

Relationship between Mental Health and Adjustment

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INTRODUCTION

In the modern times with the development in all walks of life, problems have also multiplied in that proportion. Education can remove these problems. The main purpose of education is to determine the balanced development of many dimensions of human personality, mental health and adjustment is important factor of personality. It is a state of being conducive to harmonious and effective living, and adjustment is concerned with the human response mental as well as behavioral, by which people attempt to cope with different situations and problems of everyday life. It 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. **Menninger** has defined "Mental health as adjustment of human beings to the world and to achieve other with a maximum of effective and happiness. It is the ability to maintain an even temper, an alert intelligence, socially considerate behavior and a happy disposition.

MENTAL HEALTH

The role of mental health in human life is very important like as it plays its role not only in the lives of individual, but also in the life of societies. There is no area of human life, which is beyond the range of mental health. This term mental

health does not refer to dimension of human personality. It encompasses all the aspects of the individual's adjustment with himself and others. It is the individual's adjustment with himself and others. If this adjustment is characterized by wholesome personal, social, intellectual, emotional or philosophical orientations, the individual is deemed to have good mental health. The expression 'Mental Health' consists of two words 'mental' and 'health', both generally means sound conditions or well being or freedom from mental diseases.

Mental health means health of mind. It means harmonious functioning of the whole personality and the measure of a person's ability to shape his environment and to adjust to life with a reasonable amount of success, efficiency and happiness. Mentally healthy persons are generally good workers, good friends and citizen. A healthy mind maintains an even temper, an alert intelligence, socially considerate behavior and a happy disposition.

ADJUSTMENT

The dictionary meaning of the word 'adjustment' is, to fit, make suitable, adapt, arrange, modify, harmonize or make correspondent. Thus when we make an adjustment between two things, we adapt or modify one or both of them to correspond to each other. In some situations, one of the factors may not be

changeable and so the one which has to be modified in some way to suit the other. The extension of a ladder by a suitable length to reach on upper storey window is a good example of such an adjustment. Wearing of clothes according to the requirements of the seasons is another suitable example. It is beyond our capacity to change the seasons according to our clothes. Modern technology has, of course, made it possible to adjust the temperature inside dwelling houses and workplaces to harmonize with our needs. Adjustment is a satisfactory relation of an organism to its environment. It is a continuous process which is constantly effected and changed by the experiences of the individual from time to time and it differs from person to person.

Schneiders (1960) defined adjustment as "... a process, involving both mental and behavioural responses, by which an individual strives to cope successfully with inner needs, tensions, frustrations and conflicts and affect a degree of harmony between inner demands and those imposed on him by the objective world in which he lives".

TYPES OF ADJUSTMENT

1. Home adjustment
2. Health adjustment
3. Social adjustment
4. Emotional adjustment
5. Occupational adjustment

JUSTIFICATION OF THE STUDY

In modern times, with the rapid developments in all walks of life, problems have also multiplied in that proportion. Adolescents are the future of the society. There are many factors and conditions, which cause maladjustment in adolescent

students. In light of these conditions it is very important to study the adjustment and mental health of teenager students who are the future of the country.

STATEMENT OF THE PROBLEM

“RELATIONSHIP BETWEEN MENTAL HEALTH AND ADJUSTMENT”

OBJECTIVES OF THE STUDY

1. To assess the relationship between mental health and adjustment of male adolescent students
2. To assess the relationship between mental health and adjustment of female adolescent students
3. To assess the relationship between mental health and adjustment of science group adolescent students
4. To assess the relationship between mental health and adjustment of humanities group adolescent students

HYPOTHESES

1. There will be significant correlation between mental health and adjustment of male adolescent students
2. There will be significant correlation between mental health and adjustment of female adolescent students
3. There will be significant correlation between mental health and adjustment of science group adolescent students

4. There will be significant correlation between mental health and adjustment of humanities group adolescent students.

DELIMITATION OF THE STUDY

1. The study is delimited to Sr. Sec. School Adolescents of Fazilka city.
2. The study is restricted to 150 students (75 male and 75 female) of Sr. Sec. School of Fazilka City.
3. Only two variables (Mental health and Adjustment) has been taken.
4. For statistical treatment of data correlation have been computed.

REVIEW OF RELATED STUDIES

Knowledge does not progress until it is interwoven with the experience of our forefathers and previous generations in the field of research too the information can be collected form various sources available. This also provides an ample opportunity for adequate familiarity with the concerned field for worth while study. It helps in making hypotheses learning possible design of study, matching his/her conclusions and making an attempt to add from his/her side a line or two to the existing stock of knowledge. It provide foundation to construct all the future work. It tells us method of attacking the problem under investigation. It prevents point less repetition and duplication. Above all, it contributes to general scholarship of investigator and broadens his/her vision.

