SUMMARY AND CONCLUSIONS
SUMMARY AND CONCLUSIONS

Mental health problems affect not only the personality of girls during early years of life but also affects the behaviour and adjustment during a more crucial period in life i.e. adolescence. Adolescence is often considered as a period of 'storm and stress'. Any negligence of the individual at this stage leads to serious problems in later life, which is bad not only for the individual but also for all those who come in contact with her and for the society in which they live.

Adolescence has in recent years been called "Terrible Teens". After a long period of relatively stable behaviour, the child suddenly becomes unbalanced, unpredictable and miserable as she emerges into adolescence. This period is momentous, it is fraught with changes, difficulties and special problems. Adults sometimes fail to understand the behaviour of adolescents, even though they were once adolescent.

Every research project entails a lot of work and dedication to explore and solve the underlying complications. One can succeed and reap rich harvest of her industry by following various steps systematically and correctly. Thus finally each and every investigation appears with its own findings and conclusions.
The present study entitled "MENTAL HEALTH PROFILE OF THE ADOLESCENT GIRLS A PSYCHO-SOCIAL STUDY IN AGRA" yielded some interesting findings which forms the basis of discussion in this study. The results are discussed in the light of studies reviewed with reference to the objectives of the present study.

1. To know the mental health of adolescent girls.

2. To know the extent of the mental health problems of adolescent girls in various socio-economic and demographic groups.

3. To know the adjustment problems of adolescent girls.

4. To assess the impact of these problems on the overall adjustment of the adolescent girls.

5. On the basis of findings, suggest measures to resolve these problems.

400 adolescent girls were selected through Multistage Stratified Random Sampling Technique from Agra district for the present study.

The following findings were observed and presented below:

- In the present study, out of the 400 adolescent girls, majority of them (27.0%) were of the age of 14 years followed by 24.8% of 16 years and the minimum (8.2%) were of the age of 17 years. Out of the total adolescent girls, majority of
them (26.8%) were of class 12th followed by (25.5%) of class 10th and minimum (23.2%) were of class 11th. Among the adolescents studying in 9th class, majority of them were of thirteen years, among the adolescents studying in 10th, 11th and 12th class majority of them were of 14 years, 15 years and 16 years respectively.

- Out of the 400 adolescent girls in the present study, majority of them (41.5%) were whose fathers were in service, followed by 25.0% in business and the minimum 7.0% were in professional work. Out of the adolescents whose fathers engaged in service, business, labourer, professional and agriculture, majority of them were of 14 years, 16 years, 15 years, 14 years and 16 years of age respectively.

- In the present study, majority of adolescent girls (25.5%) were whose fathers were educated upto intermediate, followed by 23.5% upto graduate and minimum 2.0% were whose fathers were educated upto junior highschool. Out of the adolescents whose fathers educated upto intermediate, majority of them were of 16 years old and minimum were of 15 years old while among the adolescents whose fathers educated upto graduate level, majority of them were of 14 years old and minimum of 17 years old.

- Out of the selected adolescent girls in the present study, majority of them (46.0%) belonged to family having monthly income of below Rs. 5000, followed by 37.2% between Rs.
5000 to Rs. 10000 and minimum 16.8% were from the families having monthly income of above Rs. 10000. Out of the adolescents having family monthly income of below Rs. 5000, majority of them were of 16 years old and minimum of 17 years old while among the adolescents having family monthly income of Rs. 5000 to Rs. 10000, majority of them were of 14 years old and minimum of 17 years old. Out of the adolescents having family monthly income of above Rs. 10000, majority of them were of 14 years old and minimum of 17 years old.

* Out of the total adolescent girls in the present study, majority of them (26.8%) were studying in class 12th, followed by (25.5%) in class 10th and minimum in class 11th. Out of the adolescents whose fathers in service, business, labourer, professional and agriculture, majority of them were studying in the class of 10th, 11th, 12th, 12th and 12th respectively.

* Out of the adolescent girls whose fathers educated upto intermediate, majority of them were studying in 12th class and minimum in 11th class while among the adolescent girls whose fathers educated upto graduate level, majority of them were studying in 10th class and minimum in 12th class.

* Out of the adolescent girls, having family monthly income of below Rs. 5000, majority of them were studying in 12th class and minimum in 10th class while among the adolescents...
having family monthly income of Rs. 5000 to Rs. 10000, majority of them were studying in 10th class and minimum in 12th class. Out of the adolescents having family monthly income of above Rs. 10000, majority of them were studying in 10th class and minimum in 9th class.

