

## A study of adolescents mental health in relation to certain psycho-social factors - Age wise distribution

A.Chandra Sekhar<sup>1,\*</sup>, B.Varada Rajulu<sup>2</sup>, G.Obulesu<sup>3</sup>

<sup>1,3</sup>Assistant Professor, <sup>2</sup>Senior Resident, <sup>1,2</sup>Dept. of Psychiatry, <sup>3</sup>Dept. of Microbiology, Viswa Bharathi Medical College, Kurnool, Andhra Pradesh, <sup>3</sup>Kerala medical college and Hospital, Palakkad, India

\*Corresponding Author: A.Chandra Sekhar<sup>1</sup>

Email: csreddy81@gmail.com

### Abstract

**Introduction:** The WHO characterize psychological wellness as the idea as: a condition of prosperity in which the individual understands his or her own capacities, can adapt to the ordinary worries of life, can work profitably and productively, and can make a commitment to his or her very own locale. An example is a little extent of populace chose for perception and investigations. The fundamental techniques for choosing an example purposeful or purposive testing, arbitrary examining, stratified inspecting, portion inspecting and so on. The specialist had utilized basic arbitrary testing system for choosing an example of 400 Higher Secondary understudies from 15 schools in Kurnool dist. It is gathered from the table that the example comprises of 93 % of 17 age and underneath 7% of 18 age or more gathering of Higher Secondary understudies.

**Conclusion:** The Mental Health status of Adolescents in Higher Secondary level can be assessed in 6 measurements. They are state of mind towards self, view of the real world, social capability, consistency of propensities, enthusiastic soundness, independence and Mental Health.

**Keywords:** Mental health, School Education, Adolences.

### Introduction

World Health Organization has fused profound measurement in its most recent meaning of wellbeing.<sup>1</sup> WHO characterizes wellbeing as powerful condition of finish physical, mental, profound, and social prosperity and not simply the nonappearance or illness. Pre-adulthood might be a particularly essential crossroads in Spiritual/Religious improvement. Confidence implies the assessment which the individual makes and usually keep up with respect to himself. Confidence is by and large connected to feeling of value.<sup>2</sup> Disposition is an arrangement of characteristic qualities that composes the kid's way to deal with the world. These attributes additionally decide how the individual approaches taking in his general surroundings. The home and School convey extraordinary duties regarding the improvement of good emotional well-being of the student. In this way the home and the school ought to be helpful for his psychological wellness.<sup>3</sup>

The WHO characterize emotional wellness as the idea as: a condition of prosperity in which the individual understands his or her own capacities, can adapt to the ordinary worries of life, can work gainfully and productively, and can make a commitment to his or her very own locale. Independently, psychological wellness influences our expressive, subjective, point of view, social, and adapting capacities, undergirding our general wellbeing and prosperity and ability to incorporate into and end up beneficial individuals from society.<sup>5</sup> On a social level, psychological well-being is seen as a positive source adding to resource advancement exclusively, socially, and monetarily. As per the WHO, tykes psychological or conduct issue will ascend to end up one of the five most regular reasons for horribleness, mortality and incapacity

among youngsters constantly 2020.<sup>6</sup> As a major aspect of one's general wellbeing, mental and enthusiastic wellbeing or prosperity is an important condition to empower one to deal with one's life effectively. Psychological wellness is the passionate and profound flexibility that enables one to appreciate life and to endure torment, enduring and disillusionment. It is a positive feeling of prosperity and a hidden faith in one's very own and others' pride and worth. Emotional well-being is about how one feels inside. Adjusting one's feelings and having control on his, Self-regard and certainty by being alright with whom they are adapting to one's emotions and working up flexibility on one's "bob back capacity". Emotional wellness is critical as it influences all that one does – how one rests, what one eats, the hazard one will take and the kinds of things one does to unwind and appreciate one.<sup>7-10</sup>

