Mental health is an important aspect of one’s total health status. The declaration of the international conference on primary health care of ‘ALMA ATA, USSR, 1979’ defines ‘Health’ as a state of complete physical mental and social well being, and ‘Mental Health’ as the capacity of an individual to adjust in his physical-environment. Mental health is a ‘normal state of well being of the individual. Mental health governs the feelings of individuals about others and how he is able to face the realities of life. It is rooted in Ins ability to balance feelings. In other words, “Mental health” refers to the full and harmonious functioning of the total personality’ which gives satisfaction, and sense of fulfillment. It mean that if the mental health status deteriorates or is affected adversely, it will cause numerous types of behavioral problems leading to poor adjustment and decreased behavioral efficiency. In such a case mental health is termed as the antecedent variable But mental health is also seen as a consequent variable i.e. a behavioral aspect being influenced or moderated by several types of variables, such variable may be assigned to different groups, eg. individual characteristics, socio-ecological factors and cultural perspective etc. If we review the literature on it, we shall find that this aspect of behavior has been attacked by the scholars from various points of views (Korchin 1986).
CONCEPT OF MENTAL HEALTH

The word 'Health' means different things to different individuals. To many individuals, it merely means freedom from any obvious disease. To someone in poor health, it may be a goal to be achieved. To a psychologist health is the normal functioning of the mind. To a physician, it is principally the normal functioning of the body. People's attitudes to health, their ideas about the cause of illness, and the relationship between attitudes and behaviour portrays different meanings of health in their mind (Cartwright et al. 1973).

According to an old definition, health is the absence of disease. An older definition of Health is the ability to function effectively within one's environment. In the Oxford English dictionary, Health is defined as, Soundness of body or mind, that condition in which its functions are duly and effectively discharged. Blaxter (1990) who conducted a survey on health and lifestyles, noted that the meaning and definition of health differ from individual to individual and from one age group to another. The ten broad concepts of health derived at the end of his survey are:

- Health as not being ill,
- Health as absence of disease,
- Health as reserve,
- Health as behaviour,
- Health as the healthy life,
- Health as physical fitness,
- Health as energy, vitality,
- Health as social relationship,
- Health as function, and
- Health as psycho-social well-being.

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Presently, the widely accepted definition of health is the one which was given by the World Health Organization in 1984, stating that Health is a state of complete physical, mental and social well being and not merely and absence of diseases or infirmity. This statement has been further amplified to include the ability to lead a 'socially and economically producetive life' Good health depends upon many factors such as fresh-air, sunlight, diet, exercise, rest and relaxation, sleep, cleanliness, right attitudes of mind, good habits and life-style.

The Concept of Cathexis:

Cathexis has been as an “accumulation of mental energy on some particular idea, or line of thought or action”, and is much used in this sense by psycho-analysis. Cathexis refers to the distribution and investment of the organism's psychic energy. In psycho-analytic theory, the “object” in which energy is invested is understood in a psychological rather than a literal sense.

It is assumed that the direction and strength of such investment may be measured by an assessment of the choices, purposes or motives a person may express.

Cathexis, in this sense, is closely related to attitude, interests, values, motive and need and, as a term, has more seniority (if not greater clarity) than the other words in this cluster of concepts. The tern is used here in a limited sense, isolated from the context of psycho-analytic theory in which it plays a vital and pervasive role.

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Five areas of value or investment have been defined:
Political/Social (Pol Soc)
Government, clubs, organised activities, structured interactions in groups.
Artistic/Aesthetic (Art Aes)
Activities and interest in form, harmony, beauty and style.
Economic/Pragmatic (Econ Pr)
Financial or business interests, necessities for living, pragmatic or practical concerns.
Religious/Church (Rel Chu)
Spiritual and religious interests, private and personal but also as expressed in organised religious activity.
Sensual/Hedonistic (Sen Hed)
Concern or investment in self-gratification, pleasures of body visceral, body senses, often but not only sexual in nature.

