1.1. MENTAL HEALTH

Education has several aims and one of its primary aim is to assist the pupils to achieve optimum degree of mental health. In case of human being, mental health is of supreme importance both for meaningful individual as well social living. Mental health is a global term which refers to that condition of an individual which results from the normal organization and functioning of his mind. Like physical health, mental health is also aspect of the totality of an individual. It is a combined outcome of five types of health i.e., Physical, Emotional, Moral, Spiritual and Social health. Mental health has two aspects, Individual and Social. The individual aspect of mental health means that the individual is internally adjusted. He is self-confident, adequate and free from internal conflicts, tensions or inconsistencies in his behaviour. He is able to adapt successfully to the changing needs and demands of the environment. He is capable of making decisions assuming responsibilities in accordance with his capacities. He finds satisfaction, success and happiness in day-to-day work. The social aspect of mental health connotes that mental health is the result of social forces influencing the individual beginning with his formative years and continuing throughout his life. The individual must be capable of social adjustment; otherwise, he will have to suffer mental ill health. He must be accepted as a
member of society in which he lives.

Mental health is an important component of the total health of a person because it is both cause and effect of the other types of health. Right thoughts, right attitudes and right actions are very useful and necessary to maintain good mental health. Mental health can also be called as the process of human self-satisfaction, self-realization and fully successful existence. Mental health of a person among other things, is chiefly concerned with his total sense of growth and development; adjustment and peace; success and happiness and effective membership of a group of community. A self-satisfied and healthy person has a state of mind that enables him to experience the greatest amount of happiness and to attain the maximum efficiency.

A mentally healthy person is one who has a wholesome and balanced personality free from schisms and inconsistencies, emotional and nervous tensions and conflicts. The mentally healthy person is the productive and unalienated person; the person who relates himself to the world lovingly and who uses his reason to grasp reality objectively; who experiences himself as a unique individual entity and at the same time feels one with his fellow men; who is not subject to irrational authority and accepts willingly the rational authority of conscience and reason; who is in process of being born, as long as he is alive and considers the gift of the life the most precious chance he has.

Mental health is not something that happens to an individual. It is not something that can be granted. It is
something that has to be earned. But its earning does not depend upon the individual alone. In other words, the individual is rarely capable of achieving a satisfactory measure of good mental health exclusively through his own personal efforts. This implies that each one of us also needs a legitimate measure of external help to be mentally healthy and sound to the optimum degree. The external assistance primarily comes through education both formal and informal. This means that all educational institutions are charged with the responsibility of helping pupils in the attainment of mental health.

Mental health depends not on being free of problems but on facing and solving them. To be mentally healthy one must get satisfaction from life. It is well-established fact that mentally healthy persons are well and constructively disposed towards their occupation. A mentally healthy person is not keen to grab or hoard or to have so many mouthfuls of pleasure himself but gives away more than taking and shares with others his leisure time, energy, wealth and whatever he has. Many people when they hear the term mental health think of mental illness. But mental health is for more than absence of mental illness. Mental health is something, all of us want for ourselves, whether we know it by name or not. When we speak of happiness, peace of mind, enjoyment or satisfaction, we are usually talking about mental health.

According to Hadfield J.A. (1950), “Mental health is the full and harmonious functioning of the whole personality”.

According to Crow and Crow (1963), “Mental health includes physical well being, adjustment to mental ability,
emotional control, social adjustment and sex adjustment conditions."

American Medical Association (1965) holds the view that "Mental health includes emotional stability and maturity of character as well as strength to withstand the stress of busy without under or persistent symptoms, physical and psychological. Mental health implies the ability to judge reality accurately and to see things, in terms of long terms rather than short-term values. It means the ability to work one's chosen field both pleasurably and productively".

Ferguson et al. (1971), "Mental health is the ability to cope with one's environment in such a way that one's individual desires are gratified. Mental health and mental illness are the opposite end of a continuum".

According to Kornhauser (1965) mental health connotes, "those behaviour, perceptions and feelings that determines a person's overall level of personal effectiveness, success, happiness and excellence of functioning as a person".

According to Saddy (1967), "The response of healthy person to life is without strain that he is capable of both friendship and aggressiveness but he is consistent and self reliant but can accept aid and that his private belief are source of strength".

According to Wolman's Dictionary of Behavioural Sciences (1973) "Mental health is a state of relatively good adjustment, feeling of well being and actualization of one's potentialities and capacities".
According to Bhagi and Sharma (1992), “Mental health is a state of mind characterized by emotional well being relative freedom from anxiety and disabling symptoms, a capacity to establish constructive relationships and cope with ordinary demands and stress of life”.

According to Daniels (1975), “Mental health is characterized by good adjustment to the environment and the establishment, of satisfactory interpersonal relationships”.

According to Lulla, B.P. (1981), Mental Health is a combined outcome of 5 types of health.
   (a) Physical   (b) Emotional   (c) Moral   (d) Spiritual   (e) Social

According to Bernard (1982), “Mental health of a person among other things is chiefly concerned with his total sense of (i) growth and development, (ii) adjustment and peace, (iii) success and happiness and (iv) effective membership of a group of community”.

