

Status of Mental Health of Private and Dar ul uloom Secondary School Students of Kashmir Division

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Abstract

The paper is about the status of mental health of private and Dar ul uloom secondary school students of Kashmir division. The researcher selected a sample of 600 secondary school students (300 private & 300 Dar ul uloom secondary school students) for the purpose. The sample was selected randomly. Percentage statistics was used to assess the mental health status of the selected sample.

Keywords: Mental health, Private secondary school students, Dar ul uloom secondary school students, Kashmir

Introduction

Education has been regarded as an essential concomitant of all human society. The education should be updated as per the needs of the society and the individual. Education imparted to the students in our schools is just mere acquisition of bookish knowledge and shaping the marks card, rather shaping the successful future, interaction between the teacher and pupil, understanding handling the emotions in the right time in the right way. So education system hardly gives any guarantee for a successful life. A highly intellectual person can't be always successful in his life. Psychologists and educationists tried to bridge the gap between success and discomfiture caused by head and heart. This logical inquiry took several years not only in developing countries but all over the world. By introducing the concept of mental health and emotional intelligence in our education system, answer was provided to this logical inquiry. Mental health is defined as the capacity of an individual to feel, think and act in ways that enhance their ability to enjoy life and deal with the challenges they face. Mental health contributes to the maintenance of physical health as well as social effectiveness as a basic factor. Good mental health is obtained and maintained by helping pupils to overcome serious conflicts and frustrations. They are helped to understand their own potentialities, abilities, aptitudes, interests and environmental conditions so that they can work harmoniously at an optimum level of functioning. Mental health is a state of mind characterized by emotional well-being, relative freedom from anxiety and disabling symptoms and coping with ordinary demands and stresses of life (Manjunavi, 2000). Mental health is the balance between all aspects of life_ Social, physical, spiritual and emotional. Mental health depends on the development and retention of goals that are neither too high nor too low to permit realistic successful maintenance of belief in oneself as a worthy and effective human being (Lakshminarayan et al, 1993). Complete mental health is an ideal, any individual who possesses the greatest number of these qualities will be the nearest the ideal (Singh, Chandra, Parihar, 2011). Singh and Gupta (1983) described six indices of mental health_ emotional stability, overall adjustment, autonomy, security-insecurity, self-concept and intelligence. A significant difference was found in emotional stability, overall adjustment and intelligence component of mental health of adolescent boys and girls (Kumar, 2015). Bavojdan (2011) found correlation between mental

health and self efficacy beliefs. Brar and Kaur (2013) found correlation between mental health, well-being and self-esteem. The results found out by the researcher after analysing the data by applying percentage statistics with reference to the paper is as; 75.7% and 54% of private and Dar ul uloom (Imparting Formal Education) secondary school students were having average level of mental health respectively. Among the five levels of mental health, 22.3% of private and 42% of Dar ul uloom secondary school students possessed low level of mental health. 0.7 % of private and 4% of Dar ul uloom secondary school students were found on very low level of mental health. Furthermore 1.3% of private secondary school students possessed high level of mental health and none of the private and Dar ul uloom secondary school students were found on very high level of mental health.

Objectives

To study the mental health status of private and Dar ul uloom secondary school students of Kashmir division.

Hypothesis

There is a significant difference between Dar ul uloom and private secondary school students on mental health.

Methodology and Procedure

The present research study is designed to study Modernisation, Mental Health and Academic Achievement of Dar-ul-uloom and private secondary school students of Kashmir. As such, the descriptive method of research is employed to carry out this piece of research work. The details regarding sample, tools and statistical treatment are reported as follows:

Sample

The sample for the present study consists of 300 Dar-ul-uloom and 300 private secondary school students of Kashmir. Simple random sampling technique is employed to collect the required data for the present study from various districts of Kashmir.

Tool Used

Following tool was used for the present study;

Mental Health Battery (Singh, A.K & Gupta, A.S, 2002) [Hindi Version translated by Miss Gulnaz (M.phil scholar, Dept. Of Education) into English Version]: It consists of six dimensions- Emotional stability, Overall adjustment Autonomy, Security-insecurity, self-concept and General intelligence.

Showing Levels of Mental health of Private and Dar-ul-uloom Secondary School Students in Kashmir Valley

Levels	Private		Dar-ul-uloom	
	N	%age	N	%age
Very Low	2	0.7%	12	4.0%
Low	67	22.3%	126	42.0%
Average	227	75.7%	162	54.0%
High	4	1.3%	0	0.0%
Very High	0	0.0%	0	0.0%
Total	300	100.0%	300	100.0%

Table represents the levels of mental health of formal secondary school students of Dar-ul-ulooms and private schools in Kashmir Valley. The perusal of the above table indicates that 0.7% of Private and 4% of Dar-ul-uloom secondary school students are on very low level of mental health.

Among the five levels of mental health, 22.3% of private and 42% of Dar-ul-uloom secondary school students possess low level of mental health. 75.7% of private and 54% of Dar-ul-uloom secondary school students are on average level of mental health. Further the table shows that 1.3% of private secondary school students possess high level of mental health and none of the private and Dar- ul-uloom secondary school students are found to be on very high level of mental health.

Major Findings

The results reveal that 54% of Dar ul uloom secondary school students were on average level of mental health followed by 42% on low level, 4% on very low level and none of the students on high and very high level of mental health while as 75.7% of Private secondary school students possessed average level of mental health followed by 22.3% on low level, 1.3% on high level, 0.7% on very low level and none of the students possessed very high level of mental health. The above description helps the researcher to understand that there is a need to take measures in order to develop the mental health of private and Dar ul uloom secondary school students. So both private and Dar ul uloom secondary school students should be given opportunities to participate in non-academic activities besides formal education. Also other co-curricular activities should be introduced in both private and Dar ul uloom secondary school students so that their mental health should be developed. Parents of Both private and Dar ul uloom secondary school students should participate actively in the affairs of their children so that they develop a sound mental health. One of the major requirements of educational objectives of both private and Dar ul uloom secondary schools should be mental health as it is essential for essential learning. So, both Dar ul ulooms and private secondary schools should introduce mental health based services in their schools so that the mental health of students should be developed for better educational outcomes. Further a post for a counselor should be mandatory in all secondary school institutions at government and private levels to provide counseling to the students in order to protect them from mental illness and behavioural problems. Co-curricular activities should be an integral part of the curriculum of Dar ul ulooms and private secondary schools to discharge the pent-up feelings of students and to use their unhealthy energy in a healthy way.

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