Within each area of value, a distinction is made between two styles, approaches, or models of investment.

Cognitive/Affective (Cog Aff)
Refers to thinking or feeling, experiencing a sensitivity, awareness, or concern, a tendency to action that is implicit or covert, activities that do not impose upon or modify the environment.

Behavioural (Behav)
Refers to overt action, observable behaviour, an explicit expression that does modify the environment, action upon or doing something about, may be a solitary action or in association with others.
The Concept of Locus of Control:

The locus of Control Scale (LOC) may be defined as the individuals who believe that they control what happen to them and "externals" are individuals who believe that what happens to them is controlled by outside forces such as luck or chance (Rotter, 1966).

As a already indicated, locus of control is said to be among the major personality attributes influencing behaviour. This concept has been subjected to large scale evaluation from different point of views. For example, Rotter (1975) has reported that "internals" are more effective at meeting new challenges, they show lower relapse rates for the habits or actions they relinquish, they also feel less disturbance when faced with unavoidable stress (Shadish et al. 1981) and they are more likely to seek information even about painful events (Weiss, 1972). The locus of control has been widely studied as an antecedent of organizational behaviour also. Most of the researches have revealed that "externals" are less satisfied, have higher absenteeism rate, are more alienated from work setting and less involved in their jobs than the "internals" (Spector, 1982). But no clear relationship between LOC and turnover has been reported (Spector, 1982). However, it is expected that "externals" will show more compliance than the "internals" as the former believe in forces outside the self and the latter perceives the locus of control within the self. Thus, "internals" are expected to perform better than the "externals". Externals are likely to be passive and defensive, so, externals who are more likely to feel helpless in stressful situations are also more likely to experience stress (Gemmill & Heisler,
1972 ; Anderson et al. 1977). As regards the need for power, internals are more likely to engage in political behaviour (Biberman, 1985, Ferris, et al., 1989).

The second chapter cantos the related studies conducted in India and abroad relating to the variables under reference, which have been given in detail there.

➤ **Methodology**:

This chapter will consist of two sections (i) Section - A: consisting of objectives and hypotheses (ii) Section - B: (a) Samples (b) Tools Used (c) Procedure of Data Collection (d) Statistical Techniques to be used. The details are as follow:

**Section - A**

➤ **Objectives**:

The following are the objectives of the endeavour under reference:

1. The first objective is to examine the corelational matrices between each dimension of mental health with each dimension of personal cathexis.

2. The second objective is to examine the relationship of each dimensions of mental health with each dimensions of locus of control including overall mental health and overall locus of control.

3. The third objectives is to examine the relationship of each dimension of personal cathexis with the dimensions of locus of control.
4. The fourth objectives is to investigate into the effect of gender on each dimension of mental health including overall mental health.

5. One objective of the present study is to examine the effect of urban rural inhabitation on each dimension of mental health including overall mental health.

6. One major objectives of the present study is to examine the effect of urban rural inhabitation on each dimension of cathexis profile including overall cathexis profile.

7. One important objective of the present study is to examine the effect of urban rural inhabitation on each dimension of locus of control including overall locus of control.

8. One objective is to examine the effect gender on each dimension of locus of control including overall locus of control.

9. One major objective is to investigate into the effect of locale, gender and interaction between the two on each dimension of mental health including overall dimension.

10. One major objective is to examine the effect of locale, gender and interaction between the two on each dimension of mental health including overall dimension.

11. The last objective is to examine the effect of locale, gender and their interaction on each dimension of locus of control including overall locus of control.
Hypotheses:

The following hypotheses were formulated for empirical verification:

1. There will be significant relationship between personal cathexis and mental health.

2. There will be significant relationship between mental health and locus of control.

3. There will be significant relations between personal cathexis and locus of control.

4. Male and Female adolescents will differ significant from one another in terms of mental health.

5. There would be significant effect of inhabitation on various dimension of mental health.

6. There would be significant effect of inhabitation on cathexis profile of the respondents.

7. There would be significant effect of gender on personal cathexis of the respondents.

8. There would be significant effect of inhabitation on locus of control of the respondents.

9. There would be significant effect of gender on locus of control of the respondents.

10. There would be significant interaction effect between locale Vs gender for each dimension of personal cathexis profile.
11: There would be significant interaction effect between locale Vs gender in terms of each dimension of mental health.