Below is given a review of reasonable number of studies related directly or indirectly to the problem undertaken by the investigator.

Verma, V., (1968) found the main cause of failure as given by the whole group was

physical illness and ill-health. Mental worry was another cause of failure as given by the failed student group. The failed group was less adjusted than the normal group, girls were more adjusted than boys; and quite a large number of the failed students suffered from tension, anxiety and mental conflicts.

Wig., N.N. and Nagpal, R.N., (1970) found that the scores of the successful and unsuccessful groups of failing university students were significantly different on physical distress scale. The two groups were significantly different on mental health score. The differences were marked in areas, namely, school adjustment, college adjustment followed by the areas of social adjustment and neurotic traits in childhood.

Sharma, R.R., (1979) found that mental health didn't affect, scholastic achievement and adjustment but influenced certain measures of self concept. Mental health was positively and significantly related to adjustment.

Veereshwar, P., (1979) found in the study of mental health and adjustment problem of college going girls that personal emotional problems were shown less by urban girls than by rural girls and the differences were significant. The differences in adjustment of Urban and Rural Girls were not significant in the area of health. Both groups showed quite satisfactory health adjustment.

Mangotra, H.P., (1982) studied that the mental health of boys and girls appeared to be considerably influenced by the two factors namely intelligence and adjustment. The mental health of boys were dominated by the feelings of depression and neurotic behaviour, on the

other hand girls were found to be suffering from a sense of insecurity and anxiety.

Boghosain (1982) conducted a research on “Interpersonal dimensions of mental health” The study examined the possibility that certain types of interpersonal behaviour are indicative of mental health. This was tested by three hypotheses

PLAN AND PROCEDURE OF THE STUDY

The present chapter is focused around the details of research method, design of the study, use of research tools for data collection, sampling, methods to collect data and statistical techniques employed for analysis of data. The description have been detailed in the following sequence:

1. Design
2. Tools
3. Sample
4. Collection of Data
5. Statistical Techniques

DESIGN OF THE STUDY

In the investigation mental health was the independent variable where as adjustment was the dependent variable. The main purpose of the study is to see that how far the independent variables influence the dependent variable.

TOOLS USED

Following tools were used for the present study:

1. Mental health check list (1992) by Pramod Kumar.
2. Adjustment tests of Singh and Sinha.

SAMPLE

The research investigation was carried out on 150 adolescent students. The sample was selected randomly from the 6 Sr. Sec. Schools of fazilka Distt. Ferozepur.

STATISTICAL TECHNIQUE

To test the hypotheses based on the objectives of the study, the following statistical techniques were used:

1. Pearson’s Product Moment correlation was calculated to find out the relationship between independent and dependent variable.

ANALYSIS OF DATA

This chapter deals with analyses of data. The data collected are meaningless unless analyzed and interrelated properly so as to arrive at significant conclusions. Analysis of the data means to bring froth the latest meaning from the tangled mass of confusion, by studying tabulated material to determine the facts. Collected data has been logically arranged and subjected to various statistical techniques as explained in Chapter-III for the purpose of analysis, interpretation and testing of hypothesis.

The data consists of scores of Mental health as correlate of adjustment.

The data is processed statistically in the following order:-

Correlation was found between :-

- a) Mental health & Adjustment of Male adolescent students.
- b) Mental health & Adjustment of Female adolescent students.

- c) Mental health & Adjustment of Science group adolescent students.
- d) Mental health & Adjustment of Humanities group adolescent students.
- e)

DISCUSSION OF RESULTS

This chapter deals with discussion of results based on the analysis done in the Fourth Chapter. The discussion would follow the framework in which present problem was envisaged, in the form of hypotheses. The task of chapter is therefore, to Endeavour to reach conclusions that are truly supported by data as it is hoped that they will be useful to educational Endeavour and further research study.

TESTING OF HYPOTHESES

The results have been discussed in the light of the hypothesis of the study on one hand and previous research findings on the other hand.

HYPOTHESIS - I

“There will be significant correlation between mental health and adjustment of male adolescent students”.

HYPOTHESIS – 2

“There will be significant correlation between mental health and adjustment of the female adolescent students”.

HYPOTHESIS – 3

“There will be significant correlation between mental health and adjustment of science group adolescent students”.

HYPOTHESIS – 4

“There will be significant correlation between mental health and adjustment of humanities group adolescent students”.

SUGGESTIONS FOR THE FURTHER STUDY

1. In the present study only two variables have been taken, it would be desirable to take up more variables.
2. Comparative study of rural and urban areas and humanity and science group may also be undertaken.
3. The present study covers only representative sample of students from six Sr. Sec. Schools. The study may be replicated on a larger sample in order to get a better understanding of variables under study.
4. More refined statistical techniques can be used. This will improve the validity of the scale and will serve the better purpose.

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