Chapter-II
LITERATURE REVIEW
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The present chapter embodies a brief review of researches done in the area of sources of stress, personality traits and self-efficacy in relation to mental health among adolescents. Stress can be defined as a mental or physical phenomenon, is a result of one’s interaction with the environment and formed through one’s cognitive appraisal of the stimulation (Lazarus and Folkman, 1984). The existence of any type of stress depends on the existence of the stressor. Feng (1992) and Volpe (2000) defined stressor as anything that stimulates an individual’s body or mentality or challenges an individual’s adaptability. Stress can be caused by interpersonal relationships, intrapersonal conflict, psychological factors, biological factors, social factors, academic pressure and environmental factors etc. So it is necessary to review some of the previous research studies to consider the nature of the stressor and potential protective factors moderate and promote mental health outcome. Thus this chapter has been categorized namely: studies related to sources of stress and mental health, studies related to personality traits and mental health, studies related to self-efficacy and mental health and finally studies related to gender and its impact on the above variables.

2.1 Studies Related to Sources of Stress and Mental Health

Aydim and Kamilebeh (2010) examined whether strategies theory predict adolescents mental health to a significant level. The study was conducted on a sample of 119 students (61 females and 58 males) age range from 14 to 17 years. Results explained that the most powerful predictor of the mental health is the ACE (Active/effective Contact with the Environment) strategy of coping with stress. The results also illustrate that as the adolescent’s level of stress coping strategies decrease, their level of psychological symptoms increases.

Noradilah, Md., Nordinet, et al. (2010) determines the association between several selected demographic characteristics and the mental health status of 1467 youngsters studying in Malaysian Public Universities. The findings of the study indicate that a majority of undergraduate students exhibits a healthy mental state while a majority has shown some mental health concerns. Further in the present study results of the analysis of variance also showed that the student’s mental health condition differed in terms of ethnicity, academic field and year of the study.
Siti, Nor, Yaacob, et al. (2009) examined the degree of relationship between self-esteem, stress and loneliness with depression among 1,407 secondary school students (age range 13 to 17 years). The findings of the study showed that self-esteem, loneliness and stress have a moderating significant relationship with depression, further results show that stress emerged as the strongest predictor of adolescent’s depression.

Suldo and Elizabeth (2008) in a study investigated the relationship among coping, stress and mental health in 139 students participated in an International Baccalaureate (IB) high school Diploma program. The results of the study indicated that students in an IB program perceive significantly general education peers and learn those specific coping styles that are differently associated to student’s mental health outcomes. Furthermore, findings also shown that coping styles (specially, positive appraisal and anger) moderate the influence of internalizing symptoms of psychopathology and stress on global life satisfaction of students.

SUN, Wu-jun, WEI and Jun-biao (2008) explore family communication patterns, types and the correlation between coping style, family communication and well-being among 1,135 university students in Henan. The results of the study revealed significant difference in family communication patterns between male and female students with different parental education levels or students from different types of universities. The university student’s family communication pattern was significantly associated with their coping styles and well-being. Accompany significant difference in family communication pattern shifting, coping style and well-being of university students.

Usha and Lakshmi (2008) studied the influence of parenting style and self-compression on secondary school student’s mental health. Sample of the study consisted of 500 students from six schools of Pathanamthitta and three schools of Alappuzha district of Kerala state. The findings of the study indicate that, the main effect of parenting style on mental health was found to be significant for aided school students and non-significant for students of government schools. In the same way the main effect of self-compassion was found to be significant on mental health for the total sample and the subject samples based on the type of school management, sex and locale. The interaction effect of self-compassion and parenting style on mental health was found to be significant for the total sample and subject samples based on locale, type of school management and sex.
Babak, Moeini, et al. (2007) investigated the relationships between general self-efficacy, perceived stress and mental health status among Iranian male adolescents taken from Tehran who studied in senior secondary school. The findings of the study revealed that greater level of stress was associated with lower mental health status and lower general self-efficacy. The results of the study also showed a significant inverse relationship between self-efficacy and general health status of the students.

