SUMMARY & CONCLUSIONS

Problem of Study:

Effect of Perceived Crowding on Adolescents Adjustment and Mental Health (A Psychological Study of Adolescents of Varanasi District of U.P.).

Introduction:

In developing countries rapid development of urbanization and industrialization has led to a shift from an agriculturally based society to an industrially dense society. Effect crowding in urban areas is becoming a serious problem which is dive city related to population explosion. Psychologists have also expressed their concern on the dangers of over population and crowding. In our country the unchecked population growth has led to high dense conditions in urban areas. The growth of population has serious consequences for the individual, the social system and the environment. In last two decades biologists, Ecologists, Psychologists and Sociologists have conducted studies to examine the effect of
overcrowding as related to physical malfunction, family.

The everyday use of the word crowding has been studied extensively and shown to vary with not only number of person and amount of space but with such things as the type of place, the expected number of persons there and the availability of explanations for felt discomfort. Crowding generally means too many people in too little space. Crowding is also a social phenome now where an individual is affected by the presence of a crowd. Crowd is a physically compact organization of human beings, brought into direct temporary and unorganized contact with one another. Crowd is a congregate group of individuals who have temporarily identified themselves with common values and who are expressing similar emotions. Crowd is a group of individuals temporarily presenting a certain unity of feeling and action, owing to the fact that their attention is concentrated on the same object, material and ideal. Because of this mental unity, which is the essential and fundamental characteristics of the crowd, its mentality tends to be more primative than that of the normal individual member of the croed. Crowding has consist- ently been linked to negative emotional tone.
People feel worse when crowded than when not. This appears to be true whether crowding is experienced or only expected; people who anticipate crowding also report more negative affect. Furthermore, research indicates that crowding results in physiological arousal. Several measures of sympathetic arousal, including heart-rate, blood-pressure and spinal troubles are evident. The complexity of these effects was demonstrated in a study of crowded commuter trains in Sweden. Singer, Lundberg and Frankenhaeusser (1978) found that crowd associated negative feeling and physiological arousal. However, this was cross-cut by the finding that people who boarded-in when it was empty felt better and were less aroused than people who boarded when the train was held. Because early boarders could choose their seats and manage some control over the situation and thus they experienced less distress when the train became crowded. Some evidence of density-related health effects has also been reported. Most of this evidence reflect changes in the way people feel. Thus, crowding is associated with more health complaints, visits to a clinic or dispensary, and so on. Other researches indicate raised blood pressure in crowded settings. One study reported a rather high correlation between density and health-rate in a prison
population (Cpoulus, Mecain and Cox, 1978). Crowding also affects a number of social behavior people tend to like other people less under crowded circumstances than under non-crowded circumstances. In addition, people sometimes avoid others when they themselves are crowded. Baum and Valins (1977) reported a series of studies in college dormitories indicating that withdrawal was a primary response to crowding. Other studies have shown that people are less likely to initiate interactions with other people when crowded. If crowding causes people to avoid one another, it should also reduce their mutual willingness to help. Indeed, research shows that people do offer help to others less often when crowded than when not. In addition, crowding has been associated with aggression.

Adjustment of a person may be defined as a characteristic way in which he perceives, reacts to and solves the main problems of life. Adjustment is the process by which a living organism maintains a balance between its need and the circumstances that influence the satisfaction of these needs. Man tries to understand and control the physical world according to him. Sometimes he changes the environment to fulfill his needs and objectives sometimes he has to modify his needs and objectives according to the environment. This
process of maintaining balance between his needs and environments is known as adjustment. According to Gotes (1950), "Adjustment is a continual process by which a person varies his behaviour to produce a more harmonious relationship between him self and environment." Thus, adjustment shows the extent to which an individual's personality functions efficiently in a world of other people. According to Boring (1966) adjustment is a process by which a living organism maintains balance between its needs and the circumstances that influence the satisfaction of needs. Environmental conditions and personality of the individual are important for the adjustment. The person has to adjust in different primary and secondary setting. The primary environments such as home and school where the child spends a lot of time. His basic needs are satisfied there. In a crowded home, where the person do not get privacy and personal space. The interaction and interference with other family member is high. In such a situation, it is difficult for him to adjust. On the other hand, adjustment also depends on person. Baldassare (1981) has suggested that social and personal adjustments reduced the adverse effects of crowding. The person tries to apprehend the environment. He tries to understand the dynamics operating in that
environment. So his cognitive appraisal of the environment plays an important role in his adjustment. His cognitive control may help him for the better adjustment. He can also maintain coilibrium between himself and the environment. Chohen (1978) suggests that people have only a limited attentional capacity to allocate the environment. When this capacity becomes strained then the individual receives additional stimuli, which he finds difficult to handle. This situation may lead to confusion at cognitive level, fatigue at physical level, and escape and withdrawal at the behavioural level. In a crowded home people do not have personal control over the events. They have to depend on others for their demands. This unfulfilment of demands is stressful and the person finds it difficult to adjust. He may show withdrawal and escape mechanism when there is a personal threat to one's security.

