Family Environment and Mental Health of Adolescents

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***Abstract*—Life has so many facets, so that our preparations for it should be manifold. This means covering a wide area of activities that may range from simple to the most complicated. It is the reason that man is described as a social animal. The main purpose of the present study is to examine the effect of family environment on mental health of the adolescents. This study was conducted on 600 students of 10th class of the different schools of Muzaffarpur district to examine that how their family environment effects their mental health and consequently how do they develop some behaviours which are labelled as abrasion. Results indicated that urban adolescent have better family environment than rural than their rural counterparts and equally better metal health also.**

***Index Terms*—Family Environment, Mental health, Behaviour. Adolescent, Stress, Urban & Rural.**

I. INTRODUCTION

Environment has a broad significance and approaches it is a comprehensive term. Environment means social, moral, economic, political, physical and intellectual factors, which influence the development of individuals. Defining the term environments is as difficult as quantifying it for environment, educational researches usually report to empirical definitions of the „comate‟ or „atmosphere‟. Psychologically a person's environment is the total force and stimulation, which the individual receives from the conception until death.

It is difficult to define the term environment, but if amplified the simple meaning of environment relates it to the "Conditions" or "surroundings" under which a person or a thing exists and develop its characteristics. The biological and physical environments are inter-related, as a change in physical environment brings about a change in its biological environment. So the word environment includes the physical surroundings which are common to all of us, including air, space water, land, plants and wild life.

Family Environment:

Family is oldest and the most valuable of all the institutions that man has devised for regulating and integrating his behavior. He strives to satisfy his basic needs. The family provides care and support to the child; child care may be equally shared by the parents. Though it is the total environment of a family that influences the child development, but one cannot deny that parents constitute a major part of family environment.

The family environment consists of family members, their attributes. Their personality, their behavior, their inter relationships. Along with these family environments also consists of; the physical appearance of house, home facilities, ventilation, the quality nutrition, family hygiene, parental education, parental occupation, their income, their living standard etc. A congenial environment in a family develops personality wholesomely whereas the stresses strains and evil activities of a broken family destroy one's development. It is the duty of each and every member of the family to pay due respect to the individuality of the child and foster in him a sense of belongingness and responsibility towards his own self and others. Because each family has its own culture and set up which is quite distinct from the other, therefore no two children are the same neither in the beginning, nor during development or as a growing up adult citizen.

It refers to geographical climate and weather or physical conditions in which an individual lives. The human races are greatly influences by the climate. The white, black, and brown races are due to climatic

conditions. In the cold countries, the people are of white colour and in hot countries people are of black colour rest depends upon the conditions.

- Social and Cultural Environment: -

It refers to the social, economic and political conditions of an individual in which he lives. The moral, cultural and emotional forces affect the life and nature of individual behavior. It may be of two types- closed and open society. The open society is very conductive for the individual development, whereas closed society is not very conductive for the development.

- Psychological Environment: -

The physical and social environment are common to the individual in a specific situation while every individual has own environments in which he lives. He has used 'Life space', topology for explaining psychological environment.

Family Environment:

Family is the oldest and the most important of all the institutions that man has devised one can regulate and integrate his behavior as to strive or satisfy his basic needs. Family indicates the individuals and the members of the group. The family provides care and support to the child; child care may be equally shared by the parents. Though it is the total environment of a family that influences the child development, it is mainly believed by many that parents constitute a major part of family environment. To make the meaning of family more clearly, we are giving some important definitions give by some well-known person as under: - "Families are in dynamic state as they grow and change in dimensions as well as attitude. Families vary in their size and composition in their expectation of parents and children's behavior and in the personalities and coping strategies of, the members while the mother is certainly the dominant influence in her child‟s infancy, it is only a matter of months before the entire family begins to exact molding influence on the child‟s developing personality. (Baler and Charles)

Mental Health:

Good health depends on the state of both body and mind. Each exerts a direct influence on the other. A healthy person is not only physically healthy but also mentally healthy. Healthy means that both body and mind are working efficiently and harmoniously. Mental health is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. If a person is well adjusted, he has good physical health and desirable social and moral values; his mental health is likely to be good. Good mental health is indicated in such person as are happy, healthy, hopeful and have harmonious personality The role of mental health in human life is very important as it plays its role not only in the lives of individual, but also in the life of societies. There is no area of human life which is beyond the range of mental health. The term mental health does not refer to dimension of human personality. It encompasses all the aspects of the individual's adjustment with himself and others. If this adjustment is characterized by wholesome personal, intellectual, emotional, social or philosophical orientations, the individual is deemed to have good mental health.