- The mean score of home (10.45), health (8.73), social (15.52) and emotional (14.63) were found to be higher among the adolescents aged 15 to 17 years as compared to adolescent girls aged 13 to 14 years. Significant differences regarding mean scores of home and emotional adjustment were found between the adolescent girls aged 13 to 14 years and 15 to 17 years (p<0.05). However, no significant differences regarding mean scores of health and social were observed between adolescent girls aged 13 to 14 years, 15 to 17 years (P>0.05).

- Mean scores of health (8.57), social (15.94) and emotional (14.06) were found to be higher among the adolescent girls studying in class 11 - 12th as compared to adolescent girls studying in class 9th - 10th, while the mean score of home (9.98) was found to be same among the adolescent girls studying in 9th - 10th and 11th - 12th class. Statistically, significant difference regarding mean score of emotional adjustment was found between the adolescents studying in class 9th - 10th and 11th - 12th.
The mean score of home adjustment was found to be more among the adolescent girls whose fathers engaged in labour work, followed by agriculture work and minimum in professional work. Statistically, significant difference regarding mean score of home adjustment was found between the adolescents girls whose father engaged in labour and professional work ($p < 0.05$), however, no significant differences were observed between the adolescent girls whose father engaged in various type of work even at 5% of level of significance.

The mean score of health adjustment was found to be more among the adolescent girls whose father was engaged in labour work, followed by business work and minimum was in service. Statistically, no significant differences were observed between the adolescent girls whose father engaged in various type of work even at 5% of level of significance.

The mean score of social adjustment was found to be more among the adolescent girls whose father was engaged in agriculture work, followed by service work and minimum professional work. Statistically, significant differences were observed between the adolescent girls whose father engaged in service with business, service with professional, business with agriculture, labour with professional and agriculture with professional ($p < 0.05$).
The mean score of emotional adjustment was found to be more among the adolescent girls whose father was engaged in agriculture work, followed by labour work and minimum business. Statistically, no significant differences were observed between the adolescent girls whose father engaged in various type of work even at 5% of level of significance.

The mean score of home adjustment was found to be higher among the adolescent girls whose father was educated upto highschool (Gr.I), followed by upto intermediate (Gr.II), minimum upto graduate and above (Gr.III). Statistically, significant difference regarding mean score of home adjustment was found between the adolescents girls belonging to Gr.II with Gr.III (p<0.05), however, no significant difference regarding home adjustment was observed between the adolescent girls belonging to Gr.I with Gr.II (p > 0.05).

The mean score of health adjustment was found to be more among the adolescent girls whose father was educated upto intermediate (Gr.II), followed by upto highschool (Gr.I), and minimum graduate and above (Gr.III). Statistically, significant differences regarding mean score of home adjustment were found between the group of adolescents girls belonging to Gr.I with Gr.III and GR.II with Gr.III (p <0.05), however, no significant difference regarding home adjustment was observed between the adolescent girls belonging to Gr.I with Gr.II (p > 0.05).
The mean score of social adjustment was found to be higher among the adolescent girls whose father was educated upto intermediate (Gr.II), followed by upto highschool (Gr.I), and minimum graduate and above (Gr.III). Statistically, significant difference regarding mean score of social adjustment was found between the adolescents girls belonging to Gr.I with Gr.III (p < 0.05), however, no significant differences regarding social adjustment were observed between the adolescent girls belonging to Gr.I with Gr.II and Gr.I with Gr.III (p > 0.05).

The mean score of emotional adjustment was found to be higher among the adolescent girls whose father was educated upto intermediate (Gr.II), followed by upto highschool (Gr.I), and minimum graduate and above (Gr.III). Significant differences regarding mean score of home adjustment were found between the adolescents girls belonging to Gr.I with Gr.III and Gr.II with Gr.III (p < 0.05), however, no significant difference regarding home adjustment was observed between the adolescent girls belonging to Gr.I with Gr.II (p > 0.05).

The mean score of home adjustment was found to be more among the adolescent girls having family monthly income of below Rs. 5000 (Gr.I), followed by adolescent girls having family monthly income of above Rs. 10000 (Gr.III) and minimum among the adolescent girls having family monthly income of Rs. 5000 - 10000 (Gr.II). Significant differences
regarding mean score of home adjustment were found between the adolescents girls belonging to Gr.I with Gr.II and Gr.II with Gr.III ($p < 0.05$), however, no significant difference regarding mean score of home adjustment was observed between the adolescent girls belonging to Gr.I with Gr.III even at 5% of level of significance.

