

# Mental Health of Adolescents in Relation to Their Family Environment

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**Abstract-** The focus of the current study was on how adolescents' mental health relates to their family environment. 200 senior secondary school students were selected as the sample. 200 teenagers were selected using the purposive sample method, with 100 coming from rural and 100 coming from urban regions (50 boys and 50 girls). Described surveying was used to collect the sample. The Family Environment Scale by Drs. Harpreet Bhatia and N.K. Chadha (1993) and the Mental Health by Drs. Alpana Sen Gupta and Arun Kumar Singh (2008) instruments were used to collect the data. The difference in means between the variables was determined using the t-test. Conclusions showed that there is no discernible difference between adolescents' mental health and family environment in locality and gender basis Teenagers should receive a lot of support from their families as they mature, including close bonds, capable parents, open lines of communication and great behavior examples. Supporting families in their use of conflict resolution and problem-solving techniques with their children is crucial.

**Keywords:** Mental Health, Family Environment, Senior Secondary School Students

## INTRODUCTION

### FAMILY ENVIRONMENT

The family environment is defined as involves the situations and social climate conditions within families. Since each family is made up of diverse people in a context, each family environment is distinct. The environment can vary in a wide range of ways. A family is a group of people who are connected through marriage, blood, or adoption, who live together in a single household and interact with one another in the context of their individual social roles, which are often those of spouses, parents, children, and siblings. the surroundings, things, or circumstances that one is in. the combination of physical, chemical, and biological elements that affect an organism or ecological community and ultimately determine its survival.

## MENTAL HEALTH

A person's emotional, psychological, and social well-being are all referred to as their mental health. How effectively a person can deal with common stressors serves as a common yardstick for measuring the quality of their mental health. Individuals who are in good mental state are capable of making decisions, use their strengths, and contribute to their communities. It's common to conflate having a mental illness with having poor mental health. However, the term "mental health" actually refers to a person's overall mental well-being, regardless of whether they have a psychiatric disorder.

## NEED AND STUDY

The home environment affects teenage psychological adjustment, problem-solving techniques, self-confidence, and the capacity to define specific goals. These relationship patterns when practiced in a healthy home environment improve a person's mental health. Family dynamics have a significant impact on both physical and mental health. Numerous studies have demonstrated that social ties, especially those within the family, can have both long- and short-term effects on mental health, depending on the nature of these relationships. The adolescent years are a stressful time. Adolescents' mental health is directly impacted by their household environment. The family and its members will both benefit from a healthy mental environment, and vice versa.

## OBJECTIVES OF THE STUDY

1. To study the mental health of studying boys and girls in school adolescents.
2. To study the mental health of adolescents on the basis of locality.
3. To study the family environment of studying boys and girls in school adolescents.

4. To find out the family environment of adolescents on the basis locality.

#### HYPOTHESES OF THE STUDY

1. There will be no significant difference in mental health of studying boys and girls school adolescents.
2. There will be no significant difference in mental health of adolescents on the basis of gender.
3. There will be no significant difference in family environment of studying boys and girls in school adolescents and rural adolescents.
4. There will be no significant difference in family environment of studying boys and girls.

#### REVIEW OF RELATED LITERATURE

Spinelli (2020) demonstrated that a key element affecting the wellbeing of both parents and children is the perception of the difficulties of isolation. Family conflict, especially individual and interactional, with the latter having a higher influence, mediates the effect of quarantine on children's emotional and behavioral issues. Stress levels were higher among parents who reported having harder trouble with quarantine. The challenges facing the kids are management and overall worse. Living in a higher-risk area has no bearing on a family's wellbeing, regardless of the state of the home environment or their relationship to the pandemic's effects.

Periasamy and Jayarani (2021) The population for the present study has been identified as the among senior secondary students who are studying in various types and categories of schools in Medchal-malkajgiri and Medhak districts of Telangana state. Using simple random procedure from the list of schools the researcher collected 600 senior secondary students from Medchal-malkajgiri and Medhak districts of Telangana state. Differential study regarding family environment shows that significant differences are found among the sub groups of medium of instruction, type of school and stream of education. One of the significant findings of the study is the family

environment is positively correlated with achievement of senior secondary students.

Lie(2022)The research assessed the mechanism by which the family environment affects teenagers' academic success using a twowave longitudinal survey. According to the KHB test, peer interaction quality has a 27.5% mediation ratio in the process through which a positive family environment affects academic accomplishment. The family environment has a moderating effect on academic performance as well as the quality of peer interactions. This effect is further moderated by the educational expectation gap.

