Chapter 5

SUMMARY, FINDINGS, CONCLUSIONS, EDUCATIONAL IMPLICATIONS AND SUGGESTIONS FOR FURTHER RESEARCH

5.0 Introduction

The purpose of this chapter is to present the summary, findings, conclusions, educational implications and suggestions for further research study, relating to the mental health. This chapter includes the context demanding the need for study of mental health, the population and the sample, and the treatment of the data. The findings drawn from the study were also included. Recommendations for further research were given at the end of the chapter. The main objective of this study is to analyze the mental health status of Intermediate students.

The concept of mental health is as old as human beings. Our ancient scriptures are full of references to mental disorders and their treatment. The Atharva Veda, the Chark Samhita, the Susrut Samhita and the Astangh Sangrah have described several diseases of the mind with specific methods of treatment. They have also given the concept of mental health and how to maintain and promote it.

In modern India, especially in the beginning of the twentieth century, spiritual leaders emphasized a way of life free from greed, anger, fear and
pride. In the teachings of Sri Ramakrishna Paramahamsa and Swami Vivekananda emphasis has been laid on service and sacrifice. These are the essential ingredients of good mental health. Like physical health, mental health is also an important aspect of total personality. Health is defined as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. A sound mind in sound body is recognized as a social ideal for many centuries.

The aim of mental health is both personal and social. The personal aim is, a mentally healthy person can pursue reasonable and purposeful objectives and can make fruitful use of his talents and abilities. Mentally healthy individual has a sense of self respect, self-reliance, and knows that he is liked or loved or wanted. From the social angle the aim of mental health is to prepare the individual to be happy and productive, and useful to his fellow human beings and enable him to contribute “to a changing, challenging society”.

Mental health is condition of psychological maturity, a relatively constant and enduring function of personality. It is a condition of personal and social functioning with a maximum of effectiveness and satisfaction.

Mental health involves positive feelings and attitude towards the self and others.
5.1 Need and Significance of the Study

The Concept – health, no longer refers to physical health alone. The WHO has defined health as physical, mental, and social well-being and not merely the absence of disease or infirmity (Larson, 1991). Mental Health or psychological well-being is now viewed not only as being important to one’s physical health but also an essential aspect of health. Man has learned much about controlling the physical world but seems to be sadly inept in the ways of efficient living.

Researches indicate that almost all visits of primary care physicians are in some way related to Mental Health. About a third of “medically ill” people have psychological problems expressed as physical symptoms. Another one third has illness as a result of dysfunctional behaviour such as addiction to alcohol, drugs or cigarettes. The final third suffer from physical illnesses in which the cure may be influenced by the state of the patients mind.

Surveys of mental mobility carried out in various parts of the country suggest that the number of people needing psychiatric treatment will not be less than 11, 00,000. To the statistical indications of need for the mental health viewpoint if we add the everyday symptoms of mental illness, the situation becomes even more striking. Youngsters who have not learned the techniques of getting along harmoniously with their peers are failing to acquire happiness which gives evidence of unsound mental health.
Adolescence has been described as a phase of life beginning in Biology and ending in society (Peterson 1988). It is a period of dramatic challenges where adjustment is required with oneself, family and with peer group. In contemporary society, adolescents experience, institutional changes as well. Among young adolescents, there is a change in school settings typically involving transition from school to Junior College and in late adolescence there is a transition from college to professional and degree colleges. Each adolescent grows within some specific social setting. The nature of specific life space has an influence upon his learning experience and how he feels about them. Each group to which the individual belongs furnished a set of expectations and relationship which influence the eventual development of social skills, behaviour, and attitude, essentially it is learning.

Since the turn of 20th century adolescents mental and emotional health has become a great issue of concern for psychologists, personologists, counselors and health professionals. In the present day changing scenario, adolescents are adopting adult social roles rapidly in their early 20’s. They want to be independent and seek freedom. On the other hand they demand conformity and dependency also. So this conflicting demand of teenagers may doing them into problems of mental health adjustment.

Like our physical health mental health is also important in every stage of life as it influences the daily life as well as the future. In one of the surveys performed by WHO (1993) it was observed that at least 1 in 5 children and adolescents may have mental health problems during their most critical state
of development and at least 1 in 10 may have serious emotional disturbances and adjustment problems. Mental Health problems of adolescents may be explained through ‘Bio-social model’ also. Schulenbergetal (1997) concluded that an adolescents psychological well being is not only affected by genetics, chemical imbalances in the body, hormonal changes, but gets tremendously affected by many of environmental factors such as death of some very close person, sibling rivalry, sex abuse, financial crisis, spoiled peer group etc. Moreover psychological adjustment disorders manifest several emotional and behavioural symptoms such as depression, anxiety problems, fighting, withdrawal, suicidal tendency, social conflicts etc.

