

## ADEQUATE GUIDANCE DILUTES MENTAL HEALTH PROBLEMS

KAUR JASRAJ

Department of Education & C.S. Punjabi University, Patiala Email: gilljk@ymail.com

Received:27 May 2013, Revised and Accepted:28 May 2013

### ABSTRACT

An individual who achieves successful adjustment in his relationship with people and conditions in his environment can be described as possessing good mental health. Khatri and Tyagi (2009) observed that students are reporting mental health problems more frequently. These problems are more severe with the students in higher education who are reporting depression, substance abuse, eating disorders and most commonly problems adapting to college life.

**Keywords:** Atharva Veda', psychologists, psychiatrists, psychoanalysts and social workers.

### INTRODUCTION

#### Meaning of mental health

The Indian concept of mental health is available in the 'Atharva Veda' that means normal health means living in 'Rajas' and 'Tamas' to a certain degree. International Dictionary of Education (1977) defined mental health or mental hygiene as the maintenance of satisfactory personality adjustment and a relative absence of mental disorder. Kumar (1992) stated that mental health is an index which shows the extent to which person has been able to meet his environmental elements - social, emotional or physical. Donovan et al. (2003) viewed that mental health was seen to be indicated by confidence in one's ability to handle problems and ability to seek help when needed whereas Marlow (2004) stated that mental health is promoted when student perceive the relevancy of active participation in a meaningful curriculum, fundamental belief in our own and others dignity and worth.

#### Meaning of Guidance Needs

Guidance needs are conditions requiring relief in an individual to be helped for maximum adjustment. Guidance enables the individual to solve educational, vocational and psychological problems. Guidance is a process of helping the individual to discover himself i.e. his potentialities and propensities, capacities and capabilities, abilities and aptitudes, interests and natural endowment and to help him in making maximum development and use of all these potentialities to the best advantage of the individual. Thus, guidance is a process of assisting the individual in developing body, mind, personality and character and to help him in making maximum educational, vocational and personal or psychological adjustments. Grewal (1982) stated that guidance needs attempts to structure the need system of an individual student so that the degree to which the school or its guidance system provides satisfaction for each need type.

Haughen et al. (1991) studied that how psychologists, psychiatrists, psychoanalysts and social workers conceptualized good mental counselling and values. The sample consisted of 100 male and female practitioners. The findings showed gender difference as: Male psychologists rated a stranger association between effective control and healthy emotional functioning. Female psychologists viewed self-confidence as more indicative of good mental health than did males. Professional discipline may not be useful guide for predicting practitioner mental health value orientation.

Dewan et al. (2008) conducted a study on effects of demographic variables on mental health of tribal school teachers. The study examines the effect of gender, religion and marital status upon mental health of tribal school teachers in Jharkhand. A stratified

random sample of 400 tribal school teachers was selected for the study and found that there is significant effect of gender on mental health i.e. female teachers as compared to male teachers is found to show poor mental health. Stoop et al. (2003) believed that proper diagnosis and guidance helps to facilitate higher level of mental health.

Kochhar (1979) concluded in a study that there was close correspondence between the problems and needs of school and college students. The sample of 450 school and college going students were collected from New Delhi. Highest frequencies of problem for both the samples were financial, educational and vocational areas. The areas in which guidance services required were educational and vocational. Girls had more problems than boys among school students and fewer problems among college students.

Guidance helps a student to tackle educational and vocational problems and help for better adjustment in life. Woodward and Fergusson (2001) suggests that there is no significant gender difference in guidance needs of adolescents whereas Haughen et al.(1991) and Agarwal & Chowdhary and Singh(2009) focussed that there is significant gender difference in guidance needs of adolescents.

Under certain conditions, in modern society, success and failure have common condition, leading to a feeling of stress in child. Perhaps a better understanding of guidance needs of adolescents and the factors leading to problems of mental health can help these students to have more self-confidence. It is felt that there is a need to understand the minds of these young people, to analyze the dynamics of their behavior, to help them to grapple with their ever changing life styles so that a correct appreciation of their potential, promise and problem could be made.

#### Objectives

- To study the mental health of adolescents.
- To observe the guidance needs of adolescents.
- To explore the relationship of mental health with guidance needs of adolescents.

#### Hypotheses

- There is no significant gender difference in mental health of adolescents.
- There is no significant gender difference in observing guidance needs of adolescents.
- There is no significant relationship of mental health with guidance needs of adolescents.

#### Delimitations

The present study was carried over a limited sample of 200 adolescents from two schools of Patiala district of Punjab.

### **Methodology**

The study was conducted through descriptive survey method of research.

### **Sample**

In the present study convenient sampling technique was applied to get sample of 200 adolescents. 100 males and 100 females were included in the sample.

### **Research tools**

Following tools were used for the present study

- Mental Health Check-list by Pramod Kumar (1992).
- Guidance Needs Inventory by J. S. Grewal(1982).

### **Analysis and Interpretation**

#### **Mental Health of Adolescents**

The frequency distribution of the raw scores on mental health has been worked out and it was found that 65% of adolescents have average level of mental health.

#### **Guidance Needs of Adolescents**

The frequency distribution of the raw scores on guidance needs has been worked out and it was found that 72% of adolescents have average level of guidance needs.

#### **Gender Differences**

On the Mental Health, the mean scores of adolescents girls (N=100) was 30.47 (S.D. =5.60) whereas the mean score of adolescent boys (N=100) was 35.29 (S.D. =5.48). The t-value came out to be 6.2. Hence, there is significant difference between mental health of boys and girls. So, the first hypothesis that there is no significant difference between mental health of boys and girls stands rejected.

The mean scores of adolescent girls on guidance needs inventory was 115.4 (S.D. =46.61) whereas mean scores of boys was 111.31 (S.D. =43.79). The t-value came out to be 0.65 which is insignificant even at 0.05 level of significance. Hence, there is no significant difference between guidance needs of boys and girls. So, the second

hypothesis that there is no significant difference between guidance needs of boys and girls is accepted.

### **Relationship between Mental Health and Guidance Needs of Adolescents**

The correlation value of mental health and guidance needs was 0.45. Hence there is significant relationship between mental health and guidance needs of adolescents. Thus, the third hypothesis that there is no significant relationship between mental health and guidance needs of adolescents stands rejected.

### **Educational Implications**

- The findings of the present study helps in improving mental health by diagnosing needs of adolescents at proper time.
- Students should be provided counselling sessions for stress management so that their problems can be diluted.
- Adequate guidance should be provided to students at right time so that they can solve their mental health problems.
- The study of these variables may help parents, teachers and students to take care of their mental health. Counselling of parents and teachers can improve their mental health also.

To conclude, we can dilute problems relating to mental health of students by providing them appropriate guidance services at proper time.

### **REFERENCES**

1. Kochhar, S.K. (1979) Guidance in Indian Education. New Delhi: Sterling Publishers.
2. Grewal J.S. (1982) Guidance Needs Inventory. Agra: National Psychological Corporation.
3. Haughen, M.J. and Clark J. (1991) Mental Health Values of Psychotherapists. Psychological Abstracts, 36, 1, 24-36.
4. Agarwal, A. and Chowdhary (2009) The Effect of Type A-Type B Behaviour Pattern on Mental Health of Adolescents. Praachi Journal of Psycho- Cultural Dimensions, 25, 1&2.
5. Dewan, R. M.K. Hassan and A.R. (2008) Effects of Demographic Variables on Mental Health of Tribal School Teachers. Praachi Journal of Psycho-Cultural Dimensions, 26, 2.