

EXECUTIVE SUMMARY MINOR RESEARCH PROJECT UNDERTAKEN IN UNIVERSITY OF MUMBAI

Title: A study of mental health problems of adolescent students

Research Project No.: 153

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Year: 2013-2014

Researcher has selected this problem for work as this problem includes study of mental health problems of boys as well as girls and comparative study of mental health problems of boys and girls attending Guru Govind Singh T High School, Sewree. The title of the project work is, "A Study of Mental Health Problems of Adolescent Students"

Objectives of the Study: 1. To study the mental health problems of adolescent boys attending school. 2. To study the mental health problems of adolescent girls attending school. 3. To compare the mental health problems of adolescent boys and girls attending school.
Hypothesis: 1. There are no significant mental health problems of adolescent boys attending school. 2. There are no significant mental health problems of adolescent girls attending school. 3. There is no significant relationship between mental health problems of adolescent boys and girls attending school.

Scope and Limitations: This research work is also a comparative study of mental health problems of adolescent boys and girls attending co-education school. This study is limited in terms of sample, as sample is adolescent students of the 40 secondary schools of Mumbai.

Research design: The survey questionnaire methodology will be adopted for the present study. This survey questionnaire is mainly of 5 scale rating questionnaire, similar to that of Likert psychometric scale. This scale gives quantitative measure of attitudes.

Tools: The 5 scale rating questionnaire of Likert Summative Scale questionnaire is adopted for the data collection. There are total 6 sub topics as follows: Self-esteem and self-confidence, Emotional distress, Behavior, Inter-personal relationships (with parents, peers and teachers), Substance abuse, Perception

Major Findings: The research data was collected on the basis of 6 sub topic related to mental health problems of adolescent. Collected data was analysed and interpreted, on that interpretation of data following major findings are concluded:

Self-esteem and Self-confidence: More self confidence in boys, Boys could handle new situation with relative comfort and ease, Boys avoid doing difficult things, Self-motivation is seen in boys, Boys are more goal oriented, Girls not bother for early success in work, Boys as well as girls are hardworking and conscious about goal achievement.

Emotional distress: Boys as well girls do not get angry unexpectedly, Girls try to release their frustration by hitting things, yelling etc. Boys as well girls try to understand why people make them angry, Girls forgives people who make them angry or hurt, Anger in girls is influenced by external factors, Boys as well as girls use alternative to release their anger, Girls are more sensitive towards their feelings, Boys tries to improve their ability of controlling anger, Boys as well girls avoid things which make them angry.

Behaviour: Girls are more negative about what others think or do,Boys as well as girls do not believe on their own skills,Girls thinks that they are more smart and talented,Girls are down to earth in nature,Boys think that they are better than competition.

Interpersonal relationship: Boys as well girls gives respect to others,Girls generalize statement while giving feedback,Girls go along with others decision,Boys are more selfish in their interpersonal relationship,Boys are more conscious in conversation,Girls are not able to handle conflicts,Boys are more conscious about betterment of relationship.

Substance abuse: Substance abusing is more influenced by peer in girls,Boys as well as girls not tend to substance abuse to release frustration,Boys as well as girl's reject smoking,Boys as well as have self-control on substance abuse,Boys feel freer while counselling others about substance abuse.

Perception: Girls have perception in action,Boys have perception in imagination,Boys could link reality and perception,Girls have effect of expectation on perception,Boys could conclude reality by their expectation.

Conclusions:1. There are no significant mental health problems of adolescent boys attending Guru Govind Singh T High School. 2. There are significant mental health problems of adolescent girls attending Guru Govind Singh T High School. 3. There is no significant relationship between mental health problems of adolescent boys and girls attending Guru Govind Singh T High School.

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