

# A Comparative Study of Mental Health among Rural and Urban Adolescent Students

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**Abstract:** Today, there are various problems around human societies. So, it is a challenge for humans to be mentally healthy. For a person to be adjusted in his environment, it is very important to be mentally healthy. Good mental health is obvious for a healthy people. Mental disorder is very dangerous and responsible for many psychological diseases and for maladjustment also. The main objective of the topic is to compare mental health between rural and urban adolescent students of Chhattisgarh. A sample size of 200 secondary adolescent students was selected and taken up for the study. General Health Questionnaires-28 (GHQ-28), developed by Goldberg and Hillier in 1979 used for the study. It is found that there are significant differences among rural and urban students.

**Keywords:** Mental Health, Rural and Urban Secondary Adolescent Students.

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## 1. INTRODUCTION

The world is becoming more and more competitive and quality of performance is the key factor for personal progress. Excellence particularly, in academics and generally in all other areas has been seen as an important aspect. Parents desire that their children climb the ladder of performance to as high level as possible. This desire of a high level of achievement puts a lot of pressure on students, teachers, institutions and the educational system itself in general. In fact it appears as if the whole system of education revolves around academic achievement of the students, though various other outcomes are also expected from the system. Thus, a lot of time and efforts of the schools are utilised in helping students to achieve better in their scholastic endeavours. The importance of scholastic achievement has raised several important questions for educational researchers. What factors promote achievement of students? How far do the different factors contribute towards academic excellence? The answer to such questions is not easy because of intricate human personality. Hence, efforts have always been made to find out strategies and mechanism to improve excellence. Therefore, many factors have been hypothesised and researched by the researchers. They come out with different results, at time, complementing each other but at times contradicting each other.

For a person to be adjusted in his environment, it is very important to be mentally healthy. Good mental health is obvious for a healthy people. Mental health disorder is very dangerous and responsible for many psychological diseases and for maladjustment also.

## 2. SIGNIFICANCE OF THE STUDY

- The present study is justified on the grounds that it is the first plan of its kind, and designed to explore the compare of Mental Health of the senior secondary stage of rural and urban areas.
- The present study will be useful for educators in general and teachers in particular because the knowledge of mental health compare under study will enable the educators and teachers to plan their educational program keeping in view these factors for both rural and urban areas.
- The present study will provide an insight to the parents to deal effectively with their children so that they will be able to develop an understanding of the importance of mental health. This understanding will also assist the teachers to create a more affectionate, harmonious, warm and democratic emotional atmosphere in inculcating good study habits at school and also proper training and guidance may be given to the children accordingly.
- Moreover, on the basis of the findings of the study, teachers may help the students to modify their behavior with regard to mental health related problems for both areas. Educational administrators, curriculum planners, counsellors and guidance workers may also be benefitted by the results of this study. The information yielded by this work may be of great practical use for the purpose of training program of teachers and guidance personals.
- Findings of the study may be utilized at the time of admission of the students in various academic and professional courses of study. Researchers may also discover in it new challenges or new domains for further exploration. The present study is thus envisaged to serve a multidimensional cause in the vast field of education.

**Statement of the Problem:**

The problem for the present study is stated as follows:

**A Comparative Study of Mental Health among Rural and Urban Adolescent Students****Objectives of the study:**

- i. To study the difference of mental health between the students of rural and urban schools.
- ii. To study the difference of mental health between rural boys students and urban boys students.
- iii. To study the difference of mental health between rural boys students and urban girls students.
- iv. To study the difference of mental health between rural girls students and urban boys students.
- v. To study the difference of mental health between the rural girls students and urban girls students.

**Hypotheses of the study:**

**H<sub>01</sub>** There is no significant difference of mental health between the students of rural and urban schools.

**H<sub>02</sub>** There is no significant difference of mental health between rural boys students and urban boys students.

**H<sub>03</sub>** There is no significant difference of mental health between rural boys students and urban girls students.

**H<sub>04</sub>** There is no significant difference of mental health between rural girls students and urban boys students.

**H<sub>05</sub>** There is no significant difference of mental health between rural girls students and urban girls students.

**Method:**

In the present study researcher has used survey method.

**Sample:**

In the present study, the investigator selected state Chhattisgarh as his field of investigation. Due to limitation of time the investigator had to take a limited number of institutions for data collection. A sample size of 200 (taking 100 from both rural and urban areas) secondary students from different schools were selected through random sampling technique. Girls and boys were chosen equally.