Chris, Segrin, et al. (2007) studied social skills, psychological well-being and the mediating role of perceived stress in a sample of 500 university students. The results of the study revealed a significant relationship between social skills and lower levels of perceived stress as well as social skills and greater well-being. The lower levels of perception of stress that accompany higher levels of social skills mediate the association between social skills and depression as well as life satisfaction of students.

Dwairy, et al. (2006) studied parenting styles, individuation and mental health in a sample of 2,893 adolescents retrieved from Arab societies. The results of the study indicated that within an authoritarian culture authoritarian parenting does not harm the adolescent’s mental health condition, as it does within the western Liberal societies.

Gibson and Jefferson (2006) examine the effect of perceived parental involvement and the use of growth fostering relationship of self-concept among 78 adolescents who were participated in GEAR-UP (Gaining Early Awareness of Readiness for Undergraduate Programs). The results of the study supported the influence of peers, mentors, family and involvement in community groups on adolescent’s self-concept.

Liu, et al. (2005) studied the mental health condition of the only child: A study of urban and rural high school students in China. The sample of the study consisted of 632 students (mean age=17.2 years). The results of the study showed that urban only child experienced significantly higher social depression and neurotic, trait anxiety, interpersonal dependency and perceived stressors as well as lower love awareness of family than did urban non-only children. In addition non significant differences found in the rural only and non only children. Furthermore, low love awareness from peers and parents were associated with poor mental health condition in the children. Low love awareness also predicted perceived stressors which resulted in negative mental health.
Sun, Li., et al. (2004) explores the relationship between parent adolescent communication including adolescent’s depression, self-esteem and shyness. A sample of the study consists of 928 adolescents taken from seventh to senior secondary school grade students. The results of the study showed that, the quality of four family patterns differed significantly with each other. Amongst all four patterns of families the best one was pluralistic family, the second best was laissez faire families, third best was consensual families and fourth best was protective families. Moreover results also revealed that parent adolescent communication quality and communication pattern have different predictive effects on depression, self-esteem and shyness of adolescents.

Yu, Ling (2004) explore the statistical differences existing in well-being of public and private college students also to investigate the interaction among self-concept, well-being and life events of 604 public and private college students. The results of the study obtained demonstrated as follows: (1) self-concept and well-being of private college students were significantly lower than that of public ones, (2) well-being of public and private college students apparently associated with self-concept, whereas negatively correlated with students negative life events, (3) well-being of public college students was mainly affected by identity and personal self. (4) well-being of private college students was greatly affected by social self and personal self.

Ciarrochi, Joseph, et al. (2003) explores the relation between social and emotional competence and mental health among 331 university students. They studied stressful life events and a wide variety of social emotional competence measures including alexithymia (describing emotions minimizing emotions and difficulty identity), social problem solving skills (effective problem orientation, automatic processing and problem solving), level of emotional awareness and effective emotional control (high impulse control, low rumination, low defensive inhibiting of emotions and high aggressive control) including wide variety of different aspects of social and mental health (hopelessness, depression, anxiety, suicidal ideation, social support and life satisfaction) of students. The findings of the study revealed that except minimizing the emotions all social emotional competence measures had a significant incremental value over stressful life events and over other measures in predicting social competence and mental health of students.
Shek (2002) conducted study to examine the association between family functioning and adjustment in 1,519 Chinese adolescents using an indigenously developed measure of family functioning. Results showed that family functioning was significantly associated with measures of adolescent’s school adjustment (satisfaction with academic performance, school conduct and perceived academic performance), problem behaviour (substance abuse and delinquent behavior) and psychological well-being (life satisfaction, existential well-being, self-esteem, general psychiatric morbidity and sense of mastery). Further findings also showed that family functioning was generally more strongly correlated to measures of adjustment for adolescents with economic disadvantage than for adolescents without economic disadvantage.

Wilkinson and Walford (2001) examined the role of attachment, extraversion, neuroticism and positive-negative life events on distress and psychological well-being among a sample of 404 adolescents. The findings of the study revealed that quality of attachment to parents, but not peer predicted increased level of psychological well-being and decreased level of distress independent of extraversion, neuroticism and life event variables among adolescents.

