



Mental Health and Psychological Well-being in Adolescence Boys and Girls

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Abstract: The aim of the present study was investigated to mental health and psychology well – being in Adolescence boys and girls. The random sampling Method was used in this study. The total sample consisted 80 Adolescent. 40boys and 40 girls' of 10th standard students selected from the Junagadh city. The research tool for mental health was measured by Dr. D.J. Bhatt and Gita R. Geeda (1992)and psychological well- being scale developed by sudha boggle (1995). Translated in Gujarati and the t-test was applied to check the difference of mental health and psychological well -being and the Karl-person 'r' method used to check the correlation. Result reveals that significant difference in mental health and psychological well-being with respect to both adolescence boys and girls.While co-relation between mental health and psychological well-being reveals 0.82 positive correlation.

Key word:- mental health and psychology well –being.

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 behavioural 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. Well-being, welfare or wellness is a general term for the condition of an individual or group, for example their social, economic, psychological,

spiritual or medical state; a high level of well-being means in some sense the individual or group's experience is positive, while low well-being is associated with negative happenings. In economics, the term is used for one or more quantitative measures intended to assess the quality of life of a group, for example, in the capabilities approach and the economics of happiness. As with the related cognate terms 'wealth' and 'welfare', economics sources often contrast the state with its opposite. The study of well-being is divided into subjective well-being and objective well-being.

A person struggling with his or her mental behavioural health may face stress, depression, anxiety, relationship problems, grief, addiction, ADHD or learning disabilities, mood disorders, or other psychological concerns. Counselors, therapists, life coaches, psychologists, nurse practitioners or physicians can help manage behavioral health concerns with treatments such as therapy, counseling, or medication. The new field of global mental health is "the area of study, research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide". Mental health can be seen as an unstable continuum, where an individual's mental health may have many different possible values.^[18] Mental wellness is generally viewed as a positive attribute, even if the person does not have any diagnosed mental health condition. This definition of mental health highlights emotional well-being, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges. Some discussions are formulated in terms of contentment or happiness. Many therapeutic systems and self-help books offer methods and philosophies espousing strategies and techniques vaunted as effective for further improving the mental wellness. Positive psychology is increasingly prominent in mental health. An example of a wellness model includes one developed by Myers, Sweeney and Witmer. It includes five life tasks—essence or spirituality, work and leisure, friendship, love and self-direction—and twelve sub tasks—sense of worth, sense of control, realistic beliefs, emotional



awareness and coping, problem solving and creativity, sense of humor ,nutrition, exercise, self care, stress management, gender identity, and cultural identity— which are identified as characteristics of healthy functioning and a major component of wellness. The components provide a means of responding to the circumstances of life in a manner that promotes healthy functioning.

OBJECTIVE

To measure the mental health among adolescence boys and girls.

To measure the psychological well being among adolescence boys and girls.

Check co relation between mental health and well being.

HYPOTHESIS

There is no significane difference between adolescence boys and girls in mental health.

There is no significane difference between adolescence boys and girls in psychological well being.

There is significant correlation difference between mental health and psychological well being of adolescence boys and girls.

VARIABLE

Independent variable:- adolescence boys and girls

Dependent variable:-
Score on mental health inventory.
Score of Psychological Well being scale.

METHDOLOGY

SAMPLE:-

The total sample consisted 80 Adolescent 10th standards students. 40boys and 40 girls’ of 10th standard students selected from the Junagadh city(Gujarat).

TOOLS:-

Mental health inventory:-

Mental health inventory Developed by Dr.D.J.Bhatt and G.R.Gida(1992)

Psychological Well being scale developed by :-

Psychological Well being scale developed by sudha boggle (1995).

RESULT AND DISCUSSION

Table-1
Showing Mean ,SD, and ‘t’ value of mental health among adolescence boys and girls

Sir no.	Group	N	Mean	SD	t
1	Boys	40	23.12	14.25	2.19

2	Girls	40	25.16	15.36	
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Goal of this research is to identify the score of mental health in which to find the ‘t’ value of adolescent boys and girls in the table value of ‘t’ is 2.19 which is significant at 0.05 level table value 1.96 mean wise we say mental health is on prop then mental health on boys and girl adolescent.

Table-2

Showing Mean, SD, and ‘t’ value of psychological well being adolescence boys and girls

Sir no.	Group	N	Mean	SD	t
1	Boys	40	26.31	11.27	2.32
2	Girls	40	25.39	16.02	

Goal of this research is to identify the score of psychological well being in which to find the ‘t’ value of bin the table value of ‘t’ is 2.23which is is boys and girls adolescent sufficient at 0.05 level table value 2.32 mean wise we say well being is on prop then well being on boys and girls adolescent.

Table-3

Showing the correlation between mental health and social psychological Well being boys and girls adolescent

Sir no.	Variable	N	r
1	Mental health	80	0.82
2	Psychological Well being	80	

The result obtained that higher correlation between mental health and psychological well being. The 0.82 higher positive correlations between mental health and well being.

CONCLUSION

There is significant difference between boys and girls adolescent in mental health.

There is significant difference between boys and girls adolescent in psychological well being.

There is significant correlation between mental health and psychological well being.

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