The mean score of health adjustment was found to be higher among the adolescent girls having family monthly income of below Rs. 5000 (Gr.I), followed by the adolescent girls having family monthly income of Rs. 5000 - 10000 (Gr.II) and minimum adolescent girls having family monthly income of above Rs. 10000 (Gr.III). Significant difference regarding mean score of health adjustment was found between the adolescent girls belonging to Gr.I with Gr.III ($p < 0.05$), however, no significant differences regarding mean score of health adjustment were observed between the adolescent girls belonging to Gr.I with Gr.II and Gr.II with Gr.III even at 5% of level of significance.

The mean score of social adjustment was found to be higher among the adolescent girls having family income of Rs. 5000 - 10000 (Gr.II), followed by adolescent girls having family income of below Rs. 5000 (Gr.I) and minimum among the adolescent girls having family income of Rs. 10000 (Gr.III). Significant differences regarding mean score of social adjustment were found between the adolescent girls belonging
to Gr.I with Gr.III and Gr.II with Gr.III \( (p < 0.05) \), however, no significant difference regarding mean score of social adjustment was observed between the adolescent girls belonging to Gr.I with Gr.II \( (p > 0.05) \).

- The mean score of emotional adjustment was found to be higher among the adolescent girls having family monthly the income of below Rs. 5000 (Gr.I), followed by the adolescent girls having family monthly the income of above Rs. 10000 (Gr.III) and minimum among the adolescent girls having family monthly the income of Rs. 5000 - Rs. 10000 (Gr.II). Significant difference regarding mean score of emotional adjustment was found between the adolescent girls belonging to Gr.I with Gr.II \( (p < 0.05) \), however, no significant differences regarding mean score of emotional adjustment were observed between the adolescent girls belonging to Gr.I with Gr.III and Gr.II with Gr.III \( (p > 0.05) \).

- The mean scores of physical, emotional and total distresses were found to be higher among the adolescent girls aged 15 - 17 years as compared to adolescent girls aged 13 - 14 years. Significant differences regarding mean scores of emotional and total distresses were found between the adolescent girls aged 13 - 14 years with the adolescent girls aged 15 - 17 years \( (p < 0.05) \), however, no significant difference regarding mean score of physical distress was observed between the adolescent girls aged 13 - 14 years with the adolescent girls aged 15 - 17 years \( (p > 0.05) \).
The mean scores of physical, emotional and total distresses were found to be higher among the adolescent girls studying in class (11 - 12) as compared to adolescent girls studying in class (9 - 10). Significant differences regarding mean scores of physical and total distresses were found between the adolescent girls studying in class (9 - 10) and the adolescent girls studying in class (11 - 12) ($p < 0.05$), however, no significant difference regarding mean score of emotional distress was observed between the adolescent girls studying in class (9 - 10) with the adolescent girls studying in class (11 - 12) ($p > 0.05$).

The mean score of physical distress was found to be higher among the adolescent girls whose father was engaged in business work, followed by professional work and minimum labour work. Statistically, no significant differences regarding mean score of physical distress were found between the girls whose father engaged in various types of work ($p > 0.05$).

The mean score of emotional distress was found to be higher among the adolescent girls whose father was engaged in agriculture work, followed by business and minimum professional work. Statistically, no significant differences regarding mean score of emotional distress were found between the adolescents girls whose father engaged in various types of work ($p > 0.05$).
The mean score of total distress was found to be higher among the adolescent girls whose father was engaged in business work, followed by agriculture work and minimum labour work. Statistically, no significant differences regarding mean score of total distress were found between the adolescent girls whose father engaged in various types of work \((p > 0.05)\).

The mean score of physical distress was found to be higher among the adolescent girls whose father was educated upto intermediate (Gr.II), followed by upto highschool (Gr.I) and minimum graduate and above (Gr.III). Significant differences regarding mean score of physical distress were found between the adolescents girls belonging to Gr.I with Gr.II and Gr.II with Gr.III \((p < 0.05)\), however, no significant difference regarding physical distress was observed between the adolescent girls belonging to Gr.I with Gr.II \((p > 0.05)\).