Aunola, et al. (2000) investigates the extent to which adolescent’s achievement strategies associated with the parenting styles adolescents experience with their families. The sample of the study consists of 354 adolescents. Results showed that adolescents from authoritative families applied most adaptive achievement strategies characterized by low levels of task irrelevant behaviour, passivity, failure expectations and the use of self-enhancing attributions. However, adolescents from neglectful families in turn applied maladaptive strategies characterized by a lack of self-enhancing attributions and high level of task irrelevant behaviour including passivity.

Medvedova, Luba (2000) investigated the relationship between family environment, parental behaviour and self-esteem in a sample of 391 early adolescents. The results of the study show that in all subjects there was a positive relationship of self-esteem with organization, cohesion, expressiveness and recreational orientation in a family environment. In addition male adolescents self-esteem was positively related to moral global opinion orientation and negatively with cultural family orientation, also highly significant relationship were found between self-esteem and family conflict in all adolescent subjects. Moreover subjects from high conflict families had a lower level of self-esteem, higher anxiety and weaker inward control.
Lou, Weiqun (1999) studied stress and mental health condition of secondary school students in Shanghai's the effects of collectivism and Guanxi. The sample of the study consists of 2,986 respondents aged 15 to 19 years. Findings showed that stress and mental health problems experienced by adolescents in urban China were mainly socially oriented. Further perceived stress found to be negatively related to positive well-being also positively related to psychological distress. However, the collective behavioural tendency was found to be inversely related to positive well-being but negatively related to psychological distress. In some social context was found to play a significant role in shaping adolescents development in urban China. Final results show that the resources identified such as collectivism and guanxi have a significant influence on mental health outcome of adolescents.

Mzobanzi, M., Mboya (1996) investigated the perceived family and social, school environments and their relationships to self-concept of African adolescents. A total of 1,192 secondary school students participated in the study. The findings of the study indicated that perceived parental behaviours were associated with family relation, general school, emotional stability and physical appearance, also relations with peers, global self-concepts and health. Perceived teachers behaviours were associated with family relations, health, general school, global self-concepts and emotional stability.

Abraham (1985) studied the relationship of psycho-social factors with the mental health status of a sample of 880 PUC students. The results of the study revealed that adjustment and other psycho-social factors (need for belongingness, need for acceptance and need for love etc.) were related to the mental health status of the students.

2.2 Studies Related to Personality Traits and Mental Health

Ruth and Ulrich (2011) examined the development of self-esteem in adolescence and young adulthood. For this purpose a sample was taken from the young adult section of the National Longitudinal Survey of Youth, which includes eight assessments across a 14 year period of a national probability sample of 7,100 individual's age range 14 to 30 years. The results of the study indicated that level of self-esteem increases during adolescence and continue to increase more slowly in young adulthood, where males and females did not differ in their self-esteem trajectories. The findings also revealed that during adolescence Hispanics had lower levels of self-esteem than Blacks and Whites, but the self-esteem of
Hispanics subsequently increases more strongly, so that at age 30 Blacks and Hispanics had higher level of self-esteem than Whites. However, at each age emotionally stable, conscientious and extroverted individuals experienced a higher level of self-esteem than less conscientious individuals, emotionally unstable and introverted. Moreover, at each age level low risk taking behaviour, high sense of mastery and better health predicted higher self-esteem.

Grace, Fayombo (2010) investigated the relationships between big five personality traits (i.e. neuroticism, extraversion, agreeableness, openness to experience and conscientiousness) and psychological resilience among 397 Caribbean adolescents. The results of the study revealed a significant positive relationship between the personality traits (i.e. conscientiousness, agreeableness, openness to experience, and extraversion) and psychological resilience, while neuroticism was negatively correlated with psychological resilience. Furthermore, personality traits jointly contributed 32% variance in psychological resilience and this was found to be statistically significant with conscientiousness being the most excellent predictor while agreeableness, neuroticism and openness to experience were other significant predictors, however adolescents psychological resilience was not predicted by extraversion one of the personality trait.

