CHAPTER-V

SUMMARY, CONCLUSION,
EDUCATIONAL IMPLICATIONS AND
SUGGESTIONS FOR FURTHER
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Life has been so many facets, so that our preparations for it should be manifold. This means covering a wide area of activities that may range from simple to the most complicated. It is for the reason that man is described as a social animal. The magic world that makes human life dynamic and makes him a multi colored shall on the shore of sea of society is emotion. Emotions have strong link with urges, need and interests. If they are satisfied, an individual is said to be enjoying a happy life and is emotionally stable, balance and healthy.

THE STATEMENT OF THE STUDY

Visualizing the importance of mental health of students and finding the need to study, mental health of adolescents in relation to emotional maturity and family environment, and the following problem was selected for the investigation:

“Mental Health of Adolescents in Relation to Emotional Maturity and Family Environment”

5.1 OBJECTIVES OF THE STUDY

1. To study the mental health, emotional maturity and family environment of adolescents.

2. To study the differences between male and female adolescents on their mental health, emotional maturity and family environment.

3. To find out the difference between rural and urban adolescents on their mental health, emotional maturity and family environment.

4. To work out the co-relation between mental health and emotional maturity of adolescents.

5. To work out the co-relation between mental health and family environment of adolescents.

6. To study the relationship between different domains of mental health and five dimensions of emotional maturity.

7. To study the relationship between different domains of mental health and eight dimensions of
5.2 HYPOTHESES

1. There exists no significant difference between male and female adolescents on their mental health, emotional maturity and family environment.

2. There exists no significant difference between rural and urban adolescents on their mental health, emotional maturity and family environment.

3. There exists positive co-relation between mental health and emotional maturity of adolescents.
   a) There exists significant relationship between emotional stability and five factors of emotional maturity.
   b) There exists significant relationship between over-all adjustment and five factors of emotional maturity.
   c) There exists significant relationship between autonomy and five factors of emotional maturity.
   d) There exists significant relationship between security – insecurity and five factors of emotional maturity.
   e) There exists significant relationship between self – concept and five factors of emotional maturity.
   f) There exists significant relationship between intelligence and five factors of emotional maturity.

4. There exists positive co-relation between mental health and family environment of adolescents.
   a) There exists significant relationship between emotional stability and eight dimensions of family environment.
   b) There exists significant relationship between over-all adjustment and eight dimensions of family environment.
   c) There exists significant relationship between autonomy and eight dimensions of family environment.
   d) There exists significant relationship between security – insecurity and eight dimensions of family environment.
   E) There exists significant relationship between self – concept and eight dimensions of family environment.
f) There exists significant relationship between intelligence and eight dimensions of family environment.

**5.3 DELIMITATIONS OF THE STUDY**

Due to paucity of time and resources, the investigator has planned to delimit the present study to:

1. The sample was taken from different schools of Bhatinda district.
2. The study was delimited with regard to size of sample i.e. 580 students from class 10th.
3. The study was delimited to 280 Rural and 280 urban adolescents of Govt. P.S.E.B. Schools.
4. The study was delimited on three variables i.e. mental health, emotional maturity and family environment.

**5.4 OPERATIONAL DEFINATIONS OF THE TERMS USED**

The key term used in the study were operationally defined as under:

**Mental health**

In the present study mental health mean good health depends on the state of both body and mind; each exerts a direct influence on the other. A healthy person is not only physically healthy but also mentally healthy. Health means that both body and mind are working efficiently and harmoniously. Good mental health is indicated in such persons as are happy, healthy, hopeful and have harmonious personality. Mentally healthy person is one who is happy, lives peacefully with his neighbors, makes his children healthy citizens and after fulfilling such basic responsibilities is still empowered with sufficient strength to serve the cause of the society in any way.

(Lewkan)

**Emotional maturity**

A person is said to be emotionally mature when he feels proper emotion in a proper situation and expresses it in a proper form. A person may be said to be emotionally matured if he has in possession almost all types of emotions positive or negative and is able to express them at the appropriate time in an appropriate degree. Emotional maturity means the degree to which the person has realized his potential for richness of living and has developed his capacity to enjoy things ,to relate himself to others, to love and to laugh: his capacity for whole hearted sorrow
when an occasion for grief arises; his capacity for experiencing anger when faced with thwarting that would rise the temper of any reasonably tolerant or sensible person; and his capacity to show fear when there is an occasion to be frightened, without feeling a need to use a false mask of coverage such as must be assumed by persons afraid to admit that they are afraid”.