According to Encyclopedia of Britanica (1982) the term mental health represents a variety of human aspirations, rehabilitation of the mentally disturbed, prevention of mental disorder, reduction of tension in a conflict – laden world and attainment of a state of well-being in which the individual functions at a level consistent with his mental and physical potentials. As noted by the world Federation, mental health refers not an absolute or ideal state but to the best possible state in so far as circumstances are alterable. Mental health is regarded as a condition of individual relative to his capacities and to his socio-environmental context.
According to W.H.O. (1983), “Mental health is a condition which permits optimal development—physical, intellectual emotional aspects of the individual, so far as this is compatible with that of other individuals.”

Longman’s Dictionary of Psychology and Psychiatry (1984) states, “Mental health is a state of mind characterized by emotional well being relative freedom from anxiety and disabling symptoms and capacities to establish constructive relationship and cope with ordinary demands and stress of life”.

Chauhan (1987) defines mental health as a condition, which permits the maximum development of physical, intellectual and emotional status of the individual, so that he can contribute maximum to the welfare of the society and can realize his ideas and aims of life.

According to Anand (1989), “A mentally sound or healthy person should also be understood as dynamic and conscientious person who is found to reasonably rational in the choice of means for the realization of his/her pious needs.

Kamau (1992) elaborated, “Sound mental health must comprise not only freedom from emotional disturbance and mental disorders but also ability to function to the maximum level of one’s interests and capabilities. This entails stressing after the fulfillment of elementary needs for the actualization of one’s potential”.

Cardwell, Clark and Meldrum (2000) write that when considering psychological abnormality in terms of mental health problems such as depression and anxiety are “normal human condition”. In a statistical sense most people suffer from these
from time to time and in relation to specific events in their lives.

The essence of the said definitions and views is that mental health implies positive, constructive, steadfast and dynamic use of one's asset for personal and social well being even when conditions of life tend to cause stress and strain.

1.2. CHARACTERISTICS REFLECTING THE CONCEPT OF MENTAL HEALTH:

There are certain well-known characteristics and findings understanding the true concept of mental health.

1. **There is nothing to be called as perfect mental health:**
   It is difficult to see a person who is mentally healthy in all aspects. Truly speaking perfect mental health is a fiction not reality. Hence it is always better to talk of optimum mental health in place of perfect mental health.

2. **Mental health is a dynamic concept:** Mental health denotes, a state of balance or equilibrium of our mind. This balance is not static, it is quite dynamic. The circumstances in our life are never static. They are changeable and so is our adjustment. What adjustment we have achieved at any moment with our self and environmental forces may not be helpful in future and that is why one's mental health is always in a state of dynamics. For example suggestibility at the age of two may be a normal trait of personality but not so after attaining maturity.

3. **Mental health can't be achieved without physical health:** The saying that a sound mind lives in a sound
body has a sufficient strength. For achieving an optimal level of mental health, one has to acquire first adequate physical health.

4. **Mental health and efficiency are not the same thing:** It is not essential for the successful and efficient men in their lives to be mentally healthy. One may be quite efficient and successful at his work or profession to make a good living but he may be most unhappy, full of anxiety etc.

5. **Mental health and sociability are not the same thing:** While a mentally healthy person is sociable, it is not necessary for a sociable or socially adaptable person to be healthy minded. One is sociable but one may amenable because of an inherent feeling of insecurity or inferiority.

6. **Mental health differs from ethical standards:** Mental health differs from ethical standards. Morality does not guarantee for the mental health. There lies many individuals who are very moral but suffer from serious abnormalities like phobias or sex perversions.

1.3. **CHARACTERISTICS OF MENTALLY HEALTHY INDIVIDUAL:**

Davis (1987) states that answers given now a days to the question “what are the characteristics of a mentally healthy person?” are likely to refer to such signs as the capacity to cooperate with others and sustain a close loving relationship and the ability to make a sensitive critical appraisal of one self and the world around one and to cope with the everyday problems of living".
A mentally healthy individual can be distinguished from others easily through his mode of living, behaviour and personality characteristics. In general, these features and characteristics can be summarized in the following ways.

1. He knows himself well and is in a position to evolve his strengths and weaknesses. Therefore, he always chooses a task that of intermediate difficulty neither too difficult nor too easy.

2. He is able to make adjustment in the changed circumstances and situations.

3. He is emotionally mature and stable.

4. He is socially adjustable as he has adequate ability to get along well with himself and others.

5. His intellectual powers are adequately developed. He is able to think independently and to take proper decision at the proper time.

6. He always lives in a world of reality, rather than that of imagination and fantasy.

7. He has good courage and power of tolerance for facing failures in his life. He never worries over his failures and mistakes.

8. He feels quite safe and secure in his respective group and environment. He likes others and is liked by them. He possesses an adequate sense of belongingness and loyalty towards the group he belongs.

9. Although he tries to finish his work as nicely as possible he does not prove himself an extremist by becoming a
perfectionist.

10. He is free from undesirable mental disturbances, disorders and punctual in performing his duties and does not suffer from forgetfulness.

11. He possesses desirable social and health habits.

A number of authors and researchers consider self-actualization as the essence of mental health, others regard attitudes towards the self-as the basic criteria for mental health; still others regard the individual's reality orientation, and his ability to master his environment as the primary criterion for mental health. Although they do not all emphasize the same criteria, they nearly agree on all of them as indicative of mental health.

