CHAPTER – 1
IDENTIFICATION OF A PROBLEM AND DEFINING THE TERMS

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1.1 Introduction
According to Rabindranath Tagore, “Children are living beings- more living then grown up people who have built shells of habit around themselves. Therefore it is absolutely necessary for their mental health and development that they should not have mere schools for their lessons.”

Students are the most important assets of the society because they can be moulded and made the best future citizens. One should be physically and mentally healthy, capable enough to carry the country forward a long way. It is seen that a mentally healthy person has the ability to develop in all respect, that is, emotionally, creatively, intellectually and spiritually as well. The individual’s health helps him to achieve or elevate the great power to reach definite conclusion, to be efficient and develops self confidence to move ahead towards progress. Health is important for the existence of life, hence it is truly said that “Health is Wealth”. Mental, physical and social health is vital strands of life that is closely interwoven and deeply interdependent. The capacity to work while maintaining the health is mental health. Mental health is crucial to the overall well being of individuals and societies at large. Not only that, it is also important for maintaining the healthy family, healthy interpersonal relationships and to develop ability to lead a happy, prosperous and productive life.

Every individual faces the problems in his or her life, but the mentally healthy person finds the solution and learns from his life experiences. He has enough confidence in himself and leads his life to the fullest. He has that courage to have fun and laugh at his own self and at the world. He can contribute maximum to the society. He knows the aim of his life and work in that direction for its fulfillment. It is also seen that a mentally healthy person is in conscious control of his life. He can well control his behavior. He is aware of his strengths and weaknesses, virtues and vices. Not only that, he has good tolerance power. Psychologically healthy person always lives in the present, he does not think about the past, but focuses towards his future. He is always ready to accept the change in his life and move forward in the direction of the change. We have seen many people taking challenges of their life so very easily that they are able to live their life so happily. They proceed very well with all the difficulties in their life. They almost get positive results and solutions to their problems. But sometimes they fail to get the proper answer to their question. They do not get depressed for it but try to find the other way out of it and keep trying till they get satisfactory answer for the best of their life. We have seen some people who are physically challenged try their level best to adjust with all the difficulties they face in their life. They make themselves mentally fit and strong. This helps them to lead their life in the healthy way coping with the
surrounding world. Though they are weak in physically, they do not run away from their life getting depressed, instead develop their self confidence and inner strength and show this world that they are not less than the normal people around. This is how they win their life. On the other hand some people who are mentally weak are not able to cope with their life. They fail to accept the failure and the reality of their life. Such people develop mental illness and finally ruin their life.

Mental health is the result of interaction between the individual and the environmental factors. These factors include home, school, parents education, parents occupation, caste, category, area in which the individual resides, work tensions and socioeconomic status. Everyone has to live within these factors, so it has very wide influence on them. After individual’s birth he is brought up in the family. In the family he learns the basic habits and morals taught by his parents. As he grows he is sent to school. School is just like next home for him where he is taught many things. He is exposed to the outside world. His circle increases. Many new people come in his contact. He learns different lessons from them and gets influence by their company. At certain stage of life during this exposure to the world around, some children fall into bad company and gets diverted. In the beginning the parents do not care for it and ignores it, but at the later stage it matters a lot and the individual is lost into his own world which may give the adverse results at the end. All these factor are in some or the other way responsible for the stressful condition in individual’s life. We cannot overestimate the importance of mental health. Fortunately, a great deal of attention has been given in recent years to this important aspect of the individual’s total personality. Not only the schools become much more conscious of its responsibility in this connection but the community at large has also demonstrated its interest in the problem through very active mental health groups composed of lay persons as well as professional medical, clinical and teaching personnel.

There is no challenge facing us as a nation which transcends that of developing the potential and making the best use of human resources. Finding ways to foster and enhance the mental, physical, emotional and spiritual health of children and youth is the number one job of parents and teachers. During childhood and youth the basic patterns of thought feeling and behavior is established and teacher can do much toward forming the foundations of adult, happiness and effectiveness.
Stress is a mechanism that places unique physical or psychological desire upon a person. It could imbalance the individual’s mental balance. It has been noticed that the psychological response to such desires is almost the same, hence one indisputable statement can be made about stress is that, it belongs to anyone. Stress is a part of frame work of life. Stress cannot be isolated from human beings life as it is evident from various research and studies. Stress can be managed but cannot be completely removed. With widely accepted ideas today, stress is challenged by new research and conclusion. All these demographic factors play a vital role in maintaining the mental health of an individual. The more stress the person takes in his life, the greater the likelihood of illness. That was the findings of a classic study in which two psychiatrists, on the basics of interviews with 5000 hospital patients, ranked the stressfulness of life events that had preceded illness. (Holmes and Rahe, 1976). However, these findings do not tell us how stress produces illness or why some people’s bodies handle stress better than others.

