A STUDY OF ADOLESCENTS MENTAL HEALTH AND SELF-ESTEEM

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Abstract: **The study has been conducted to investigate the levels of mental health and self – Esteem among Adolescents. It also examines the relationship between the Mental health and Self – Esteem of the Adolescents. The study was conducted on a random sample of 600 Adolescents in Thanjavur Districts. The tools used in the study were the mental health scale – constructed and standardized by Kalesh Sharma (2002) and 4. Self-Esteem inventory - developed and standardized by K. Murugan (2013). The study reveals the fact that the level of Mental health and Self - Esteem are at moderate levels. Further, it is noted that there is negligible amount of correlation between mental health and self – Esteem among the Adolescents.**

Introduction

Mental health
Mental health stands for the health of the mind, "The wholesomeness of mind"− analogous to the wholesomeness of the body as implicit in physical health. Accordingly, mental health is concerned with the health of one's mind and its functioning in the same way as the physical health is concerned with the health of one's physical organs and their functioning. A public health approach to mental health, (WHO, report 2008) the concept of mental health has been defined as "Which includes subjective well- being, perceived self- efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others. From a cross cultural perspective, it is nearly impossible to define mental health comprehensively. It is however generally agreed that mental health is broader than a lack of mental disorders".

While, if we see the interpretation of mental health, Das (2008) "Good mental health can be achieved by following the principle of mental hygiene, which is the science of the investigation and application of those measures that prevent mental disorder. Mental health is a way of living satisfactorily and effectively with other members of the society".

Self - Esteem
All humans have a need to be respected and to have self-esteem and self-respect. Esteem presents the normal human desire to be accepted and valued by others. People need to engage themselves to gain recognition and have an activity or activities that give the person a sense of contribution, to feel self-valued, be it in a profession or hobby. Imbalances at this level can result in low self-esteem or an inferiority complex. People with low self-esteem need respect from others. They may seek fame or glory, which again depends on others. However, that many people with low self-esteem will not be able to improve their view of themselves simply by receiving fame, respect, and glory externally, but must first accept themselves internally. Psychological imbalances such as depression can also prevent one from obtaining self-esteem on both levels.

Objectives of the study
1.   To find out the relationship between Mental health and Self esteem
2.   To study the significant difference between Mental health and the variable related among Adolescents, if any : (a) Age (b) Gender (c) Location of the college
3.   To study the significant difference between Self – Esteem and the variable related among Adolescents, if any : (a) Age (b) Gender (c) Location of the college

Hypotheses of the study
1.   There is a significant relationship between Mental Health and Self – Esteem.
2.   To study the significant difference between Mental health and the variable related among Adolescents, if any : (a) Age (b) Gender (c) Location of the college
3.   To study the significant difference between Self - Esteem and the variable related among Adolescents, if any : (a) Age (b) Gender (c) Location of the college

Methodology
Normative survey method was used in the present study.
Sample
Samples of 600 Adolescents were selected from the colleges of education in Thanjavur district of Tamilnadu state. The sample was selected by using simple random sampling technique. The sample represents the entire population. Proportionate weightage was given to various sub-samples for their Age (18 years (142), 19 years (412) and 20 years (46)), gender (male (300) and female (300)) and and Location of the college (Rural (178) and Urban (422)) was used in the study.

Tools used
Following tools were used for data collection
1.   Mental health scale – constructed and standardized by **Kalesh Sharma (2002)**
2.   Self-Esteem inventory - developed and standardized by **K. Murugan (2013)**

Statistical Techniques used
Mean, SD, 't', ANOVA test and Pearson product moment correlation coefficients were calculated.

Results
Mental Health and Self - Esteem
The relationship between Mental Health and Self - Esteem scores were analyzed by using the method of Pearson's Product Moment Coefficient of correlation. The results are presented in Table 1.

