Chapter – 5
Summary, Major Findings and Suggestions

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Chapter – 5
Summary, Major Findings and Suggestions

❖ Summary

5.1 Introduction
In earlier chapter, investigator has presented the analysis of data and interpretations of results. This chapter is devoted for summary or overview of the entire study. It focuses on the aspects related to study viz. statement of the problem, objectives of the study, hypotheses, methodology, sample, tools and techniques for data analysis, major findings, suggestions and conclusions. This chapter includes whole map of entire work.

5.2 Statement of the Problem
The statement of the problem is ‘A Study of Mental Health of High School Students in Relation to Spiritual Intelligence and Emotional Intelligence’

5.3 Objectives of the study
➢ To study the spiritual intelligence of high school students.
➢ To study the spiritual intelligence of high school students in relation to Sex.
➢ To study the spiritual intelligence of high school students in relation to Area.
➢ To study the spiritual intelligence of high school students in relation to Family Type
➢ To study the spiritual intelligence of high school students in relation to School Type
➢ To study the Emotional intelligence of high school students.
➢ To study the Emotional intelligence of high school students in relation to Sex
➢ To study the Emotional intelligence of high school students in relation to Area
➢ To study the Emotional intelligence of high school students in relation to family type
➢ To study the Emotional intelligence of high school students in relation to School Type
➢ To study mental health of high school students.
➢ To study the mental health of high school students in relation to sex.
➢ To study the mental health of high school students in relation to Family
➢ To study the mental health of high school students in relation to Area.
➢ To study the mental health of high school students in relation to School
➢ To study the mental health of high school students in relation to Emotional Intelligence.
➢ To study the mental health of high school students in relation to Spiritual intelligence.

5.4 Variables of the study

Variables of the present study were as under:

<table>
<thead>
<tr>
<th>Variable</th>
<th>Name</th>
<th>Level</th>
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<tbody>
<tr>
<td></td>
<td>Emotional Intelligence</td>
<td>High</td>
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<td>Low</td>
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<td></td>
<td>Spiritual intelligence</td>
<td>High</td>
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<td>Medium instruction</td>
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<td>Central Gujarat</td>
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</table>
5.5 Hypotheses of the Study

The hypotheses of the present study are as follows:

**Ho1** There will be no significant difference between the mean score of spiritual intelligence of high School Boys and Girls.

**Ho2** There will be no significant difference between the mean score of spiritual intelligence of high School Students of Urban area and Rural area.

**Ho3** There will be no significant difference between the mean score of spiritual intelligence of high School Students belong to Joint Family and Nuclear Family.

**Ho4** There will be no significant difference between the mean score of spiritual intelligence of high School Students studying in Grant-in-aid school and Private school.

**Ho5** There will be no significant difference between the mean score of Emotional intelligence of high School Boys and Girls.

**Ho6** There will be no significant difference between the mean score of Emotional intelligence of high School students of Urban Area and Rural Area.

**Ho7** There will be no significant difference between the mean score of Emotional intelligence of high School students belong to Joint Family and Nuclear Family.

**Ho8** There will be no significant difference between the mean score of Emotional intelligence of high School students studying in Grant-in-aid schools and Private schools.

**Ho9** There will be no significant difference between the mean score of Mental Health of high School Boys and Girls.

**Ho10** There will be no significant difference between the mean score of Mental Health of high School students of Urban Area and Rural Area.

**Ho11** There will be no significant difference between the mean score of Mental Health of high School students belong to Joint Family and Nuclear family.

**Ho12** There will be no significant difference between the mean score of Mental Health of high School Students studying in grant-in-aid School and Private school.

**Ho13** There will be no significant difference between the mean score of Mental Health of high Spiritual intelligence level and low spiritual intelligence level high school students.
Ho14 There will be no significant difference between the mean score of Mental Health of high Spiritual intelligence level and low spiritual intelligence level high school Boys.

Ho15 There will be no significant difference between the mean score of Mental Health of high Spiritual intelligence level and low spiritual intelligence level high school Girls.

Ho16 There will be no significant difference between the mean score of Mental Health of high Spiritual intelligence level and low spiritual intelligence level high school students of Urban Area.

Ho17 There will be no significant difference between the mean score of Mental Health of high Spiritual intelligence level and low spiritual intelligence level high school students of Rural Area.

Ho18 There will be no significant difference between the mean score of Mental Health of high Spiritual intelligence level and low spiritual intelligence level high school students belong to Joint Family.