Mental health is a condition which consists of a certain degree of mental wellbeing which characterizes a balance between normal and abnormal behavioral tendencies. It is not a state devoid of mental illness; it means optimum usage of the available resources which would lead to a constructive economic function, flexibility to the given circumstances, satisfactory interpersonal relationships and maturity to deal with issues in life.

There are different aspects of human health i.e. physical, emotional, spiritual, social and mental health. But the mental health is considered as the important component and the person cannot be healthy if mentally weak. It is easy to know the physical health conditions of a person than the mental wellbeing of an individual. There is lots of aspects related to mental health that an individual can manipulate. Hence, it is very important that the correct status of a person’s mental health is discovered. Large number of people in general population do not even describe about the situations or widespread of psychological dangerous symptoms such as depression or anxiety. Education and mental health are closely related to each other. For any type of education sound mental health is the first and the foremost condition. If children are not having sound mental health they cannot concentrate in learning and retain the knowledge given to them, as learning is totally dependent on sound mental health. It is also seen that healthy children have a desire to acquire more and more information and skills that will give them better control over their environment. Hence, there is an urgent need to recognize and improve mental health of an individual. Therefore, it is very important to find the exact measures to check the mental health of an individual, for that it is necessary to
consider the construct of mental health not only in terms of psychological discomfort and signs of illness, but in terms of positive states such as happiness and enjoyment of life. So appropriate inventories which reflect the actual mental situation of a person should be utilized and before going into the proper treatment part of it, an observer should be certain of the mental makeup of a person.

There are many such mental health inventories available in the market. But looking towards the changing times and considering the changes occurring in demographic, physical, weather and even the modern living conditions, we all understand that life is undergoing a revolution in every aspect. As a result the old age inventories might not deliver the required outcome. There is the need to construct a new inventory which could check the mental health of an individual related to the present demographical factors. It is increasingly understood that the mental well being of an individual is of utmost importance. To ensure that the steps taken for the same bear the purposed results, parameters such as happiness, joys, entertainment, enjoyment, satisfaction etc. also have to be considered along with stress, disappointment, illness etc. Hence the researcher has decided to construct and standardize a mental health inventory which will bring out the mental mechanism of a person. This new inventory contains statements that would assess anxiety, depression, behavioral control, and positive affect keeping in mind today’s changing conditions and modern ways of living.

1.2 Statement of a Problem

Construction and Standardization of Mental Health Inventory

1.3 Defining the terms of a Problem

1.3.1 Construction

According to Oxford dictionary Construction means a group of words arranged to form a meaningful phrase. The phrase should make sense to the reader, the purpose and the syntax should be very clear.

In the present study a mental health inventory is constructed by taking different indicators of mental health, which would help to know the mental health of an individual.
1.3.2 Standardization of test

Preparation of the test by the selection of content based upon the experience, application of appropriate norms, objectives, evaluation, appropriate analysis and establishing its reliability and validity. After undergoing the following procedures an instrument becomes standardized, and is called as standardized test. The process used to prepare a standardized test is called as standardization of a test.

In the present study mental health inventory is standardized by finding its reliability and validity.

Characteristics of Standardized test

1. It is based on certain objectives
2. It is used under controlled conditions.
3. It has standard methods of evaluation.
4. It is based on standard norms.

Nature of standardized test

1. It can be performance test
2. It can be in verbal or nonverbal form
3. It can be group or individual test
4. It can be speed or ability test

Keeping in mind the characteristics and nature of standardized test, the researcher will standardize the mental health inventory using the steps of standardization. The inventory will be further used for the collection of data.