Table 1 Showing the Correlation Co–efficient between Mental Health and Self - Esteem of adolescents

Sl.No	Variables	N	Correlation Co-efficient ('r')	Level of Significance
1	Mental Health	600	0.262**	0.01
2	Self - Esteem			

Hypothesis: There is a significant relationship between Mental Health and Self – Esteem.
The correlation coefficient 0.262 is found between Mental Health and Self - Esteem of adolescents, which is found to be significant at 0.01 level. It indicates that better the Mental Health, the Self - Esteem will be good opinion. So it is concluded that there is a significant positive relationship between Mental Health and Self - Esteem of adolescents. The formulated hypothesis i.e there is a significant relationship between Mental Health and Self - Esteem of adolescents is true and it is accepted. The result indicates that adolescents with better mental health exhibited higher Self - Esteem. There is evidence in the literature that mental health is positively associated with Self - Esteem Mergler and Spooner (2008).

Table – 2
Analysis and interpretation of data in Mental health

Sl. No.	Variable	Sample	N	Mean	S.D.	F/t Value	LS
1	Age	18 years	142	63.45	11.851	3.568	Significant
		19 years	412	66.36	11.869		
		20 years	46	63.74	14.431		
2	Gender	Male	300	63.52	11.298	2.057	Significant
		Female	300	65.95	12.287		
3	Location of the college	Urban	422	63.95	11.73	4.718	Significant
		Rural	178	69.07	12.32		
4	Entire Sample		600	65.47	12.129		

Interpretation
From the Table 2 the following statistical information was derived.

Difference between age of Adolescents
The calculated 'F' value is found to be 3.568, which is significant at 0.05 level. Hence, it is inferred that the age of adolescents differ significantly in their Mental health.

Difference between male and female Adolescents
The calculated 't' value is found to be 2.057, which is significant at 0.05 level. Hence, it is inferred that the male and female adolescents differ significantly in their Mental health.

Difference between Rural and Urban Adolescents
The calculated 't' value is found to be 4.718, which is significant at 0.05 level. Hence, it is inferred that the rural and urban adolescents differ significantly in their Mental health.

Table – 3: Analysis and interpretation of data in Self - Esteem

Sl. No.	Variable	Sample	N	Mean	S.D.	F/t Value	LS
1	Age	18 years	142	271.63	38.396	3.568	Significant
		19 years	412	270.57	43.137		
		20 years	46	264.50	40.100		
2	Gender	Male	300	262.86	38.089	4.459	Significant
		Female	300	277.85	44.019		
3	Location of the college	Urban	422	266.29	34.244	3.100	Significant
		Rural	178	280.01	54.701		
4	Entire Sample		600	270.36	41.805		

Difference between age of Adolescents
The calculated 'F' value is found to be 3.568, which is significant at 0.05 level. Hence, it is inferred that the age groups of adolescents differ significantly in their Self - Esteem.

Difference between male and female Adolescents
The calculated 'F' value is found to be 4.459, which is significant at 0.05 level. Hence, it is inferred that the gender of adolescents differ significantly in their Self - Esteem.

Difference between Rural and Urban Adolescents
The calculated 't' value is found to be 3.100, which is significant at 0.05 level. Hence, it is inferred that the urban and rural adolescents differ significantly in their Self - Esteem.

Findings of the study
- The age of Adolescents differ significantly in their Mental health.
- The male and female of Adolescents differ significantly in their Mental health.
- The Urban and Rural Adolescents differ significantly in their Mental health.
- The age of Adolescents differ significantly in their Self - Esteem.
- The male and female of Adolescents differ significantly in their Self - Esteem.
- The Urban and Rural Adolescents differ significantly in their Self - Esteem.

Conclusion
The result shows that the correlation co- efficient of Mental health and Self – Esteem of the adolescents is positive and significant at 0.05 levels. There is a significant relationship between Mental health and Self - Esteem. It is concluded that the adolescents have a moderate level of Mental health. Also, the result infers that the adolescents have a high level of Self - Esteem.

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