Puberty is an unmistakable formative period described by critical changes in hormones, cerebrum and physical advancement, feelings, comprehension, conduct, and relational connections. It has been characterized as starting with the beginning of sexual development (adolescence) and closure with the accomplishment of grown-up jobs and obligations<sup>11</sup>. Rationally solid youngsters and youths appreciate a positive personal satisfaction; work well at home, in school, and in their networks; and are free of debilitating side effects of psychopathology.<sup>12,13</sup> Young people represent around 1/fifth of India's populace. As of late, daily papers detailed numerous instances of suicides and endeavors which for the most part evaded school life. This is especially valid for the class X and halfway or pre college (PUC) understudies, who get disappointed in light of the weight forced by the instructors and guardians and components like rivalry, high desire. These are more inclined to powerlessness which may prompts sick

wellbeing, negative inclination or suicides.<sup>14</sup> Teenagers in hindered networks are at hoisted chance for introduction to different stressors, demonstrating high rates of wrongdoing and exploitation, family neediness, family strife, expanded predominance of degenerate companions and school with lacking assets.<sup>15,17</sup>

### Psycho-Social components

The Psycho-Social components chose in the present examination are;

**Family Environment:** Family condition alludes to the physical, mental and societal position of family unit and the individuals inside it, described by sufficient correspondence, support, connectedness and control.<sup>18</sup>

**Confidence:** Self regard is the esteem every one places without anyone else attributes, capacities and conduct. Confidence demonstrates that the degree to which one trusts oneself to be noteworthy able and commendable.<sup>19</sup>

**Demeanor:** Temperament is the inborn part of a person's identity, for example, self preoccupation or extroversion. Demeanor is characterized as that piece of the identity which is hereditarily based.

**School Environment:** School condition alludes to the air of the school portrayed by vote based and helpful for the best possible mental development of the students. It ought to give chances to fulfillment of their needs of opportunity.<sup>20</sup>

To see if Mental Health has any effect on the burnout levels of school and school instructors. The example included 640 schools and school instructors of 4 locale of eastern UP. It was drawn through irregular examining procedure.<sup>21</sup> The devices of the investigation were (I) Burnout scale by Dr. Tripte Hatwal and (ii) Mithila Mental Health Status Inventory. The real discoveries were I) Mental wellbeing fluctuates fundamentally as indicated by components like distressing life occasions, knowledge, job base pressure, work fulfillment, identity and so forth ii) Mental Health is a variable, which is seriously associated with the burnout inclination.<sup>22-25</sup>

### Material and Methods

All specialists include the components of perception, portrayal and the examination of what occurs under conditions. Scientists utilize distinctive strategies in their examination exercises. The arrangement of such technique relies upon the nature, destinations and populace of the investigation. A straightforward three point examination might be utilized to characterize investigate. Normally all examinations fall under one or a mix of these sorts. Some essential techniques for research are accompanying:

1. Historical techniques
2. Experimental Methods
3. Survey or Descriptive Methods

The reasonableness of a specific technique for study relies upon the reason and extent of the examination. In the present examination, the examiner chose enlightening strategy utilizing review as a system for examination. Overview is a methodology in which information were

deliberately gathered from a populace through some immediate requesting, for example, confront – to - confront meeting, poll or calendar and perceptions.

A populace or universe is objects whether energize or lifeless. It comprises of all arrangements of individual or their properties that can be depicted as having a remarkable example of attributes or qualities. The populace for the present investigation comprises of young people considering in Higher Secondary level in schools of Kurnool district.

An example is a little extent of populace chose for perception and investigations. The principle strategies for choosing an example are intentional or purposive inspecting, arbitrary examining, stratified testing, share inspecting and so forth. The agent had utilized basic arbitrary inspecting method for choosing an example of 400 Higher Secondary understudies from 15 schools in Kurnool district.

This section indicates how the accumulated scores are survey, worked statically, assessed, deciphered and announced. The rate examination, 't' test, ANOVA, relationship investigations and factor examination executed in this examination build the consequences of the investigation.