1.3.3 Mental Health

According to World Health Organization (2001)
“A state of well-being in which the individual realizes his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”

According to Norman E. Ceiths and Nicholas Mosaley

“Mental Health is the ability to adjust satisfactorily to the various strains of the environment we meet in life and mental hygiene as the means we take to assure these adjustments”

Thus from the above definitions mental health not only mean the absence of diseases such as schizophrenia and other disorders, but also the ability to cope with the life’s stressors, free from any kind of anxieties, mingle with others and have positive attitude towards their own life. All these would help the individual to know his abilities that would help him to cope with stressors of his life and gain productive and fruitful results of their world and finally this would help the society at large.

Many psychologists have done research on mental health and different people have given different indicators to check the mental health level of an individual.

Indicators of Mental health identified by Jahoda (1958) are as under:

1. A positive attitude towards self
2. Growth, development and the ability for self actualization.
3. Integration
4. Autonomy
5. Perception of reality
6. Environmental mastery

**Mental Health Indicators**

In public health care more importance and resources have been given to check, identify and treat mental illness compared to mental health. Very little care has been taken to protect and prevent the mental health of people those who are not mentally ill. According to some researchers there are indicators that represent mental health they are as follows:

- **Emotional well-being:** It means if the person is satisfied, happy, leads a peaceful life and is always cheering is said to be emotionally fit.
• **Psychological well-being:** It means if the person has positive thinking, has control on himself and his environment, knows the direction in his life, has good relations with others and accepts new experiences is said to be psychologically fit.

• **Social well-being:** It means if the person mingles well with the society, has social acceptance, like to live in the group, participate in social activities, and believes in others ability is supposed to be socially fit.

The former surgeon general notes that there are social factors that determine mental health as there are social factors that tell about general health, such factors should be known to support mental health. These include adequate housing, safe neighborhoods, equitable jobs and wages, quality education, and equity in access to quality health care. It is true that these factors are important to support the individual to lead a healthy life. If the person has all the above facilities in his life, he is quiet healthy. General health and mental health related to each other. If the person is happy his general health is good which in turn keeps his mental health fit and fine.

In the present study, Mental Health is the psychological state of a person who is functioning at a satisfactory level of emotional and behavioral adjustment. The researcher has considered five aspects of positive mental health. They are:

1. Introspection
2. Physical growth
3. Cope with stress
4. Autonomy
5. Environmental Mastery

After reviewing many past researches, researcher has selected five mental health indicators mentioned above and under each indicator 5 sub titles were selected. Based on those factors various statements were prepared to make an inventory. Though some of the factors are used by other researchers but in the present study the statements are framed keeping in mind the change in living style and condition, stress, work and surrounding conditions of the people. Today all these factors are quiet different compared to the earlier scenario. They do affect the mental health status of the individual in some or the other way.
1.3.4 Mental Health Inventory

Mental Health Inventory is an instrument used to find out the mental health disorders in an individual.

In the present study Mental health inventory is the instrument developed to find the mental health status of an individual related to five aspects of positive mental health such as, introspection, physical growth, cope with stress, autonomy, and environmental mastery. These factors are considered keeping in mind the changing demographic factors and modern living conditions. As all these factors are interrelated with each other as well as the individual’s life, it has great influence on the growth and progress of individual. Not only that it influences the individual’s way of thinking, the living conditions and styles as well his behavior. All this to gather make up the mental health condition of the individual. And the researcher has tried to know the factors that affect the mental health status of the individual.

1.4 Importance of the Study

In today’s stressful conditions every individual is exposed to variety of environmental conditions that causes stress and have impact on their psychological functioning. As it is estimated that many children and adolescence are affected by mental health problems every year but only few receives any professional help. Mental health problems in childhood and adolescence greatly affect their physical growth, educational and social development. Children who are mentally healthy are better able to:

- a. Involve them in the learning process.
- b. Develops strong relationships with their parents and other family members, teachers and friends
- c. Are able to compete with any challenge in their life.
- d. Are able to carry out long term education process successfully and achieve their career goals.
- e. Enjoy the better living standards.

When early signs of difficulty are not addressed mental health problems can potentially become more serious and possibly extend into mental disorders. For those experiencing mental disorders, early interventions and a more supportive environment can lead to better health outcomes later in life. To avoid any serious problem to the life of an individual it is very important to study the ways to find the mental health of an individual.
The present literature indicated that there are many research studies carried out to indicate the factors associated with mental health and based on those factors mental health inventory have been constructed. However, research studies taking these factors in the construction of mental health inventory is new according to the changing demographic factors. The analysis done on the past research studies pointed out a little more attention towards the mental health of an individual in this stressful and busy schedule. In addition, it is supposed that the findings of the study will contribute insights to the experts working on the development and revision processes of school curricula. Also they can help the youth of our country from negative effects of ill mental health.

