

MENTAL HEALTH OF XI STANDARD STUDENTS OF AHMEDABAD CITY

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Abstract

In the current research paper the investigator's aim is to investigate the Mental Health of XI standard students of Ahmedabad City. To find out the mental health total 320 students of XI Standard were comprised by random sampling technique. For the collection of the data Dr. R.S. Patel's questionnaire was used. Mean, SD and t-test techniques were applied to reach the result. In this study it was found that gender, type of the school, type of the family and the zone are having the same levels.

Keywords: *Mental health, XI standard student, health*

In the recent years, incidents of mental illness have tremendously increased and posed a serious problem because of the industrial development, and social and economic changes have given rise to many new problems. The problem of the mental health has acquired importance in the programs of national development. Mental Health is determined by the internal relation of physical, social and psychological factors which are the integral part of every child's health. An imbalance between one and more of these factors can lead the child who experiences mental illness and it may lead towards peer bullying, youth violence or suicide. Mental health and education are closely related with each other. In any type of educational work, mental health is the first and foremost condition. If the children do not have sound mental health, they can't concentrate in learning. Mental health is essential to the learning process as intelligence.

Objectives

To Study the effect of Mental Health of XI Standard students of Ahmedabad city; To Study the effect of Gender on Mental Health of XI Standard students of Ahmedabad city; To Study the effect of Type of the school on Mental Health of XI Standard students of Ahmedabad city; To Study the effect of Zone on Mental Health of XI Standard students of Ahmedabad city; To Study the effect of Family type on Mental Health of XI Standard students of Ahmedabad city.

Hypothesis

Ho₁: There will be no significance difference between mean score of Mental Health of XI Standard boys and girls of Ahmedabad city; Ho₂: There will be no significance difference between mean score of Mental Health of XI Standard students of granted and non-granted schools of Ahmedabad city; Ho₃: There will be no significance difference between mean score of Mental Health of XI Standard students of East and West zone of Ahmedabad city; Ho₄: There will be no significance difference between mean score of Mental Health of Joint family and Nuclear family on XI Standard students of Ahmedabad city.

Research Design

The researcher has selected 320 students from granted and non-granted schools randomly from both the zone by Cluster sampling method. The self-made

questionnaire is used as a tool. Mean, SD and t-test technique were applied to analyze the raw data in to meaningful manner.

Analysis and Interpretation

Ho₁: There will be no significance difference between mean score of Mental Health of XI Standard boys and girls of Ahmedabad city.

Table 1 Table of significance for Mental Health of XI Standard boys and girls

Gender	Number	Mean	SD	t- value
Boy	160	28.575	9.2260	0.3125
Girl	160	28.925	10.7452	

From the above table it is clear that obtained t- value is less than the critical t-value at 0.05 level of significance. Therefore the hypothesis that there will be no significance difference between mean score of Mental Health of XI Standard boys and girls of Ahmedabad city may not be rejected.

Ho₂: There will be no significance difference between mean score of Mental Health of XI Standard students of granted and non-granted schools of Ahmedabad city.

Table 2 Table of significance for Mental Health of XI Standard students of granted and non-granted schools

Area	Number	Mean	SD	t- value
East	180	28.755	96.0628	0.0111
West	140	28.742	105.8182	

From the above table it is clear that obtained t- value is less than the critical t-value at 0.05 level of significance. Therefore the hypothesis that there will be no significance difference between mean score of Mental Health of XI Standard students of granted and non-granted schools of Ahmedabad city may not be rejected.

Ho₃: There will be no significance difference between mean score of Mental Health of XI Standard students of East and West zone of Ahmedabad city.

Table 3 Table of significance for Mental Health of XI Standard students of East and West zone

Type of the family	Number	Mean	SD	t- value
Join	145	28.455	9.3758	0.4846
Nuclear	175	28.994	10.5114	

From the above table it is clear that obtained t- value is less than the critical t-value at 0.05 level of significance. Therefore the hypothesis that there will be no significance difference between mean score of Mental Health of XI Standard students of East and West zone of Ahmedabad city may not be rejected.

Ho₄: There will be no significance difference between mean score of Mental Health of Joint family and Nuclear family on XI Standard students of Ahmedabad city.

Table 4 Table of significance for Mental Health of XI Standard students of Joint family and Nuclear family

Type of the School	Number	Mean	SD	t- value
Granted	160	28.575	9.2260	0.3125
Non- granted	160	28.925	10.7452	

From the above table it is clear that obtained t- value is less than the critical t-value at 0.05 level of significance. Therefore the hypothesis that there will be no significance difference between mean score of Mental Health of Joint family and Nuclear family on XI Standard students of Ahmedabad city may not be rejected.

Findings

There is no significance difference of boys and girls on mean score of Mental Health. This means that the mental level of boys and girls are of same level; There is no significance difference of East and west area on mean score of Mental Health; This means that the mental level of east and west areas is of same level; There is no significance difference of Type of Family on mean score of Mental Health; This means that the mental level of Joint and nuclear is of same level; There is no significance difference of the Type of the school on mean score of Mental Health; This means that the mental level of Granted and non- granted school is of same level.

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