MENTAL HEALTH IN RELATION TO THEIR SOCIO-ECONOMIC STATUS AMONG 10th GRADE STUDENTS

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Abstract: Mental Health defines either emotional or cognitive being of an individual. When it is absent, it becomes a mental disorder. Transition between primary and secondary school represents an important milestone in young people's development. The major factor affecting their mental health is socio-economic status. The present study is focused on the relationship between mental health and socio-economic status among 10th grade students. A sample of 200 students were taken for this study. Mental Health inventory by Dr. Jagdish and A.K. Srivastava (1983) and Socio-economic scale by Sunil Kumar Upadaya and Alka Saxena (2008) were taken for this study. Data was analyzed by various statistical techniques. Result of this study showed that there exist a significant relationship in mental health and socio-economic status among 10th grade students.

Key words: Mental Health, Socio-Economic Status

Introduction: WHO defines mental health is a state of mental well being that enables people to cope normal stresses of life, realize their abilities , learn well and contribute to their community. Mental health is not just the absence of mental disorder and the mental illness ,but it is also defined as the capability to tackle the life challenges with case and positive approach . In order to live a healthy life , mental health and physical health has to be strong and perfect . There are various factors which affect the mental health of students. Socio-economic status is one of the factor which affects the mental health. Low socio-economic status mostly limits the wishes and wells of youth. This can result of inferiority complex, embarrassment , small friend circle. Low level of confidence ultimately disturbs mental health of an individual .So, the good mental health is very important for healthy life. A person who is mentally healthy does not forget the commitments and is regular and punctual in performing his duties. In these days , adolescents tries to make impact over others through high socio-economic status, high standard of living. There have been so many researches in this field which indicate higher mental outcomes like higher confidence level, optimum better control and self -esteem.(Verma,1962) Socio economic status is a combined measure of economic and social position of an individual or family relative to other on the basis of income, education and occupation. Overall, lower socio- economic status has been linked to chronic stress, heart disease, ulcer and premature ageing. Communities with low socio-economic status in the U.S. have higher rates of infants , morality, obesity and cardiovascular health issues. Socio-economic status can also have an impact on communities, including rates of crime and poverty.

Justification of the Problem: In this time we are living in the era of globalization .Every moment we are facing changes, advancement and crucial issues in our life. We all are part of world and lives in different societies. But family is a place where child's physical as well as mental health takes place at different times of life at different ages. Socio-economic status has a major effect on the life of an individual. The mental health of a student has been found largely determined by socio-economic status. The poorer one's socio-economic conditions are the higher one's risk is for mental disability. Lower level of socio-economic status are associated with higher levels of emotional and behavioral difficulties including social problems, delinquent behavior system and hyper activity disorder. Lower level of socio-economic status are associated with higher level of depression , anxiety and attempted suicide, aggression and

discrimination. Various researches have been shown that people live in poor accommodation such as home and apartments with structural problems are likely to experience depression. Good socio-economic status helps to develop good mental health. If there is stress on the student due to poor socio-economic status then it could lead to the problem in mental health . So, the main reason behind this research is to study the relation between mental health and socio –economic status of 10th grade students.

Objectives :

1. To study the difference in mental health of boys and girls of 10th grade students.
2. To study the difference in the socio-economic status of boys and girls of 10th grade students.
3. To study the relationship between mental health and socio-economic status of 10th grade students.

Hypotheses:

1. There exists no significant difference in the mental health of boys and girls of 10th grade students.
2. There exists no significant difference in the socio-economic status of boys and girls of 10th grade students.
3. There exists no significant relationship between mental health and socio-economic status of 10th grade students.

Review of Related Literature:

Kumari (2018) conducted a study on academic anxiety in relation to mental health of students of District Faridabad. A sample of 100 students were taken for this study. Data was collected by using Mental Health Inventory by Kumar and Alpna Singh (2000) were used for data collection. Result of this study revealed that girls have more academic anxiety than boys.

Shifeng (2019) investigated a study on the role of self concept in relationship between socio- economic status and school achievement. A sample of 300 students were taken for this study. Socio-economic status scale by Meenakshi (2004) was used for data collection. Result of this study revealed that both family's socio-economic statu and self concept were significantly related children's performance.