Excessive competition, rapidly changing culture and social values due to cross cultural influences, constant exposure to speed in every aspect of life have made the people in general and young generation in specific, live in urgency and emergency. Because of this rush they are failing to perceive their real goal and becoming directionless and goal less. A constant feeling of comparison denies the development and maintenance of healthy social relations and acts as a threat to individual under stress. Such stress, conflicts and frustration lead to poor and unhealthy mental health that lowers down the efficiency and effectiveness of human potential. Frustration among college youth becomes one of the main causes of students unrest, eve teasing, misbehaviour, intolerance, suicide, addiction to drugs, alcohol etc which are evidences of poor Mental Health. National Crime Recodrs Bureau noted that out of every 3 cases of suicide reported every 15 minutes in the country; one
involves a youth in the age group of 15 to 29. In 2006, 5857 students or 16 a
day committed suicides in India due to exam stress reported times of India.
(Times of India, 12th August 2006).

Ashok Kumar Reddy a dejected Intermediate Student committed suicide after knowing that he failed in the exams. [Hindu 25th April, 2009]

First year Intermediate Student, Ponuganti Naresh of Ravutla Village ended his life with the fear of insult following the admonition of college principal and staff for his wrong deed. [Hindu 5th November, 2010]

Manas Ranjan Das who was studying +2 in Jupiter Science College committed suicide allegedly after unable to bear the mental torture of the hostel superintend. [Orissa T.V. Bureau 15th November, 2010]

Two first year Intermediate Students Swetha and Rathi Devi lost their hands and legs when a train ran over them near Kamalapuram studying at Putha Venkata Subba Reddy Memorial College. The girls decided to end their lives as they fared poorly in the internal examinations. [Hindu 29th November, 2010]

A 20 years old Intermediate Student Uma Mahesh committed suicide by hanging himself from ceiling fan of his residence in Malkajgiri. According to the source, the young man was dejected as he was unable to concentrate on studies. [Deccan Cronicle 2nd February, 2011]

Psychologist, Mathew Kurein of Southern Medical Centre Banglore says that “In this modern age children are not brought up peacefully. They
are under pressure to deliver at schools; they are under pressure to appear for competitive examinations. After they reach puberty, no one in the family gives them any advise about managing life.

In the past the aim of college education used to be intellectual development. But in democratic India the constantly enlarging concept of education, emphasizes whole and well adjusted personality development. Education for 21st century is viewed by Jacqis Delores the Chairman of the International commission that brought out the report of UNESCO with the title “Learning the treasure within” as that education develops on four pillars of learning to know, learning to do, learning to relate with others and learning to be.

It is a fact that if a nation has to develop, great weight should be given to its economic development. The economy of the country depends, among other things, on the quality of education in society. Education is the most effective instrument of social and economic change. It is the education that determines the level of prosperity, welfare and security of the people.

The social and economic objectives stated in the Indian constitution and the goals visualized in our five year plans suggest that as a nation we want and need to accelerate the pace of change from tradition to modernity. To achieve this the new generation should be equipped with a new set of skills, values and attitudes and cultivate a new set of norms. Only education can do this function and thus be an instrument to usher this change.
At present on the Indian Education scene we follow $10 + 2 + 3$ pattern suggested by the Education Commission 1964 – 66. In these three stages $+2$ stage is critical in many aspects as it possesses adolescents who forms the basis for entering into the professional courses. Moreover it is Intermediate Education which strives to lay solid foundation to the students on which depends his future educational carrier and success.

Hence, in this context there is necessity to identify and isolate personal, social and academic factors that disturb their mental health.

5.2 Review of Related Studies

In the second chapter the researcher conducted a thorough survey of research surveys, available books and journals and for related literature. Studies done on the mental health status of students and studies with respect to mental health status and academic achievement were summarized. On other hand mental health studies related to teachers were also surveyed. Studies related to hardiness were also summarized.