(Jersild) Family environment

Family is the oldest and the most important of all the institutions that man has devised to regulate and integrate his behavior as the strives to satisfy his basic needs. Family indicates that individuals and member of the group. The family provides care and support to the child; child care may be equally shared by the parents though it is the total environment of a family that influences the child development, it is said by many that parents constitute a major part of family environment. “The family is a group defined by a sex relationship sufficiently precise and enduring to provide for the procreation and upbringing of children”.

(R. M. MacIver and Charles)

Adolescence

This is the period which has stirred up an amount of anxiety in the minds of parents and rightly has it also exercised a great stress on the adolescents themselves. Adolescence is a period of great stress and strain and it is because of this that educationists and psychologists have focused their attention on the study of the problems of adolescence. Adolescence has in recent years has been called the ‘Terrible Teens’. In a vivid and striking description of this stage of life, hall spoke of adolescence as a new birth.

(G. Stanley Hall1921)

5.5 METHODOLOGY

Descriptive survey method of research was used in the conduct of present study.

Sample

Data were collected from 580 male and female adolescents from rural and urban 10 government schools from Bathinda district of Punjab state. Further, ten schools were selected out of 96 Senior Secondary and 87 High School randomly. 290 male and 290 female from 10 government schools were selected. 145 male students and 145 female students belong to schools in the urban area whereas 145 male and 145 female students belong to rural area school.
**Research Tools**

The following tools were used for data collection:

**Procedure**

The purpose of the present study, as mentioned above was to study the mental health of adolescents in relation to emotional maturity and family environment. Data were collected from 580 male and female adolescents from rural and urban ten government schools from Bhatinda districts of Punjab state. All the three tools employed in the study were administrated on the subjects. The data for the present research were personally collected by the investigator from the students of government schools selected for the collection of data. The environment, testing situations and procedure for all the subjects were kept as uniform as possible to have true and correct required information. In this way, data were collected from all the subjects selected from government schools. The filled –in questionnaires/answer sheets collected from each student in their respective category for scoring. The scoring of the answer sheets was done strictly according to the directions given in the respective test manuals.

**5.6 DESIGN OF THE STUDY**

According to Douglas & Good, “It is axiomatic that problems and method of research must be mutually adapted to each other.”

A proper methodology was planned to carry out research work as it saves the time as well as energy of the researcher. The method and procedure was designed keeping in mind the objective of the study.

In the present study the investigator has used survey method to study the mental health of adolescents in relation to emotional maturity and family environment of the $10^{th}$ class students in Bhatinda district. They have been further categorized on the basis of gender and locale.
5.7 Discussion

In the present study significant differences were found in the mental health of male and female adolescent. The results of the present study go in line with the findings of Gulwinder (2015), Kavita (2014) and Agarwal et al. (2010) Findings of the study revealed that male adolescents have better mental health in comforts on to female ones. Above mentioned studies are supporting findings of present study that female adolescents have better mental health than male adolescents.


According to the present study no significant difference was found in mental health of urban and rural adolescents. The results of the present study go in line with the findings of Singh (2004) that there exists significant difference in students of high school with respect to locale; however mental health scores shows no significant difference with respect to locale. Sharma (2006) revealed that there exists no significant difference in six dimensions of mental health measures.
between urban and rural areas. Our studies coincide with the study of Gulwinder (2015) which shows that there exists no significant difference between urban and rural adolescents. Above studies are supporting the findings of present study.

As Naik, Bhattacharya and Sutradhar (2015) it is found that there are significant differences among rural and urban students. Above study is not supporting findings of present study.

Present study revealed that there exists no significant difference in emotional maturity of male and female adolescents. The results of the present study go in line with the findings of Arya (1984), Adhikari, G.S. (1998), Puar, S. Surjit (2014) that no significant differences were observed among boys and girls.

Some studies also show significant difference of emotional maturity between male and female adolescents. Kaur, S. (2000) Girls were found to be more emotionally mature than boys. Saima and Sharma Neeru (2012) concluded that boys have significantly higher emotional maturity than girls. Saini Rita (2012) it was also found that male adolescents were better than female adolescents. Shirsath B. Rajesh the results indicate that female students are more emotionally matures than male students.