The description does not exhaust all the elements that a mentally healthy individual manifests, but it is a sufficiently suggestive picture of mental health. It can be imaginatively built upon. Absence of one or the other characteristics does not necessarily mean negation of mental health. In this manner, mental health is that condition in which the individual manifests self-evaluation, adjustability, maturity, regular life, and absence of extremism, satisfactory social adjustment and satisfaction from his chief occupation.

Acquisition or complete mental health, as reflected by the above characteristics, is an ideal and therefore, although we should aim to reach close to the ideal, yet we should not be unduly worried over achieving perfection with regard to these traits and characteristics.
1.4. IMPORTANCE OF MENTAL HEALTH:
Health is rightly said wealth. It involves one's physical as well as mental health. As said earlier, mental health has much wider scope than physical health as it aims for the development of wholesome balanced and integrated personality. The acquisition of such personality is indeed a great asset and privilege for personality is in indeed a great asset and privilege for a normal individual. He will be able to actualize his self, live his life to his satisfaction and happiness and strive as well as attain the goals of his life in the perfect tune of taking and giving something to the society. It is only possible when one enjoys good mental health and one can enjoy good mental health only when one is cautious towards his mental health, and knows its value and importance along with the knowledge of means and ways for achieving and maintaining it. For this purpose, let us first have knowledge about the importance or value of mental health.

1. Helps in the development of desirable personality:
Mental health helps in the development of a wholesome, well-balanced and integrated personality. Such individual maintains a proper balance between his self and the environmental situations, his needs and the needs of the society and provides an example of integrated personality instead of the splitted one.

2. Helps in proper physical growth and development:
One's mental health helps one in achieving good physical health. The functioning of physical organs and their development is closely linked with the functioning of the
nervous system and other mental aspects.

3. **Helps in proper emotional development**: There is a close relationship between one's mental health and emotional behaviour. The individuals who enjoy good mental health are supposed to demonstrate proper emotional maturity in their behaviour. On the other side, the persons who are tense, disintegrated and mentally unhealthy demonstrate sudden emotional outburst and emotional immaturity.

4. **Helps in proper social development**: One's mental health helps one in becoming quite liable and establishing proper social relationships in the society. One who is not in conflict with self has sufficient time and energy available for attending others and it helps one in exhibiting one's proper ideal behaviour and adequate social adjustment.

5. **Helps in proper moral development**: The individuals who enjoy sound mental health are usually found to behave as a man of integrity and character by following the ethical standards of the society. The proper functioning of their intellectual guards them against the immoral and unsocial behaviour. They are able to exercise reasonable control over their emotions and channalize their energy to the noble task.

6. **Helps in proper aesthetic development**: Proper mental health helps the individual in the development of appropriate aesthetic sense, artistic taste and refined temperament. A mind free of tension, conflict, frustration, inferiority, guilt or hostile feelings, may have better chance
of lifting towards aesthetic, artistic and creative channel
than the mind torn between the complexities and conflicts.

7. **Helps in actualizing one's potentialities:** Every one of
us has a fund of natural abilities and potentialities that
can be actualized through proper efforts. Exercising such
efforts and striving towards the actualization of one's
potentialities depends, to a great extent, on the state of
one's mental health. While the children having good
mental health can strive well for the actualization of one's
potentialities, the mentally unhealthy children fail to do so
on account of the malfunctioning of their intellectual
power, disintegrated personality and unadapted
behaviour.

8. **Helps in seeking proper adjustment:** A mentally healthy
individual is an adjusted person. He is able to seek
adequate adjustment with his self and his environment.
He is able to adjust his needs to the demands of the
situations and well being of the society. In this way,
mental health helps the individual to seek a harmonious
relationship with his self and his environment.

9. **Helps in seeking goals of life:** Mental health helps the
individual to strive properly for the liberalization of the
goals of his life. These goals may differ from person to
person depending upon their life styles and philosophy of
life. But an optimum mental health always helps the
individuals to utilize his energies in full capacity for the
realization of these goals and live a life to his satisfaction.
10. **Helps in the progress of the society:** Mental health helps the individuals to develop well-balanced useful citizen who are conscious not only for their rights but for their responsibilities also. They like essentials from the society for their proper development and living but are also ready to give something to the society for its progress and development. Actually the prosperity and progress of the society is quite linked with health, particularly the mental health of its members. The desired peace, progress and happiness in the society can only be possible when its members enjoy the same in terms of their sound mental health.

11. **Helps in the prevention of mental illness:** Mental health helps an individual in protecting him against abnormalities of behaviour, maladjustment, illness and mental diseases in the same way as physical health is helpful in saving him from the physical illness, ailments and diseases. A sound mind and balanced personality has enough resistance for fighting with the odds of life and bearing the accidental stresses and strains of life in comparison to the people having impaired mental health. Therefore, proper education about mental health may help in a big way in reducing the cases of mental illness and diseases in the society.

1.5. **Principles of Mental Health**

Achievement of proper physical health rests on the observation of the principles of physical health. In the similar way, we can help the children to achieve good mental health by
acquainting them with some specific principles of mental health.

