CHAPTER - III

METHODOLOGY

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Introduction:

Research methodology is a way to systematically study the research problem.

The present chapter deals with methodology of the study which consists of selection of the sample, research design, variables investigated and tools used for gathering information. Development of tools by the investigator and their finalization, administer of tools, collection of data and statistical techniques used for data and statistical technique used data analysis are also included in this chapter.

After having gained insights from the literature related to the problem, the rationale and need of the present study as well as the methodology and empirical design for the research problem have been de

3.1 Selection of the sample:

For the purpose of the present study a sample consisting of 68 adolescence students from VIII and XII standard of Demonstration Multipurpose School Bhopal were randomly selected out of the total number of 118 in above said classes.

The students were selected by using a table of random number's. The sample had the essential features of male and female adolescence. The average age of sampled students belong to different Educational and SES group. Distributionofsample is presented in

Table 3.3.1   Sample Frame

S.no	Name of the school	Male	Female	Adolescence		Total
				Early	Late	
1.	D M S	28	40	34	34	68

3.2 Design of the study:

The present study is descriptive in nature. In order to accomplish the objectives of the present study, survey method was considered suitable for finding significant relationship between mental health and adjustment among adolescence as well as differences in early adolescence and late adolescence and differences in male and female adolescence among students of class VIII and XII.

3.3.Variables under study:

The nature of the study may be categorized as relationship study.

The variables selected for the study are: **Mental Health and Adjustment.**

Some demographic variable are: **Stages of adolescence and Gender.**

3.4 Tools used for data collection

In the present study Mental Health Battery (MHB) and High School Adjustment Inventory(HSAI) was used to find out the level of mental health and adjustment of class VIII and XII students.

3.4.1   Description of Mental Health Battery(MHB)

In order to assess the mental health of students studying in Demonstration Multipurpose School **Mental Health Battery** was used which wasdeveloped by Singh and Sengupta (1983)

Table -3.4.2Aspects of Mental Health Battery

S.NO.	ASPECT	TOTAL NO.OF ITEMS
1.	EMOTIONAL STABILITY(ES)	15
2	OVER-ALL ADJUSTMENT(OA)	40
3	AUTONOMY(AY)	15
4	SECURITY-IN SECURITY(SI)	15
5	SELF-CONCEPT(SC)	15
6	INTELLIGENCE (IG)	30
	TOTAL ITEMS	130

This battery has six dimensions consist of 130 questions divided into six dimensions.

3.4.3 Description of High School Adjustment Inventory(HSAI)

HSAI was developed by A.K. Singh and A.Sen Gupta. (HSAI) has been developed specially for use with school students of class VIII and XII. The preliminary form of this scale consisted of 200 items. After item analysis which is based upon Kelley technique (1939), altogether 150 items were retained and the remaining 50 were dropped..

Table -3.4.4 Aspect of High School Adjustment Inventory

S.NO.	AREA/ASPECT	NO. OF ITEMS
1	HOME ADJUSTMENT	30
2	HEALTH ADJUSTMENT	30
3	SOCIAL ADJUSTMENT	30
4	EMOTIONAL ADJUSTMENT	30
5	SCHOOL ADJUSTMENT	30
	TOTAL ITEMS	150

3.5 Scoring procedure:

Scoring can be done by hand or using stencil. The mode of response to each of the item of the inventory is in the form of a forced choice i.e. either yes or no, indicating complete agreement or disagreement with the proposed statement respectively.

In present Mental Health Battery and High School Adjustment Inventory there are items where the response 'yes' is indicative of the presence of MHB and HSAI and 'no' response for the lack of MHB and HSAI.Similarly, there are items where 'no' response provides clue for the presence of MHB and HSAI and 'yes' for its absence.For scoring one mark into be provided for the response indicating presence of MHB and HSAI and zero for the absence of MHB and HSAI.

3.6 Reliability

The tester reliability was established using test-retest method.

3.7. Administring the tools:

After selecting the appropriate instruments the task was to administer it. Before administering the test, permission of the principal was taken .

To carry out the test , the investigator prepared a detailed schedule in which times and dates were allotted. As per the schedule, MHB and HSAI were administered to all the 68 students in small groups(34 students in each group) separately in both classes. Students were seated according to their roll no. in a hall. Testwas conducted in two days. On first day mental health test was conducted and the very next day adjustment test was conducted .Before administration of test, rapport was established with students motivating them to respond sincerely to the items. Before distributing the Question Booklet and Answer Sheets, a brief description of the test and its purpose was told to students.

Then first Question Booklet than after five minutes Answer sheets were distributed to the students by the investigator. They were asked to fill their

identification data(name of the student, class, gender) on answer sheets provided to them before giving answers. The instruction regarding the procedure to be adopted was explained by the investigator. They were requested to give free, frank and honest responses without any hesitation. The students were asked to read the instructions written in the first page of the battery and inventory carefully before working on it.

Then the investigator collected the responses questionnaire from the students. After completion of the test, the investigator conveyed her gratitude and thanks to the students and head of the school for their kind cooperation.

3.8. Statistical technique used:

In order to analyze the raw data suitable statistic like mean, standard deviation, correlation, t-test, correlation(Product Moment Correlation-'r') were used.

3.9. SUMMARY

In this chapter different types of techniques used along with data collection, nature of sample and statistical analysis of the data were discussed In the next chapter findings of the study as well as their discussion will be presented.