

**A STUDY ON MENTAL HEALTH AND ADJUSTMENT AMONG  
ADOLESCENTS OF CAPITAL COMPLEX OF  
ARUNACHAL PRADESH, INDIA**

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**ABSTRACT**

*Mental health condition has a great impact on the learning and achievement of students. Mental health issues including depression, anxiety, and stress are difficult for adolescents to understand and cope with and they may impact educational outcomes, relationships, productivity of work, and physical and mental health. Hence, children need familial support for a healthy mental condition and adjustment to the environment. As far as adjustment is concerned, mental health plays a very important role. In this context, it is very important to address the issue and conduct a study on mental health and how it affects on adjustment of students (Adolescents). In the present study, the investigator attempts to Study Mental Health and Adjustment among Adolescents of the Capital Complex of Arunachal Pradesh, India.*

**Key Words :** *Mental Health, Adjustment, Secondary School Students.*

**Introduction**

“Mental health...is not a destination but a process. It’s about how you drive, not where you’re going.” -Noam Shpaneer

Children are our future. They go through different stages of development. Various kinds of physical and mental development are taking place in every stage. Professor Peter Jones of Cambridge University said, "To have a definition of when you move from childhood to adulthood looks increasingly absurd. It's a much more nuanced transition that takes place over three decades." As they grow, they learn social and behavioral perspectives from family and surrounding. However, the environment of the children influences a lot in their development. Parents should support and encourage children for their improvement and succeed in life, according to their interests and choice. Agnew, et.al. (2018) studied to solve developmental patterns associated with young adults with Attention Deficit Hyperactive Disorder (ADHD) and found poorer functioning across all domains, including mental health, substance misuse, psychosocial, physical health, and socioeconomic outcomes. Knopf et.al. (2008) examined adolescent mental health and found that 20-25% of youth have symptoms of emotional problems and one out of ten has impairment or dysfunction. Sharma, et. al. (2018) studied the correlation of age to psychotropic medication

adherence and substance abuse in adolescents with mental health illness and the findings of the study was that age was positively correlated with adherence, and risk for substance abuse and was negatively correlated with medication use during the research. Sheppard et.al. (2017) prepared a report on the rate of unmet needs for professional mental health care in a large multi-state sample of adolescents. The result shows 35.7% of adolescents have untreated high psychological distress with wholly unmet mental health needs and they need professional mental health help.

Gallagher, et. al. (2018) studied longitudinal associations between sibling relational aggression and adolescent adjustment. Relationship with a sibling also affects adolescent behavior. And the result also shows that being the target of sibling relational aggression was associated with all four adjustment outcomes at the between-person level, and with risky behavior and romantic competence at the within-person level. Thus, sibling relationship dynamics play an important role in youth

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development and adjustment. Hartnett, et. al. (2016) studied the effectiveness of Functional Family therapy (FFT) in reducing mental health risks in adolescents and family adjustment difficulties and found both parents and adolescents reported improvements in family adjustment. Every child is special in their way and is different according to their nature and development. They grow and learn at their own pace. Various factors influence student behavior like relationships, stress, rest, diet, etc., which cause success if these factors are taken positively by the students or when these factors work correctly on them. Eating a healthy diet and living happily in any condition decreases most of our stress, anxiety, blood pressure, toxins, and muscle tension. So parents and teachers should generate that kind of environment for the children. A soothing and peaceful home and school environment can produce a mentally healthy person.

Mental health condition has a great impact on the learning and achievement of students. Mental health issues including depression, anxiety, and stress are difficult for adolescents to understand and cope with. Mental health has an impact on educational outcomes, relationships, productivity of work, and physical and mental health, and hence, children need familial support for a healthy mental condition.

