STUDY OF VALUES OF ADOLESCENTS IN RELATION TO MENTAL HEALTH

Dr. Navkiran Kaur
Assistant Professor
Baba Mangal Singh Institute of Education,
Moga

ABSTRACT

The present education is giving more explosion of knowledge to our new generations. They are gaining different kinds of knowledge in the field of science, arts, mathematics but they do not have manners to talk to their elders. Their character is going down to down .All education commissions have strongly recommended the introduction of moral education in schools and colleges .Value education has the capacity to transform a diseased mind into a very young , fresh , innocent , healthy, natural and attentive mind. The transformed mind is capable of higher sensitivity and a heightened level of perception .This leads to the fulfillment of the revolutionary role of man and in his life. The present study analyses the relationship between values and mental health of 9th class adolescents. A total sample of 100 adolescents from government schools of Moga district were taken. Sample was collected through random sampling technique. Data was collected by using value scale developed by R.K Ojha (1977) and Mental health checklist (MHC) by Kumar Pramod (1992). The study revealed that there exists a significant relationship between values and mental health among urban and rural adolescents of Ludhiana District. There exists a significant relationship between values and mental health among urban adolescents of Ludhiana District with respect to gender.

Keywords: Values, Mental Health, Adolescents.

INTRODUCTION

Over the past few years society has been changing rapidly causing changes in values, lifestyles, career patterns, family expectations, thinking style and so on. There has been

rapid change in the field of education also; The competition has increased and it has become necessary for students to score a high grades in order to get admissions as well as jobs .the maximum pressure is on adolescents who in addition to getting good grades also have to choose the field which will decide their career .When adolescents are not able to score well , coupled with the anxiety of choosing the field ,leads to stress among adolescents which further leads to mental disturbances. Many other factors like poverty, peer pressure, stereotyping by teachers, gender discrimination, fear of rejection, high ambitions also contribute to these disturbances. Mental health can be improved if we provide correct education to present and upcoming generations Students are always influenced by the personal qualities and values of a teacher. Kumar (1992) states that "mental health is an indicator which shows a person's ability to meet social, emotional physical psychological demands. However, when the individual finds his or herself trapped in situations and lacks matching coping strategies to deal with stress effectively, mental strain develops".

Values cannot be taught through words or books. Values are inculcated in the students through the teachers .The impact of the personality of the loving and honest teacher who endeavour life. If the teacher who practice these values practice these values in their own can inculcate them among their students. Man is purposive being, anything that fulfills the needs, satisfied the urges and helps us in realizing the aspirations has values. "Value signifies neither a thing nor an individual but a thought or a point of view." Bala (2016), "Values neither can be defined nor be measured. Value is something which pervades everything."

 The world would have been enveloped into intellectual darkness if it had not been illuminated by the light of education. According to Prof. Humayan Kabir, "Teachers are literally the arbiters of a nation's destiny. It may sound a truism, but it still needs to be stressed that the teacher is the key to any educational reconstructions." In present days there are many problems concerning education which can be solved if we will impart right education to present as well as future generation. It is now well accepted that teacher play a

pivotal role in the success of education program. Values guide our behavior and give meaning to our existence.

REVIEW OF RELATED LITERATURE

Vijayalakshmi (2020) opined that values are the salient features of the individual's behavior in the society. Since the idea of value permeates human behaviour and thought, one should try to put it into practice. The value governed behavior pattern is reflected in the behavior patterns of people. But the world at present is passing through such value conflict, which is manifested in almost all fields of life. The author reveals the results of her investigation on teacher's perception of school children's values. The data were collected from 40 teachers working in Telugu medium and 40 teachers working in English medium school. The variables included in the study were sex, level of school, medium and locality. The method adopted was sample survey. The results revealed that there is significant difference only between rural and urban teachers and no significant difference was observed between male and female, primary and secondary and Telugu and English medium school teachers.

Kamila et al. (2021) attempted to understand some of the psychological consequences of values on students' mental health. The results of the study show that there are value differences for male and female students. In addition, the degree of anxiety and depression was assessed, and statistical analysis of the data shows that females are more anxious (F=0.24, p< 0.001) and depressed F=8.04 (p< 0.001) compared to male students and these differences were found to be statistically significant. Conformity, tradition, universalism, and power values were greater for females compared to males and these differences were statistically significant. Self-direction value was found to be more important to male students compared to female students and the difference was statistically significant. These results suggest that while male students may benefit from having values that are important to them in coping with stressful situations, female students may be

affected by values that are more important to them in ways that increase their anxiety and depression.