Ho19 There will be no significant difference between the mean score of Mental Health of high Spiritual intelligence level and low spiritual intelligence level high school students belong to Nuclear Family.

Ho20 There will be no significant difference between the mean score of Mental Health of high Spiritual intelligence level and low spiritual intelligence level high school students studying in grant-in-aids school.

Ho21 There will be no significant difference between the mean score of Mental Health of high Spiritual intelligence level and low spiritual intelligence level high school students studying in Private school.

Ho22 There will be no significant difference between the mean score of Mental Health of high Emotional intelligence level and low Emotional intelligence level high school students.

Ho23 There will be no significant difference between the mean score of Mental Health of high Emotional intelligence level and low Emotional intelligence level high school Boys.
Ho24 There will be no significant difference between the mean score of Mental Health of high Emotional intelligence level and low Emotional intelligence level high school Girls.

Ho25 There will be no significant difference between the mean score of Mental Health of high Emotional intelligence level and low Emotional intelligence level high school students of Urban Area.

Ho26 There will be no significant difference between the mean score of Mental Health of high Emotional intelligence level and low Emotional intelligence level high school students of Rural Area.

Ho27 There will be no significant difference between the mean score of Mental Health of high Emotional intelligence level and low Emotional intelligence level high school students belong to Joint Family.

Ho28 There will be no significant difference between the mean score of Mental Health of high Emotional intelligence level and low Emotional intelligence level high school students belong to Nuclear Family.

Ho29 There will be no significant difference between the mean score of Mental Health of high Emotional intelligence level and low Emotional intelligence level high school students studying in Grant-in-aid schools.

Ho30 There will be no significant difference between the mean score of Mental Health of high Emotional intelligence level and low Emotional intelligence level high school students studying in Private schools.

5.6 Population
Population of the present study was the standard IX students of the Gujarati medium secondary schools of central Gujarat. There are eight districts in the central Gujarat as under:

(i) Ahmedabad  (v) Panchmahal
(ii) Kheda  (vi) Dahod
(iii) Anand  (vii) Mahisagar
(iv) Vadodara  (viii) Chhotaudepur
The researcher selected four districts randomly from the eight districts of central Gujarat. 
Selected districts are as under:
(i) Ahmedabad
(ii) Kheda
(iii) Anand
(iv) Vadodara

5.7 Selection of the sample
For the selection of sample researcher has used Multistage Sampling Technique. Sampling procedure was under:

Two Schools – one grant-in-aids and one private from Urban area and two Schools – one grant-in-aids and one private from Rural area of each district were selected and a cluster of 25 boys and 25 girls from each school selected as a sample of the study. Total 800 students class IX were selected.

According to sex there were 400 boys and 400 girls, according to area there were 400 urban students and 400 rural students and according to type of school, 400 students from grant-in-aids school and 400 students from private school. Thus, researcher has selected equal size of sample keeping variables of the study in view.

5.8 Research Methodology
Researcher has used descriptive survey type of research method for the present study.

5.9 Tools
In the present study, to collect the required data, the following tools were used.
1. Mental Health scale (Constructed and standardized by investigator)
2. Emotional intelligence scale constructed and standardized by Dr.K.S.Likhia
3. Spiritual intelligence test: constructed and standardized by Dr.K.S.Likhia and Dr. Shirish Jadav

5.10 Method of data collection
The data collection was done by administering the tools. Mental Health Scale, Emotional intelligence scale and Spiritual intelligence scale to the sample and scores on all the scale were obtained.
5.11 Data Analysis

For the analyses of data following steps were followed

(i) Classification of data according to variables of the study

(ii) Calculation of descriptive statistical measures Mean, Median, Mode, Standard deviation etc.

(iii) For the testing of hypotheses independent sample t- test was used

5.12 Major findings

The study was devoted to the analysis of data and interpretation of data according to the objectives. The major findings concerned with the present investigation described were belonging to sex, area, family, school, Spiritual intelligence, Emotional intelligence,