Joshanloo and Nosratabadi (2009) investigate the discriminatory power of personality traits (i.e. neuroticism, extraversion, openness, agreeableness and conscientiousness) in discriminating among the levels of mental health continuum using a sample of Iranian university student. The findings of the study revealed that students with different levels of mental health condition differ significantly on four of the five traits of personality that is extraversion, neuroticism, conscientiousness and agreeableness.

Noradilash, et al. (2009) examined the association between personality and loneliness on mental health among undergraduates in a sample of 1,468 students taken from five different Malaysian Universities. The results of the study revealed that a total of 65.6% of Malaysian undergraduates exhibited good mental health outcome while 34.4% showed indications of mental health problems. Moreover, results also explore significant relationship between personality traits like extraversion, agreeableness, conscientiousness, neuroticism, openness and loneliness on mental health status. However, loneliness emerged as the most significant predictor in explaining mental health followed by neuroticism and extraversion personality traits.
Tan (2007) studied the effects of family cohesion and personality traits on the mental health of young Australians. For this purpose, the sample of the study consisted of students aged between 15 to 25 years taken from HILDA. The findings of the study indicated that interactions between different levels of family conflict and personality traits explain the differences in mental health outcome of students.

Zheng, Yong (2004) examined self-oriented perfectionism tendencies of college students and their relationships with mental health. A considerably reliable and valid scale of college students self-oriented perfectionism tendencies were developed. It includes five factors like self-concerning, high standard, hardly relaxing, perfect appetite and comparing oneself with others. Findings revealed for college student’s significant grade difference, but no gender difference in self-oriented perfectionism tendencies. Moreover, there was also a remarkable correlation found in between self-oriented perfectionism tendencies and mental health of college students.

Cheng and Furnham (2002) examine the degree of self-confidence, school performance and peer relations association with loneliness and self-rated happiness among a sample of adolescents. Personality traits, friendship, self-confidence and school grades were all significantly negatively correlated with loneliness and happiness. The findings of the study revealed that personality traits extraversion and neuroticism were direct predictors of self-confidence and happiness, while extraversion and psychoticism were direct predictors of loneliness. However, the effect of adolescent’s sex on happiness and loneliness was moderated by friendship and neuroticism and by psychoticism and neuroticism, respectively. Personality trait extraversion emerged as significant predictor for general confidence and social interactions which directly influences loneliness whilst psychoticism was a direct predictor of loneliness. Moreover, happiness was the only variable predicted by self-rated school performance whereas adolescent’s self-reported loneliness was correlated with general confidence and social interactions.

Farmer, Richard, F., Jarvis, Lakita, et al. (2001) investigate the contributions to global self-esteem: The role of importance attached to students self-concept associated with the five factor model of personality. The sample consists of 375 undergraduate students. The results of the study revealed that there was a positive association found between the five factors of personality (i.e. neuroticism, extraversion, openness, agreeableness and conscientiousness) and self-esteem. Further findings indicated that among all the five factors of personality, self-concept ratings for self-esteem, agreeableness and extraversion significantly predict self-esteem of undergraduate students.
Cheng and Fumham (2001) contains two studies which set out to determine the extent to which attribution style (i.e. internal, global, stable) and personality traits predicted psychiatric symptoms and happiness in a normal, non-clinical, population of youngsters in their early twenties. 203 participants were taken as the sample of the study. The results of the study showed that attribution style accounted 20% to 38% variance and emerged as a significant predictor of happiness and mental health outcome. The attribution style was also significantly associated with personality traits like extraversion and neuroticism. Further, extraversion one of the personality traits and attribution stability (in positive situations) emerged as significant predictors of happiness accounting 59% of the total variance whilst neuroticism and psychoticism emerged as significant predictors of mental health accounting 53% of the total variance. In addition results also indicated that optimistic attribution style in positive situations emerged as a stronger significant predictor of self-reported happiness than mental health while the pessimistic attribution style in negative situations emerged as a significant predictor of youngster's happiness and mental health outcome.