Sarsani (2021) conducted a study on mental health, adjustment with respect to their sex and type of school. Further an attempt has been made to study the relationship between mental health of learners and adjustment problems. The current study employed a normative survey approach. A sample of 120 students of Warangal city was picked by simple random sampling technique..The study revealed that significant difference was found among private and government secondary school students. It was found that govt. secondary school students have low mental health and more school adjustment problems when compared with private secondary school students.

OBJECTIVES OF THE STUDY

1.   To find out the relationship between values and mental health among urban adolescents of   Ludhiana district.

2.   To find out the relationship between values and mental health among rural adolescents of Ludhiana district.

3.   To find out the relationship between values and mental health among adolescents of Ludhiana district with respect to gender.

4.   To find out the difference in the mean scores of values among adolescents of Ludhiana district with respect to gender.

5.   To find out the difference in the mean scores of mental health of adolescents of Ludhiana district with respect to gender.

HYPOTHESES OF THE STUDY

1.   There is no significant relationship between values and mental health among urban adolescents of Ludhiana district.

2.   There is no significant relationship between values and mental health among rural adolescents of Ludhiana district.

3.   There is no significant relationship between values and mental health among adolescents of Ludhiana district with respect to gender.

4.   There is no significant difference in the mean scores of values among adolescents of Ludhiana district with respect to gender.

5.   There is no significant difference in the mean scores of mental health among adolescents of Ludhiana district with respect to gender.

METHODOLOGY

The present study was descriptive type, which was conducted in schools of Moga district of Punjab. The investigator had taken the sample for 100 adolescents of 9th class of government schools through random sampling technique. The sample was divided into 50 urban and 50 rural adolescents. It was further categorized into 50 boys and 50 girls.

TOOLS USED

1.   Value Scale by R. K. Ohja (1977)

2.   Mental Health Checklist (MHC) by Kumar Pramod (1992)

RESULTS AND DISCUSSION

Hypothesis 1

There is no significant relationship between values and mental health among urban adolescents of Ludhiana district.

Table 1 Showing the coefficient of correlation between values and mental health among urban adolescents of Ludhiana district.

S. No.	Group of Variables	N	'r'	Result
1	Values	50	0.194	Positive Correlation
2	Mental Health	50		

***Significant at 0.05 and 0.01 level of significance*

Table 1 represents the coefficient of correlation between values and mental health among urban adolescents. The coefficient of correlation of values and mental health is .197 which is significant at both the levels of confidence i.e 0.05 as well as 0.01 because calculated value is greater than tabulated value at both the levels of confidence. This shows that there exists significant correlation between values and mental health among adolescents.

Hence, Hypothesis No.1 There is no significant relationship between values and mental health among urban adolescents of Ludhiana district stands rejected.

Hypothesis 2

There is no significant relationship between values and mental health among rural adolescents of Ludhiana district.

Table 2 Showing the coefficient of correlation between values and mental health among rural adolescents of Ludhiana district.

S. No.	Group of Variables	N	'r'	Result
1	Values	50		Positive
2	Mental Health	50	0.245	Correlation

***Significant at 0.05 and 0.01 level of significance*

Table 2 represents the coefficient of correlation between values and mental health among rural adolescents. The coefficient of correlation of values and mental health is 0.245 which

is significant at both the levels of confidence i.e 0.05 as well as 0.01 because calculated value is greater than tabulated value at both the levels of confidence. This shows that there exists significant correlation between values and mental health among adolescents of rural area.

Hence, Hypothesis No.2   There is no significant relationship between values and mental health among rural adolescents of Ludhiana district stands rejected.

Hypothesis 3

There is no significant relationship between values and mental health among adolescents of ludhiana district with respect to gender.

Table 3 Showing the coefficient of correlation between values and mental health among adolescents of Ludhiana district with respect to gender.