Zhuo.et.al (2022) Examined the effects of family adaptability on teenage mental health during the COVID-19 pandemic, as well as the facilitating effects of global epidemic stress perception and the moderating effects of meta-mood. A straightforward sample technique was used to draw in 2691 Chinese teenagers in total. The findings indicated that 36.7% of teenagers in the United States experience some form of mental illness; family resilience can positively predict adolescent mental health, but pandemic stress perception can adversely predict mental health; pandemic stress perception mediates the association between family resilience and adolescent mental health; and meta-mood moderates the relationship between family resilience and pandemic perception, i.e., the first half of the mediation function.

#### SAMPLE OF THE STUDY

From the schools in the Ropar District, a sample of 200 senior secondary students was chosen. By using the purposive sample technique, 200 adolescents were chosen, with 100 from the rural and 100 from the urban areas (50 boys and 50 girls). The sample was gathered using a descriptive survey technique.

#### TOOL OF THE STUDY

1. Mental health by Dr. Alpana Sen Gupta and Dr. Arun Kumar Singh (2008).
2. Family environment scale by Dr. Harpreet Bhatia and N.K. Chadha (1993).

#### RESULT AND DISCUSSION

Hypothesis 1: There will be no significant difference in mental health of adolescents on the basis of locale.

S. No.	Group	N	M	S.D.	SE <sub>M</sub>	t-value	Remarks
1.	Boys	100	88.24	6.369	2.58	0.16	Not significant at 0.05 level
2.	Girls	100	87.44	5.0618			

Table 4.1 the table depicts that the mental health of boys' and girls' students as 88.24 and 87.44 respectively and their standard deviation is 6.369 and 5.0618. The t-ratio is 0.16 with df=198 which is not significant at 0.05 level. This revealed that there is no

significant difference between mental health of adolescents on the basis of locale.

Therefore, the hypothesis stated that, "There is no significant difference mental health of adolescents on the basis of locale" stands accepted.

Hypothesis :2 There will be no significant difference in mental health of adolescents on the basis of gender

S.No.	Group	N	Mean	S.D	SEM	t-value	Remarks
1	Boys	100	88.92	5.927	2.59	0.05	Not significant at 0.05 level
2	Girls	100	87.18	4.8221			

Table 4.2 revealed that the mean scores of mental health of boys and girls of high school students as 88.92 and 87.18 respectively and their standard deviation as 5.927 and 4.8221 respectively. The calculated t-ratio is 0.05 with the df=198 which is not significant at 0.05 level of confidence. This revealed

that no significant difference exists between mean scores of mental health of adolescents on the basis of gender.

Therefore, the hypothesis stated that, "There is no significant difference in mental health of adolescents on the basis of gender" stands accepted.

Hypothesis 3: There will be no significant difference in family environment of adolescents on the basis of locale.

S. No.	Group	N	M	S.D.	SEM	t-value	Remarks
1.	Boys	100	88.04	15.85	8.5	0.097	Not significant at 0.05 level
2.	Girls	100	85.54	10.84			

Table 4.3 the table depicts that the mental health of boys' and girls' students as 88.04 and 85.54 respectively and their standard deviation is 15.85 and 10.84. The t-ratio is 0.097 with df=198 which is not significant at 0.05 level of significance. This revealed

that there is no significant difference family environment of adolescents on the basis of locale.

Therefore, the hypothesis stated that, "There is no significant difference mental health of adolescents on the basis of locale" stands accepted.

Hypothesis 4: There will be no significant difference in family environment of adolescents on the basis of gender.

S. No.	Group	N	M	S.D.	SEM	t-value	Remarks
1.	Boys	100	93.74	17.21	20.08	0.02	Not significant at 0.05 level
2.	Girls	100	87.42	87.42			

Table 4.4 the table depicts that the family environment of boys' and girls' students as 93.74 and 87.42 respectively and their standard deviation is 17.21 and 87.42. The t-ratio is 0.02 with df=198 which is not significant at 0.05 level of significance. This revealed that there is no significant difference family environment of adolescents on the basis of gender. Therefore, the hypothesis stated that, "There is no significant difference mental health of adolescents on the basis of gender" stands accepted.

2. This revealed that no significant difference exists between mean scores of mental health of adolescents on the basis of gender.

3. This revealed that there is no significant difference family environment of adolescents on the basis of locale.

4. This revealed that there is no significant difference family environment of adolescents on the basis of gender.

#### EDUCATIONAL IMPLICATIONS

1. The family environment should be strong source of support for developing adolescents, providing close relationships, strong parenting skills, good communication and modelling positive behaviors.
2. It is important that families are supported in their problem solving and conflict management strategies with their children.

#### CONCLUSION

1. This revealed that there is no significant difference between mental health of adolescents on the basis of locale.

### SUGGESTIONS

1. The study may be conducted on a larger sample, so that results obtained may be more reliable.
2. The study of same nature can be undertaken in other states of study regional variations.
3. Research may be conducted to find out the difference in other variables such as adjustment, mental health, school environment, study habits etc.

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