Fumham and Cheng (1999) studied personality traits as predictors of mental health and happiness in the East and West. In this study researcher examines the personality and demographic correlates of happiness and mental health in China (Hong Kong), Britain and Japan among comparable groups. The age range of the sample participants was 16 to 40 years. The findings of the study showed as compared to similar groups in China and Japan, British participants reported higher levels of mental health, happiness and extraversion one of the personality traits. However, there were fewer than chance sex differences in the various measures of the study. Further correlation analysis in all three countries showed that extraversion be a major correlate of happiness, while neuroticism was shown to be a significant correlate of mental health. Moreover, regression analysis performed separately for happiness and mental health showed a remarkably similar pattern across all three cultures, with personality traits accounting around 20% common variance in mental health and happiness in all three cultures.

Lopez and Santos (1992) evaluated family, psychological and social stress and personality factors implicated in the self-esteem of adolescents. For this purpose sample of the study consists of 85 adolescents. Results revealed that different stressors like family, social, psychological and personality factors help to injure the self-esteem of adolescents.
2.3 Studies Related to Self-efficacy and Mental Health

David, et al. (2009) conducted study to develop and validate a measure of perceived bicultural self-efficacy and to explore its relationships with indices of mental health and psychological well-being. In the study exploratory (n=268) and confirmatory (n=164) factor analyses was done on the theoretically derived Bicultural Self-Efficacy Scale (BSES), items support a measurement model that taps into the six dimensions of bicultural competence proposed by Fromboise, Coleman and Gerton (1993). Furthermore, initial evidence for internal consistency (for all three studies) and test-retest reliability (n=51 Asian Americans) for each of the six subscales were computed. Finally, perceived bicultural self-efficacy was found to be related to college student's mental health status and psychological well-being.

Hardeep, et al. (2009) investigated the relationship between parenting style, self-efficacy and depression among adolescents. The sample of the study consists of 185 adolescents along with their parents. The results of the study showed that (a) all the measures of self-efficacy has significant negative correlation with the measures of depression, (b) Authoritarian parenting style has significant positive correlation with measures of depression, and (c) Authoritative parents have significantly negative correlation with depression. Furthermore, the findings of the study also revealed that emotional self-efficacy, authoritarian and permissive parenting style emerged as significant predictors of depression among adolescents.

JIN, Xia (2009) investigates higher vocational college students with a questionnaire consisting of GSES and SCL-90. The results of the study revealed that the overall level of self-efficacy was quite high, further the level of self-efficacy for higher vocational college students was significantly lower than that of university students; also self-efficacy of higher vocational college students differs definitely in terms of grades. However, the overall mental health of higher vocational college students was lower than that of the national norm of youths, where the rate of positive detection was high, and there exist different grade differences in interpersonal sensitivity, phobic anxiety, obsessive compulsion, anxiety and depression. Furthermore findings also showed that self-efficacy has distinct negative correlation with the overall level of mental health, anxiety, hostility, obsessive compulsion, phobic anxiety, interpersonal sensitivity and depression.
Adeyemo and Adeleye (2008) investigated religiosity, emotional intelligence and self-efficacy as determinant of secondary school adolescent’s psychological well-being. A sample of the study consists of 292 adolescents age ranged 13 to 20 years. The results of the study indicated that emotional intelligence, religiosity and self-efficacy predict psychological well-being of adolescents.

Adanew, Diro, Daba (2007) examined the relationship among student’s adjustment to college, assertiveness and academic self-efficacy among 283 college students. The results of the study showed a significant relationship among student’s adjustment to college, assertiveness and academic self-efficacy for undergraduate students. The findings also revealed that academic self-efficacy emerged as significant predictor accounted 52.9% variance in student’s adjustment to college as compared to assertiveness accounted 19.36% variance, while together they explained 54.5% variance in student’s level of college adjustment.