12: There would be significant relationship between locale Vs gender in terms of each dimension of locus of control.

Section - B

(a) Sample:

The sample for the present study consisted of 400 adolescents. The sample has been randomly selected from the rural areas of the differed remote villages of Jaunpur, Varanasi & Azamgarh district as well as the 200 adolescents were also selected randomly from the urban areas of the same district towns. Males and females were equally divided. A search was made for 400 adolescents age range of 15-21years. The sample is divided as below.

<table>
<thead>
<tr>
<th>Locale</th>
<th>Gender</th>
<th>Number of Subjects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural</td>
<td>Male</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>200</td>
</tr>
<tr>
<td>Urban</td>
<td>Male</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>200</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>400</td>
</tr>
</tbody>
</table>

The present study is based on 2 x 2 factorial group designs. The overall sample were equally divided into two groups-males and females, and then equally divided into urban and rural locale matched with regard to age, education, economic status, etc.
(b) **Tools:**

1. Mental Health Inventory (MHI)
2. Cathexis Profile
3. Locus of Control Scale (LOC)

(C) **Procedure:**

All 400 adolescents were interviewed with the help of a semi-structured proforma covering identification data, socio-demographic details. After the initial assessment, 400 adolescents were examined by Mental Health Inventory (MHI), Cathexis Profile and Locus of Control (LOC) scale.

Statistical techniques used in this Study

- Arithmetic Mean (M)
- Standard Deviation (S.D. or ?)
- Correlation (r)
- t-ratio
- Multi variance of two way ANOVA

(d) **Statistical Devices Used:**

Calculation of Mean, Standard deviation, t-ratio and ANOVA, standard error etc. were used as statistical devices.

- **Results:**

1. There exists a significant positive correlation between positive self evaluation dimension of mental health and sensual dimension of
chltbies profile. On the other hand a significant negative correlation existed between religions dimension of cathexis profile with perception of reality, group oriented attitude and overall mental health. Further sensual dimension of cathexis profile is significantly correlated with positive self-evaluation, integration of personality autonomy, group oriented attitude. Economic cathexis profile was found significantly and positively correlate with perception of reality and environmental mastery dimensions of mental health. However, only group oriented attitude of mental health was found significantly and negatively correlated.

2. Internal locus of control was found significantly and positively correlated with positive self and group oriented attitude dimensions of mental health but external locus of control was found positively and significantly correlated with group oriented attitude dimension of mental health. However, overall locus of control was found significantly related to positive self evaluation and group oriented attitude dimensions of mental health.

3. Internal locus of control was significantly and negatively correlated to religious/worship dimension of cathexis profile and external locus of control is significantly and positively correlated with artistive, religious and overall dimensions of personal cathexis. However, no significant correlation was existed between the overall Locus of control with any individual dimension of personal cathexis. Thus hypothesis no. 3 is partly confirmed. This findings are in agreement and many previous findings.
4. A significant effect of gender on positive self-evaluation and environmental mastery dimensions of Mental Health. It is clear from the above table that means of males on both the dimensions are higher than the means of females on the same dimensions.

5. Rural respondents excelled in terms of means on Positive Self-Evaluation, Integration of Personality and overall dimensions of Mental Health and the differences between the means were found significant. Moreover, in care of Group Oriented Attitude Vs Inhabit Urban respondent excelled a bit more than rural respondents.

6. A significant effect of inhabitation was observed on every dimensions of cathexis profile. It is found that rural respondents excelled over rural respondents excelled over rural respondents on each and every dimensions of personal cathexis in terms of their mean value.

