

Adolescence Adjustment and Mental Health in Male and Female Students

Kothival Krishna P.

Department of Psychology
Saurashtra University, Rajkot-360005, Gujarat-India

Received Dec. 10, 2017

Accepted Jan. 15, 2018

ABSTRACT

Adolescence is a period of stress and storm that makes the adolescent to face many challenges in their life. The main purpose of present research was to find out the mean difference in the levels of adolescence adjustment and mental health. The total sample consist 60 male and female students on adolescence adjustment and mental health. The research tool used for adolescence adjustment was measured by Sinhawhile mental health was measured by Dr. D. J. Bhatt and Dr. GeetaR.Geeda. Here't' test was applied to check the significance difference in adolescence adjustment and mental health. Result revels that no significant difference in adolescence adjustment and mental health in students.

Key words: adolescence adjustment and mental health

Introduction

Adolescence is a period of stress and storm that makes the adolescent to face many challenges in their life. It is a transition period during which they learn many new habits, behaviors and give up some old habits. They become an easy prey to emotional instability and may exhibit violent behaviors at home and at school due to lack of control in expressing views and opinions, lack of understanding their parents and teachers etc., . All these pose a major threat to the positivedevelopment in adolescent school students.

Adolescents have a poor reputation of getting along poorly with their families. The teenage boy or girl may be faced with serious problem of adjustment when there is a difference of opinions, ideals and attitudes with their parents. Conflicts may arise between the adolescent and the parents that the difficult to resolve if neither is neither willing nor able to compromise. It takes all the fact and understanding of parents to handle their teenage son or daughter (coleman, 1974).

Happiness is a mental or emotional state of well-being defined by positive or pleasant emotions ranging from contentment to intense joy. A variety of biological, psychological, religious and psychophysical approaches have striven to define happiness and identify its sources. Various research groups, including positive psychology, are employing the scientific method to research questions about what happiness is, and how it might be attained.

Mental health can affect our routine life, our relationships and even youth physical health and also children's life. Mental health also includes a person's ability to enjoy life to get a balance between life's all activities and efforts to achieve psychological resistance.

Maintaining good mental health is crucial to living a long and healthy life. Good mental health can enhance one's life, while poor mental health can prevent someone from living an enriching life. According to Richards, Campania & Muse-Burke (2010) "There is growing evidence that is shoeing emotional abilities are associated with prosaically behaviors such as stress management and physical health."(2010)

Adolescence have no patience and very aggressive so it's very hard to control him/her. And adjustment and mental health is a very big point of him/her life so it's very important for them future.

Review of literature

According to S. Rajeshwari and J.O. JeridaGnanajaneEljo (2013), hence this study aims to study the emotional adjustment of theadolescent school students and suggests suitable life skill measures to enhance emotional stability and positivedevelopment of adolescent school students.The researcher has used descriptive research design by adopting disproportionate random sampling method andcollected data from 200 adolescent students which constitute 107 girls and 93boys.Adolescent's Emotional AdjustmentInventory developed by Dr. R. V. Patil (1989) was adopted and the reliability co-efficient under split half method is 0.82.The findings of the study revealed that there exists low level of emotional adjustment ability among the adolescent schoolstudents.

According to Dr. K. B. Chotani(2014), The basic aim of present investigation is that to study the influence of role of medium in thedevelopment of child's personality by academic stress and adjustment scales. Present studywas undertaken to examine the level of academic stress and adjustment among Gujarati medium and English Medium School Students. For that purpose 120 students of class IX andX were selected randomly from different schools out of which 60 were taken from Gujarati medium school and the remaining 60 were

taken from English Medium School. AbhaRaniBisht (BBS) scale for measuring academic stress was used to see the level of stress and Sinha and Singh Adjustment Inventory for school students was used to examine level of adjustment among the students. The data were analyzed by 't' test and ANOVA were applied to check the difference in significance between the entire two mediums of instruction. The main and internal effect has been discussed. Results indicated that level of academic stress was significantly higher among the English Medium school students whereas Gujarati medium school students were significantly better in terms of their level of adjustment. The Medium of Mother tongue per both boys and girls adjustment level are high and academic stress level low than other medium of instruction at school level.

According to **akbarhusain, ashutoshkumar and abidhusain (2008)**, this study was undertaken to examine the level of academic stress and overall adjustment among Public and Government high school students and also to see relationship between the two variables. For that purpose 100 students of class IX were selected randomly from two different schools out of which 50 were taken from Public and the remaining 50 were taken from Government school Sinha and Sinha scale for measuring academic stress was used to see the magnitude of stress and Sinha and Singh Adjustment Inventory for school students was used to examine level of adjustment among the students. Results indicated that magnitude of academic stress was significantly higher among the Public school students whereas Government school students were significantly better in terms of their level of adjustment. However, inverse but significant relationships between academic stress and adjustment were found for both the group of students and for each type of school.