Mental health is the full and harmonious functioning of the whole personality — the three requirements of mental health being full expression, harmonization and the direction to a common and of our nature and acquired potentialities. Current approaches show concern with the internal balance of the individual, the quality of the relationships with the individual and others and the attitudes of groups to
these relationships. Mental ill health is associated with error and with wrongdoing. If good is regarded as, adaptation then to some extent not to be good is to be in error. Mental health has also been described as the ability to handle every day demands and situations without excessive stress and stain. A mentally healthy individual can work regularly think clearly manage his emotions and be in good terms with others and himself. Those who fall behind or fail in the adjustment process face mental health problems. They are considered to be emotionally immature, maladjusted or mentally ill. They may be unable to adapt to the world of work and be continually blocked by indecision inability to concentrate or over-dependency. All mental health measures must be based of the fact that the growing person has a series of fundamental emotional needs whose satisfaction depends upon social adjustment. Health is, therefore, not only the absence of mental disorder, it is something positive a joyful attitude to words life and a cheerful acceptance of the responsibilities that life puts upon individuals. Mental health is as equally important as physical health in life for comfort, peace and satisfaction. Through mental health science an individual can save from the mental diseases and can maintain the mental health. By proper
mental health a person will get better satisfaction, fulfillment and comfort. It helps in self-development of one's personality as a result of which a person can strive to solve the problems (to help him) in life everybody earns for mental health and metal harmony. If we talk about enthusiasm of life, we should have joyful mind, soft feelings, pleasant atmosphere in work place and surroundings of living, maturity and good health - all these are essential for mental health. The difference between a balanced man and a mentally unsound person is that - a mentally unfit person always implements a non-cooperation policy in every work and his view of thinking which does not have no reality or any concrete reason. A general person tries to face and solve the problems in a very organized and specific or deliberate way. Mental unfitness is due to increase in modernisation of township, professionalism and the environmental problems of modern life. In available statistics, 1% of every population is suffering metal diseases. About 10% of people are more or less suffering from these diseases at all stage of their life. Reality is that we all are suffering from diseases knowingly or unknowingly. There is lot of mental pressure and suppression is felt in our day to day life.
Reality is that in modern world we all are living in doubt and guesses or skepticism stage.


Objectives:

In view of a very dominating influence of caste system in rural societies and urban societies and importance of adolescents in the crowding the proposed research to make a comparative study of rural and urban adolescents belonging to various caste groups with reference to their adjustment mental health. The objective of the present study may be enumerated as under:
1. To make a comparative study of the effect of crowding on adolescents' adjustment and mental health.

2. To study the interrelationship between adjustment and mental health of the adolescents belonging to different caste and age groups.

3. To study the independent as well as interactional effect of the adolescents of various caste and age groups.

**Hypothesis:**

1. Perception of crowding would be higher among males as compared to females.

2. The high scores on the measure of the perception of crowding would be related to lower scores on measures of mental ill health.

3. The relationship between the perceived crowding and mental ill health would vary with sex.

**Main Effect:**

1. Crowding effect.

2. Sex—male and female

3. Region – Rural and urban.
Study Area

Varanasi has been selected as the place for the present research work because in this district families belonging to different socio-economic group are residential. Moreover people belonging to all possible caste and religions resided in this district. The families live in a particular situation, which is common to all; hence, the impact of the surrounding on the respondent is visible. Only due to various occupation, religion, caste and income, the effect perceived of adolescents could be meaningfully observed. Age group of the adolescents was between the age of 14 to 17 years. Only those families were selected in which adolescent of this age-group were available. Nesting on the tract of land between Varuna and Assi rivers and situated on the west bank of "Mother of All Rivers" Ganga is Varanasi. It is one of the most sacred places for Hindus. Varanasi is the centre of Indian culture since the ancient time. Banaras Province merged with Indian Republic on 15th Oct.1949. Varanasi is among the five biggest towns of Uttar Pradesh. The main language of the city is Hindi.

Varanasi is situated between 24°05'6" latitude to 81°01'4" longitude on the eastern side of newly created district Chandauli, on the west there is Bhadohi,
formerly both Chandauli and Bhadohi were the parts of Varanasi district, on north-west there is Jaunpur, on northern-east there is Ghazipur and on the south of the city there is district Mirzapur. The total land area of Varanasi is 1550.3 Sq.Kms. As per Census of 2001, the total Population is 25.08 lakhs. The rural population is 14.50 lakhs. Urban Population is 10.58 lakhs, the number of males is 13.27 lakhs and the females are 11.81 lakhs. And the sex ratio is 1000 : 890. The density of population is 972 per sq. Kms.

Sample -

The present study sample consisted of total 600 males and females in the age group of 14-17 years and studying in different institutions located in urban and rural areas separately. Generally, all these students belong to secondary stage of education and belong to different recognized streams of courses existed in their respectable institutions.

Table 3.1 : Distribution of Sample

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
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<tr>
<td>Urban</td>
<td>Rural</td>
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<td>150</td>
<td>150</td>
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Tools and Techniques -

Researcher requires many data gathering tools and techniques, which may vary in their complexity, design, administration and interpretation. Each tool is appropriate for the collection of certain type of evidence or information. The following self-report measures were employed to assess the relationship of perceived crowding with adjustment and mental health of adolescents.