Though mental health status of students was studied no attempt was made with intermediate students to study their mental health status in terms of social, personal and academic aspects and in relation to hardiness. Hence this research is unique in its own way. However certain guidelines were taken from researches like Joseph A. Durlak and Anne M. Wells (1995), Hilten Davis (2000) and Manik Mohan (2006).
5.3 Methodology and Objectives

In this chapter plan and procedure of the study was given and objectives were framed. The objective under study was to find out the mental health status of II year Intermediate Students with reference to variables like gender, medium of Instruction, students status of stay in the college, locality, ordinal position, parental education, and economic status of the family. The next objective was to find out the association between mental health and academic achievement of Intermediate students. The last objective was to find out the association between mental health and hardiness of II year Intermediate Students.

5.4 Hypothesis

To establish the significance of difference in mental health of intermediate students based on the gender (boys/girls), residence (residential/day scholars), medium (English/Telugu), location (rural/urban), order of birth in the family, parental education and economic status of the family, null hypothesis were framed and the results were verified using ‘t’ values and F values.

The study also aimed to find whether there is significant association between mental health and academic achievement and also between mental health and hardiness. $\chi^2$ values were found to verify the hypothesis.
5.5 Scope and Limitations

The scope of the study was to find out and analyze Mental Health Status and its association with Hardiness and Academic Achievement of Intermediate Students of Guntur District.

The study was limited to sample chosen in Guntur District only. The sample of the study was confined to 557 II year intermediate students studying in colleges only; but not Intermediate Students of vocational courses.

5.6 The Method of Study and Variables

The investigator followed descriptive survey analysis and 557 Intermediate Students were selected as sample, from one region of Andhra Pradesh i.e. Guntur District, through random sampling technique. The student sample was further categorized on the variables namely Gender (Boys/Girls), Residence (Residential/day scholars), Medium (English/Telugu), Location (Rural/Urban), Order of Birth in the family, Parental Education, and Economic Status of the family.

5.7 Construction of the Tool

Questionnaire was constructed keeping in view the Indian conditions social customs and interactions among the youth. The research tool which was constructed was exposed to Experts judgment, refined and organized. The final form of the questionnaire consisted of 65 items with a four point rating scale for each item. Reliability of the tool was found using Spearman Brown Prophecy formula by following split half method. Internal consistency
was also found using Cronbach Alfa and the value was 0.909. Content validity was established. Intrinsic validity was found. The tool was administered by taking the permission of the authorities to collect the necessary data.

**5.8 Statistical Techniques**

In the fourth Chapter the responses of the II year Intermediate Students were subjected to different statistical techniques. The data were analysed objective-wise and also hypotheses wise and the significance of the results was established.

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<td>Objective 1</td>
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**5.9 Findings**

1. The sample of the Intermediate students was found to have moderate Mental Health status and the group was found to be heterogenous in its Mental Health status.
2. 38.60% of the total sample of Intermediate Students was found to have moderate Mental Health; 25.49% good Mental Health and 3.77% of the sample was found to have very good Mental Health status.

3. 29.98% of the sample of Intermediate students was found to have poor and 2.16% was found to have very poor Mental Health status.

4. Gender difference, ordinal position, medium of instruction, residential stay, nature of residential area were found not influencing the Mental Health of the Intermediate students. But there was a significant difference between male and female Intermediate students in the academic Aspect of Mental Health. Boys were found having significantly better Mental Health Status than the girl students.

5. Students from rural and urban areas also differed significantly in the Academic and Social Aspects of Mental Health. The Intermediate students from urban area were found having significantly better Mental Health in academic and social aspects, than the students from rural area.

6. Mental Health status of the Intermediate Students in relation to the Educational background of the parents was found to be significantly differing. The Intermediate students with parents having University Education were found having better Mental Health Status followed by the parents having college, secondary and primary education.

7. The Academic and Personal Aspects of the Mental Health of the Intermediate students were found to be significantly influenced by the
parental educational background. But in the Social Aspect of the Mental Health of the Intermediate students a significant influence of Parental Educational background was not found the Intermediate students with parents having University Education were found having better Mental Health in Academic and Personal aspects followed by those with College, Primary and Secondary Education.

8. The Mental Health and Academic Achievement of the Intermediate students were found significantly associated with each other.

9. A significant association was also found between the academic aspect of mental health and academic achievement of the Intermediate students while such was not the case with personal and social aspects of mental health and academic achievement.

10. Like wise mental health and hardiness were found to be having a significant association with each others.

11. Significant association was also found between the mental health and control aspect of hardiness, whereas commitment and challenge aspects of hardiness did not associate significantly with mental health.