7. There was a significant effect of sex was found in care of Artistic Asthetic and Economic Pragmatic dimensions of cathexis profile. It was found that females excelled over males in terms of mean scores on Artistic Asthetic and Economic Pragmatic dimensions of personal cathexis. The significance of difference of means was found significant.

8. Inhabitation does not have any effect either on internal locus of control or overall locus of control. Moreover rural respondents excelled a bit in terms of means over urban respondents but the differences of means were they found significant.

9. The insignificant effect of gender on internal locus of control, external locus of control and overall locus of control. However, the means of males were found a bit superior over the means of females but the differences of means were found insignificant.
10. There is a significant effect of locale on personal cathexis dimension of cathexis profile. However, an significant effect of gender and interaction effect between locale and gender were observed.

11. Inhabitation as well as gender both has significant effect on Artistic Aesthetic dimension of cathexis profile. The interaction was also found significant.

12. The effect of locale, gender and locale Vs gender on Economic Pragmatic dimension of cathexis profile. The dominance of rural similar is the observation between male rural and male urban respondence this indicates. The dominance of rural inhabitation over urban rural. Further, it is clear that female dominar over male respondents in terms of Economic Pragmatic dimension of cathexis profile. The F-ratios showing the difference at means indicatives the effect of locale and gender on Economic Pragmatic dimension of cathexis profile were found significant. However, interaction between locale and gender was found insignificant.

13. The rural respondents excelled over urban respondents and female respondents excelled over female respondents in terms of Religious / Worship dimension of cathexis profile. It is also clear that differences of means between the urban rural respondents and male female respondents were found significant. Moreover, interaction effect between locale Vs gender was also found significant. So, locale, gender have significant effect on. The locale and gender both have combined effect on Religious / Worship dimension of Cathexis Profile.
14. The rural respondents excelled over urban respondents and female respondents excelled over female respondents in terms of Hedonistic dimension of Cathexis Profile. It is also clear that differences of means between the urban rural respondents and male female respondents were found significant. Moreover, interaction effect between locale Vs gender was also found significant. So, locale, gender have significant effect on. The locale and gender both have combined effect on Hedonistic dimension of Cathexis Profile.

15. The rural respondents excelled over urban respondents and female respondents excelled over female respondents in terms of overall dimension of Cathexis profile. It is also clear that differences of means between the urban rural respondents and male female respondents were found significant. Moreover, interaction effect between locale Vs gender was also found significant. So, locale, gender have significant effect on. The locale and gender both have combined effect on overall dimension of Cathexis Profile.

16. The significant effect of locale, gender and combined effect of locale and gender on Positive Self Evaluation dimension of Mental Health. Males excelled over females and rural respondents excelled over urban respondents in terms of Positive Self Evaluation dimension of Mental Health. Further intraction effect of locale and gender has significant effect on Positive Self Evaluation dimension of Mental Health. This means that rural inhabitation and male sex excelled in respect of Positive Self Evaluation dimension of Mental Health.
17. It is clearly revealed that there is no significant difference between the means of the respondents showing the insignificant of locale perception of reality dimension of mental health. However the combined effect of gender and locale is found significant. So, it is concluded that individual effect of urban-rural inhabitation and gender failed to show any significant effect on PR dimension of mental health. Moreover, the combined and interaction effect between the two on perception of reality dimension of mental health was found significant and meaningful.

18. It is clear that a significant effect of locale and insignificant effect of gender and combined interaction effect. Thus it is concluded that urban-rural inhabitation has significant effect on Integration of Personality dimension of Mental Health, but gender and combined effect of gender and locale on Integration of Personality dimension of Mental Health was not found significant.

19. It is clearly revealed that there is no significant difference between the means of the respondents showing the insignificant of locale and gender on Autonomy dimension of Mental Health. However the combined effect of gender and locale is found significant. So, it is concluded that individual effect of urban-rural inhabitation and gender failed to show any significant effect on Autonomy dimension of Mental Health. Moreover, the combined and interaction effect between the two on Autonomy dimension of Mental Health was found significant and meaningful.
20. It is clearly revealed the significant effect of locale, gender and combined effect of locale and gender on Group Oriented Attitude dimension of Mental Health. Females excelled over males and urban respondents excelled over rural respondents in terms of Group Oriented Attitude dimension of Mental Health. Further interaction effect of locale and gender has significant effect on Positive Self Evaluation dimension of Mental Health. This means that rural inhabitation and male sex excelled in respect of Positive Self Evaluation dimension of Mental Health.