It has become very important to determine factors associated with psychological health of these individuals. The mental health problems can lead to mental disorders such as stress, depression, anxiety, etc. Hence, prevention is very much essential for this population. Today the generation has changed. The children today have adopted the western culture without knowing about the set back of it. They think themselves to be advanced than their parents and feel that their parents are outdated. Children don’t want their parent’s involvement and interference in any of their work. Doing that, they face many problems and fail in their life as they do things without thinking about the consequences of the same. Not only that, they are not able to tune themselves with their parents and clashes takes place between them. Children they want freedom and when they don’t get that, they lose their temper and finally end up with depression or even serious than that. So prevention of mental ill health is needed at the early stage for which appropriate instrument is needed for discovering and preventing psychological discomforts. Hence there is a need to construct a new inventory which could give the required outcome according to the changing times which could help the young generation to come out of trouble, accept the reality of the life and face the challenges of the life positively.

1.5 Scope of the Study

The mental health is a cause of great concern in the present day generation. We know that physical health is generic in nature and can be easily diagnosed by the use of latest gadgets and technology. It can be known and treated very fast. While mental health is individualized in nature. It depends on the conditions or the circumstances the individual faces in his life, the stress factors, environmental factors and the way the individual respond to it differs from person to person. Some take it lightly and some others may not be able to accept stress
condition in their life and react in different manner which is not accepted by the society. Hence it is said that mental health is individualized.

It is seen that the stress in today’s life is quiet common, especially in the children of teenage group. Before entering into this age they are in the world of fantasy, they are called as kids and are living life without any tension. They are in free world and are not exposed to the outside world and are walled within their family. Their behavior is as per their parents expectations. After stepping in teenage, their boundaries widen. They come out of their family boundaries and come in contact with people around; they face many challenges. Some are able to accept those challenges very well but many children find it difficult and they face too many problems and are not able to adjust with it. They are pressurized by their parents, are under the peer pressure, studies, face difficulties to adjust with the norms of the society and many more. They get tense very fast, are not able to cope with it and get depressed by their life. Hence they are more susceptible to mental ill health. In the beginning it may be neglected. But if not paid attention it may reach to a serious stage and then it may be difficult or impossible to cure it. For this we need an instrument to know the mental health status of an adolescent. Hence the scope of the study is wide.

### 1.6 Variables of the Study

Variables are a logical set of attributes.

Variables are attributes or qualities which exhibit differences in magnitude and which vary along some dimension. They keep on changing. Variables are generally classified as independent, dependent, moderate, intervening and control variables.

In the present study, the variables such as gender, Type of Board and area are the independent variables, whereas Mental Health is the dependent variable.

#### Table No. 1.1

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<thead>
<tr>
<th>No.</th>
<th>Variables</th>
<th>Type</th>
<th>Level</th>
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<tbody>
<tr>
<td>1.</td>
<td>Gender</td>
<td>independent</td>
<td>Boys &amp; girls</td>
</tr>
<tr>
<td>2.</td>
<td>Type of Board</td>
<td>independent</td>
<td>State Board, Other Board</td>
</tr>
</tbody>
</table>
### Gender

It is the property or quality by which human beings are classified as boys or girls on their reproductive organs or functions. The boys are physically stronger and well built. The boys are considered to do heavy and harsh work. They are given the higher status compared to the girls. The girls are delicate, soft-spoken, and caring in nature. They are thought as they cannot do the work like boys and in some of the families even today, they are taken for granted.

In the present study gender is divided into two groups, boys, and girls.

![Gender Diagram](image)

### Area

It is difficult to define the area in terms of magnitude. Simply it determines the geographical position.

In the present study the area is taken as the central part of Gujarat of which five districts are selected such as Ahmedabad, Anand, Nadiad, Mehsana, and Baroda.

From all these districts the sample has been collected indicating the entire area into rural and urban area.

![Area Diagram](image)
Type of Board

Basically in India we have four boards of school education, namely CBSE, ICSE, State Board and IB.