**Tool used:**

In the present study, the tool used is-

**General Health Questionnaire (GHQ-28) by Goldberg and Hillier**

Data were collected individually. The scoring of responses was done in accordance with the scoring key given in the manual. Statistical treatment of obtained data was done to test signification of each hypothesis.

**3. STATISTICAL TECHNIQUES USED**

The scores obtained were subject to statistical treatment using proper statistical techniques. For this purpose Mean, Standard Deviation, t- test, was used. The result so obtained are interpreted and discussed in the light of problem factors to make the result meaningful.

**Variables:**

Independent variable: - Mental Health Facebook Addiction,

Dependent variable: - Secondary School Students ,

Intervening variable: -Rural & Urban School.

**Analysis and Interpretation of Data:**

**H<sub>01</sub>**: There is no significant difference of mental health between the students of rural and urban schools.

**Table - 01**

Category	N	Mean	SD	S <sub>ED</sub>	t-test Value	Df	Significance Level		Interpretation
Rural	60	42.65	4.81	0.8072	6.5286	118	0.05	1.98	Rejected
Urban	60	37.38	3.995				0.01	2.62	

Above table shows that the t value 6.5286 is significant at the 0.05 level and 0.01 level. Hence, the null hypothesis stated above is rejected. It means; there is significant difference of mental health between the students of rural and urban schools.

**H<sub>02</sub>**: There is no significant difference of mental health among students of Rural boys and Urban girls' secondary school.

**Table - 02**

Category	N	Mean	SD	S <sub>ED</sub>	t-test Value	Df	Significance Level		Interpretation
Rural Boys	30	40.58	4.34	1.080	4.5738	58	0.05	2.00	Rejected
Urban Boys	30	35.64	4.02				0.01	2.66	

Above table shows that the t value 4.5738 is significant at the 0.05 level and 0.01 level. Hence, the null hypothesis stated above is rejected. It means; there is no significant difference of mental health between the rural boys students and urban boys students.

**H<sub>03</sub>:** There is no significant difference of mental health between rural boys students and urban girls students.

Table - 03

Category	N	Mean	SD	S <sub>ED</sub>	t-test Value	Df	Significance Level		Interpretation
Rural Boys	30	40.58	4.34	1.073	1.3596	58	0.05	2.00	Accepted
Urban Girls	30	39.12	3.97				0.01	2.66	

Above table shows that the t value 1.3596 is not significant at the 0.05 level and 0.01 level. Hence, the null hypothesis stated above is accepted. It means there is no significant difference of mental health between rural boys students and urban girls a student.

**H<sub>04</sub>:** There is no significant difference of mental health among students of Rural girls and Urban boys' secondary school.

Table - 04

Category	N	Mean	SD	S <sub>ED</sub>	t-test Value	Df	Significance Level		Interpretation
Rural Girls	30	44.72	5.28	1.211	7.4943	58	0.05	2.00	Rejected
Urban Boys	30	35.64	4.02				0.01	2.66	

Above table shows that the t value 7.4943 is significant at the 0.05 level and 0.01 level. Hence, the null hypothesis stated above is rejected. It means; there is significant difference of mental health among students of Rural girls and Urban boys' secondary school.

**H<sub>05</sub>:** There is no significant difference of mental health among students of Rural girls and Urban girls' secondary school.

Table - 05

Category	N	Mean	SD	S <sub>ED</sub>	t-test Value	Df	Significance Level		Interpretation
Rural Girls	30	44.72	5.28	1.206	4.6431	58	0.05	2.00	Rejected
Urban Girls	30	39.12	3.97				0.01	2.66	

Above table shows that the t value 4.6431 is significant at the 0.05 level and 0.01 level. Hence, the null hypothesis stated above is rejected. It means; there is significance difference in overall mental health between Facebook addicted and non-addicted adolescent students.

### Findings:

- There is significant difference of mental health between the students of rural and urban schools.
- There is significant difference of mental health between rural boys' students and urban boys students.
- There is no significant difference of mental health between rural boys' students and urban girls students.
- There is significant difference of mental health between rural girls' students and urban boys students.
- There is significant difference of mental health between rural girls' students and urban girls students.

## 4. SUGGESTIONS

The investigator's work is complete only when some positive suggestions are put forth after the analysis of the problem. The following suggestions are worth mentioning to strengthen the finding obtained:

- Research scholars of education can use data of present study for further researches related to mental health.
- Mentally healthy students can fulfill the need of the society.
- A mentally healthy student can think positively and cherishes it in any situation.
- Mentally healthy student's contribution in developing the society and nation is very helpful.
- To achieve good education, one should have good mental health. The students need balance environments in homes, schools, society or in the whole world at large.

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