- Reliability of mental health scale of the test and retest was calculated 0.86, cronbach alpha (α) calculated 0.68 and construct validity was found range from 0.64 to 0.78.
- Scores of Spiritual intelligence is negatively skewed. Majority students are having high level of Spiritual intelligence.
- Scores of Emotional intelligence is negatively skewed. Majority students are having high level of Emotional intelligence.
- Scores of Mental health is negatively skewed. Majority students are having high level of Mental health.
- Spiritual intelligence of high school boys is significantly higher than that of high school girls.
- Spiritual intelligence of high school urban student is significantly higher than that of high school rural student.
- Spiritual intelligence of high School Students belong to Joint Family and Nuclear Family are equal.
- Spiritual intelligence of high School Students studying in Grant-in-aid school is significantly higher than that of Private school.
- Emotional intelligence of high school boys is significantly higher than that of high school girls.
- Emotional intelligence of high School students of Urban Area is significantly higher than that of Rural Area.
- Emotional intelligence of Joint Family high school student is significantly higher than that of Nuclear Family high school student.
- Emotional intelligence of high school students studying in Grant-in-aid schools is significantly higher than that of Private schools.
- Mental health of high school students of urban area is significantly higher than that of rural area students.
- Mental Health of high school boys is significantly higher than that of high school girls.
- Mental health of high school students urban area is significantly higher than that of rural area high school students.
- Mental Health of high school boys is significantly higher than that of high school girls.
- Mental Health of high School Students studying in grant-in-aid School is significantly higher than that of Private school.
- Mental Health of high Spiritual intelligence level student is significantly higher than that of low spiritual intelligence level high school students.
- The mental health of high spiritual intelligence boys was higher than low spiritual intelligence boys
- Spiritual intelligence level boys is significantly higher than that of low spiritual intelligence level high school boys.
- Mental Health of high Spiritual intelligence level is significantly higher than that of low spiritual intelligence level high school girls.
- The mental health of high spiritual intelligence student was higher than low spiritual intelligence students of rural area
- Mental Health of high Spiritual intelligence level high school students is significantly higher than that of low spiritual intelligence level high school students of Urban Area.
- Mental Health of high Spiritual intelligence level high school students is significantly higher than that of low spiritual intelligence level high school students of Rural Area.
- Mental Health of high Spiritual intelligence level is significantly higher than that low spiritual intelligence level high school students belong to Joint Family.
- Mental Health of high Spiritual intelligence level is significantly higher than that low spiritual intelligence level high school students belong to Nuclear Family.
Mental Health of high Spiritual intelligence level is significantly higher than that of low spiritual intelligence level of high school students studying in grant-in-aids.

Mental Health of high Emotional intelligence level is significantly higher than that of low Emotional intelligence level high school students.

Mental Health of high Emotional intelligence level boys student is significantly higher than that of low Emotional intelligence level high school Boys.

Mental Health of high Emotional intelligence level girls student is significantly higher than that of low Emotional intelligence level high school girls.

Mental Health of high Emotional intelligence level urban area student is significantly higher than that of low Emotional intelligence level high school students of urban area.

Mental Health of high Emotional intelligence level rural area students is significantly higher than that of low Emotional intelligence level high school students of rural area.

Mental Health of high Emotional intelligence level Joint Family student is significantly higher than that of low Emotional intelligence level high school students of Joint Family.

Mental Health of high students of Emotional intelligence level Nuclear Family student is significantly higher than that of low Emotional intelligence level high school students Nuclear Family.

Mental Health of high Emotional intelligence level Grant-in-aid schools student is significantly higher than that of low Emotional intelligence level Grant-in-aid schools students.

Mental Health of high Emotional intelligence level Private high schools student is significantly higher than that of low Emotional intelligence level Private high schools students.

5.13 Suggestions for future research

The following suggestions may be useful to the future researchers in their research. They are follows:

There should be a chance to develop the scale for the students to study mental health in the other levels like primary school, secondary school, higher secondary school, college, teacher or any other professional workers.
One can develop program to see effectiveness of it on mental health.

One can study the relationship between the mental health and the Intelligence quotient.

One can study an effect of school environment, teacher’s performance, family problems, parents’ education on mental health of students.

One can do a comparative study of mental health of students of working woman and non working woman.

There should be a chance to take comparative study of mental health between physically handicap students with normal students; and comparative study of single child family and a child with siblings.

There should be a chance to take comparative study of mental health between students who are studying in mother tongue medium and English medium.

There should be a chance to take comparative study of mental health of students studying in non-coeducational and coeducational school.

There should be a chance to study an effect of compulsion about uniform, school time, quantity of homework, location of school on mental health of students.

There should be a chance to study an effect of technology, classroom interaction, different facilities of school on mental health of students.

5.14 Conclusion

This research can contribute a wider and novel field in the educational psychology. This research is based on one scale but it includes multi-sphere states and test of psychology.

Investigator’s aim was to construct and standardize Mental Health Scale for the Secondary School students. The researcher hopes that this study will be very useful to find out mental health of students which direct effect on their study, family, society and nation. Only healthy students can create healthy society and nation.