Concept of Mental Health: -Preliminary reports (1930) defined mental health as "the adjustment of an individual to themselves and to the world at large maximum of effectiveness, satisfaction, cheerfulness and socially acceptable behavior and the ability of life."

Mentally healthy persons are generally good workers, good friends and citizens. Mental health means health of mind. A healthy mind maintains an even temper, an alert intelligence, socially considerable behavior and a happy disposition.

Mental Health in the Family environment

The environment of home-built child's health. There is enough caring and sharing. Most of the problems of disturbed children originate in their early years. Some of the unnecessary aspects of child's up bringing from the mental point of views are overprotection, indifference, and unfair comparison, and excessive permissiveness, unrealistic level of aspiration, perfectionism and ignorance. The parents should keep the following things into consideration: -

I. Provide positive environment in home.
II. Provide proper affection and love to the child.
III. Always motivate them.
IV. Always courage him or her for best. Give examples of great persons.
V. Always give positive protection to their child.
VI. Not make negative environment in presence of the child.
VII. Do not be over worried about the future of the child.
VIII. Believe on your child in their dealings.

IX. Meet the legitimate needs of their children.
X. Build self confidence in the child.
XI. Give them guidance when they need.
XII. Always become their friend.

Mental Health in School Environment

School environment greatly affects mental health of the students. If the students feel insecure in school, their mind is always shadowed with worries and fear. Communalism, discrimination and misadministration cause various animosities which make the environment troublesome and it hinders development. These factors have adverse effect on the mental health of the students.

1. Unfair behavior of teachers.
2. Undue stress on scholastic and other competitions.
3. Defective system of evaluation, element of subjectivity and unsystematically in the teacher's-marking.
4. Tension of failure result.
5. Overload of homework.
6. Heavy syllabus and failure of the child to cope with it.

Mental health in Society

Man is born in family. He has to behave according to social customs and traditions. If the child cannot build him according to the society, then he becomes mentally ill. Man generally feels insecure. In present time the development is so slow that man finds it difficult to live with satisfaction in the present times. There are several, religions, communities and castes having different belief &cultures. These castes and communities fight with each other for fulfilment of narrow, thoughts. Such situations give mental tension.

In other words though society is not an organized centre meant to prevent mental illness responsibly, but it is certain that its condition influences the child. A child learns the principle of discipline and other traits in the healthy environment of society. Healthy social standards provide direction to behavior.

Adolescence

Adolescence period have been regarded as one of the most important period of life in all the societies of the world, may it be primitive or modern. This is the period which has stirred up an amount of anxiety in the minds of parents and rightly has it also exercised a great stress on the adolescents themselves. Adolescence is a period of great stress and strain and it is because of this that educationists and psychologists have focused their attention on the study of the problems of adolescence.

Adolescence period in recent years has been called the „Terrible Teens‟. The concept of adolescence which characterized by Hall's writings and of many others down to the present can be summarized in three generalizations. In the first place, adolescence was considered to be a period when marked with rapid changes which occur in all aspects of Personality, rather than suddenly in the child becomes a new being and develops a totally new outlook. In fact, so rapid and complete changes presumed to be that Hall spoke of adolescence as "New Birth".

In the second place, these developments were thought to be biologically generated. They were presumably promoted by the maturity of certain instincts, which result in the flowering of new and curiously wonderful behavior patterns. A child was then pre-destined to experience adolescence change by his very biological make up. And thirdly, it was thought that the period of adolescence was the period of new birth and was essentially erratic, vacillating, unpredictable and stressful. Adolescence was accompanied by „Strom and Stress‟ occasioned by the speed of change and pervasive nature of adjustments.