**5.10 Conclusion**

The concept of mental health is as old as human beings. Like physical health, mental health is also a significant aspect of total personality development. Mental Health reflects the balanced development of an individual’s personality and harmonious relationships with his fellowmen.
Mental Health is not exclusively a matter of relation between persons, it is also a matter of connectedness of the individual with the community he lives in a part of the social institutions, which, for a large part, guide his life, determine his way of living, working, leisure and the way he earns and spends his money, the way he sees happiness, stability and security.

The problems of mental disorders have been increasing tremendously for the last two decades all over the world. The incidence of mental disorders are acquiring unusual dimensions every year causing a great concern to educationists, psychologists, and sociologists who are closely connected with the welfare of the individual and the society as a whole.

Adolescence is a period of life in which there is an undue physiological, social, emotional and moral stress, for which the individual is not prepared. It is a period in which mental abnormalities may and do appear, or at which those already in existence become more socially significant.

In the present study it was observed that 32% of the Intermediate students have poor mental health status. This can be overcome by providing guidance and counseling, as the period of adolescence is crucial for the development of a desirable personality.

It is observed in the present study that the Intermediate student sample having parents with University Education are having better mental health status.
The adolescents were found receiving help from their parents in their academic programmes, examination preparation and in the development of study skills, and in stressful situations.

The Intermediate education is considered to be the gateway to enter into professional colleges. As such parents, teachers are more occupied with the end results rather than the process of learning. Hence the stress and strain on Intermediate students is doubled. The unhealthy competition for scoring of marks and unreasonable expectations and pressures by parents and high aspirations of teachers are the source of mental health problems for students at the Intermediate level. Added to the above achieving for EAMCET, IIT etc. is another potent factor causing stress.

In the present study it was observed that academic achievement and mental health are significantly associated with each other. For academic achievement, learning has to be well cared for at this stage because it is deciding their career options. If the very Intention of this stage is properly dealt the Intermediate students may experience an excellent sense of achievement.

Nurturing mental health can prevent or combat mental health problems. In some cases, it can prevent the onset or a relapse of a physical or mental illness. When the adolescents are mentally healthy, they can be in control of their emotions and their behaviour. They will be able to handle life’s inevitable challenges and changes, build strong relationships and can
lead productive and fulfilling lives. Even when unpleasant things happen they are able to bounce back and move on.

One of the specific personality traits for a sound mental health identified by Kobasa and associates is Hardiness. People with this trait are committed to what they do, they have control over their lives, they see change as a challenge rather than a threat. It was observed in the present study that mental health and hardiness were also dependent on each other.

The cooperative endevour of teachers and parents in the form of spending quality time and energy in teaching and listening to the intermediate students can develop in them a realistic attitude towards their life and also academic, social and personal life by thinking, feeling and acting in a healthy manner.

5.11 Educational Implications

Most of the Intermediate students are generally well adjusted and their problems are such that little direct or indirect assistance in the college environment brings in mediate or little delayed adjustment. However certain students, who, because of lack of balanced temperament, family and home training, excessive or unwarranted ambitions or desires, or actual neurotic tendencies sometimes combined with unusual intellectual superiority, are liable to great conflicts, when they can’t resolve their conflicts they go seriously maladjusted, due to which their college life would turn burdensome,
unworthy and ineffective. They may exhibit hysterical or obsessive or depressive or maniac behaviours.

**The Mental Hygiene Programme in Colleges**

The mental hygiene programme in Intermediate colleges should function both directly and indirectly. The preventive programme should include the establishment of hygienic, environmental conditions, and learning and play activities and the teaching of the principles of hygienic and healthy living through courses in mental hygiene. Such courses appear to be most effective if the discussion method is used for small groups.

In addition to these courses, constant opportunities for all students to receive personal advice on any problem must be provided to keep up and enrich their mental health.

Finally since perfect mental health is not characteristic of even normal person, Mental Hygiene as a service must be rendered in case of every adolescent.

**5.12 Suggestions for Further Study**

1. Co relational studies of mental health may be attempted with some other variables like adjustment, frustration motivation and some personality factors to get further insight into the problem.

2. Mental health of students of different profession can be studied.

3. Mental Health of orphaned children can be studied.
4. Mental Health of Juvenile drug addicts, and alcohol addicts can be studied.

5. Effect of Yoga and Meditation classes on the Mental Health Status of school going children can be studied.

6. A study of the Mental Health of secondary school teachers and college lecturers can also be taken up.

7. A comparative study of Mental Health of old people in old age homes and those residing in their families can be studied.