State Board as per the name suggest, each state has its own board education that conducts certificate exam for class X and XII. It is beneficial for the people as it is prevalent within the state, lessons and content are relevant to the local subject, usually cheaper schools.

Other boards such as CBSE, ICSE and IB board conducts Council of Indian School certificate examination. ICSE is a private body, while CBSE is run by Central Government. It focuses on science and Maths as well as application subjects.

In the present study Type of Board is divided into two categories as under:

<table>
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<tr>
<th>Type of Board</th>
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<tr>
<td>State Board</td>
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<td>Other Board</td>
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1.7 Objectives of the Study

Every research work is based on certain objectives as objectives help the researcher to plan his research work and shows the path for work. It is the objectives that motivate to start the work and fulfill it at the end of the whole work. The objectives of the study give the perfect and right direction to the researcher to analyze the whole process and help him/her to attain the goal.

The following objectives of the research project will help us to know what is to be achieved by this study:

1. To construct mental health inventory.
2. To standardize mental health inventory.
3. To know the mental health of boys and girls.
4. To know the mental health of boys and girls residing in rural and urban area.
5. To know the mental health of boys and girls studying in schools having state board and other board.

6. To study the effect of gender on mental health of IX standard students.

7. To study the effect of type of board on mental health of IX standard students.

8. To study the effect of area on mental health of IX standard students.

9. To study the effect of Gender and type of board on mental health of IX standard students.

10. To study the effect of Gender and area on mental health of IX standard students

11. To study the effect of area and type of board on mental health of IX standard students

12. To study the interaction effect of gender, area and type of board on mental health of students.

1.8 Hypothesis of the Study

A hypothesis guides the researcher. An investigator refers to the hypothesis to direct the thought process towards the solution of the research problem. It helps the researcher to collect the right kind of data needed for the investigation. A hypothesis is a proposed explanation for a phenomenon. A hypothesis is a specific statement of prediction. It provides a tentative explanation for a phenomenon under investigation. It represents, particularly what you look for will take place in your study. The purpose of the study is to investigate some areas completely to create definite forecast or hypothesis that can be further investigated through research.

According to Kerlinger (1973)

“A hypothesis is a conjectural statement of the relation between two or more variables.”

According to K. P. Pandey (1983)

“A hypothesis is a guess of a statement about the possible effect of the relationship between two or more variables related to a problem.”
Characteristics of Hypothesis

The following are the characteristics of hypothesis:

1. It is an objective oriented statement.
2. It is in a clear, simple and easy language.
3. It is a conditional statement that shows the relation between two or more variables.
4. It is a “guess” for the answer, with some base.
5. It depicts the sample, tools, methods and statistics.
6. It is verifiable and testable.
7. A hypothesis is a statement that explains or makes generalizations about a set of facts or principles.

The researcher has formulated the following null hypothesis of the present study:

\(H_0_1\): There will be no significant difference between the mean scores of mental health inventory of boys and girls.

\(H_0_3\): There will be no significant difference between the mean scores of mental health inventory of students studying in State Board and Other Board.

\(H_0_4\): There will be no significant difference between the mean scores of mental health inventory of students residing in rural and urban area.

\(H_0_5\): There will be no significant difference between the mean scores of mental health inventory of eight groups according to \(2 \times 2 \times 2\) factorial design.

\(H_0_6\): There will be no significant effect of gender on mental health of students.

\(H_0_7\): There will be no significant effect of area on mental health of students.

\(H_0_8\): There will be no significant effect of type of board on mental health of students.

\(H_0_9\): There will be no significant 2 way interaction effect between gender, area and type of board on mental health of students.

\(H_0_{10}\): There will be no significant interaction effect of gender and area on mental health of students.
**H₀₁₁:** There will be no significant interaction effect of gender and type of board on mental health of students.

**H₀₁₂:** There will be no significant interaction effect of area and type of board on mental health of students.

**H₀₁₃:** There will be no significant 3 way interaction effect of gender, area and type of board on mental health of students.

### 1.9 Delimitation of the Study

- This study is delimited to English medium schools.
- This study is delimited to IX standard students.
- This study is delimited to 5 districts of Central Gujarat.

