

A Study of Mental Health in Relation to Family Climate

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Abstract

The present study was undertaken to find out the mental health of adolescents in relation to their family climate. A sample of 200 students belonging to government and private recognized schools of Ludhiana district was randomly selected. The data was collected with the help of Mental Health Battery (MHB) by Arun Kumar Singh and Alpana Sen Gupta and Shah's Family Climate scale, which was administered on 9th class students from different schools of Ludhiana. Results of the study revealed that both Mental Health and Family Climate of adolescents are independent of each other. No difference was found in mental health and family climate of the adolescents in respect to their gender and locale.

INTRODUCTION

Mental health is a level of psychological well-being, or an absence of a mental disorder; it is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". From the perspective of positive psychology or holism, 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. Family is a social institution through which our social heritage is actually influence of family is transmitted much of what we use to call heredity is actually the influence of family in interpreting people, customs, attitudes and associating them individual and group reactions, way of doing, way of thinking, way of acting. Every child is born in a family which is a unit of society. It is through the family that a child learns the first lesson of socialization and what the society expects of him and what is in his role as an individual in the society. The family has a significant impact on the child. Robert et al. (2010) studied home environment and school performance among black elementary children and found children's behavioral development is affected by the environments in which they live. Parent's practices relation to emotions and emotional management effect emotional maturity is affected by emotional climate of the family Morries (2007). Rani (2014) revealed that there is no significant difference in mental health of adolescent boys and girls and no significant difference in parental involvement of adolescent boys and girls and no significant difference in mental health of adolescents belonging to rural and urban areas and significant difference in parental involvement of adolescent belonging to rural and urban areas no significant relationship between mental health parental involvement of adolescents. Chaudhary (2013) found that there exist significant relation between mental health of school going adolescents and family

environment and no significant differences in mental health of boys and girls and no significant difference in family environment of adolescent boys and girls.

OBJECTIVES OF THE STUDY

1. To compare mean scores of Mental Health of male and female adolescents.
2. To compare mean scores of Mental Health of adolescents belonging to urban and rural areas.
3. To compare mean scores of Family Climate of male and female adolescents.
4. To compare mean scores of Family Climate of adolescents belonging to urban and rural areas.
5. To study the correlation between Mental Health and Family Climate of adolescents.

HYPOTHESES

1. There is no significant difference between mean scores of Mental Health of male and female adolescents.
2. There is no significant difference between mean scores of Mental Health of adolescents belonging to urban and rural areas.
3. There is no significant difference between mean scores of Family Climate of male and female adolescents.
4. There is no significant difference between mean scores of Family Climate of adolescents belonging to urban and rural areas.
5. There is no significant correlation between Mental Health and Family Climate of adolescents.

SAMPLE

A sample of selected 200 students belonging to government/ government aided schools of Ludhiana was selected for the present study.

TOOLS USED

1. Mental Health Battery (MHB) by Arun Kumar Singh and Alpana Sen Gupta (1998).
2. Family Climate Scale (FCS) by Dr. Beena Shah (1990).

RESULTS AND CONCLUSIONS

GENDER WISE COMPARISON OF MEAN SCORES OF MENTAL HEALTH OF ADOLESCENTS

The first objective was to compare mean scores of Mental Health of male and female adolescents of IX class. The data was analysed with the help of t-test and results are given in Table 1.

Table 1: Gender-wise Mean, S.D, N and t-value of mental Health of male and female adolescents.

Gender	Mean	S D	N	t-value
Males	62.36	11.74	100	0.74
Females	63.45	8.95	100	

From Table 1 it can be seen that the t-value is 0.74 which is not significant. It shows that the mean scores of Mental Health of IX class male & female adolescents do not differ significantly. Therefore, the null hypothesis that there is no significant difference between mean scores of Mental Health of male and female adolescents is not rejected. It may therefore said that both male and female of class IX were found to have Mental Health to the same extent.

LOCALE WISE COMPARISON OF MEAN SCORES OF MENTAL HEALTH OF ADOLESCENTS

The second objective was to compare mean scores of Mental Health of adolescents belonging to urban and rural area. The data was analysed with the help of t-test and results are given in Table 2.

Table 2: Locale wise Mean, S.D, N and t ratio of mental health of urban and rural adolescents.

Locale	Mean	S D	N	t-value
Urban	62.19	12.67	100	0.97
Rural	63.62	7.55	100	

From Table 2, it can be seen that the t-value is 0.97 which is not significant. It shows that the mean scores of Mental Health of adolescents belonging to urban and rural area do not differ significantly. Therefore, the null hypothesis that there is no significant difference between mean scores of Mental Health of adolescents belonging to urban and rural area is not rejected. It may therefore, be said that adolescents belonging to urban & rural area were found to have Mental Health to the same extent.

GENDER WISE COMPARISON OF MEAN SCORES OF FAMILY CLIMATE OF ADOLESCENTS.

The third objective was to compare mean scores of Family Climate of male and female adolescents of IX class. The data was analysed with the help of t-test and results are given in Table 3.

Table 3: Gender-wise Mean, S.D, N and t-value of Family Climate of adolescents.

Gender	Mean	S D	N	t-value
Males	48.61	16.68	100	1.22
Females	51.28	14.17	100	

From Table 3, it can be seen that the t-value is 1.22 which is not significant. It shows that the mean scores of Family Climate of male and female adolescents studying in IX class do not differ significantly. Therefore, the null hypothesis that there is no significant difference between mean scores of Family Climate of male and female adolescents was not rejected. It may therefore, said that both male and female adolescents of class IX were found to have family climate to the same extent.

LOCALE WISE COMPARISON OF MEAN SCORES OF FAMILY CLIMATE OF ADOLESCENTS

The fourth objective was to compare mean scores of Family Climate of adolescents belonging to urban and rural area. The data was analysed with the help of t-test and the results are given in Table 4.

Table 4: Locale wise Mean, S.D, N and t-value of family climate of adolescents.

Locale	Mean	S D	N	t-value
Urban	49.98	14.84	100	0.03
Rural	49.91	16.20	100	

From Table 4, it can be seen that the t-value is 0.03 which is not significant. It shows that the mean scores of Family Climate of adolescents belonging to urban and rural area do not differ significantly. Therefore, the null hypothesis that there is no significant difference between mean scores of Family Climate of adolescents belonging to urban and rural area is not rejected. It may therefore, be said that adolescents belonging to rural & urban area were found to have same Family Climate.

RELATIONSHIP BETWEEN VARIABLES

The fifth objective was to study the correlation between Mental Health and Family Climate of adolescents. The data was analysed with the help of Product Moment Correlation and the result is given in Table 5.

Table 5: Showing values of coefficient of correlation of Mental Health and Family Climate of adolescents (N=200)

Variables	Coefficient of correlation (r)
Mental Health Family Climate	0.064

Table 5 shows the value of coefficient of correlation of Mental Health and Family Climate of male and female adolescents is 0.064 which is not significant. It means there is no correlation between Mental Health and Family Climate of adolescents. Therefore the hypothesis that there will be no relationship between Mental Health and Family Climate of adolescents is not rejected. It means that both Mental Health and Family Climate of adolescents are independent of each other.

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