Hermann, Karen, Stroiney (2005) investigated the relationship of social self-efficacy with various personality traits and psychological adjustment in a sample of 696 college students. In this study path models were proposed to examine the gender role of instrumentality and expressiveness in relation to social self-efficacy and psychological adjustment variables of depressive symptomatology, self-esteem and loneliness. Results showed resulting path models indicates that these variables accounted 45% variance in loneliness and 41% variance in depressive symptoms. Further findings revealed that social self-efficacy mediates the relationship between instrumentality and depression as well as the relation between instrumentality and self-esteem. Moreover, self-esteem mediates the relationship between social self-efficacy and depression. Also social self-efficacy mediates the relationship between instrumentality and loneliness; however expressiveness partially mediates the relationship between social self-efficacy and loneliness. Additionally, self-monitoring was also tested as a possible moderator variable on the relationship between social self-efficacy and depression as well as social self-efficacy and self-esteem, but non-significant results suggest that self-monitoring does not moderate either of these relationships.
Wesi, et al. (2005) in a longitudinal study examined whether self-disclosure and social self-efficacy serve as mediators between variables attachment and feelings of loneliness and subsequent depression. Sample of the study consists of 308 freshmen at a large Midwestern university. The results of the study indicated that self-disclosure mediates the association between attachment avoidance and feelings of loneliness and subsequent depression, whereas social self-efficacy mediates the association between attachment anxiety and feelings of loneliness and subsequent depression of college students.

Muris (2002) examines the relationships between self-efficacy and symptoms of affective disorders in a sample of 596 adolescents. The findings of the study showed that low level of self-efficacy generally accompanied by high level symptoms of trait neuroticism / anxiety disorders and depressive symptoms. However, some support was found in the notion that specific domains of adolescents self-efficacy associated with particular types of anxiety problems. That is, academic self-efficacy was correlated to school phobia, social self-efficacy to social phobia and emotional self-efficacy to panic / somatic symptoms and generalized anxiety. Finally, when controlling the effect of trait anxiety / neuroticism, self-efficacy still accounted small, but significant proportion of variance in depression and symptoms of anxiety disorders.

Jennifer, Connolly (1989) in a study examines social self-efficacy in a sample of 163 high school students (aged 13 to 19 years) and 79 emotionally disturbed adolescents (aged 12 to 18 years). The results of the study indicated that emotionally disturbed adolescents rated themselves more poorly on self-efficacy as compared to their well-functioning peers. Furthermore, the findings of the study also support the conceptualization of social self-efficacy as a contributor to mental health outcome and a component of social competence of students.
2.4 Studies Related to Gender

The present section of review of literature highlighting studies related to gender difference on the variables of the study:-

Mahmoud, Shirazi, et al. (2012) examines the relationship between mental health and personality characteristics among students. For this purpose a sample of 300 students, both professional and non-professional were randomly selected from different faculties of Aligarh Muslim University, Aligarh. The results of the study indicated that there was significant correlation found between mental health and personality characteristics. Furthermore findings also revealed that personality traits like agreeableness, neuroticism and openness emerged as significant predictors of mental health. Finally no significant gender difference found between professional and non-professional students on mental health and personality characteristics in terms of their mean score.

Gupta and Kumar (2010) examine the relationship of mental health with self-efficacy and emotional intelligence among college students. The sample of the study consists of 200 participants drawn from science and arts streams of Kurukshetra University. The results of the study indicate that self-efficacy and emotional intelligence positively correlated with mental health of students. In addition findings also revealed that male students were better than that of female students in terms of mental health, self-efficacy and emotional intelligence which underline the importance of training in mental health, emotional intelligence and self-efficacy of female college students.

Ying, Sun, et al. (2010) investigated gender differences in Chinese adolescents depression related to mediating effect of coping and stress. The study consisted of 17,622 student’s age range 11 to 22 years of junior high school and college/universities from eight large citizens of China. Results indicated that male adolescents were more likely to have depression than their female counterparts especially those aged 15 to 17 years. Further overall stress in male students was statistically higher than that of females. In addition findings also shows that male students experience high levels of stress from family, school, health and romantic domains, while female students suffered with a higher level of stress due to peers.
Singh and Udainiya (2009) investigate the effects of different type of family and gender on well-being and self-efficacy of adolescents. The sample of the study consists of 100 adolescents from joint and nuclear families. Results revealed a significant effect of type of family and gender on self-efficacy of adolescents. Findings also show a significant interaction between type of family and gender, however both gender and family type did not show any significant effect of the measures of well-being.

