Williams & Wilkins.
- Kitzow, M. A. (2003). The mental health need of today's college students: Challenges and Recommendation *NASPA Journal*, 41, 167-181.
- Meadows, S. (2007). Family structure & fathers' well-being: Trajectories of physical & mental health. Working Paper 2007-19-FF. Access Mar. 1 <http://crcw.princeton.edu/publications/publications.asp>
- Nanda, A. K. (2001). Mental health of high school students: a comparative study. *Indian Psychological Review*, 56 (1), 2-7

Mental Health and Stress among Male and Female Adolescent

Sharma, R.R. (1979). Self-concept, the level of aspiration and mental health as a factor in academic achievement. Ph.D. thesis, BHU.

Stephanie K. Kania (2014). The relationship between gender differences and stress, The Huron University College Journal of Learning and Motivation, 52(1), 92-101.

Swati Mishra & Meeta Jha (2015) Role of Gender and Residence on Mental Health, IOSR Journal Of Humanities And Social Science (IOSR-JHSS) Volume 20, Issue 3, Ver. V (Mar. 2015), PP 51-55