



MENTAL HEALTH OF ADOLESCENTS IN RELATION TO THEIR INTELLIGENCE

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Abstract

In the modern times, with the development in all works of life, problems have also multiplied in the proportion. Education can remove these problems. Education serves the purpose of determining the balanced development of various dimensions of human personality like Mental Health & Self Concept. Development is a continuous process, which is constantly affected and changed by the experience of the individual from time to time and it differs from person to person. The main purpose of education is to prepare us for life. An educational institution i.e. school or college should reflect true flavour of life, school & college should represent a microcosm of real world beyond institutional gates and boundaries. The setting of school should be an ideal one for real life.

MENTAL HEALTH

Mental health is a global term, which refers to that conditioning of an individual which results from the normal organisation and functioning of his mind. The term Mental Health represents a variety of human aspirations rehabilitation of mentally disturbed. Mental health is being viewed by some as a continuum with no hard and fast dividing line between normal and abnormal. The multiple roots of mental health or illness are sought in early childhood experience and in the surrounding culture. The application of theories of learning to Problems of mental health accents the important role of education.

INTELLIGENCE

Intelligence has been defined in many different ways including as one's capacity for logic, understanding, self-awareness, learning, emotional knowledge, planning, creativity and problem

solving. It can be more generally described as the ability to perceive information, and to retain it as knowledge to be applied towards adaptive behaviours within an environment or context.

Intelligence is most widely studied in humans, but has also been observed in non-human animals and in plants. Artificial intelligence is intelligence in machines. It is commonly implemented in computer systems using program software.

ADOLESCENTS

The word adolescent has been taken from the latin word “adolescere” which means “To grow” So the essence of word adolescent is growth and it is in this sense that adolescence represents a period of intensive growth and change in nearly all aspects of child's physical, mental, social and emotional life.

Technically speaking, a child is described as an adolescent when he achieves puberty, that is, when he has become sexually mature to the point, where he is able to reproduce his kind. It is very difficult to point out the exact range of the adolescence period in terms of chronological years, whereas in to the western world, “the adolescence period extends roughly from 13 year of age for girls and 15 year till 21 year for boys (Harriman, 1946, p3)”. In India it usually ranges from 13 to 19 year among boys and from 11 to 17 year among girls.

If an adolescent is socially as well as emotionally strong, he can understand the society's patterns, norms and traditions, i.e. can be well adjusted in the society. His social and emotional maturity will help him to develop emotional attitude and moral values like altruism, for the betterment of himself, of other human beings and society also. It is necessary for the adolescent to behave in a right manner and establish himself and obey the rules at home and outside. The adolescents talk is not simply, one of interacting with external environment or with other individuals, but one of developing his own potentialities. He reaches his limits. He tries to explore his role in the world in which he lives.

Oxford University, “Adolescence is the period which is between childhood and adulthood”.

Jean Piaget, “Adolescent is the age of great ideals and beginning of theories as well as the time of simple adaptation of reality”.

REVIEW OF RELATED LITERATURE

Aggarwal (2007), “A study on overall adjustment and intelligence measure of Mental health and Social Maturity of Adolescents”.

The study was conducted on the adolescents of class 9th and 10th and found a significant correlation among them. Findings also indicated no significant correlation between autonomy, security, insecurity, self-concept, measure of mental health and Social Maturity. Results revealed significant correlation between mental health and Social Security of adolescents.

Sheenan (2004), “Relationship of Mental health in relation to family Environment and gender of School going Adolescents”

The study indicated that there is a great impact of education on family or home environment. It was concluded that there exist significant relationship between Mental health of school going adolescents and family environment and no significant difference in Mental health of boys and girls.

Archana (2003), “Effect of Academic stress on Mental health of adolescents”.

The study was conducted on randomly selected 150 students of 10th class of Senior Secondary School and found that academic stress and Mental health of students of 10th class were significantly correlated. It means academic stress is the effect cause of the students' mental health.

Appel (2000), “Role of Mental health in relation to Adjustment in Human relationship”.

Investigator states Mental health as psychological well being as adequate adjustment particularly as such adjustment confirms to community accepted standard of what human relations should be it was included that Mental health is an ability to take responsibility and make needed efforts ability to get along with others, ability to work under authority, rule and difficulties, tolerance of other and of frustration and sense of humor.

Dingra, R (1966) , “Mentally Healthy person is an adjusted person”. For efficient learning and all round development of adolescents, Mental health of child is very important. Mental health plays its role not only in the life of child, but also in the life of society. Mental health plays an important role in both personal and social areas of life. From the family atmosphere upward to school stage and in whole life, the individuals need assistance in developing good mental health

STATEMENT OF THE PROBLEM

“MENTAL HEALTH OF ADOLESCENTS IN RELATION TO THERE INTELLIGENCE”

OBJECTIVES OF THE STUDY

- 1.To study the mental health of adolescents.
- 2.To study the intelligence of the adolescents
3. To find difference in intelligence of male and female adolescents.
4. To find difference in mental health of male and female adolescents.

HYPOTHESES

1. There will be significant correlation between mental health and intelligence of adolescents.
2. There will be significant difference in mental health of male and female adolescents.
3. There will be significant difference in intelligence of male and female adolescent

DELIMITATIONS OF THE STUDY

1. Present study will be confined to 200 students.
2. Data will be collected from 6 Govt. and 6 Private schools.
3. Present study will be delimited to the adolescents of Fazilka district only.
4. Study will be restricted to see relationship of variable namely intelligence with mental health.

SAMPLE

The sample of the study consists of 200 students of Xth class from different private and govt. schools of Fazilka district. The selection of the subject was done randomly.

TOOLS OF THE STUDY

1. Emotional Maturity Scale by Singh & Bhargava (1971)
2. Group Test of General Mental Ability by R.K. Tandon (1986)

STATISTICAL TECHNIQUES USED

1. Descriptive statistics such as mean, median, standard deviation, skewness and Kurtosis was calculated to ascertain normality of the data.
2. Pearson's Product Moment Correlation was calculated to find out relationship between independent & dependent variables

3. t-Ratios were worked out to find out the significant difference in emotional maturity of :-
- a) Male & Female Adolescents
 - b) Rural & Urban Adolescents
 - c) Government & Private School Adolescents

CONCLUSIONS

1. There was no significant correlation between mental health and intelligence of adolescents. Thus hypothesis “There will be significant correlation between mental health and intelligence” was rejected.
2. There was no significant difference in the mental health of male and female adolescents. Thus hypothesis “There will be significant difference in the mental health of male and female adolescents”, was rejected.
3. There was no significant difference in the intelligence of rural and urban adolescents. Thus hypothesis “There will be significant difference in the intelligence of rural and urban adolescents”, was rejected.
4. There was no significant difference in the intelligence of govt. and private school adolescents. Thus hypothesis “There will be significant difference in the intelligence of govt. and private school adolescents”, was rejected.

SUGGESTIONS FOR FURTHER RESEARCH

1. Study of same nature can be undertaken for different districts of state.
2. The present study covers only representative sample of 200 students from government and private schools of Fazilka district. The study may be replicated on a larger sample in order to get a better understanding of the variables under study.
3. Certain other variables like emotional intelligence, self confidence, academic achievement, adjustment, risk-taking behaviour etc. can be taken along with emotional maturity of adolescents.
4. A study of emotional maturity of college and university students in relation to other variables may be taken.
5. The comparative study of science and arts students in the light of variables under study may be undertaken.

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