A Study of Mental Health of Upper Primary School Students

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Research Guide

Abstract:
Mental health among students is a critical issue that warrants attention in today's society. As academic pressures, social dynamics, and personal challenges intertwine, students often find themselves navigating a complex landscape that can affect their psychological well-being. Additionally, mental health challenges may contribute to absenteeism, dropout rates, and a decreased likelihood of pursuing higher education or career opportunities. In this investigation, the researcher studied mental health among primary school students of Anand district. The researcher studied mental health of Grade-8 students of Anand district in the context of area of school and gender. The researcher selected 300 students from six selected schools of Anand district. The researcher selected three schools from rural area and three schools from urban area of Anand district. Self-constructed Mental Health Scale was used for data collection. The researcher used descriptive survey method for investigation. The research revealed that the students of rural area have higher mental health than students of urban area. It was also revealed that the boys have higher mental health than girls of Anand district.

Keywords: *Mental health, Anand district, upper primary schools, standard-8, descriptive survey*

1. Introduction
In today's world, everyone is facing competitions in every field. Expectations of persons lead them to high mental stress which cause affect in bad mental health. Students can also experience mental health issues due to competition in education. Mental health issues can affect students in many ways, including their academic performance and ability to contribute to society. The most common mental illness in students are anxiety, mood, attention and behaviour disorders. Suicide is the second leading cause of death in young people. Mental health could make it difficult for them to build lasting relationships, hamper their chances of landing a job, or, in the worst circumstances, result in substance misuse or self-harm. Students' mental health issues require a multifaceted strategy to be solved. In this study, the researcher investigated mental stress among primary school students of 8th Grade in the context of area of school and gender.

2. Objectives
The objectives of present study are given below:
1. To study mental health of 8th Grade students of Anand district.
2. To study mental health of 8th Grade students of Anand district in the context of area of school.
3. To study mental health of 8th Grade students of Anand district in the context of gender.

3. Variables
The researcher defined following variables in this research:
3.1 Independent Variables
1) Area of School
-Urban
-Rural
2) Gender

-Boys
-Girls

3.2 Dependent Variable
Scores of Mental Health Scale

4. Hypotheses
Following hypotheses were constructed by the researcher to check effect of independent variables on mental health of students.

Ho_1 There is no significant difference between mean scores of Mental Health Scale obtained by students of urban and rural area.

Ho_2 There is no significant difference between mean scores of Mental Health Scale obtained by boys and girls.

5. Research Method
The main objective of researcher was to investigate mental health of 8th Grade students of Anand district. The researcher constructed a Mental Health Scale for this study. The researcher randomly selected a sample of 300 8th Grade students form Anand district. The researcher gave Mental Health Scale to selected students. In this process descriptive survey method was used.

6. Research Tool
The researcher constructed a Mental Health Scale for 8th Grade students. The researcher constructed 62 items to check mental health of 8th Grade students. Each item has five responses: 1) Totally Agree, 2) Partially Agree, 3) Neutral, 4) Partially Disagree and 5) Partially Disagree.

7. Sample
The researcher randomly selected 300 8th Grade students from six schools of Anand district. The final sample of study is given in below table.

Table 1: Sample of the Study

Area/Gender	Urban	Rural	Total
Boys	75	75	150
Girls	75	75	150
Total	150	150	**300**

As seen in above table, from urban area 75 boys and 75 girls were selected. From rural area, 75 boys and 75 girls were selected. Thus, total 300 students were selected as a sample from which 150 students were selected from urban area and 150 students were selected from rural area.

8. Data Collection
The researcher visited schools of Anand district for data collection. On the visit of data collection, the researcher provided Mental Health Scale to 8th Grade students. Students were given all information regarding scale. Students were given 1 hour to complete this scale. After completion of 1 hour, the researcher collected all scales and checked the responses later. The scores obtained on these scales were used for data analysis.

9. Data Analysis
The researcher constructed two hypotheses above to check effect of independent variables on scores of Mental Health Scale. To check these hypotheses, t-tests were conducted. The results of t-tests are given below.

Ho₁There is no significant difference between mean scores of Mental Health Scale obtained by students of urban and rural area.

Table 2: Result of t-test between mean scores of Mental Health Scale obtained by students of urban and rural area

Area	N	M	SD	SED	t	Significance
Urban	150	166.27	8.79	0.98	2.83	0.01
Rural	150	163.49	8.19			

df	0.05	0.01
298	1.97	2.59

As seen in above table, the calculated t-value between mean scores of Mental Health Scale obtained by students of urban and rural area is 2.83. Table t-values for df=298 are 1.97 at 0.05 level and 2.59 at 0.01 level. Here, calculated t-value is more than table t-values at both levels. Therefore, hypothesis is rejected and there is a significant difference between mean scores of Mental Health Scale obtained by students of urban and rural area. Moreover, mean score of students of urban area is more than mean score of students of rural area. This revealed that mental health of students of urban area is better than mental health of students of rural area.

Ho₂There is no significant difference between mean scores of Mental Health Scale obtained by boys and girls.

Table 3: Result of t-test between mean scores of Mental Health Scale obtained by boys and girls

Gender	N	M	SD	SED	t	Significance
Boys	150	166.57	8.33	0.98	3.44	0.01
Girls	150	163.19	8.65			

df	0.05	0.01
298	1.97	2.59

As seen in above table, the calculated t-value between mean scores of Mental Health Scale obtained by boys and girls is 3.44. Table t-values for df=298 are 1.97 at 0.05 level and 2.59 at 0.01 level. Here, calculated t-value is more than table t-values at both levels. Therefore, hypothesis is rejected and there is a significant difference between mean scores of Mental Health Scale obtained by boys and girls. Moreover, mean score of boys is more than mean score of girls. This revealed that mental health of boys is better than mental health of girls.

10. Major Findings
Major findings of present study are given below:
1.Mental health of students of urban area is better than mental health of students of rural area.
2.Mental health of boys is better than mental health of girls.

11. Conclusion
In this study, the researcher investigated mental health of 8th Grade students from Anand district. The researcher selected 300 8th Grade students from Anand district. The researcher gave Mental Health Scale to the selected sample. The researcher checked effect of area of school and gender on the mental health of primary school students. The research revealed that the mental health of students of urban area is better than mental health of students of rural area. The research also revealed that the mental health of boys is better than mental health of girls.

References

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