

## **MENTAL HEALTH AND SUICIDAL TENDENCY OF HIGHER SECONDARY SCHOOL STUDENTS**

### **ABSTRACT**

This study was conducted to find out the relationship between mental health and suicidal tendency of Higher Secondary school students in the educational district of Dindigul. The sample consisting of 343 higher secondary students from various schools in Dindigul educational district was used for the study. This study revealed that there was significant relationship between mental health and suicidal tendency of higher secondary school students.

### **INTRODUCTION**

Mental Health is not synonymous with absence of mental illness. It refers to a condition and a level of social functioning which is socially and personally satisfying in all aspects of life. Well adjusted behaviour is not a final state of one's behaviour as applicable to all situations in life; Psychologists emphasize it as a continuous process of adaptation to changing environment. According to Hadfield, "Mental health is the full and harmonious function of the whole personality". A mentally healthy person lives a happy, harmonious and effective life.

Suicide is the act of intentionally causing one's own death. Suicide is often committed out of despair, the cause of which can be attributed to a mental disorder such as depression, bipolar disorder, schizophrenia, alcoholism, or drug abuse. Stress factors such as financial difficulties or trouble with interpersonal relationships often play a significant role in having suicidal tendency.

### **SIGNIFICANCE OF THE STUDY**

Mental health is a term used to describe how well the individual is adjusted to the demands and opportunities in life. A mentally healthy person is one who is in harmony with his self and opportunities in life. A mentally healthy person is one who is in harmony with himself and consequently with those around him. In other words it is to be a mind or personality

functioning effectively in emotional disturbances. The mentally health man meets his problem without many disturbances and his fears and anxieties are normal.

## **OBJECTIVES**

1. To find out the level of mental health of the higher secondary school students.
2. To find out the suicidal tendency of the higher secondary school students.
3. To find out the significant difference between a) male and female b) rural and urban higher secondary school students in their mental health.
4. To find out the significant difference between a) male and female b) rural and urban higher secondary school students in their suicidal tendency.
5. To find the relationship between mental health and suicidal tendency of higher secondary school students.

## **HYPOTHESES**

1. There is no significant difference between male and female higher secondary school students in their mental health.
2. There is no significant difference between rural and urban higher secondary school students in their mental health.
3. There is no significant difference between male and female higher secondary school students in their suicidal tendency.
4. There is no significant difference between rural and urban higher secondary school students in their suicidal tendency.
5. There is no significant relationship between mental health and suicidal tendency of higher secondary school students.

## **Methodology**

The researcher adopted survey method to find out the mental health and suicidal tendency of higher secondary school students.

## **Sampling technique**

The investigator used random sampling technique.

## Population

The population for the present study consisted of higher secondary students in Dindigul educational district.

## Sample

The researcher randomly selected 343 XII standard students of Dindigul educational district.

## Statistics Used

The investigator proposes the following statistical techniques for data analysis:

1. Percentage Analysis
2. 't' test
3. Correlation

## TOOLS USED IN THE STUDY

The investigator used self- made tools for measuring mental health and suicidal tendency of higher secondary students.

## ANALYSIS OF DATA

1. The level of mental health of higher secondary school students

**Table 1**

### THE LEVEL OF MENTAL HEALTH OF HIGHER SECONDARY STUDENTS

LOW		MODERATE		HIGH	
N	%	N	%	N	%
66	19.2	220	64.1	57	16.6

It is inferred from the above table that 19.2 % of higher secondary school students have low, 64.1 % of students have moderate and 16.6 % of students have high level of mental health.

2. The level of suicidal tendency of higher secondary school students.

**Table 2**

**THE LEVEL OF SUICIDAL TENDENCY OF HIGHER SECONDARY SCHOOL STUDENTS**

<b>LOW</b>		<b>MODERATE</b>		<b>HIGH</b>	
<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>	<b>N</b>	<b>%</b>
50	14.6	241	70.3	52	15.2

It is inferred from the above table that 14.6 % of higher secondary school students have low, 70.3 % of students moderate and 15.2 % of students have high level of suicidal tendency.

**Hypothesis 1**

There is no significant difference between male and female higher secondary school students in their mental health.

**Table 3**

**SIGNIFICANT DIFFERENCE BETWEEN MALE AND FEMALE HIGHER SECONDARY SCHOOL STUDENTS IN THEIR MENTAL HEALTH**

<b>Category</b>	<b>N</b>	<b>Mean</b>	<b>Calculated 't' Value</b>	<b>Remark at 5% level</b>
Male	204	87.35	1.239	NS
Female	139	88.74		

(At 5% level of significance, the table value of 't' is 1.96)

Since the calculated 't' value is less than the table value, the null hypothesis is accepted. Hence there is no significant difference between male and female higher secondary school students in their mental health.

### Hypothesis 2

There is no significant difference between rural and urban higher secondary school students in their mental health.

