



# *Mental Health Of Adolescent*

M.A. Nandaniya

Dept.of Psychology, Dr. Subhash mahilacollege

Junagadh, Gujarat, India

nandaniya62@gmail.com

**Abstract:** The present study aimed to find out the mean difference between the adolescent and their mental health. Total sample consisted of 120 adolescent. Out which 60 boys students and 60 girls students. For this purpose of investigation mental health scale were analyzed through 't' test to know the mean difference between the two groups. The result shows that. There is significant difference in mental health of adolescent boys and girls students' at 0.01.

**Key word:** Mental health

## **I. INTRODUCTION:-**

Poor mental health can have import effect on the wider health and development of adolescents and is association with several health and social outcomes such as higher alcohol, tobacco and illicit substances use, adolescent pregnancy, school dropout and delinquent behaviors. There is growing consensus that healthy development during childhood and adolescence contributes to good mental health and can prevent mental health problems. Enhancing social skills, problem-solving skills and self confidence can help prevent mental health problems such as conduct disorders, anxiety, depression and eating disorders as well as other risk behaviors including those that relate to sexual behavior, substance abuse, and violent behavior. Health workers need to have the competencies to relate to young people, to detect mental health problems early, and to provide treatments which include counseling, cognitive-behavioral therapy and, where appropriate, psychotropic medication.

Approximately one out of five adolescents has a diagnosable mental health disorder and more than one in four shows symptoms of depression. Warning signs aren't always obvious, but more common symptoms include persistent irritability, anger, or social withdrawal, as well as major changes in appetite or sleep. Mental health disorders can disrupt school performance, harm relationships, and lead to suicide (the third leading cause of death among adolescents). Unfortunately, an ongoing stigma regarding mental health disorders inhibits some adolescents and their families from seeking help. Effective treatments for mental health disorders, especially if they begin soon after symptoms appear, can help reduce its impact on an adolescent's life.

## **II. OBJECTIVE:-**

- To compare the mental health of adolescent students boys and girls.

## **III. HYPOTHESIS:-**

- There is significant difference between mental health of adolescent boys and girls students.

## **IV. VARIABLE:-**

### **Independent Variable:-**

- (1) Adolescent students' boys and girls.

### **Dependent Variable:-**

- (1) Score on mental health scale.



## V. METHODOLOGY:-

### Sample:-

In the present study a sample of 120 adolescent students in 60 boys' students and 60 girls students were randomly selected from Junagadh (Gujarat) city. The age range of 13 to 15 year.

### Tools:-

#### Mental health inventory:-

Developed by Dr. D.J.Bhatt and G.R.Gida (2006) reliability was found 0.94 through split half method 0.87 through sparmen brown method and validity was 0.63.

### Procedure:

The scale of mental health inventory the scale was made of two options. Option was in the "agree" or "disagree". The scale considered 40 sentences the response category has been possible score is 40 and minimum possible score is 0 high score is to be interested as good mental health and low score as poor mental health score as mental health.

### VI. Statistical Analysis:-

For statistical analysis of data, Mean, SD, and 't' test.

**TABLE-1**

#### Compression of metal health level by utilizing Mean, SD and 't' test

Variable	N	Mean	SD	T
Boys	60	64.84	6.17	4.89
Girls	60	62.96	4.10	

From the above table we can say that mean of mental health score of adolescent boys was 64.84

and standard deviation was 6.17, mean of mental health of adolescent girls was 62.96 and standard deviation was 4.10 't' value for the difference between those twens was 4.89 which is significant at 0.01 level. There for the null hypotheses is rejected. There existed a significant difference between among adolescent boys and girls for regard to the mental health.

## VII. CONCLUSION:-

There is significant difference between among adolescent boys and girls.

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