**Rationale of the Study**

A person’s life depends on his/her mental condition. A mentally healthy person is not only helpful for himself/herself but also for the family and his/her community. Knopf et.al. (2008) revealed that the adolescent age is at greater risk of mental health problems which can spread negative environments too. Another research conducted by Paschall et.al. (2018) has said that students with a mental health problem who cannot deal with their stress can attempt suicide, addicted to the drug, and starts smoking a cigarette. The mental health of adolescents is so important that Olson (2018) wrote in the Journal of Investigate Medicine about the Intergenerational Activities Program (iGAP) and its aim to improve mental health in adolescents. A mentally healthy person can adjust to any situation and cope with any stage (hard or easy) of life. Ogden et.al. (2018) in their study had revealed that adolescent age is a qualitatively different phase than other periods of life and they must be provided with

effective treatment and prevention programs. Various research has been conducted in relation to mental health and depression, mental health and anxiety, mental health and stress, adolescent mental health, etc, which is a very common and sensitive issue all over the world.

As far as adjustment is concerned, mental health plays a very important role. The researcher couldn’t identify any study related to ‘Mental Health and Adjustment’, particularly in the capital complex of Arunachal Pradesh. In this context, it is very important to address the issue and conduct a study on mental health and how it affects on adjustment of students (Adolescents).

**Title of the Study**

The present study is titled as “A Study on Mental Health and Adjustment among Adolescents of Capital Complex of Arunachal Pradesh, India.”

**Objectives of the Study**

The objectives of the study are,

1. To investigate the mental health of adolescent students of the Capital Complex of Arunachal Pradesh.
2. To examine the adjustment of adolescent students of the Capital Complex of Arunachal Pradesh.
3. To test whether there exists any relationship between mental health and adjustment of adolescent students of the Capital Complex of Arunachal Pradesh.

**Hypotheses of the Study**

1. There is a significant difference between the mental health of adolescent boys and girls.
2. There is a significant difference between the adjustment of adolescent boys and girls.
3. There is a significant relationship between mental health and the adjustment of adolescent boys and girls.

**Delimitation of the Study**

The present study is delimited to major urban Government, Private, and aided Higher Secondary Schools of the capital complex of Arunachal Pradesh.

**Research Methodology**

**Population**

In the present study the investigator has collected data from Higher Secondary School students of a capital complex of Arunachal Pradesh using Survey Method.

**Sample and Sampling Procedure**

The investigator collected data from 200 samples, out of which 6 samples were rejected due to incomplete responses. The Stratified Random Sampling technique was used for collecting data from different areas of a capital complex of Arunachal Pradesh.

**Statistical Techniques**

The investigator has used the following statistical techniques for data analysis- Descriptive Analysis, T-Test, Pearson’s Correlation Analysis

**Tools Used For Data Collection**

The following tools were used for the collection of data-

1. PGI Health Questionnaire: PGI Health Questionnaire was a test or questionnaire developed by Verma, Wig & Persad (1974).
2. Bell’s Adjustment Inventory: Bell’s Adjustment Inventory was developed by Hugh M. Bell (1962) and revised by Lalita Sharma (1987).

**Data Analysis**

**Null Hypothesis 1 :** There is a significant difference between the mental health of adolescent boys and girls.

**Table 2**

**Mean, Standard Deviation and Group Statistics of Mental Health of Boys and Girls**

Variables	Gender	N	Mean	S.D.	Calculated ‘t’ value	‘p’ value
Mental Health	Boys	93	31.01	9.317	5.357	0
	Girls	101	38.2	9.35		

The first hypothesis is (H.1). There will be significant differences between the mental health of adolescent boys and girls. A t-test of the Mental Health of boys and girls has been performed. The Levene’s Test for equality of variance between sets of 93 boys’ and 101 girls’ Mental Health conditions has a significant level of 0.682, which reflects that the variances are equal; which can be seen from the

Standard Deviation of 9.31 and 9.35 (Table.2) for boys and girls respectively. The t-value for

Mental Health among boys and girls is 5.357 which is significant at 0.000 level. Therefore, it is concluded that there is no significant difference between the patterns of Mental Health conditions between boys and girls (Table.2). Thus, the hypothesis is rejected.

