

**MENTAL HEALTH IN RELATION TO SOCIAL MATURITY OF SENIOR
SECONDARY SCHOOL STUDENTS OF CHANDIGARH**

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Abstract

The main concern of this paper was to study the relationship between mental health and social maturity of senior secondary school students of Chandigarh. A sample of 200 students was selected randomly from the government model senior secondary schools of Chandigarh. Data was collected by using standardized tools i.e Rao's Social Maturity Scale (2009) & Mental Health Inventory by Jagdish and Srivastava (1995). The results of the study show that there is no significant relationship between mental health and social maturity of senior secondary school students of Chandigarh.

Key words: *Mental Health, Social Maturity, Senior Secondary School Students*

Introduction

Mental Health is one of the most important goals which individuals as well as societies strive for. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Adolescents have to face the problems which are brought about by the environmental factors like school atmosphere, family atmosphere, peer group relationship and peer influence, etc. The unhealthy atmosphere of one's family, school and the poor peer group relationship cast bad influence upon the mental health of the adolescents.

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The behavior of the adolescents depends on maturation. Maturation is the sign of individual's growth (Kumar, 2013). Social maturity is the accurate understanding of social environment, which directs individual's social emotions, thoughts, and behaviours towards others (Aggarwal & Srivastava ,2016; Chaudhary & Madhuri, 2014; Arora & Bala, 2016).

The process of socialization plays a significant role in social maturation, social learning and social adjustment. The ultimate aim of effective social development is the attainment of social maturity. A socially mature person is able to make judgments, decisions and take proper action in face of problems and critical issues. Social maturity of a student is influenced by various social factors like self-control, stress, social adjustment and mental health. Social immaturity may cause trouble for the individuals and friends, leading to incapability to overcome depression (Athanimath & Yenagi, 2012).

The present study is aimed at providing a greater understanding of relationship between mental health and social maturity of senior secondary school students and serving as a preliminary step towards their larger positive social growth and overall well being.

Objectives of the Study

The study was carried out with the following objective:

- To study the relationship between social maturity and mental health of senior secondary school students of Chandigarh.

Hypothesis of the Study

To achieve the objectives of the study, following hypothesis was formulated:

- There exists no significant relationship between social maturity and mental health of senior secondary school students

Population and Sample

The population of the present study consisted of the students studying in senior secondary classes in Government Model Schools of Chandigarh. At the first stage of sampling, four government schools of Chandigarh (GMSSS-8B, GMSSS-46, GMSSS-20D, and GMSSS-18C) were selected randomly. At the second stage, 50 students studying in class XI were selected on random basis from each school. Therefore, a total of 200 students studying in class XI from four schools constituted as a sample for the present study.

Tool Used

The investigator used standardized tools i.e. Rao's Social Maturity Scale (2009) & Mental Health Inventory by Jagdish and Srivastava (1995) to measure the social maturity and mental health of the senior secondary school students.

Analysis and Interpretation of Data

The main objective of the study is to examine the relationship between Mental Health and Social Maturity of senior secondary school students. To calculate the correlation, the raw scores obtained by the students on the Social Maturity Scale and Mental Health Inventory were taken into consideration by the investigator and the relationship between the variables was calculated by using Product Moment Correlation Method.

TABLE 4.1
Correlation between Mental Health and Various Dimensions of Social Maturity of Senior Secondary School Students of Chandigarh

Correlations				
		Personal	Interpersonal	Social Adequacy
Mental Health	Pearson Correlation	.032	.003	.062
	Sig. (2-tailed)	.648	.965	.386
	N	200	200	200

Interpretation

Table 4.1 reveals the coefficient of correlation between various dimensions of Social Maturity and Mental Health of students studying in senior secondary schools of Chandigarh. Coefficient of correlation between personal adequacy and Mental Health has come out to be 0.032 which is insignificant at 0.05 level, hence there is no significant relationship between personal adequacy dimension of social maturity and mental health of students studying in senior secondary schools of Chandigarh. Also, mental health has no significant relationship with the other dimensions of social maturity i.e. interpersonal and social adequacy with coefficient of correlation 0.003 and 0.062, respectively.

TABLE 4.2
**Correlation between Mental Health and Social Maturity of
Senior Secondary School Students of Chandigarh**

Correlations			
		Social Maturity	Mental Health
Social Maturity	Pearson Correlation	1	.092
	Sig. (2-tailed)		.196
	N	200	200
Mental Health	Pearson Correlation	.092	1
	Sig. (2-tailed)	.196	
	N	200	200

Interpretation

Table 4.2 reveals the coefficient of correlation between Mental Health and Social Maturity of students studying in senior secondary schools of Chandigarh. Coefficient of correlation between Social Maturity and Mental Health has come out to be 0.092 which is insignificant at 0.05 level, hence there is no significant relationship between Mental Health and Social Maturity of students studying in senior secondary schools of Chandigarh. Therefore, the hypothesis that there exist no significant relationship between social maturity and mental health of senior secondary school students is accepted.

Discussion of Results

The purpose of the study is to determine the relationship between the mental health and social maturity of the senior secondary school students of Chandigarh. The findings of the study show that no significant relationship is found between the mental health and social maturity and its subscales. The result of the study is not supported by the research study conducted by Moon (2012) who found that the social maturity of the sustained sport-for-all participants made a significant difference in their physical health and also made a significant difference in their mental health as well.

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