

**“A COMPARATIVE STUDY ABOUT THE MENTAL HEALTH OF URBAN AND  
RURAL AREA’S STUDENTS OF SECONDARY SCHOOL”**

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**ABSTRACT**

Education is the base of human development and by education, humans became a social animal and interact with other social animals. Education is a natural, harmonious and progressive development of the innate power of any individual. It is that process that affected the external and internal elements of the environment. Mental health is like physical or physical health. When there is no mental defect or disease, a person is considered mentally healthy. Mental means that ability which facilitates coordination between feelings of the person, desires, ambitions, ideal values and outer life. To conduct this study researcher wants to know about these dimensions namely positive self-assessment, the capacity to accept reality, group-oriented attitudes, integration of personality, autonomy, group-oriented attitudes, environmental adjustment. In his research study, he adopts survey or descriptive method and considered all secondary schools of Kannauj district as population. The simple randomized sampling method used to select an appropriate sample for the study. 50 -50 students were selected form urban area school as well as rural area school as a sample. The researcher used an inventory has 56 statements (24 positive & 32 negative) to obtained responses of the students. The findings and results of study concluded that there is no significant difference in the mental health of students of secondary school level of the urban area and rural area.

**KEYWORDS:** *Mental health, Autonomy, Self-assessment, Rural, Secondary school, Urban, Environmental adjustment*

**INTRODUCTION**

The modern era is the era of the new formation of the country. Our country is a developing country and in the field of education, students faced various problems related to lack of interest in education, criticism, undisciplined, etc. Dr. Sarvapalli Radhakrishnan writes that the teacher has an important place in society. He is the center to provide technical skills and intellectual

traditions from one generation to the second generation and also helps to keep the efforts of civilization burning. With the development of democracy in India, the importance of education is increasing data by day. After the economic and social problems of the country, education is probably the main subject on which so much thought is being done today. In such a situation, it is necessary to study the current education and students' problems, situations and events to solve various education problems of the country appropriately. Education is the base of human development and by education, humans became a social animal and interact with other social animals. Education is a natural, harmonious and progressive development of the innate power of any individual. It is that process that affected the external and internal elements of the environment. With the help of education, teachers give a suitable environment to the students to enhance and explore their learning and became an innovative and productive citizen to our country.

Education is necessary for the multifaceted development of the child's personal and society because education is considered to be the process of complete development of the person by which the child can move the pace of his life in the right direction. Modern education is child-centered and hence the student is the main one. Different types of adverse conditions have their effect on students like improper behavior of teachers, social, economic conditions, family environment, and mental health, etc. in all these, mental health is good for the educational achievement and social adjustment. Concerning health, there is a belief that being "free from diseases" is considered healthy. Mental health is like physical or physical health. When there is no mental defect or disease, a person is considered mentally healthy. Sometimes individuals' way of thinking also stresses their instincts and mannerisms and also hinders them from achieving the main purpose of life. These situations and behaviors are unusual. Mental health is not a sign of not having normal behavior. Not being efficient in the behavior of a person also indicates mental health is abnormal. The person is also unusual behavior mentally to be unhealthy.

Each study has certain objectives. The study implies showing the direction to development "the objectives are to ensure the direction of progress towards progress". Society is changeable with the change of time, there are changes in society. Therefore, this change takes place in the economic and political, cultural structure of the society. A human being is the basic member of this changing society, so in the absence of changes in society, one cannot remain untouched. In the present time, human life has become comparatively more extended, but as his life grew in the periphery his problems also increased day by day. If he became successful to solve new problems, then he can have adjusted himself in the environment. It is said that a

healthy mind resides in a healthy body. The person performs whatever task he does on his brain's signal or according to his mind. If our mind is not healthy then we will not be able to do any work properly. Individuals whose brain is not healthy they cannot successfully cope with different situations of life. Children come from different environments and circumstances in the school whose interests, aptitude, attitude, health, etc. are different. The mental health of the child is affected by his educational achievement, mentally healthy students have higher educational achievement in school. A student who adjusts well under different circumstances is easily successful in reaching their goals. For the social, economic, religious, political character, physical and cultural development of an individual or student, it is necessary that he has good mental health or he is fit by mentally.