21. It is clearly indicated that a insignificant effect of locale and insignificant effect of gender and combined interaction effect. Thus it is concluded that urban-rural inhabitation has insignificant effect on Environmental Mastery dimension of Mental Health, but gender and combined effect of gender and locale on Integration of Personality dimension of Mental Health was not found insignificant gender has significant effect and combined effect is not found significant.

22. It is clearly indicated that a significant effect of locale and insignificant effect of gender and combined interaction effect. Thus it is concluded that urban-rural inhabitation has significant effect on overall dimension of Mental Health, but gender and combined effect of gender and locale on overall dimension of Mental Health was not found significant.

23. It is clearly revealed that insignificant effect of locale, gender on internal locus of control of respondents. The results clearly revealed
that urban but rural males excelled over urban male in terms of Internal Locus of Control, but the differences of means were found insignificant in terms of having any significant effect on Internal Locus of Control. So, locale and gender failed to show any significant effect any way on Internal Locus of Control dimension of LOC variables.

24. It is clearly revealed that insignificant effect of locale, gender on internal locus of control of respondents. The results clearly revealed that rural females and males excelled over urban females and males excelled over urban male in terms of External Locus of Control, but the differences of means were found insignificant in terms of having any significant effect on External Locus of Control. So, locale and gender failed to show any significant effect any way on External Locus of Control dimension of Locus of Control variables.

25. It is clearly revealed that insignificant effect of locale, gender, locale gender on Overall Locus of Control of respondents. The results is clearly revealed that urban females and males excelled over urban females and males excelled over urban male in terms of External Locus of Control, but the differences of means were found insignificant in terms of having any significant effect on External Locus of Control. So, locale and gender failed to show any significant effect any way on Internal Locus of Control dimension of Locus of Control variables.

So, combined effect of locale and gender has significant effect on overall locus of control of the respondents.

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> **Conclusions:**

The following categorical conclusions were made on the basis of obtained results:

1. Personal cathexis are the function of mental health. In other sense mental health is outcome of personal cathexis profile. Personal cathexis has differential effect on mental health.

2. There is a significant influence of locus of control on mental health. In other sense locus of control has differential effect on mental health.

3. Males and females significantly differ in respect of positive self evaluation and environmental mastery dimension of mental health. However, insignificant effect was reported on other remaining dimensions.

4. Inhabitation has significant effect on positive self evaluation, integration of personality group oriented attitude including overall dimensions of mental health.

5. Inhabitation has significant effect on each dimension namely political, artistic, economic, religions, senseal and overall dimensions of cathexis profile. Rural respondents excelled over rural respondents.

6. Gender significantly influenced the avtystre and economic dimensions of cathexis profile. Female respondents excelled over males.

7. Inhabitation does not have any significant effect on any dimension of locus of control.

8. Gender does not have any significant effect on locus of control.
9. Locale has significant effect on political/social dimension of cathexis profile. However, gender and gender Vs locale interaction have no significant effect on this dimension.

10. Local, gender and interaction effect all have significant effect on artistic economic, religious/worship/sensual/hedonistic including overall dimensions of personal cathexis.

11. Locale, gender and interaction effect all have significant effect on each of positive self evaluation, group oriented attitude dimensions of mental health. Locale has significant effect on overall mental health dimension. Moreover, insignificant effect was found in case of gender and eatul of locale, gender and interaction between locale Vs gender was observed in remaing dimensions of mental health.

12. Locale, gender and their interaction do not have any significant effect on any dimension of locus of control.

However, locale Vs gender interaction was repared significant.