Adolescence, in the words of Thomas (1932) is one of the most interesting and important periods in the entire life circle.

The adolescent years extend from onset of puberty, between the ages of 11 and 13 years in child to the age of the maturity that is, 21 years.

Because this is such a long developing age and different forms of development occur at different stage. It is divided into three stages. According to Hurlock period of adolescence are Pre-adolescence 10 to 12 years. Early adolescence starts from 13 to 16 years and late adolescence 17 to 21 years.

Need of the Study:

In the modern era, where the buzz of tension inculcates, stress, depression major even in adolescents. After locating this problem being a student as I have crossed this stage. It affects even the studies of students. Different factors affect the achievement of the students, such as family environment, mental health etc. Adolescents' period is surrounded by a number of stressful situations. Any human being whether a child, or an adolescents

possesses a unique mental health which is reflected in all his action toward life. The role of good mental health in any human life is amply important for efficient learning and all round development of adolescent. This is so because the adolescent is a period of stress and strain adolescents' period faces a number of problems which affects their mental health. A mentally healthy person perceives himself to be socially competent, emotionally mature, intellectually adequate, successful, optimistic, self-reliant, self-assured, forward moving and leadership qualities.

For any type of education, healthy mind is the first condition. If adolescents are not in sound mental health, they cannot concentrate in learning and retain the knowledge received in classroom. Learning is dependent on the sound mental health. Healthy adolescents have desire to acquire more and more information and skills that will give them better control over their environment. So, mental health is an essential ingredient for the learning process. Mental health of the adolescents is not inbuilt but acquired

II. OBJECTIVES OF THE STUDY

- To study the family environment and mental health of adolescents.
- To find out the differences between male and female adolescents on their mental health and family environment.
- To explore the difference between rural and urban adolescents on their mental health and family environment.
- To find out the co-relation between mental health and family environment of adolescents.

Hypotheses of the Study

- There would be no significant difference between male and female adolescents on their family environment and mental health.
- There would be no significant difference between urban and rural adolescents on their mental health and family environment.
- There would be positive co-relation between mental health and family environment of adolescents.
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III. RESEARCH METHODOLOGY

Research methodology involves the systematic procedure by which the researcher starts from initial identification of the problem to its final scientific and valid manner. It consists of procedure and techniques for conducting a study. The present study was conducted through descriptive survey method of research.

In the present study the investigator has used **survey method** to study the mental health and family environment of adolescents of the 10th class in Muzaffarpur district. A random **sample** of around 600 students was taken for the present study. They have been further categorized on the basis of gender and habitation.

Family Environment Scale by Harpreet Bhatia & N. K. Chadha (1993) and Mental Health battery by Arun Kumar Singh & Alpana Sen Gupta (1983) were applied in this study.

Appropriate statistical methods were applied to analyse and interpret the collected data.

IV. RESULTS AND CONCLUSIONS

On the basis of the analysis and interpretation of data with the help of appropriate statistics the following results were obtained:

No significant difference found between rural and urban adolescent in relation to their family environment. Urban adolescent have better family environment than rural adolescents.

No significant difference found between rural and urban adolescent in relation to their mental health. Urban adolescent have better mental health than rural adolescents.

Significant difference found between male and female adolescent in relation to their mental health. Female adolescents have better mental health than male adolescents.

No significant difference found between rural and urban adolescent in relation to their mental health, both are equal.

No significant relationship found between mental health and family environment of adolescents.

Implications of the research

So far as the present investigation is concerned, it can be claim that valuable information has been obtained on the different aspects of mental health of adolescents in relation to family environment. Following are the educational implications of the present study:

Teachers should know the areas where the students lack mental health and try to give better conditions for proper development in every sphere of life.

School should provide facilities to differently abled students for better mental health.

School should provide facilities to differently abled students for better emotional maturity.

Parents should be aware of school environment before getting their wards admitted to schools.

Home should provide facilities to differently abled child for better family environment.

Parents should be aware about family environment in support in their children.

Parent must be aware to behave the children.

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