It is an established fact that one enjoys mental health to the extent to which one is reasonably satisfied with one's self and one's environment. Therefore, the principles of mental health directly or indirectly must ensure for the optimum adjustment of the individual with his self and his environment. Consequently, we can roughly divide these principles into two categories as below:

A. Principles seeking adjustment with one's self.
B. Principles seeking adjustment with one's environment.

Principles seeking adjustment with one's self.

One can ensure good mental health if one remains adjusted with one's self. The following principles may work well in seeking such adjustment.

1. **The principle of knowing one's self**: One must be quite aware with his self specifically in terms of one's strengths and limitations so that one may shape one's behaviour and direct one's attempts for the realization of the goals of life accordingly.

2. **The principle of accepting one's self**: One who accepts and respects oneself in its very shape and existence is likely to enjoy good mental health while the other who always complains for his inadequacy or the circumstances of his life or blames others and his misfortunes can't be expected to lead a healthy mental life.

3. **The principle of balancing of level of aspiration**: One should not set one's level of aspiration and achievement
motivation either too high or too low but always try to set it at a proper level by keeping in view one's own capabilities and opportunities on the one hand and the goals and objectives on the other for avoiding unnecessary frustration and failures.

4. **The principle of balancing his development:** Mental health aims for the development of a wholesome well balanced personality. Accordingly one should seek and strive for the balanced harmonious development of his personality in all the dimensions - physical, mental, emotional, social, moral and aesthetic.

5. **The principle of integrating the self:** The self of the person should portray itself as an integrated one and not as a split personality. One should not make one self-torn between opposing the conflicting desires and ambitions and should not fall prey to the necessary tensions and indecisiveness.

6. **The principle of self-drive and shaping:** It is quite wrong and contrary to the principles of mental health that the child is forced into a shape that is wished by others by completely ignoring the wishes of his self. Similarly it is wrong to allow others to drive his self, contrary to his own ideals and aspirations. The individual himself must be his own driver and be allowed to attempt freely for shaping his own destiny, then and only then he can move in the direction of satisfactory mental health.

7. **The principle of self-control:** There is no need to exercise external control for disciplining an individual. A forced...
discipline may lead to aggression or regression of his behaviour. The better way to help him in gaining good mental health is to guide him for exercising control over his self.

B. The principles seeking adjustment with environment

In addition to seek harmony with his self-the person must have a reasonable harmony and adjustment with the men, material and situations lying in his environment. The principles helping in his task may be discussed.

1. The principle of understanding others: One must not only understand his self but also try to understand others properly so that he can behave well with them according to their limitations and strengths, needs and desires, interests and attitudes, tastes and temperaments.

2. The principle of accepting and respecting other individuals: Every person has his individuality, style of life and traits of one's own personality. While seeking respect to our self we must not forget to pay due respect to others. We may invite unnecessary quarrels, tensions and conflicts by attacking their phenomenon self and showing disrespect towards their individualities and personality. We must also try to accept others as they are in terms of their existing strengths and limitations, good or bad habits for seeking proper adjustment with them.

3. The principle of socializing one's self: The individuals, who are better in terms of social relationship, adjustment and adaptation, are able to achieve good mental health in comparison to the people who are unsocial, ego-centric,
selfish and lonely. Therefore, the better way for achieving good mental health of the children is to seek proper socialization of them. They must be taught to harmonize their self with the self of others. They must realize that the true fulfillment of life lies in service i.e. giving oneself to some extent to the need of others.

4. **The principle of adequate satisfaction of needs:** We as human beings have to make many needs categorized as organic needs and socio-psychological needs. These needs are as basic and fundamental as the need for oxygen, water and food, etc. which are most essential for own survival. Sex gratification and satisfaction of socio-psychological needs like need for security, love and affection, freedom, companionship, recognition, self-actualization etc. are also essential for the proper growth and development and happiness of the human beings. Truly speaking the level of one's mental health depends upon the level of the satisfaction of one's needs. One remains normal and enjoys satisfactory mental health as long as his needs are gratified or are in the way of gratification. If one is deprived of the satisfaction of his needs or these are threatened, one gets maladjusted and drifted towards and impairment of his mental health.

Therefore, due care should be taken for the satisfaction and gratification of the needs of the individuals for making them mentally healthy.

5. **The principle of training the emotions:** Emotional energy, if utilized properly, is a big asset for the progress
and development of an individual. However if it is drifted away from its normal expression and becomes out of control, it may create disaster. The repression of this energy is also equally dangerous as it may give birth to the problems of mental health. The best way is to have one’s emotions trained so that the flow of the emotional energy may be directed into constructive channels. Such training may be properly imparted by adopting the techniques of sublimation and catharsis.

6. **The principle of adjustment to the world of work:** For enjoying normal mental health one must be reasonably satisfied and adjusted with his world of work. Those who remain maladjusted with their work and profession, can’t remain adjusted in their lives and consequently suffer from mental worries and problems. The right thing is to develop a very positive attitude towards one’s world of work by remembering the maxim "work is worship". A work that is done half heartedly or with a negative outlook and rebellion attitude is likely to affect not only the quality of the work but also the mental health of the workers quite adversely. Therefore, one must try to seek a proper adjustment to his work profession for the proper safeguard of his mental health.