In the modern teaching world, students are facing new problems every day and only the student who has good mental health can succeed in facing them. By having good mental health, the student will be able to understand their problems, complete the task with interest and aptitude and if they have qualities like emotional balance, sufficient enthusiasm, confidence, social awareness, then they can perform their tasks well.

### **MENTAL HEALTH AND EDUCATION**

Mental health is the condition of a person in which he is from the environment. Consistently behaves balanced in daily life and confronts realities. It is the complete and harmonious functioning of a person. Cohesion or balanced activity means balancing one's physical body, balancing one's various mental activities and coordinating physical and mental actions and reactions. It is generally understood that when a person is free from any kind of mental illness. He is considered mentally healthy and its conditions called mental health. But some physicians think that mental health does not seem appropriate to say the absence of mental illness because in a mentally healthy person, symptoms of mental illness such as impulsivity, emotional, instability, insomnia, etc. are seen. Therefore, modern clinical psychologists defined criterion mental health as the main criterion of the capacity for ramification.

Mental development refers to an increase in mental powers that includes powers of sensitivity, perceptiveness, direct creation, observation, meditation, memory, imagination, thinking, reasoning, judgment, intelligence, language learning, etc. in fact, all-round development of students is possible when they are completely healthy both physically and mentally. The education process is related to the physical, mental, social and moral development of children.

### **DEFINE MENTAL HEALTH**

**According to Kuppuswamy**, "Mental health means, the ability to balance feelings, desires, emotions, and ideals in daily life. It means the ability to face and accept realities of life."

**According to Ladell**, "Mental health means-the ability to have enough harmony with the environment on the surface of reality."

**According to Strenz**, "Mental health refers to learned behaviors that are socially compatible and that allow the person to cope adequately with their life."

In this research study, the researcher wants to know about the mental health of the urban area students as well as rural area students. Mental health is not a single term, it includes various dimensions like positive self-assessment, capacity to accept reality, group-oriented attitudes, total composition of personality, autonomy, attitudes which originated in group, their adjustment related to environment.

#### **POSITIVE SELF-ASSESSMENT**

In this area, students' attitudes towards themselves have been studied. In this, their confidence, self-acceptance, self-introduction, sense of understanding themselves, how much they believe in their abilities, etc., come to know because a mentally healthy person gets to know his qualities and faults. He can objectively analyze his just and unfair actions. He accepts his faults as a path only and tries to improve his behavior.

#### **CAPACITY TO ACCEPT REALITY**

The information has been taken in this area regarding their behavior in real circumstances and an attempt has been made to know how they view the events of family, society and the world.

#### **INTEGRATION OF PERSONALITY**

In this field, the ability to understand students, exchange their feelings and opinions with others, attempts have been made to complete their work.

#### **AUTONOMY**

Students believe in limiting their work and on whom they link it is appropriate to be more dependent on their progress, that is, they fully believe in their abilities about their progress or prefer to depend on others for their development. An attempt has been made to make it known.

#### **GROUP ORIENTED ATTITUDES**

In this area, attempts are made to know the views and interest related to students' participation in social areas. It is also known whether students are willing to participate in their collective activities and how much they participate in collective recreational activities.

## ENVIRONMENTAL ADJUSTMENT

The student has a direct connection with society and is also an important member and the recognition he gets from society. If he holds the view that society honors him because of his qualities, his soul-bearer gets a small bill, and he tries to do his work with more loyalty and dedication. If the society does not recognize the institution outside the scope of it but rejects it, then there is an anguish in the mind and nature of its functioning is blocked because the confidence, self-esteem of the students are important components of his personality and effect on his mental health, so all students' perspectives in this regard are important.

## RESEARCH QUESTION

What is the difference in mental health between students of the rural area and urban area secondary level schools?

## OBJECTIVES

- To study the mental health of urban area's students of secondary level school
- To study the mental health of rural area's students of secondary level school
- To study the comparison of rural and urban area students of secondary level school

## RESEARCH METHODOLOGY

In this research study, the researcher wants to solve present time problems so he adopts a survey or descriptive method to conduct this study. This type of study mainly selected a sample according to factors and concepts related to problems and its related reliable and validate test administered on those samples. Based on the test manual given numbering to the responses of students and use suitable statistics methods to analyze the collected data.