### Results

In the wake of controlling the instruments and gathering of information, the information must be handled and broke down understanding with the out line set down at the season of advancement of the exploration plan. The legitimacy and embodiment of an examination relies on the estimation and investigation of the execution of every individual associated with the exploration. The different devices utilized for the examination draw out the information which fulfill the subject of the examiner and answer her inquiries as scores.

**Table 1: Age - wise distribution of the sample**

Age	Number of Students	Percentage
17&below	340	93
18&above	60	7
<b>Total</b>	<b>400</b>	<b>100.0</b>

It is inferred from the above table that the sample consists of 93 % of 17 age and below and 7% of 18 age and above group of Higher Secondary students.

**Table 2: Class - wise distribution of the sample**

Class	Number of Students	Percentage
Std XI	127	53.4
Std XII	273	46.6
<b>Total</b>	<b>400</b>	<b>100.0</b>

It is inferred from the above table that the sample consists of 53.4% of Class XI and 46.6% of Class XII Higher Secondary students.

The term condition got from a French word "Environ" to frame a ring. French addition 'ment' which communicates the outcomes or results of the verb implies conditions or

impacts, under which any individual lives or creates. Such condition incorporates the kind of types of gear and offices, the school offers, the preparation, the specialization, and the encounters of its staff, the normal per student use and the normal size gathering of the understudies.<sup>26</sup>

School implies establishment for teaching youngsters or giving guidance of more rudimentary. Condition implies encompassing articles and religious or states of the school, which influences the life of a man. School is where understudies get together, share guidelines and social frameworks, which is essential to shape their interests dispositions and propensities. Numerous exercises in the classroom have an impact on the students and resemble concealed educational modules<sup>27</sup>. These are instrumental for identity advancement. School condition is the most critical and which can be effectively expelled. It alludes to the kind of showing offices or educational programs that the school offers or it alludes to non-scholastic points of interest reflected in the conduct and the social remaining of the youngster companionship gatherings. School does not just manage the cost of chances in an assortment of additional curricular exercises, yet in addition music, dramatizations' and befuddling cluster of club and little gathering exercises serving singular interests and abilities<sup>28</sup>. Subsequently the air of the school and of the classroom needs watchful consideration. On the off chance that the school gives chances to the declaration of the drives of the youngster, the tyke enhance his psychological well-being.<sup>29-30</sup>

### Conclusion

The Mental Health status of Adolescents in Higher Secondary level can be assessed in 6 measurements. They are disposition towards self, impression of the real world, social fitness, normality of propensities, passionate steadiness, independence and Mental Health.

1. Majority of Higher Secondary understudies' Mental Health and its measurements fall in the normal level concerning all the foundation factors.
2. Majority of Higher Secondary understudies' view of Family Environment is observed to be normal as for all the foundation factors.
3. Majority of Higher Secondary understudies' Spirituality is observed to be normal as for all the foundation factors.

### A few zones of further research are proposed from the talk.

1. The present examination is restricted to higher auxiliary understudies in Thiruvananthapuram locale. A similar report can be stretched out to alternate parts of Kerala too.
2. Replicate the present investigation on bigger gatherings of emotional wellness factors.
3. In the present investigation, personality is surrounded on concentrating three measurements: maladjustment, gregariousness and insightfulness. A similar report can be stretch out by including some more measurements.

Despite the fact that the examiner is very mindful of the constraints that have crawled into the investigation, she would be delighted if the consequences of the present examination could prompt better comprehension of psychological wellness factors. The general outcomes in the present examination uncovers the job of otherworldliness, family condition, school condition, confidence, personality and its measurements in the improvement of psychological wellness and its measurements in young people of higher auxiliary level. It is trusted that the learning contributed by this examination would open up new skylines of research and in this manner feature the hugeness of psychological well-being in instruction.

**Conflict of Interest:** None.

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