7. **The principle of positive attitude towards life:** The state of one’s mental health is greatly determined by one’s attitude towards life. While the positive and optimistic outlook may keep one smiling by providing sufficient strength and patience in facing the realities of life, the
negative and pessimistic attitude may drift him towards feeling of inferiority, hostility towards one's environment, frustration and agonies of life. Therefore, it is better to learn the lessons of developing positive attitude towards the activities of life by looking upon each morning as a new day and not carrying the troubles of yesterday for attempting further in a big way. It is in the learning of such lessons, which can help the individuals to gain control of better mental health.

8. The principle of bearing the stress and strains of life:
The life is not always a bed of roses. It often offer challenges struggles and problems, that are to be faced with patience and courage. In addition to this, there are many incidents and accidents involving stresses and strains, the pressures of which have to be borne by the individuals concerned. It is the duty of the parents to teach their children a lesson for remaining strong at the time of stresses and strains. They must also practice this lesson at time of rearing their children and also produce the examples of their self for sustaining the odds and eventualities of life. Those who make themselves wise for bearing the stresses and strain of life are able to preserve their mental health in a proper way in comparison to those who can break easily in the storms of life.

9. The principle of good physical health: Healthy mind lives in a healthy body. Keeping one's body and physical health in a satisfactory normal condition is the prime and most basic requirement of achieving and maintaining good
mental health. How we can expect from a person who is a physically failure, somatically weak and bodily upset to keep his mind free from tension, worries and other negative and depressive feeling? The health of one's nervous system, ductless glands, body system and organs is sure to attend one's mental functioning, personal and social adjustment leading to his good or proper mental health.

10. The principle of having faith in God and Nature:

In this age of extreme materialism and degradation of human values, there has been a tremendous rise in the rate of the cases of mental illness and mental diseases. Everywhere in the world there is a cut throat competition of excelling each other and snatching others' share for enhancing the self in great is the slogan of the present age and this extreme selfishness has resulted in the miseries and agonies of human beings. The results are obvious. Nobody cares for others. There is nothing like trust, harmony, love and affection left among the human beings. Everybody is suspicious and jealous of others. Consequently everybody is tense and facing mental worries and problems. The loss of faith needs the imposition of faith. There must be something to provide a sense of security, some one who can be trusted to show the due attention, it can be no one than the Almighty. The wounded human psyche needs a healing touch and it can be provided by having faith in God. The ultimate cure and measure for keeping oneself free from mental worries and tension thus lies in having faith in God and Nature. One
should aim at doing one's duties and sharing one's responsibilities as sincerely as one can without caring for the fruits of one's action and leaving it in God and nature. Such attitude and actions may certainly prove a very helping factor in achieving and maintaining proper mental health.

1.6. DEVELOPMENT OF GOOD MENTAL HEALTH AMONG ADOLESCENTS

Development of good mental health is to be cared from the early childhood like the development of physical health. If this foundation remains weak, then it costs more at the later stage. Therefore every effort should be taken for acquainting the children with the appropriate principles of mental health.

Though the maintenance of proper mental health of adolescents is not entirely the responsibility of the school and the teacher, yet they are supposed to play a significant role in helping their students in the maintenance of proper mental health. The following measures may be found fruitful in this task:

1. **Good Physical Health:** A sound body is said to possess a sound mind. Therefore, children should be helped in maintaining good physical health. For this purpose in schools there should be some provision for the regular physical medical care of the students and students should be made to imbibe proper health habits.

2. **Proper emotional development:** Students should be helped in acquiring balanced emotional development. They should learn to exercise control over the emotions and to
express them in a socially desirable way.

3. **Proper social relationship and acceptance:** Nothing is more sad to the child than the rejection of himself by the group. He wants to be accepted and admired by the group. Therefore, proper care should be taken to help the child in his adjustment with his classmates and others.

4. **Behaviour of the teacher:** Teachers are said to be the second parents. The mental health of the students is very much influenced by the attitudes and behaviour of their teachers. Therefore the teachers should take care of the following things about their own behaviour:

   (i) Their behaviour must be sympathetic. They should always have feelings of warmth and affection for their students. Moreover they should be as impartial as possible, since favoritism and partisan attitude of the teacher always disturbs children.

   (ii) They must not play an authoritarian and dictatorial role. They should try to understand their children and render them desirable help and guidance. Children must get opportunity for talking about their worries and problems without fear of being ridiculed or rebuffed.

   (iii) Nothing is more disturbing to a child than the inconsistency in the behaviour and attitude of his teacher. Sometimes he praises a child for an act at one moment and punishes him at another time, the same act depending upon his own mood. Such situations seriously disturb the child as he cannot understand what the teacher expects from him. Therefore, the teachers must
possess consistency in their behaviour.

5. **Proper level of aspiration:** Students should be helped to set a proper level of aspiration for themselves. They should know themselves properly. Their interests, aptitudes, strengths and limitations should be known to them. Accordingly, they should neither struggle to achieve the unexpected or difficult goals nor should they always set a very low level selecting most easy and insignificant tasks or problems to solve.

6. **No emphasis on perfection:** The teachers get their students constantly worried over the nature of their work and behaviour when they unduly emphasize complete perfection. They should keep in mind that complete perfection is an ideal. The children should be accepted as the imperfect human beings that all of us are.