1. Effect of perceived crowding questionnaire

Effect of perceived crowding questionnaire was constructed by the researcher under the supervision of Dr. Rapa Rathor to measure the perception of crowding.

2. Adjustment Inventory Questionnaire

The Adjustment Inventory Questionnaire standardized by H.S. Asthana, Ex. Professor & Head of the Deptt. of Psychology, University of Saugar. The adjustment inventory has been devised to serve as a quick screening device for use with Hindi knowing school and colleges' students. It has been used successfully between ages 14 and above. The inventory
in no way pretends to diagnose the type of psychoneurotic disorder, or to indicate the degree of adjustment in various areas of living, it merely attempts to segregate the poorly adjusted from those who are better adjusted and who may stand in need of psycho diagnostic study and counseling.

3. Mental health questionnaire.

The Mithila Mental Health Status Inventory (MMHST) made by Dr. Anand Kumar, Department of Psychology, Kashi Vidyapith University, Varanasi and Dr. Giridhar P. Thakur, Department of Psychology, Kashi Vidyapith University, Varanasi. The questionnaire consists of 50 items of which some are to be rated on three-point scale and rest are to be response were to be obtained on a 5 point response format 'very true', 'true', 'doubtful' 'false' and 'completely false'. The positively worded items of the inventory were given scores of 5, 4, 3, 2 and 1 for the 'very true', 'true', 'doubtful', 'false' and 'completely false' responses respectively and the negatively worded items were scored in the reverse way. The maximum score, therefore, one each scale was 50 and minimum score being 10 and overall inventory 250 and 50 respectively. Written or oral administration of MMHSI generally
takes 20 to 30 minutes to complete it. However, no time limit for completion of the test is stipulated or fixed.

Conclusion:

From the conclusion of the study we find that –

The present study distribution of adolescents according to caste, age, gender and area, i.e. 47.83, 30.00 and 22.17 general, schedule tribe and schedule caste; 19.50, 30.33, 27.67 and 22.50 14, 15, 16 and 17 year age; 50.00 and 50.00 boys and Girls and the percentage distributions of subjects are 50.00 and 50.00 Rural and Urban.

Mental Health:

1. The overall mental health score consist five elements named Alienation, Egocentrism, Emotional Unstability, Expression and Social Non-conformity.

2. According to one-way analysis of variance, there is no statistically significant difference among the mean Alienation, Egocentrism and Social Non-conformity score of different caste group.

3. According to one-way analysis of variance, there is statistically significant difference among the mean Emotional Unstability score of different caste groups.
This difference exists between Schedule tribe and Schedule caste only.

4. According to one-way analysis of variance, there is highly statistically significant difference among the mean Expression score of different caste groups. The pair wise difference was observed between Schedule caste & Schedule Tribe and Schedule caste & General category.

5. According to one-way analysis of variance, there is no statistically significant difference among the mean Alienation, Egocentrism and Emotional unstability score of different age groups.

6. According to one-way analysis of variance, there is very highly statistically significant difference among the mean Expression and Social Non-conformity score of different age groups.

7. According to one-way analysis of variance, there is very highly statistically significant difference among the mean Alienation, Egocentrism, Expression, Social Non-conformity score of both Gender groups.

8. According to one-way analysis of variance, there is very highly statistically significant difference among
the mean Emotional Unstability score of both Gender groups.

9. According to one-way analysis of variance, there is very highly statistically significant difference among the mean Alienation, Egocentrism, Emotional Unstability, Expression and Social Non-conformity score of both Rural and Urban areas.

Adjustment

1. According to one way analysis of variance, there is no statistically significant difference among the mean adjustment score of different caste groups.

2. According to one-way analysis of variance, there is no statistically significant difference among the mean crowding score of different age groups.

3. According to one-way analysis of variance, there is no statistically significant difference among the mean adjustment score of both Gender groups.

4. According to one-way analysis of variance, there is very highly statistically significant difference among the mean adjustment score of both Areas.
Crowding

1. According to one way analysis of variance, there is no statistically significant difference among the mean crowding score of different caste groups.

2. According to one-way analysis of variance, there is no statistically significant difference among the mean adjustment score of different age groups.

3. According to one-way analysis of variance, there is very highly statistically significant difference among the mean crowding score of both Gender groups. Here our hypothesis "Perception of crowding would be higher among males as compared females" stands fully proved.

4. According to one-way analysis of variance, there is statistically significant difference among the mean crowding score of both Areas.

There is no relationship exists between different dimension of mental health and adjustment & Crowding. The relationship of alienation and ego-centrism with adjustment is negative but not significant. The relationship of crowding with Alienation, Egocentrism, Emotional un-stability, Expression, Social Non-conformity and total is also negative. The relationship between Alienation and Expression is negative except
this all pairs of relationship among different dimensions of mental health positive but not significant. Here our hypothesis "The high scores on the measure of the perception of crowding would be related to lower scores on measures of mental health" and "The relationship between the perceived crowding and mental health would vary with sex" stands partial proved.