**Null Hypothesis 2 :** There is a significant difference between the adjustment of adolescent boys and girls.

**Table 3**

**Mean, Standard Deviation and Group Statistics of Adjustment of Boys and Girls**

Variables	Gender	N	Mean	S.D.	Calculated ‘t’ value	‘p’ value
Adjustment	Boys	93	0.0229	0.004	5.124	0.00
	Girls	101	0.0271	0.006		

The second hypothesis is (H.2). There will be a significant difference between the adjustment of adolescent boys and girls. A t-test of Adjustment of boys and girls has been performed. The Levene’s Test for equality of variance between sets of 93 boys’ and 101 girls’ Adjustment has a significance level of 0.017, which reflects that the variances are not equal, which can be seen from the Standard Deviation of 0.0049 and 0.0064 (Table.3) for boys and girls respectively. The t-value for Adjustment among boys and girls is 5.124 which is significant at the .000 level. Therefore, it is concluded that there is no significant difference between Adjustment among boys and girls (Table.3). Thus, the hypothesis is rejected.

**Null Hypothesis 3 :** There is a significant relationship between mental health and the adjustment of adolescent boys and girls.

**Table 4**  
**Correlation between Adjustment and**  
**Mental Health of Boys and Girls**

Gender	Variables		Mental Health	Adjustment
Boys	Mental Health	Pearson Correlation	1	0.508**
		Sig. (2-tailed)		0.000
		N	93	93
	Adjustment	Pearson Correlation	0.508**	1
		Sig. (2-tailed)	0	
		N	93	93
Girls	Mental Health	Pearson Correlation	1	0.592**
		Sig. (2-tailed)		0.000
		N	101	101
	Adjustment	Pearson Correlation	0.592**	1
		Sig. (2-tailed)	0.000	
		N	101	101

Note: \*\* Correlation is significant at the 0.01 level (2-tailed)

For the third hypothesis i.e., (H.3). There will be a significant relationship between mental health and adjustment of adolescent boys and girls correlation between Mental Health and Adjustment with Boys and Girls is calculated. There is a positive correlation between Mental Health and Adjustment of Boys which is 0.508 at 0.01 level of significance (Table.3). Thus, there is a significant relationship between Mental Health and Adjustment of Boys. Hence, the hypothesis is accepted.

There is a positive correlation of 0.592 at 0.01 level of significance between Mental Health and Adjustment of Girls (Table.4). Thus, there is a significant relationship between Mental Health and Adjustment of Girls. Hence, the hypothesis is accepted.

To compare the Adjustment and Mental Health between Boys and Girls, the average score of adjustment and mental health is calculated and the result of adjustment and mental health is also equal for both boys and girls, thus the boys and girls have similar mental health and adjustment.

### Major Findings

The major finding of this study of mental health conditions and adjustments thereof among adolescent students in the capital complex area of Arunachal Pradesh is not encouraging. Students need mental support from their family, peers, surrounding, and school to cope, manage and solve their problems. The finding of the present study shows that the average mental health condition is 34.75 whereas the average adjustment is 42.19 which shows poor mental health conditions and adjustment of the adolescent students.

Data for mental health and adjustment have a relatively wide range as evident from their descriptive statistics and graphical representation of distribution. At the same time, they confirm to be homogeneous in their distribution as evident from the t-test.

### Conclusion

This study is aimed to understand the psyche and capabilities of adolescents in society who are exposed to various stimuli in their day-to-day life. Formal education is one of the important components in their life and wisdom. This helps them to evaluate, understand and logically decide to reach a conclusion which is referred to as adjustments in this study. Mental health is a pre-condition for an appropriate decision-making process has also been factored into this study.

The current study is based on the primary survey with 194 adolescent boys and girls with differing family types, providing insight into the inner dynamics of the student's mental health conditions and adjustments in various spheres. The result shows the agility of mental health is lower than the expected median value but consistent across the whole sample. They have shown outstanding adjustment to different situations on the strength of their mental health. The same can be extrapolated for the students in the capital complex region who have almost similar influences with regard to social set up, availability and management of schools, urban culture, and exposure to modern amenities and facilities.

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Continuation of Page 18

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