7. **Checking unhealthy competitions:** Unhealthy competitions make children uneasy and perturbed. In the blind race of excelling others, children lose their patience and presence of mind. They are always worried over their place in the group and often acquire negative characteristics like jealously, envy, dishonesty and telling lies etc. Therefore students should not be made to engage themselves in the blind race of unhealthy competitions.

8. **To avoid the use of defence mechanisms:** Children are usually found to blame their own fate or teachers or parents or illness for their failure in examination. Such type of defence mechanisms are often used by them to protect themselves from the anxieties and worries created
through their failures and frustrations. But such type of false protection is temporary. It leads them to serious mental conflicts and disorders. Therefore, children should be helped to develop proper patience and power of tolerance to face the failure and frustrations in life.

9. **Appropriate Home-work:** Children remain worried over their home assignments. Therefore, teacher should assign the home work with great care. It should always suit the abilities and capacities of the students and in no case, should be made a burden on their part.

10. **Freedom and Self-discipline:** An atmosphere of reasonable freedom and spontaneity should prevail in the school. Teacher should seldom use corporal and capital punishment in maintaining discipline. He should encourage self-discipline on the democratic lines. Students should be made to feel the necessity of maintaining discipline and order. A sense of belongingness should be developed in them towards the schools and the group and they should be made to share responsibilities.

11. **Sex Education:** Sexual adjustment of the students is also a great necessity in secondary schools for realization of their proper mental health. Therefore, provision should be made for imparting adequate sex education to them.

12. **Religious and Moral Education:** Loss of moral and spiritual values results in dishonesty corruption, nepotism, favouritism, unhealthy rivalry and fighting which breeds mental conflicts, tensions and disorders. Therefore, the school must have adequate provision for a
balanced religious and moral education and try to inculcate moral and human values in children.

13. **Need of proper Guidance services:** In schools there must be an adequate provision for guiding and helping children in their day to day problems. They should be helped in removing their unusual mental tensions, conflicts and disorders.

14. **Efficient methods of teaching:** Something the improper teaching techniques and methods bring dissatisfactions and tensions in the minds of children. Therefore, teachers should try to adopt psychological methods in their teaching. The maxims like learning by doing, from concrete to abstract, from known to unknown etc. should be followed and the child should be made to feel the joy of discovery and self learning. The problem of individual differences should also be kept in mind and the instructions should always be planned according to the abilities and capacities of the students.

15. **Improvement and enrichment of the curriculum:** The present day curriculum is also responsible for bringing causalities in the mental health field. Therefore, attempts should be made to bring desirable changes and modifications in the existing curriculum. The teachers and school authorities can also do something by paying attention to the extra-curricular aspect of the school programme. Adequate provision for the proper outlet of emotional energy and creative artistic expression in the form of curricular activities brings positive results in
helping children in the acquisition of proper mental health.

16. **Mental health of the teacher:** Teachers cannot be expected to improve the mental health of their students unless their own mental health is sound. The inadequate salaries, low social status, poor condition of services, unnecessary interference of higher authorities, antagonististic attitude of students and inadequate teaching facilities all create tensions, conflicts and frustrations in the minds of the teachers. Therefore teachers should be helped in their problems so that they can put their heart and soul in helping children to reach their maximum.

Actually as emphasized in the beginning the maintenance of proper mental health of children is a gigantic problem that needs all round efforts. The cooperation of the state authorities, parents and other responsible members of the society is an urgent necessity to achieve success at this point. Uncongenial atmosphere at home and in social situations brings harmful impact on the tender minds of children.

1.7. **LEVEL OF ASPIRATION**

Level of aspiration means the goal, the individual sets for himself in a task which has intense personal significance. Level of aspiration is the standard, a person expects and hopes to reach in a given performance because he has not yet reached this goal. Level of aspiration is the level of future performance in a familiar task which an individual, knowing his level of past performance in that task, explicitly undertakes to reach.
1.8. EMOTIONAL INTELLIGENCE

A person's feelings cannot be observed directly by others but they can be inferred from his overt behaviour. To exhibit emotions is very easy but doing it at the right time, at the right place with the right person and to the right degree is difficult. The management of emotions has given rise to the most talked about term 'Emotional Intelligence'. Emotional intelligence involves the ability to perceive accurately, appraise and express emotions, the ability to access and generate feelings when they facilitate thoughts, the ability to understand emotions and emotional knowledge and intellectual growth.

1.9. SELF-CONCEPT

Self-concept as our important cognitive factor that affects human behaviour has been widely recognized today. Self-concept refers to the sum of the person's attitudes and knowledge towards himself and evaluation of his achievement. It is the individual's perception of himself as a person, which includes his abilities, appearance, performances in his job and other phases of daily living.

1.10. HOME-ENVIRONMENT

Human beings are always immersed in a social environment which not only changes the very structure of the individual but also provides him with a ready made system of signs. Two environments namely, home and school environments share an influential space in child's life. Family is the social-biological unit that exerts the greatest influence on the development and perpetuation of individual's behaviour.
1.11. RATIONALE OF THE STUDY

Modern age is an age of technical advancement rapid industrialization, urbanisation and hard competition which has made an individual’s life more confused and insecure. Mental pressure is increasing day by day especially, at adolescent age which has led to imbalance and maladjusted personalities in the society. Adolescents of to day are facing many new problems which did not exist earlier.