Inga-Dora and Eric (2009) examined the effects of negative life events on anger and depressed mood among a sample of 7,758 Icelandic adolescents. The results of the study showed that (a) negative life events associated with comparable levels of anger among male and female students, (b) female and male adolescents tend to experience different negative life events, (c) negative life events predict adolescents depressed mood more strongly among females than males, further (d) conflict with friends and family predicts adolescents anger and depressed mood more strongly than other negative life events.

Weiling and Miao (2009) examined the relationship between coping styles, personality traits and mental health among 276 medical students. The results of the study revealed that male students coping styles differ slightly from those of female students also some relationship found among coping style, level of emotional health and paranoid ideation, father’s education level, academic stress and fantasizing were emerged as influencing factors for psychological and emotional health of medical students.

Khokhar and Upadhayay (2007) compare the adjustment pattern of adolescents living in the physically deprived environment. A sample of 40 subjects, including both 20 (i.e. 10 males and 10 females) qualitatively deprived from the physically enriched environment and 20 subjects (i.e. 10 males and 10 females) non-deprived from qualitatively enriched physical environment having similar socioeconomic and educational background were taken to measure their self and peer group adjustment. The findings of the study revealed that, the adolescents living in a deprived physical environment were found to have poor self and peer-group adjustment in comparison to non-deprived adolescents. Furthermore, gender difference also showed differences in adjustment pattern in the same physical environment.
Abootaleb, Seadatee, Abootaleb, et al. (2004) studied the relationship between identity style (informative, diffusive / avoidant and normative), mental health and responsibility in a sample of 320 undergraduate students in the universities of Tehran. The results of the study indicated a significant relationship between identity style (informative, diffuse / avoidant and normative), mental health and responsibility. Furthermore, the findings also revealed a significant relationship between mental health and responsibility. Similarly, a significant relationship was also found between identity style and sub measures of mental health (anxiety, depression, physical health and social interaction). However, no significant relationship found in between male and female group of students in using identity style.

Young-Ho, Kim (2003) investigated mental health problems of Korean adolescents, to reveal factors affecting their negative mental health as well as to explore a possible relationship between mental health problems and psychological variables. For this purpose a sample of 2,052 Korean adolescents selected and the results of the study indicated that Korean adolescents showed a higher rate of prevalence in interpersonal sensitivity, anxiety, hostility and depression. In addition, the findings also revealed that there were significant differences found in adolescents mental health problems between age and gender. Furthermore, results show that adolescents mental health problems and psychological variables were significantly correlated with each other.

Jelani and Carolyn (2000) examine the effects of family income, marital status, and family functioning on African American adolescent’s self-esteem. In this study 116 adolescents participated, amongst all 64% were females. The results of the study show that as compared to male adolescents with non-married parents, males with married parents shows the highest level of overall self-esteem, even when family functioning and family income were controlled, but parental marital status shows no effect on females self-esteem. In addition family functioning emerged as a very strong predictor of self-esteem for both sexes. However, family relational factors emerged as more important to female’s self-esteem, whereas growth and structural factors were important for male adolescent’s self-esteem.
On the basis of the above studies it can be stated that, all have been classified on the four psychological variables, the crux of all these studies is mentioned below.

Studies carried out by both foreigner as well as Indian investigators attempted to highlight the issue of mental health that evoke a public health concern. Most of the studies highlighted the role of interpersonal stress, school or academic stress, self-efficacy and different personality traits as potentially significant factors for mental health especially related to the area of positive self-evaluation (i.e. self-esteem, self-concept, self-confidence and self-identity) and environmental competence (including characteristic of adjustment). These studies also highlighted significant gender differences on sources of stress, self-efficacy and mental health, as well as some moderator variables on the relationship between sources of stress and mental health outcome.

Thus the review of literature has been presented in accordance with the purpose of the study for which a specific methodology has been adopted which is presented in the next chapter.