## HYPOTHESIS

H<sub>0</sub>: There is no significant difference in mental health between urban and rural area students.

## POPULATION

Population of study considered all the secondary level schools in Kannauj district of Uttar Pradesh.

## SAMPLING & SAMPLE

The researcher used a simple randomized sampling method to select a sample from a representative population. 50 -50 students were selected form both the groups.

Urban area students of secondary schools		Rural area students of secondary schools	
Schools Name	No. of Students	Schools Name	No. of Students

R.B.I.C. Saurikh, Kannauj	25	G.B.I.C. Husepur Saurikh, Kannauj	25
B.D.J.I.C. Chibbramau, Kannauj	25	J.I.C. Khadini, Kannauj	25

**Table 1. (a)****TOOL FOR DATA COLLECTION**

For this research study, the researcher used an inventory/questionnaire developed by Dr. Jagdish & Dr. Srivastava. This inventory has 56 statement (24 positive & 32 negatives) related to positive self-evaluation, capacity to accept reality, integration personality, autonomy, group-oriented attitudes, environmental adjustment. Inventory has four variable namely Age, Educational ability, and Sex. It was categorized in four rating scale like always, often, really and never.

**RELIABILITY OF THE TOOL (INVENTORY)**

Reliability means stability in the results. It is also concern about repeatability of results. The split-half method used to calculate the reliability of used inventory and it was found overall 0.73.

<b>Showing Reliability Coefficient</b>	
<b>Dimensions of Mental Health</b>	<b>R Index</b>
Positive Self-evaluation	0.75
Capacity to accept the reality	0.71
Integration of personality	0.72
Autonomy	0.72
Group-oriented attitudes	0.74
Environmental competence	0.71
<b>Overall</b>	<b>0.73</b>

**Table 1. (b)****VALIDITY OF THE INVENTORY**

Validity is an essential element for any questionnaire/ inventory because it gives the detail about that what is it measure and for which developing it to measure. It means measure what is intended to be measured. Although in this research study a causal relationship exists so the construct validity refers to use for validation of the questionnaire. This study coefficient of correlation method was used to calculate the construct validity of mental health inventory. Which was found 0.54.

**ANALYSIS OF THE DATA**

For any research work, it is mandatory to analyze and explain the contents after compilation. Because without it, it is impossible to conclude research, so at the end of this study the analysis

of this data has been analyzed and explained. In this research study comparative study of mental health of students of the urban area and rural area of high school level in Kannauj district has been done and two groups (one group include 2 schools of the urban area & other groups include 2 schools of rural area) of students have been taken to study their views.

The value of the mean, standard deviation and t-ratio calculated of every filed and based on findings hypothesis of this research study was accepted and rejected. For the analysis of the data SPSS software used by the researcher.

t-ratio vale:

- ✓ Less than 1.96 means Non-significant and sub-hypothesis accepted
- ✓ More than 1.96 means Significant and sub-hypothesis rejected

#### Field 1. Positive Self-evaluation

Group	Mean	Standard Deviation	t-ratio	Significant/ No Significant	Hypothesis
Urban Area	30.80	4.71	1.91	No Significant	Accept
Rural Area	32.52	4.15			

**Table 1. (c)**

Table 1. (c). represents that the mean value of the urban area students was 30.80 and the rural area was 32.52. the standard deviation of both groups was 4.71 & 4.15 respectively. Based on standard deviation when we calculated the t-ratio value researcher found it 1.91 which was very less on significance level 0.05 or 1.96. thus the sub-hypothesis was accepted regarding that there is no significant difference between positive self-evaluation of both groups.

#### Field 2. Capacity to accept the reality

Group	Mean	Standard Deviation	t-ratio	Significant/ No Significant	Hypothesis
Urban Area	23.00	3.61	0.27	No Significant	Accept
Rural Area	23.20	3.71			

**Table 1. (d)**

Based on the above table result researcher found that the mean value of urban students group slightly less than the rural area students group so the value of t ratio was found 0.27 which was very less from the level of significance 0.05 or 1.96 value. Thus sub hypothesis that there is no significant difference between the capacity to accept reality of urban area students, as well as rural area students, was accepted.

