



Analysis of Mental Health on Boys and Girls at Rural and Urban Area School Students of Kanyakumari District

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Abstract

The purpose of the study was to analyse the mental health on boys and girls at rural and urban area school students of kanyakumari district. To achieve the purpose of the study, the investigator, 125 boys and 125 girls each from rural and urban area totally 500 school students from Kanyakumari district, Tamilnadu were selected as subjects for this study and their age ranged between 14 and 17 years. In this study, mental health was assessed using Peter Becker Questionnaire. Collected data was subjected to Descriptive statistics and 2 x 2 factorial ANOVA was computed. The result reveals that, there was a insignificant differences found on rural and urban students in mental health. There was a significant differences found on boys and girls in mental health. There was insignificant difference on the interaction effect (locality & Gender). The urban boys are having better mental health followed by rural boys, urban girls and rural girls.

Keywords: Rural, Urban, Boys, Girls, Mental Health.

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Introduction

In the mid 19th century, William Sweetzer was the first to clearly define the term "mental hygiene" which can be seen as the precursor to contemporary approaches to work on promoting positive mental health. Isaac Ray, one of the thirteen founders of the American Psychiatric Association, further defined mental hygiene as an art to preserve the mind against incidents and influences which would inhibit or destroy its energy, quality or development (Kitchener, 2002).

Mental health is a level of psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment. From the perspective of positive psychology mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. According to World Health Organization (WHO) mental health includes "subjective well being, perceived self efficacy, autonomy, competence, intergenerational dependence, and self actualization of one's intellectual and emotional potential, among others." WHO further states that the well being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community. However, cultural differences, subjective assessments, and competing professional theories all

affect how "mental health" is defined. The status of mental health differs from one individual to another. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. For boys and girls the mental health varies accordingly. This may be because of mental maturity of both the sexes. While analyzing the mental health among the rural and urban areas the key factor has to be kept in mind that environmental and economic factor.

Methodology

The purpose of the study was to analyse the mental health on boys and girls at rural and urban area school students of kanyakumari district. To achieve the purpose of the study, the investigator, 125 boys and 125 girls each from rural and urban area totally 500 school students from Kanyakumari district, Tamilnadu were selected as subjects for this study and their age ranged between 14 and 17 years. In this study, mental health was assessed using Peter Becker Questionnaire. Collected data was subjected to Descriptive statistics and 2 x 2 factorial ANOVA was computed.

Results

The descriptive statistics and 2 x 2 factorial ANOVA of mental health on boys and girls at rural and urban area school students are presented the following tables I to II.

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Table I. Descriptive statistics of mental health of boys and girls at rural and urban area school students

Locality	Gender	Mean	SD (\pm)
Rural	Boys	40.68	5.17
	Girls	39.31	5.36
Urban	Boys	41.17	5.84
	Girls	40.04	5.75
Total	Boys	40.92	5.56
	Girls	39.68	5.57

Table –I showed the descriptive statistics — urban boys and girls.
Mean and Standard deviation of rural boys and girls &

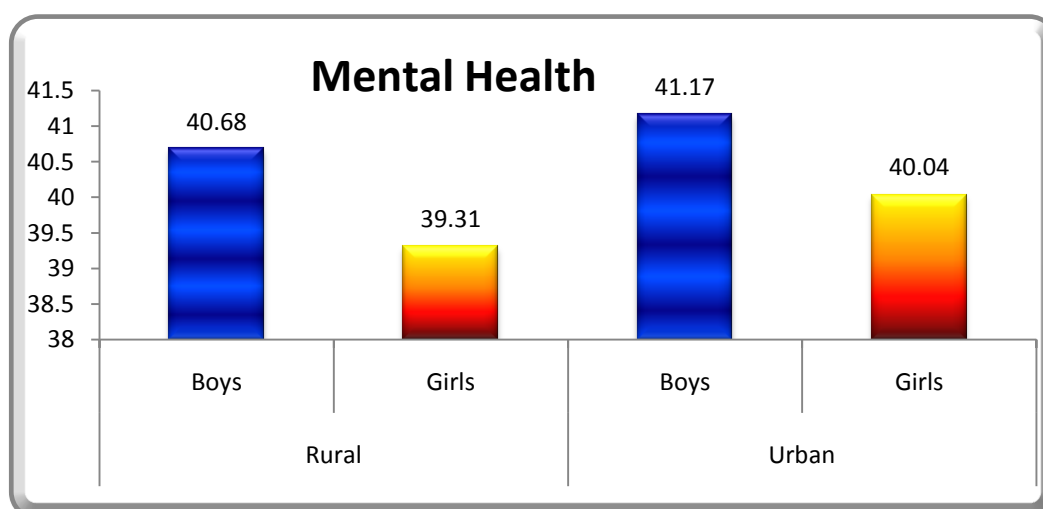
Table II. 2 x 2 Factorial analysis of variance for mental health of boys and girls at rural and urban area school students

Source of Variance	Sum of Squares	df	Mean Square	F
Factor 'A' (Locality)	47.43	1	47.43	1.54
Factor 'B' (Gender)	194.68	1	194.68	6.34
Factor 'AxB' (Interaction)	1.80	1	1.80	0.05
Error	15227.87	496	30.70	

Table II shows the analysed data on academic achievement. Factor 'A' shows the two categories of locality namely rural and urban. Factor 'B' shows the two categories of gender namely boys and girls. Factor 'AxB' (interaction) shows the two categories of locality and two categories of gender. The obtained F-ratio of academic achievement for factor 'A' was 1.54 and the table F-ratio was 3.86. As the obtained F-ratio was lesser than the table F-ratio the study was insignificant at 0.05 level of confidence for the degrees of freedom 1 and 496. The obtained F-ratio of academic achievement for factor 'B' was 6.34 and the table F-ratio was 3.86.

As the obtained F-ratio was greater than the table F-ratio the study was significant at 0.05 level of confidence for the degrees of freedom 1 and 496. The obtained F-ratio of academic achievement for factor 'AxB' was 0.05 and the table F-ratio was 3.86. As the obtained F-ratio was lesser than the table F-ratio the study was insignificant at 0.05 level of confidence for the degrees of freedom 1 and 496.

The mean values of academic achievement of boys and girls at rural and urban area school students as shown in Figure-I.

Figure I. Bar diagram shows the mental health of boys and girls at rural and urban area school students

Conclusion

There was insignificant differences found on rural and urban students in mental health. There was a significant differences found on boys and girls in mental health. There was insignificant difference on the interaction effect (locality & Gender).

The urban boys are having better mental health followed by rural boys, urban girls and rural girls.

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