S. No.	Group of Variables	N	'r'	Result
1	Boys	50	0.638	Positive
2	Girls	50		Correlation

***Significant at 0.05 and 0.01 level of significance*

Table 3 shows the coefficient of correlation between values   and mental health among adolescents. The coefficient of correlation of values and mental health is 0.638 which is significant at both the levels of confidence i.e 0.05 as well as 0.01 because calculated value is greater than tabulated value at both the levels of confidence. This shows that there exists significant correlation between values and mental health among adolescents with respect to gender.

Hence, Hypothesis No 3. There is no significant relationship between values and mental health among   adolescents of Ludhiana district with respect to gender stands rejected.

Hypothesis 4

There is no significant difference in the mean scores of values among adolescents of Ludhiana district with respect to gender.

Table 4 Showing the mean scores of values among adolescents of Ludhiana with respect to gender.

Gender	N	Mean	SD	S.E D	t
Boys	50	202.49	40.86	6.189	1.279
Girls	50	215.47	42.60		

Table 4 shows the mean scores between values of boys and girls adolescents are 202.49 and 215.47. SD is 40.86 for boys and 42.60 for girls respectively S.E$_D$ comes out to be 6.189 and Calculated t value is 1.279 which is significant at both the levels of confidence i.e 0.05 as well as 0.01. This shows that there exists significant difference between values of boys and girls adolescents.

Hence Hypothesis No.4   There is no significant difference in the mean scores of values among adolescents of Ludhiana district with respect to gender stands rejected.

Hypothesis-5 There is no significant difference in the mean scores of mental health among adolescents of Ludhiana district with respect to gender.

Table 5 Showing the mean scores of mental health among adolescents of Ludhiana district with respect to gender

Gender	N	Mean	SD	S.E D	t
Boys	50	256.39	42.86	6.188	1.433
Girls	50	265.47	44.60		

Table 5 shows the mean scores between of mental health of boys and girls adolescents are 256.39 and 265.47. SD is 42.86 for boys and 44.60 for girls respectively $S.E_D$ comes out to be 6.188 and Calculated t value is 1.433 which is significant at both the levels of confidence i.e 0.05 as well as 0.01. This shows that there exists significant mean difference between mental health of boys and girls adolescents.

Hence Hypothesis No 5 There is no significant difference in the mean scores of mental health among adolescents of Ludhiana district with respect to gender stands rejected.

CONCLUSION

The present study aimed at studying the values and mental health of adolescents, data is analyzed and then interpreted according to objectives. The findings of the study have been presented under these headings.

1. There exists significant relationship between values and mental health among urban adolescents of Ludhiana district.
2. There exists significant relationship between values and mental health among rural adolescents of Ludhiana district.
3. There exists significant relationship between values and mental health among urban adolescents of Ludhiana district with respect to gender.
4. There exists significant difference between mean scores of values among adolescents of Ludhiana district with respect to gender.
5. There exists significant difference between mean scores of mental health of adolescents of Ludhiana district with respect to gender.

EDUCATIONAL IMPLICATIONS

In the present study investigator found that there is a positive relationship between values and mental health of adolescents. So following are the educational implications.

1. These results will help the school principals, teachers and parents to solve the problems of adolescents.

2. These results will be very beneficial in the harmonious development of the personality.

3. These results will help the teachers to make students more creative.

4. These results will give immense help in the curriculum construction.

5. These results will help the parents to improve the family environment parents - child relationships.

6. These results will have practical utility in the field of education.

REFERENCES

Bala, M. (2016). *A study of Value Profiles of Secondary Teachers in relation to Self-Concept and academic achievement.* Ph. D. dissertation, Maharishi Dayanand University, Rohtak.

Kamila, A., Turana, A., Rashid, A.& Mammadli, I.(2021. Students'values and their Mental Health During Pandemic. *Current context of education and psychology in Europe and Asia. 9* (3),1-19.

Kumar,P.(1992). *Manual for mental health checklist.* Agra: National Psychological Corporation.

Ohja,R.K (1977*). Manual for value scale* . Agra: National Psychological Corporation ..

Sarsani, M.R (2021). Study on relationship of mental health , adjustment with respect to sex and type of school. *University Journal of Educational Research,* 5(1), 137-140.

Vijayalakshmi,G (2020). A study of perception of school child values in relation to different variables, *Indian Educational Abstract*, 40-44.