**Table 3**

**SIGNIFICANT DIFFERENCE BETWEEN RURAL AND URBAN HIGHER SECONDARY SCHOOL STUDENTS IN THEIR MENTAL HEALTH**

<b>Category</b>	<b>N</b>	<b>Mean</b>	<b>Calculated 't' Value</b>	<b>Remark at 5% level</b>
Rural	100	90.97	3.475	S
Urban	243	86.65		

**(At 5% level of significance, the table value of 't' is 1.96)**

Since the calculated value is greater than the table value, the null hypothesis is rejected. Hence there is significant difference between rural and urban higher secondary students in their mental health.

### Hypothesis 3

There is no significant difference between male and female higher secondary school students in their suicidal tendency.

**Table 4**

**SIGNIFICANT DIFFERENCE BETWEEN MALE AND FEMALE HIGHER  
SECONDARY SCHOOL STUDENTS IN THEIR SUICIDAL TENDENCY**

<b>Category</b>	<b>N</b>	<b>Mean</b>	<b>Calculated 't' Value</b>	<b>Remark at 5% level</b>
Male	204	40.31	1.803	NS
Female	139	41.29		

**(At 5% level of significance, the table value of 't' is 1.96)**

Since the calculated 't' value is less than the table value, the null hypothesis is accepted. Hence there is no significant difference between male and female higher secondary school students in their suicidal tendency.

#### **Hypothesis 4**

There is no significant difference between rural and urban higher secondary school students in suicidal tendency.

**Table 5**

**SIGNIFICANT DIFFERENCE BETWEEN RURAL AND URBAN HIGHER  
SECONDARY SCHOOL STUDENTS IN SUICIDAL TENDENCY**

<b>Category</b>	<b>N</b>	<b>Mean</b>	<b>Calculated 't' Value</b>	<b>Remark at 5% level</b>

Rural	100	39.73	2.328	S
Urban	243	41.11		

(At 5% level of significance, the table value of 't' is 1.96)

Since the calculated value is greater than the table value, the null hypothesis is rejected. Hence there is significant difference between rural and urban higher secondary school students in their suicidal tendency.

### Hypothesis 5

There is no significant relationship between mental health and suicidal tendency of higher secondary school students.

**Table 6**

### **RELATIONSHIP BETWEEN MENTAL HEALTH AND SUICIDAL TENDENCY OF HIGHER SECONDARY SCHOOL STUDENTS**

Degree of freedom	Calculated 'r' value	Remarks at 5% level
341	0.114	S

(for 341 degrees of freedom at 5% level of significance, the table value is 0.098)

It is inferred from the above table that there is significant relationship between mental health and suicidal tendency of higher secondary students. So the null hypothesis is rejected.

### FINDINGS

1. 64.1 % of higher secondary school students have moderate, 16.6 % of students have high and 19.2 % of students have low level of mental health.
2. 70.3 % of students have moderate, 15.2 % of students have high and 14.6 % of students have low level of suicidal tendency.

3. There is no significant difference between boys and girls in their mental health.
4. There is significant difference between rural and urban higher secondary school students. That is Rural (M=90.97) higher secondary students are better than urban (86.65) higher secondary students.
5. There is no significant difference between male and female in their suicidal tendency.
6. There is significant difference between rural and urban higher secondary school students in their suicidal tendency. That is Rural (M=39.73) higher secondary students have less suicidal tendency than the urban (41.11) higher secondary students.
7. There is significant relationship between mental health and suicidal tendency of higher secondary students.

## **INTERPRETATION**

In general, the level of mental health and suicidal tendency of the higher secondary school students is average, but 19.2% students have low or poor mental health. The reason for this may be lack of self confidence, over expectation and maladjustment. 16.6% of students have good mental health. The reason can be their good interpersonal and intrapersonal relationships, realistic behavior, attitude.

The 't' test reveals that the rural students are good in their mental health and so they have less suicidal tendency. Since they are from villages they may have some good habits, ability of facing problems and accepting new situations. Physical strength is also the reason for their good mental health. Urban students are poor in their mental health and high in their suicidal tendency. The reason may be not getting enough time to share their feelings and thoughts with their parents, wrong guidance by the peer groups, over usage of electronic gadgets like mobile phones, computers and social medias, lack of people to guide them in the adolescent period. From correlation the investigator came to know that there is a significant relationship between mental health and suicidal tendency. If the students are mentally healthy they will not have suicidal tendency or thoughts. Proper guidance at the stage of adolescent period, proper understanding about themselves and others, help them to have good mental health.

## **RECOMMENDATIONS**



1. Guidance and counseling programmes should be conducted.
2. Yoga classes should be conducted.
3. Personality development programmes should be conducted.
4. Motivational stories, messages, talks should be delivered
5. Spiritual activities should take place in order to get some moral values
6. Co-curricular activities should be encouraged in order to develop their skills and to divert their mind from unwanted worries, thoughts.

## REFERENCE

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