Present study result revealed that there is no significant difference in emotional maturity between urban and rural adolescents. The results of the present study go in line with the finding of Puar (2014) no significant differences were observed between rural and urban students on the basis of their emotional maturity. Above study is supporting the findings of present study.

As Saini Rita (2012) It was also found that urban adolescents were better than rural adolescents with regard their career maturity and emotional maturity. Kaur (2000) rural students were found more emotionally mature than urban students. Results of this work are not matching with some previous studies.

Accordingly the present study reveals that there is no significant difference of family environment between male and female adolescent. The results of the present study go in line with the finding of Khosla (2002) Findings also indicated no significant different in relationship
of well-being and family environment among boys and girls. Rani (2013) found that there was no significant difference of home environment between boys and girls studying in science stream of senior secondary school. Above studies are supporting finding of present study.

As Shah (1991), Dayal (2001), Singh (2013), Akhtar and Saxena (2014) Aratic et al (2005), Daulta (2008) and Nicholas et al. (2010) the findings of these studies shows not match with the findings of our present study.

Present study revealed that there is significant difference of family environment between urban and rural adolescents . A study reveals that there is an association between urban and rural adolescent Shah (1991) found that boy’s favorable home climate was better adjusted in school than those from a poor & unfavorable home climate. In this case of girls in urban area family climate has been found positively related to school adjustment. In rural areas the opposite results were found. Above studies are supporting finding of present study urban adolescents have better family environment than rural adolescents.

Present study negative correlation exists between mental health and emotional maturity of adolescents. The results of the present study go in line with the findings of Aggarwal (2007) that no significant correlation between autonomy, security-insecurity and self-concept measure of mental health and social maturity of adolescents. Kumara, Thakur and Sultania (2012) examined the results of the study revealed that boys had greater emotional stability, adjustment than girls. Above studies are supporting findings of present study

The results of the present study goes in line with the finding of Singh (2011) a positive and significant correlation was found between emotional maturity and mental health which indicates that those who were found mentally healthy were also found emotionally mature. Quadri and Shirsath (2011) found that there exists the positive relationship between mental health and emotional maturity among child labour and other adolescents. Some results of this are not matching with previous studies.

In present study the investigator found that there exists no significant relationship exists between mental health and family environment of adolescents. Nand and Sidhu (2009) No significant relationship exists between parental encouragement and mental health with respect to gender.
Shivane (2011) results revealed that there is no significant difference between tribal students and urban students in term of family environment and mental health components. According to Sarker (1979) the family structure (excepting syncretism division of functions) was not related to the mental health of the children.

Some study also showing significant relationship exists between mental health and family environment of adolescents. Anand (1989), Pidhi (1989), Sidhu, R. K. (2006) concluded that there exists significant relationship between mental health and parental encouragement. Results and findings of Dixit and Sharma (2011) revealed that there was a significant difference in the scores of mental health and anxiety between students with favorable family climate and unfavorable family climate. Pegah (2013), Morgan, et al. (Feb, 2012), Michelle L. Kelley (2009), Repinski and Shonk (2010), Simran (2005) found that there exists a positive correlation between accepted parental relation and mental health of students and negative correlation between rejected parental relation and mental health of students. These studies do not lend support to the results of present study.

Studies Bar-on Reuven (1997), Jasbir (2000), Aggarwal (2007), Quadri and Shirsath (2011) found significant relation between Mental Health and Emotional Maturity. But the research conducted by Sharma (2006) had showed that there is no relation between Mental Health and Emotional Maturity. Emotionally Mature person can survive in difficult situations without affecting his/her Mental Health much. Mental health and parent child relationship holds positive relation. Jadhav,N.S. (2011) It was found that there is no positive and significant relationship between Home Environment and Emotional Maturity among the urban students. The studies conducted by Sears (1961), Becker (1974), Manjuvani (1990), Morgan, Brugha, Fryers and Stewart-Brown (2012) found significant positive relation between mental health and family environment.