Objectives

The main objectives of study were as under:

1. To measure adolescence adjustment on male and female students.
2. To measure mental health on male and female students.

Null Hypothesis

To related objectives of this study Null-Hypothesis were as under :

1. There will be no significance difference on adolescence adjustment on male and female students.
2. There will be no significance difference on mental health on male and female students.

Method

Participants

In this study total 60 students were taken as a sample. (30 male and 30 female)

Tools:

A. Adolescence Adjustment :

It scale made by Sinha. This is a two point scale. Two types of sentences in this scale are positive and negative. Total 80 sentence in this scale. 30 sentences are about self-adjustment, 30 sentences are about friend's adjustment and 20 sentences are about school adjustment. 40 are positive and 40 are negative sentence in this scale.

B. Metal health :

It scale made by Dr. D. J. Bhatt and Dr. Geeta R. Geeda. This is a four point scale. Two types of sentences in this scale are positive and negative. Total 56 sentences in this scale and 24 are positive and 32 are negative sentences.

Procedure:

First of all select as a sample and went at their school and tuition. Total 60 students were taken as a sample, 30 male and 30 female were selected. They were informed about the purpose of the study. Participants were informed about the confidentially regarding information collected from them. A time for data collection was setup that was conducive for the participants. Before administering the scale, the purpose of the study was again explained to the participants a good report was built with the participants for getting correct response. Some necessary instruction and guidelines were provided to them properly filling the scale. After this the both scale were provided to them and they were requested to fill up the both scales as for the instructions given in the scale. After completion of the scale participants returned the scale and they were thanked for their participation and co-operation.

Research Design

The aim of present research was mental health and depression in science students. For these total 60 samples were taken with used purposive method to check significance differences between groups. 't' test was used. Result and discussion of study is as under:

Result

The present study attempted to assess the mental health and depression in science students. The data were selected by purposive method in Rajkot (Gujarat-India). The 't' test was applied for the purpose of statistical interpretation to test the significance of different between adolescence adjustment and mental health on male and female students. Result and discussion for the present study are as follows:

Table - 1
Result of Adolescence adjustment

variables	N	Mean	't'	Sig.
Male	30	59.77	1.75	0.01
Female	30	55.07		

Result of adolescence adjustment saw that male students have good adolescence adjustment (Mean =59.77) as compare female students (Mean = 55.07). The 't' test was 1.75. There is no significant difference of adolescence adjustment. It means first hypothesis was accepted. (Close looks at result table-1)

Table - 2
Result of Mental health

variables	N	Mean	't'	Sig.
Male	30	156.87	1.42	0.01
Female	30	151.3		

Result of mental health saw that male students have good mental health (Mean = 156.87) as compare female students (Mean = 151.3). The 't' test was 1.42. There is no significant difference of mental health. It means first hypothesis was accepted. (Close looks at result table-1)

Discussion:

In this study, Results saw that no significance difference on adolescence adjustment and mental health on male and female students. Possible reason will be adolescence adjustment and mental health is associated with each other.

Based on mean score, male students have good adolescence adjustment as compare female students. Possible reason will be male students become more mature because he knows that in future come more responsibility of his family. Second possible reason will be male students are aware arising from changes in adolescence as compare female students. Female students are not aware about her adolescence changes. So they are not accepting these changes quickly. So male students have adolescence adjustment is better as compare female students.

Mental health is also good in male students as compare female students. Possible reason will be male students' thinks from logic and female students thinks with feelings and feelings comes from heart. So, male students have a good mental health as compare female students.

Conclusion:

We can conclude by data analysis as follows:

There was no significant difference of adolescence adjustment and mental health on male and female students. Based on mean score, male students have good adolescence adjustment as compare female students and male students have good mental health as compare female students

References:

1. Akbar Hussain, Ashutosh Kumar and Abid Husain (2008), Academic Stress and Adjustment Among High School Students. *Journal of the Indian Academy of Applied Psychology*, April 2008, Vol. 34, Special Issue, 70-73.
2. Coleman. C. J. 1974: relationship in adolescence. London Rutledge &Kegan
3. Dr. K. B. Chothani (2014), A Study of Academic Stress and Adjustment among Gujarati and English Medium School Students, the *International Journal of Indian Psychology* | ISSN 2348-5396 Volume 2, Issue 1, Paper ID: B00232V2I12014 <http://www.ijip.in> | Oct to Dec 2014
4. Richards, Campania & Muse-Burke (2010). About Mental health
5. S. Rajeshwari& J. O. JeridaGnanajaneEljo (2013), A study on emotional adjustment of adolescence school students. *International Journal of Humanities andSocial Sciences (IJHSS)*ISSN 2319-393XVol. 2, Issue 2, May 2013, 49-56.