Lal (2020) conducted a study of mental health and socio-economic status among youth. For this study data was collected from 100 college students age ranging from 18-24 years randomly. The participants were well informed for this study. Mental health inventory (Jagdish ,1983) was used for this study. Result of this study showed that high income family possesses good mental health.

Rahman (2021) conducted a study on socio-economic status of household from different villages mostly located in China . Sample was taken from 100 households. Shah (1986) socio-economic scale was used for this study. Findings of this study showed that household with low socio economic status tend to depend on farm land income and household with high socio-economic status depend on business.

Method and Procedure:

Six schools situated in Amritsar were visited by the investigator to collect data from respondents.

Tools Used: Mental Health Inventory by Dr. Jagdish and Dr. A.K. Srivastava (1983)

Socio-economic status by Sunil Kumar and Dr. Upadhaya and Alka Saxena(2008)

Analysis of Result:

Hypothesis 1: There exists no significant difference in mental health of boys and girls of 10th grade students.

Table1: Showing Mean, Standard- deviation, t- ratio of significance in mental health of boys and girls of 10th grade students.

S.No.	Gender	N	Mean	S.D.	S.ED.	df	t-value	Inference
1.	Male	100	132.75	4.6	0.7	198	1.67	N.S.
2.	Female	100	133.92	4.78				

Table-1. Shows that mean score and S.D. of boys is 132.75 and 4.6 respectively and in case of girls mean score and S.D. of girls is 133.92 and 4.78 . The t-value comes to be 1.67 which is not significant at 0.05 and at 0.01 level. The calculated value of t is less than table value. So, the hypothesis-1 There exists no significant difference in mental health of boys and girls stands accepted.

Hypothesis 2: There exists no significant difference in socio-economic status of boys and girls of 10th grade students.

Table -2: Showing Mean, Standard- deviation, t- ratio of significance in socio-economic status of boys and girls of 10th grade students.

S.No.	Gender	N	Mean	S.D.	S.ED.	df	t-value	Inference
1.	Male	100	239.65	4.039	0.602	198	9.55	Significant at 0.05and 0.01
2.	Female	100	233.90	4.46				

Table-2. Shows that mean score and S.D. of boys is 239.65 and 4.039 respectively and in case of girls mean score and S.D. of girls is 233.90 and 4.46 . The t-value comes to be 9.55 which is significant at 0.05 and at 0.01 level. The calculated value of t is greater than table value. So, the hypothesis 2. There exists no significant difference in the socio-economic status of boys and girls of 10th grade students is rejected.

Hypothesis-3: There exists no significant relationship between mental health and socio-economic status of boys and girls of 10th grade students.

Table-3: Showing correlation between mental health and socio-economic status of boys and girls of 10th grade students.

Variables	N	r-correlation	Inference
Mental Health Inventory	200	0.463	Significant at 0.05 and at 0.01 level
Socio-economic Status			

Table- 3. reveals that correlation between mental health and socio-economic status of 10th grade students is 0.463 which is significant at 0.05 and at 0.01 level. Hence the hypothesis no -3. There exists no significant relationship between mental health and socio-economic status of 10th grade students is rejected. The same results were supported by Zhang (2022)   that there exists a significant relationship between mental health and socio-economic status.

Educational Implications:

In an effort to provide optimal health care for individuals, teacher should take into account the low income which can comprise their mental health.

1. Being able to identify individual which have increased risk for poor mental health can result educators provide best practices that would ultimately foster adequate health care and preventing leading to overall reduction in number to individuals with poor mental health.
2. It is essential that policy makes identify ways to fund and implement programs and services that will lead to health promotion and prevention.
3. Mental Health programs should be developed that are available and accessible most importantly affordable for a population that may be at great risk for poor mental health.

Suggestions For Further Research:

1.The present study was conducted on a sample of 200 students. It can be conducted on a large sample for a wide generalization.

2. The present study was confined to students of Amritsar District.It can be conducted on comparative study of two districts.

3. The present study was conducted on 10th grade students only. Similar study may conducted on senior secondary school students.

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Internet Resources:

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