### 1.10 Population

Population is a statistical concept which denotes a group of larger number of units from which a smaller group of some units is selected and used for achieving some objective. Population is the aggregate or totality of all the humans, objects, records, documents, etc on which the results of the study can be applied. In an educational research, population is termed as ‘target population’, more often defined as “all the members of a real or hypothetical set of events, people, objects, or other units.” It is a large group spread over a wide geographical area.

“Population means the aggregate or totality of objects or individuals regarding which inferences are to be made in a sampling study.”

The population of the present study comprises of IX standard students of English medium school (studying in the year 2013-14) of Central Gujarat, which comprises of Ahmedabad, Vadodara, Kheda, Anand, Nadiyad, and Mehsana districts.

### 1.11 Sample
It is difficult to study the whole population for different reasons and hence it becomes next to impossible. Even if it is possible, it is a waste of time, energy and resources. To select a group of some elements from the totality of the population is termed as the sample. Sample is a part of population. The inferences obtained from the sample can be generalized on the population from which the sample is drawn.

The assumption is that what is derived of the sample will be true representation of the population as a whole. But it may not always be true as it depends on the way the sample is drawn. If the sample is a replica of the population, the forgoing assumption will be correct. But if it is bias, such inferences about the population may be incorrect. A sample drawn in a scientific manner will always be true about the larger group or population.

It is very important that the sample should be representative of the population. A representative sample is that which has all those characteristics present in the same intensity or amount in which they are found in the population. Hence, a sample is a small part of the population which is selected for the observation and study of the whole population.

The sample of the present study will be the students of standard IX studying in English medium school (studying in the year 2013-14) of five districts such as Ahmedabad, Baroda, Anand, Nadiad and Mehsana, of Central Gujarat.

### 1.12 Tool of the Study

During the research process the instrument used to collect data that is consistent with the objective of the study is known as tool. The tools of the research are the important source in research to collect the data. Various tools are available in educational research and one can select the tool according to the need of the study. The tools may be teacher made or standardized tool. Standardized tools are more reliable, as they follow certain norms compared to teacher made test.

In the present study the mental health inventory will be constructed and standardized according to the steps of construction and standardization.

### 1.13 Research Methodology

The Research method should be directly connected to the problem statement and the goal of research because the research goal and problem may vary with different methods of research. Research is a purposeful, precise and systematic search for new knowledge, skills, attitudes
and values for the re-interpretation of existing knowledge, skills, attitudes and values. There are various kinds of research methods in Education.

The method of the present study will be descriptive method of which the survey method will be used for this research.

1.14 Planning for Data Collection

As per the title of the research, the researcher will construct and standardize the mental health inventory. After deciding the 5 parameters of mental health, researcher will take 5 sub topics under each parameter and construct mental health inventory by preparing at least 5 statements under each sub topic. The inventory will be standardised by finding reliability, validity and norms of the inventory and the same will be used to know the mental health of IX standard students. Various steps will be carried out to prepare the final inventory. In the beginning 125 items will be prepared 5 (approximately) in each sub group. And will be given for expert opinion. Pre piloting test will be carried out taking 100 students as the sample. Analysis of the same will be carried out accordingly. Difficult questions will be eliminated. After that the second step i.e. piloting test will be carried out taking 350 students as the sample. Item analysis will be carried out on the remaining items and final tool will be made ready. Seeking the permission of school principals’, the researcher shall go to the schools on the decided date and time and shall administer the test as required and as per the instructions. Similarly, the test shall be administered in the other schools on the other samples from 5 different districts of Gujarat and thus the data from 1600 students shall be collected. Out of which 800 will be boys and 800 will be girls.

1.15 Planning for Analysis and Interpretation of the Data

After the data collection, the researcher shall conduct the scoring of the tools and shall score each of the tools as per the key. This data would be called as a raw data. The raw data being not sufficient to provide the information as required shall be grouped as per the requirement and then the statistical techniques such as the mean, standard deviation and t-test and ANOVA shall be used for the analysis. Test-retest and co-relation method will be used to check the reliability of the inventory developed. The above said statistical techniques shall be
used since the data obtained will be on the interval scale, normally distributed and the variations being homogenous.

1.16 Conclusion

This chapter focuses mainly on giving a brief background concerning the topic under the study. It also gives operational definitions of the concepts used for the study, objectives and hypothesis of the study also presents the scheme of the following chapters. In the next chapter the researcher has explained about the study of related literature of the past researches and factors used to construct the Mental Health Inventory.
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