Although it is acknowledged that mental health is one of the chief aims of education. It is not known how for this aim is achieved in our schools.

Psychological researches have unquestionably revealed that adolescent is the most crucial period as far as mental health of the pupils is concerned. But we do not have adequate scientific knowledge concerning the quality and degree of mental health of adolescents and also concerning the organismic and environmental factors relating to it.

Typically, adolescence is a time of idealism and romanticism. It is a time of dreaming about the future when the adolescents aspire to reach the moon and confidently expects to do so. The individual’s level of aspiration must have something to do with the degree of mental health and we do not know the facts about the relationship between the level of aspiration and mental health. Level of aspiration means the goal the individual sets for himself in a task which has intense personal significance for him or in which his ego is involved.

It is apparent that individual’s emotional intelligence must have something to do with the quality and degree of his mental
health. But scientifically no work has been done on the relationship between mental health and emotional intelligence.

In schools the factor of self-concept must be somehow related to the pupils' mental health, at least, in respect of some of its dimensions. But here, too, we find that not much research has been done so far to discover the nature of the relationship between self concept and their mental health.

Among various environmental factors family or home is the most important factor which directly or indirectly affects the child's development and mental health. One of the most important functions of family is its role in developing the child's personality and character formation. By the time child reaches adolescence he is expected to achieve greater or lesser degree of emotional control. Home environment must have a vital bearing upon one's mental health. But not much is known in the form of scientific knowledge about the relationship between mental health and home environment.

1.12. STATEMENT OF THE PROBLEM

The investigator in view of the facts stated above, intends to investigate the level of mental health of the adolescents of Punjab state. Further she intends to investigate how mental health is related to such factors as level of aspiration, emotional intelligence, self-concept and home environment. Therefore, the problem of the research is stated as under.

“Mental Health of Adolescents in Relation to Level of Aspiration, Emotional Intelligence, Self concept and Home Environment".

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1.13. OBJECTIVES OF THE PROBLEM

Following are the objectives of the study:

1. To investigate the relationship between measures of mental health and level of aspiration.
2. To investigate the relationship between measures of mental health and emotional intelligence.
3. To investigate the relationship between mental health and measures of emotional intelligence.
4. To investigate the relationship between measures of mental health and self-concept.
5. To investigate the relationship between mental health and measures of self-concept.
6. To investigate the relationship between mental health and measures of home environment.
7. To investigate the difference in the mental health of male and female adolescents.
8. To investigate the difference in the mental health of adolescents belonging to urban and rural areas.
9. To investigate the difference in the mental health of adolescents studying in Government and private schools.
10. To investigate the difference in the mental health of adolescents at different levels of aspiration.
11. To investigate the difference in the mental health of adolescents at different levels of emotional intelligence.
12. To investigate the difference in the mental health of adolescents at different levels of self-concept.
13. To investigate the difference in the mental health of adolescents at different levels of home environment.

1.14. DELIMITATIONS OF THE STUDY

1. The present study has been delimited to 10th class students studying in government and private schools.
2. The study has been restricted to Punjab state only.
3. The study has been restricted to 800 students only.
4. The study has been delimited to such variables as level of aspiration, emotional intelligence, self-concept and home environment.

1.15. OPERATIONAL DEFINITIONS OF TERMS USED

Mental Health

According to Longman’s Dictionary of Psychology and Psychiatry (1984) “Mental health is a state of mind characterized by emotional well being, relative freedom from anxiety and disability symptom and capacity to establish constructive relationship and cope with ordinary demands and stress of life”

According to Singh and Gupta (1983) “Mental Health is the full and harmonious functioning of the whole personality.”

According to WHO (1983); “Mental health is the state of complete physical mental and social being and not merely absence of diseases or infirmity”.

Level of Aspiration

According to Hoppe (1930), “Level of aspiration is the degree of that task chosen as a goal for the next action.”
According to Boyd (1952), "Level of aspiration means an individual's ambition in a dynamic situation, it is an individual's goal or expectation in regard to the goodness of his own future to a given task."

According to Good (1957), "Level of aspiration is the level of performance or the good that a person (or a group) desires or hopes to reach in a specified activity."

According to Bhargava and Shah (1996), "Level of aspiration is the difference between how a person expects or aspires to perform a given task and how actually does he perform."

**Self concept**

In dictionary of education by Good (1973), "Self concept is defined as 'the individuals' perception of himself as a person, which includes his abilities, appearance, performance in his, job and other phases of daily living."

According to 'Dictionary of Education by Taneja (1989), "Self concept refers to the picture or image a person has of himself". So an individual's self conception is his views of himself.

According to Saraswat (1996), "Self concept consists of the most highly differentiated perception, beliefs, feelings, attitudes and values which the individual holds about himself."

**Emotional Intelligence:**

According to Salovery and Mayer (1990), "Emotional intelligence is in terms of being able to monitor and regulate one's own and other feelings and to use feelings to guide
thought and action.”