Singh, Gurmit & Sanam (2013) the prediction of mental health of adolescents on the basis of emotional maturity and parent child relationship is significantly higher as compared to their separate predictions. Thakur (2003) found that there exists a significant relationship between emotional maturity and home environment among the senior secondary school student of
Ludhiana district. Prabjot (2004) studied emotional maturity in relation to family environment and gender if school going adolescents and concluded that family environment plays a critical role in emotional maturity. Jadhav, N. S. (2011) it was found that there is no positive and significant relationship between Home Environment and Emotional Maturity among the urban students studying in Government College belonging to high socioeconomic status, and students less than 20 years old.

5.8 CONCLUSION

1. (D) There is no significant relationship found between security. There is significant difference found between male and female adolescent in relation to their mental health. Female adolescents have better mental health than male adolescents.

2. There is no significant difference found between rural and urban adolescent in relation to their mental health, both are equal.

3. There is no significant difference found between male and female adolescent in relation to their emotional maturity, both are equal.

4. There is no significant difference found between rural and urban adolescents in their emotional maturity, both are equal.

5. There is no significant difference found between male and female adolescent in relation to their family environment, both are equal.

6. There is significant difference found between rural and urban adolescent in relation to their family environment. Urban adolescent have better family environment than rural adolescents.

7. There is negative correlation found between mental health and emotional maturity of adolescents.

(A) There is no significant relationship found between emotional stability and five dimensions of emotional maturity among adolescents.

(B) There is no significant relationship found between over-all adjustment and five dimensions of emotional maturity among adolescents.

(C) There is no significant relationship found between autonomy and five dimensions of emotional maturity among adolescents.
(D) There is no significant relationship found between security-insecurity and five dimensions of emotional maturity among adolescents.

(E) There is no significant relationship found between self-concept and five dimensions of emotional maturity among adolescents.

(F) There is no significant relationship found between intelligence and five dimensions of emotional maturity among adolescents.

8. There is no significant relationship found between mental health and family environment of adolescents.

(A) There is no significant relationship found between emotional stability and eight dimensions of family environmental among adolescents.

(B) There is no significant relationship found between over-all adjustment and eight dimensions of family environmental among adolescents.

(C) There is no significant relationship found between autonomy and eight dimensions of family environmental among adolescents.

(D) There is no significant relationship found between security-insecurity and eight dimensions of family environmental among adolescents.

(E) There is no significant relationship found between self-concept and eight dimensions of family environmental among adolescents.

(F) There is significant relationship found between intelligence and eight dimensions of family environmental among adolescents.

5.9 EDUCATIONAL IMPLICATIONS

Any educational research is worthwhile if results into fruitful educational implications. In so far as the present investigation is concerned, it can be claim that valuable information has been obtained on the different aspects of mental health of adolescents in relation to emotional maturity and family environment. Following are the educational implications of the present study.

- Teachers should know the areas where the students lack mental health and try to give better conditions for proper development in every sphere of life.
• School should provide facilities to differently abled students for better mental health.

• Teachers should know the areas where the students lack emotional maturity and try to give better conditions for proper development in every sphere of life.

• School should provide facilities to differently abled students for better emotional maturity.

• Parents should be aware of school environment before getting their wards admitted to schools.

• Home should provide facilities to differently abled child for better family environment.

• Parents should be aware about family environment in support in their children.

• Parent must be aware to behave the children.

5.10 SUGGESTIONS FOR FURTHER STUDY

There is no meaning of research if it does not provide cause for the further investigation. In fact by universal opinion and experience, the solution of one problem tends to indicate many other unsolved problems, waiting for scientific probing. Every investigator after accomplishing his/her own piece of research may feel inspired to do more research through his/her own efforts, and may also feel greatly motivated to indicate new areas of research for others.

Some suggestions for further research are put forth as follows:

• The study as confined only to Bhatinda district of Punjab state. The present study, therefore, cannot claim to have comprehensiveness. Conclusions may not be universally valid. It is therefore suggested that study may be conducted on more other districts, to establish the results fairly.

• The samples of only 580 adolescents were considered. A study may be conducted on large population to search at very definite conclusions regarding mental health, emotional maturity and family environment.
• Instead of taking preset variable other important variables such as personality, aptitude, achievement, school environment, motivation may explored in relation to mental health, emotional maturity and family environment of the adolescents.

• The study may be replicated on a large sample to find the reliability and validity of the present study.

• Similar study may be undertaken on private schools of Punjab state.

• A comparative study of instead of taking present variable of Model school and Public School, C.B.S.E. and I.C.S.E. board, Traditional and Navodya School students may be taken up.