**Field 3. Integration of personality**

Group	Mean	Standard Deviation	t-ratio	Significant/ No Significant	Hypothesis
Urban Area	34.68	3.39	0.77	No Significant	Accept
Rural Area	34.08	4.36			

**Table 1. (e)**

Table 1. (e) shows that the mean value of urban area group and rural area group 34.68 and 34.08 respectively and the standard deviation was found 3.39 and 4.36. t ratio of both groups was 0.77 which was less than 1.96 or level of significance 0.05. so the sub-hypothesis was accepted that there is no difference between both groups about the integration of personality.

**Field 4. Autonomy**

Group	Mean	Standard Deviation	t-ratio	Significant/ No Significant	Hypothesis
Urban Area	16.92	2.31	1.38	No Significant	Accept
Rural Area	17.58	2.49			

**Table 1. (f)**

The t ration about autonomy was found 1.38 because the mean value of the urban area students 16.92 and rural area students 17.58 and the standard deviation was 2.31 and 2.49 respectively to the groups. Thus the t value of groups was less than the level of significance at 0.05 level or 1.96 so the sub-hypothesis was accepted related to autonomy about mental health.

**Field 5. Group-oriented attitudes**

Group	Mean	Standard Deviation	t-ratio	Significant/ No Significant	Hypothesis
Urban Area	30.64	3.10	0.78	No Significant	Accept
Rural Area	30.70	4.41			

**Table 1. (g)**

Field 5 related with group-oriented attitudes of the students and the findings of the data tells that mean value (30.64) of the urban area student's group slightly less than the mean value of the 30.70 and the value of the standard deviation respectively 3.10 & 4.41. So the t-ratio value was 0.78 which was less than 1.96 or level of significance at 0.05 level. Sub hypotheses related to group-oriented attitudes accept and found that there is no difference in group-oriented attitudes of both groups.

**Field 6. Environmental competence**

Group	Mean	Standard Deviation	t-ratio	Significant/ No Significant	Hypothesis
Urban Area	29.62	3.58	0.11	No Significant	Accept
Rural Area	29.70	3.34			

**Table 1. (h)**

According to table 1.6, the mean under the area of environmental adjustment in the mental health of students of the urban area of the secondary school was 29.62. and the mean of students in the rural area was 29.70. their standard deviation was respectively 3.58 and 3.34. On extracting t-ratio, 0.11 came which was much less than 1.96 at significant level 0.05. therefore, sub-hypothesis of this research study was accepted that no meaningful difference has been found in secondary level schools of urban area and rural area students towards environmental adjustment.

**Field 7. Evaluation of total mental health**

Group	Mean	Standard Deviation	t-ratio	Significant/ No Significant	Hypothesis
Urban Area	165.60	14.00	1.14	No Significant	Accept
Rural Area	169.00	15.57			

**Table 1. (i)**

The above-given table shows that the mean of total mental of students of the urban area of the secondary school and students of the rural area was respectively 165.60 and 169.00. Similarly, the standard deviation of students of the urban area was 14.00 and 15.57 of rural area students. T-ratio was found 1.14 on a calculation which was less than 1.96 at 0.05 level of significance. Therefore, the null hypothesis of this research study accepted that it is no significant difference in the overall mental health of the secondary school level of the urban area and rural area students.

**CONCLUSION**

There is essential to analyze and explanation of data after the collection in any new research work because without it, impossible to get the conclusion of the research. After the explanation and analysis of data, the researcher found results and findings of this study which are given below.

**Findings of Mean**

Group	Field 1	Field 2	Field 3	Field 4	Field 5	Field 6	Overall
Urban Area Students	30.80	23.00	34.68	16.92	30.64	29.62	165.60
Rural area Students	32.52	23.20	34.08	17.58	30.70	29.70	169.00

**Table 1. (j)****Findings of t-ratio:**

Field	1	2	3	4	5	6	Overall
t-ratio	1.91	0.27	0.77	1.38	0.78	0.11	1.14

**Table 1. (k)**

Based on findings obtained from mean and t-ratio, it can be said that there is no significant difference in the mental health of students of secondary school level of the urban area and rural area. Based on which it can be said that the mental health of urban and rural areas does not have special effects and differences. If children are provided with a healthy environment in schools, then urban and rural areas will not have much effect because it is a mental condition that is affected by working conditions. Hence it affects both equally.

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