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A Study Of Mental Health Of Students Studying At Secondary Level In The Context Of Family Environment

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Abstract - In the presented research paper, A study of mental health of students studying at secondary level in the context has been studied.To achieve the study's goal, research hypotheses have been developed. Hundred 9th grade students from Kashipur city in the Udham Singh Nagar district were included in the sample for the study paper that was presented. The present study concerns with finding out the A Comparative study of mental health at the senior secondary level researcher has used descriptive survey method. The instrument developed by Dr. Sushma Talesara has been used to measure mental health. and Dr. Akhtar Bano and Family Environment Scale built by Shalusain" and "Prof. Parminder Kaur". It is known from the result there is no significant correlation between mental health and family environment of students studying at the secondary level. there is no significant correlation between family environment with the mental health of students studying at the government school. There is no significant correlation between family environment with the mental health of students studying at the private school.

Keywords : Mental Health, Family Environment, Secondary Level.

Introduction - The process of acquiring and imparting knowledge, skills, values, and practices is referred to as education. It is essential to the growth of the individual, the community, and the country. Education encompasses experiences and the learning process in all facets of life, not only the knowledge acquired in classrooms and colleges. It molds our outlooks, character traits, and values in life. Significant changes in physical, cognitive, emotional, and social domains take place throughout the crucial developmental stage of adolescence. People start to establish their own identities, build relationships with their peers, and make significant decisions about their futures at this time. They also encounter a range of possibilities and difficulties that may have an impact on their general well-being and mental health. A person's mood, emotional stability, and mental equilibrium are all reflected in their mental health. It is a condition in which an individual can successfully manage their social, personal, and professional lives while

overcoming stress, anxiety, and obstacles in life. A person's mental health encompasses their social, psychological, and emotional well-being. It affects our ideas, emotions, and behaviours in addition to our capacity for stress management, social interaction, and decision-making. Mental health is important at every stage of life, from birth to maturity. It allows you to work well, cope with daily challenges, and contribute back to your community. Mental health problems can affect thoughts, feelings, and behaviors. Examples include anxiety, depression, bipolar disorder, and others. Mental health can be influenced by biological characteristics (e.g., brain chemistry or genetics), family history, and life experiences (e.g., trauma or abuse). The World Health Organization (WHO) defines mental health as more than just the absence of illness or disability; it is a state of physical, mental, social, and spiritual well-being. A person in good mental health is aware of their own skills, able to manage everyday stressors, productive at work, and able to give back to their community. The family's youngsters have excellent educational attainment and are able to adapt to their surroundings with ease. In the contrary scenario, the kids struggle and exhibit an incapacity. The social and emotional climate of the family, including the nature of the parent-child bonds, communication styles, and the degree of emotional support and safety offered to the teenager, is referred to as the family environment. Research has indicated that while a negative family environment might raise the likelihood of mental health issues like substance misuse, anxiety, and depression, a healthy family environment can support adolescents' mental health and well-being.

Objectives of the study-

1. To study the correlation between mental health and family environment of students studying at the secondary level.
2. To study the correlation of the family environment with the mental health of students studying at the government school.
3. To study the correlation of the family environment with the mental health of students studying at the secondary level.

Hypothesis of the study-

1. There is no significant correlation between mental health and family environment of students studying at the secondary level.
2. There is no significant correlation between family environment with the mental health of students studying at the government school.
3. There is no significant correlation between family environment with the mental health of students studying at the private school.

Study Methodology - The present research work concerns with finding out the A Comparative study of mental health at the senior secondary level researcher has used descriptive survey method.

Population – In the presented research work, students in senior secondary level schools of Udham Singh Nagar district have been included in the population.

Sample - Under the sampling process, the researcher selected 100 students (50 Boys or 50 Girls) senior secondary levels schools.

Research Tool - The instrument developed by Dr. Sushma Talesara and Dr. Akhtar Bano has been used to measure mental health. Family Environment Scale built by Shalusain" and "Prof. Parminder Kaur"

Table 1

There is no significant correlation between mental health and family environment of students studying at the secondary level.

Variables	N	Correlation	df	Result
Family Environment	100	0.056	98	No significance
Mental Health				

It is clear from the above table that the correlation coefficient (r) calculated between the mental health and family environment of students studying at the secondary level is 0.056. which was found to be a significant difference at the significance level of 0.05. Hence, the hypothesis that there is no significant correlation between mental health and family environment of students studying at the secondary level is completely accepted.

Table 2

There is no significant correlation between family environment with the mental health of students studying at the government school

Variables	N	Correlation	df	result
Family Environment	50	0.055	48	No significance
Mental Health				

It is clear from the above table that the correlation coefficient (r) calculated between the mental health and family environment of students studying at the secondary level is 0.055. which was found to be a significant difference at the significance level of 0.05. Hence, the hypothesis that there is no significant correlation between family environment with the mental health of students studying at the government school is completely accepted.

Table 3

There is no significant correlation between family environment with the mental health of students studying at the private school.

Variables	N	Correlation	df	result
Family Environment **Mental Health**	50	0.073	48	No significance

It is clear from the above table that the correlation coefficient (r) calculated between the mental health and family environment of students studying at the secondary level is 0.073. which was found to be a significant difference at the significance level of 0.05. Hence, the hypothesis that there is no significant correlation between family environment with the mental health of students studying at the private school is completely accepted.

Conclusion -

- It is clear from the correlation coefficient (r) calculated between the mental health and family environment of students studying at the secondary level is 0.056. which was found to be a significant difference at the significance level of 0.05. Hence, that there is no significant correlation between mental health and family environment of students studying at the secondary level.
- It is clear from the correlation coefficient (r) calculated between the mental health and family environment of students studying at the secondary level is 0.055. which was found to be a significant difference at the significance level of 0.05. Hence, that there is no significant correlation between family environment with the mental health of students studying at the government school.
- It is clear from the correlation coefficient (r) calculated between the mental health and family environment of students studying at the secondary level is 0.073. which was found to be a significant difference at the significance level of 0.05. Hence, that there is no significant correlation between family environment with the mental health of students studying at the private school.

Educational Implications

- Teenagers develop a negative attitude that impacts their mental health when parents have high expectations for them and they are unable to meet them. As a result, parents must be educated and made aware that their expectations of their teenagers should be based on their aptitude and interests.

- In order to inspire and motivate other youngsters to perform better, pupils who have achieved great results in spite of challenging family circumstances ought to be recognized and shown as role models in society.

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