CHAPTER IV

SUMMARY AND CONCLUSION

An exploratory attempt has been made to study the mental health of headmasters in Coimbatore district. The investigator assumed that less adjustment problems, less insecurity feelings and adequate life-satisfaction are the three major indicators of mental health in any social or cultural setting. Hence, an attempt has been made to study the indicators of mental health and the relationship among these indicators. An attempt also has been made to explore the relationship between mental health indicators and socio-economic variables including attitude towards religion.

The population for the study consists of all the headmasters in High schools, Higher Secondary schools and Matriculation schools in Coimbatore district of Tamilnadu (272 Schools).

A random sample of 25 Headmasters has been contacted personally to ascertain the tools selected and to findout the practical problems involved. The pre-test revealed the fact that the selected tools suited the present sample in all respects.
and are reliable. On the basis of the pre-test, the investigator decided to send the Questionnaire to the respondents with an appeal letter. He mailed the questionnaire to all the school headmasters in Coimbatore district but with repeated reminders and attempts for about three months it was possible to collect only 208 valid Questionnaires. The responses of 208 Headmasters have been analysed.

The investigator used Adjustment Inventory (Ramamurthi, 1968), Life-satisfaction Index-Z (Havighurst, 1971) Security-Insecurity Inventory (Govind Tiwari and Singh, 1975) and religious attitude scale (Rajamanickam, 1975). In addition, a personal data sheet was also used to collect information related to personal and socio-economic variables. The collected data have been analysed with statistical methods such as Simple percentage analysis, Quartile deviations, One way analysis of variance, Karlpearson's co-efficient of correlation, co-efficient of colligation and a Large sample test for the significance of difference between the means. The following are the important findings of the study.
1. The investigator assumed that less adjustment problems, less feelings of insecurity, and adequate life-satisfaction are the components of mental health. In the present study it is found that the mental health indicators are significantly associated with one another. This confirms that less adjustment problems, less feelings of insecurity and adequate life-satisfaction are the indispensable indicators of mental health.

2. Adjustment problems such as health, emotion, social, self, home and overall adjustment problems and feelings of insecurity are significantly, positively correlated to one another. If there is adjustment problem in one area, there is significant increase in adjustment problems in the other areas also (health, emotion, self, social and home).

3. Adjustment problems and life-satisfaction are negatively related. When adjustment problems increase, satisfaction in life decreases significantly.

4. Among the three indicators of mental health viz., adjustment, life-satisfaction and feelings of security, life-
satisfaction is significantly associated with the most of the socio-economic variables such as age, community, area of residence, experience as headmaster, experience as a teacher, number of sons in the family, number of daughters and number of dependents and type of school management.

5. Among the fifteen socio-economic variables studied, the family, consisting of sons and daughters has significant association with all the three indicators of mental health and religious attitude.

6. Adjustment problems are significantly associated with variables such as marital-status, number of sons, number of daughters and number of dependents in the family.

7. The feelings of insecurity is significantly associated with the area of residence, the experience as headmaster and the religion of the respondents.

8. In the present study the religious attitude has significant association with experience, type of family, number of sons and religion of the respondents.
9. The respondents who are less satisfied in life have more adjustment problems in all the areas viz., health, emotion, self, home and social.

10. The respondents who feel more insecure in life have more problems in all the areas of adjustment.

11. Female respondents are well satisfied in life and have positive attitude towards religion than males.

12. Respondents who belong to Forward community have more self adjustment problems than the Backward community respondents studied.

13. The respondents who are in rural areas are more satisfied in life than the respondents in urban areas.

14. The respondents, who have served more than 15 years as a headmaster have more social adjustment problems than those who have served less than 15 years.

15. The respondents who belong to nuclear family have more self adjustment problems and are less satisfied in life than those who belong to joint family.
16. The respondents who have large family have more adjustment problems and are less satisfied in life than the respondents who have small family.

17. The respondents who do not have sons have more emotional, self, home, social and overall adjustment problems and are less satisfied in life.

18. The study reveals that the majority of the Headmasters of the present study, have less adjustment problems in all the areas of adjustment studied. They have less feelings of insecurity; they are well satisfied in life.

IMPLICATION OF THE STUDY

1. The joint family system which was providing social support measures for the individual is gradually disappearing due to social changes. Hence counselling services may be organised with a view to provide opportunities to ventilate or re-educate, or to gain reality orientation for individuals. One has to think of providing an alternate social support system when social institution like joint family system disappears.
2. Community may be educated regarding the importance and acceptance of small family norms. Small family norm helps one to have more satisfaction with less adjustment problems than the large family norm.

SUGGESTIONS FOR FURTHER STUDY

1. Since the investigator has purposely limited the study to the first phase of exploratory study, (Festinger and Katz, 1953) it is suggested that an attempt could be made to formulate hypotheses and to find out the relationship among the different variables identified.

2. The study may be repeated in different districts. It may be extended to a state or national level by research institutions.

3. The same study may be conducted with a population consisting of head masters working in Elementary Schools, Middle Schools and Principals working in Colleges.

4. The present study on mental health may be conducted with different strata of population consisting of organised and unorganised workers or employees.