The mean score of emotional distress was found to be higher among the adolescent girls whose father was educated upto highschool (Gr.I), followed by upto intermediate (Gr.II) and minimum graduate and above (Gr.III). Significant differences regarding mean score of emotional distress were found between the adolescent girls belonging to Gr.I with Gr.III and Gr.II with Gr.III \((p < 0.05)\), however, no significant difference regarding emotional distress was observed between the adolescent girls belonging to Gr.I with Gr.II \((p > 0.05)\).
The mean score of total distress was found to be higher among the adolescent girls whose father was educated up to intermediate (Gr.II), followed by up to highschool (Gr.I) and minimum graduate and above (Gr.III). Significant differences regarding mean score of total distress were found between the adolescent girls belonging to Gr.I with Gr.III and Gr.II with Gr.III (p<0.05), however, no significant difference regarding total distress was observed between the adolescent girls belonging to Gr.I with Gr.II (p>0.05).

The mean score of physical distress was found to be higher among the adolescent girls having family monthly income of below Rs. 5000 (Gr.I), followed by the adolescent girls having family monthly income of Rs. 5000 - 10000 (Gr.II) and minimum among the adolescent girls having family monthly income of above Rs. 10000 (Gr.III). Significant difference regarding mean score of physical distress was found between the adolescent girls belonging to Gr.I with Gr.II (p<0.05), however, no significant differences regarding mean score of physical distress were observed between the adolescent girls belonging to Gr.I with Gr.II and Gr.II with Gr.III (p>0.05).

The mean score of emotional distress was found to be higher among the adolescent girls having family monthly income of below Rs. 5000 (Gr.I), followed by the adolescent girls having family monthly income of Rs. 5000 - 10000 (Gr.II)
and minimum among the adolescent girls having family monthly income of above Rs. 10000 (Gr.III). Significant differences regarding mean score of emotional distress were found between the adolescent girls belonging to Gr.I with Gr.II and Gr.I with Gr.III (p < 0.05), however, no significant difference regarding mean score of emotional distress was observed between the adolescent girls belonging to Gr.II with Gr.III (p > 0.05).

- The mean score of total distress was found to be higher among the adolescent girls having family monthly income of below Rs. 5000 (Gr.I), followed by the the adolescent girls having family monthly income of Rs. 5000 - 10000 (Gr.II) and minimum among the adolescent girls having family monthly income of above Rs. 10000 (Gr.III). Significant difference regarding mean score of total distress was found between the adolescent girls belonging to Gr.I with Gr.III (p < 0.05), however, no significant differences regarding mean score of total distress were observed between the adolescent girls belonging to Gr.I with Gr.II and Gr.II with Gr.III (p > 0.05).

- Significant and positive corelations were observed between the the age of adolescent girls with all type of adjustments except social adjustment (p < 0.05). Thus, it can be concluded that as the age of the adolescent girls increase, the scores of home, health and emotional adjustments also increase and
vice versa. However, in significant and positive corelation was observed between the age of adolescent girls with social adjustment ($p < 0.05$).

- Insignificant and negative corelations were observed between the family monthly income of adolescent girls with various adjustments ($p > 0.05$). Thus, it can be concluded that as the family monthly income of adolescent girls increase, the scores on home, health, social and emotional adjustments decrease and vice versa.

- Significant and positive corelations were observed between the age of adolescent girls with all types of distresses ($p < 0.05$). Thus, it can be concluded that as the age of the adolescent girls increase, the scores of physical, emotional and total distresses also increase and vice versa.

- Significant and negative corelation was observed between the family monthly income of adolescent girl with emotional distress ($p < 0.05$). Thus, it can be concluded that as the family monthly income of adolescent girls increase, the score of emotional distress decrease and vice versa. However, insignificant and negative corelations were observed between the family monthly income of adolescent girls with physical and total distresses ($p > 0.05$).

- Significant and positive corelations were observed between the home adjustment of adolescent girls with all types of distresses ($p < 0.05$). Thus, it can be concluded that as scores
of the home adjustment increase, the scores of physical, emotional and total distresses also increase and vice-versa among the adolescent girls.

- Significant and positive correlations were observed between the health adjustment of adolescent girls with all types of distresses (p < 0.05). Thus, it can be concluded that as score of health adjustment increase, the scores of physical, emotional and total distresses also increase and vice versa among the adolescent girls.

- Significant and positive correlations were observed between the social adjustment of adolescent girls with all types of distresses (p < 0.05). Thus, it can be concluded that as the score of social adjustment increase, the scores of physical, emotional and total distresses also increase and vice versa among the adolescent girls.

- Significant and positive correlations were observed between the emotional adjustment of adolescent girls with all types of distresses (p < 0.05). Thus, it can be concluded that as score of emotional adjustment increase, the score of physical, emotional and total distresses also increase and vice versa among the adolescent girls.