According to Daniel Goleman (1998), "Emotional intelligence is a master aptitude, a capacity that profoundly affects all other abilities either facilitating or interfering with others”

According to Anukool and Sanjyot (2001), “Emotional intelligence is the ability to perceive emotions so as to assist thought, to understand emotions and emotional knowledge and to reflectively regulate emotions so as to promote emotional and intellectual growth”.

**Home Environment**

Dictionary of Behavioural sciences (1973) defines family as a common living in one house bounded by close ties.

Environment is a process which under suitable conditions changes the shape of the raw material.

Moos and Moos (1986) have defined family (environment) as the degree of commitment, help and support family members provide for one another.

In the view of Mishra (1989), “Home environment or parent-child rearing practices consists of characteristics of permissiveness, willingness to devote time to the child, parental guidance, parental aspiration for achievement, provision for child’s intellectual needs, effective reward, instrumental companionship, prescription, physical punishment, principled discipline, neglect, deprivation of privileges, protectiveness, power achievement, demands, indulgence, conformity, independence, dependence, emotional and verbal responsibility,
involvement with the child, physical and temporal environment, avoidance of restriction and punishment, provision of appropriate play materials etc”.

Adolescents

The term adolescent comes from Latin word adolecere which means to grow or to grow to maturity. So the word adolescent means, grow medically. Maturity involves not only physical but also growth. Adolescence is a period of transition between childhood and adulthood. Hall described the period as one of ‘Storm and Stress’, heightened emotionally and hyper suggestibility, adventures, building castles in the air.

According to Friendenberg (1971), “Adolescence is a social process, through which a clear and stable self-identification is established”.

According to Ericson (1968), "Adolescence as particularly is a period of identify-formation”.

According to Jersild (1957), "Adolescence is that span of years during which boys and girls move from childhood to adulthood, mentally, emotionally, socially and physically”.

According to Wikipedia (2006) (Latin word adolescentia, from adolecere which means to grow) is the period of psychological and social transition between childhood and adulthood (gener-specific, manhood or woman hood).

1.16. SIGNIFICANCE OF THE STUDY

It has been observed that students in adolescence period face a lot of problems because at this period of life they are undergoing physical and psychological changes. They react in a
different manner. The mental health of adolescent affects the rest of life of the individual as this is the time of career making or career spoiling. If the mental health is not good then the adolescent can suffer a lot. They can become frustrated, pressed and even rebels.

Mental health is one of the crucial but controversial issues. It depends upon large number of factors such as socio-economic status of the individual, self-concept, level of aspiration, home environment, social intelligence, emotional intelligence, parental encouragement, stress, anxiety etc.

Adolescence is a time of making choice that will have an important bearing on the rest of their lives. Many young people have to make decisions for the future in the field of education and such decisions help to know what they want to do. Level of aspiration holds a very important place in one's life. The study is likely to provide an insight into the role of level of aspiration that influence the mental health of adolescents.

Emotional intelligence is one of the recent developments in the area of intelligent. Goleman (1998) explained that emotionally intelligent student would tend to seek mature and rational solutions to problems. It is emotional intelligence that motivates adolescents to pursue their unique potential and purpose. It also activates their innermost values and aspirations and transforming them from the areas they think about to what they live. Thus emotional intelligence is likely to affect mental health. It is a novel area with regard to research especially with regard to testing emotional intelligence and establishing the role of emotional intelligence that influences the mental health of an
individual.

Self-concept is also an important aspect of child's personality, which must be developed at a right stage. It means how an individual perceives himself and how he perceives his environment of himself. The concept of self develops gradually from the time the infant discover the parts of his body, it is build up through thoughts, feelings and action. Self-concept is a feeling which decides the levels of our success and achievement in life. The present study is to investigate the impact of self-concept on mental health of adolescents.

An adolescent is emotionally unstable and his activities are directed by home environment. Family is the first stage from which the child starts to have faith in himself. Family plays a vital role in making the mental health of child, as one third of child's whole life is spent at home with family members. The human elements around the child are called 'Environment'. It includes the social and physical activities of the family. Study of related literature indicates that negligible work is done to study the impact of home environment on mental health of adolescents.

The present study will be useful to parents, teachers, school administrators, curriculum makers and counsellors to provide educational guidance to students so that their mental health remains good. The study will also be useful for them to know the relation of level of aspiration, emotional intelligence, self concept and home environment with mental health.

1.17. ORGANIZATION OF RESEARCH REPORT

The complete report of present research has been presented in seven chapters. An outline of the contents of these
chapters is as follows:

The first chapter gives a glimpse of the entire study i.e., its problem, objectives, importance and plan for investigation etc.,

Second chapter has been devoted to theoretical aspects so that concepts of terms used in the study can be clarified.

Third chapter gives a glimpse of the related literature. Researches done in India as well as abroad related to various variables have been quoted. Hypotheses based on the previous researches have been enlisted in this chapter.

Fourth chapter contains the details about the sample of the study, method, tools and techniques and statistical techniques used by the investigator for the collection and analysis of data related to the present study.

Fifth chapter is devoted to the nature of score distribution.

Sixth chapter contains the analysis, discussion and interpretation of the data collected for the present study.

Seventh chapter deals with summary, findings and educational implications of the present research. In this chapter suggestions for further research have also been given.

The bibliography and appendices have been given at the end of research report.