



**CHAPTER - V**

**SUMMARY**  
**CONCLUSION**  
**AND**  
**RECOMMENDATIONS**

## Chapter-5

### **Summary, Conclusions And Recommendations**

This chapter presents a brief summary of the study. Recommendations and suggestions for further research topic have been outlined

#### **5.1 Introduction**

Adolescence is an important period for cognitive development as well, as it marks a transition in the way in which individuals think and reason about problems and ideas. In this growing world they have to deal with so many competition which influence their mental health and adjustment process. Mental health is the springboard of thinking and communication skills, learning, emotional growth, resilience and self-esteem. It is how people think, feel, and act as they face life's situations. It affects how people handle stress, relate to one another, and make decisions. Mental health influences the way individuals look at themselves, their lives, and others in their lives. Like physical health, mental health is important at every stage of life. As an individual progresses over a lifespan, there exists marked development in physical, cognitive, social and emotional growth. Adolescence is a very significant period of transitions that brings about dramatic changes in physical, cognitive, social and emotional areas of life. At this stage a very important change occurs in the realm of identity. The adolescents' quest for identity is a quest not only for personal sense of self, but for recognition from others and from society that he/she is a unique individual

Understanding how and why things go wrong in an individual's development is important, but equally important are the factors that help things to go right.

Research suggests that human beings can survive major traumas both in childhood and adolescence. Resilience, the ability to survive, to overcome adversity, and to regain a degree of control is related to the ability to understand, explain and comprehend what has happened. Keeping this in view an attempt was made to understand the mental health and adjustment among adolescent students.

**The title of the study was** " A Study Of Mental Health And Adjustment Among Adolescence Students."

**Objectives** are the successive steps leading to the goal. Following are the objectives of the present study:

1. To study the relationship between mental health and adjustment among adolescence students.
2. To compare mental health of early adolescence and late adolescence.
3. To compare mental health of male adolescence and female adolescence.
4. To compare adjustment of early adolescence and late adolescence.

5. To compare adjustment of male adolescence and female adolescence.

### **Hypothesis of the study:**

In order to meet the target of the present study certain hypothesis were formulated which were tested using inferential statistics:

1. There is no significant difference between mental health and adjustment among adolescent students.
2. There will be no significant difference between mental health of early adolescence and late adolescence students.
3. There will be no significant difference mental health of male and female adolescence students
4. There will be no significant difference between adjustment of early and late adolescence students.
5. There will be no significant difference between adjustment of male and female adolescence students.

**Variables:** The variables of the study had been identified sample was selected on the basis of these variables. Variables under this study present study were: Mental Health and Adjustment.

**Sample:** Sample consisted of 68 students studying in Demonstration Multipurpose School. Keeping in view the objective, hypothesis and number of sample of the present study, investigator found random sampling technique suitable for data collection.

**Tools Used:** Two tools used named Mental Health Battery(Singh and SenGupta)HighSchool Adjustment Inventory(A.K. Singh and A.Sen Gupta)were used to collect the data from the subjects.

**Mental Health Battery**consists of six components and they are:Emotional Stability, Adjustment, Autonomy, Security-Insecurity ,Self-Concept,Intelligence.

**High School Adjustment Inventory**consists of five components and they are: home,health,social and emotional school.

**Procedure of data collection:** The collection of data was spread over a period of 10 days. The collection of data was done in Demonstration Multipurpose School in Bhopal city . The researcher personally visited the school which was selected for the study. Permission was taken from the head of the school for administering the test and dates were fixed up .The investigator met the teacher and

students of the concerned class personally and made clear about the purpose of administration of such a inventory on them and expected full cooperation from them.. 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 numbers .First day mental health test was conducted students were provided with questionnaire and proper instruction regarding the procedure to be adopted was explained by the investigator for respective test .Second day, adjustment test was conducted again students were provided with booklets and instructions were told to them regarding respective test. They were suggested to give frank ,free and honest responses without any hesitation. Students were asked to read the instruction carefully before working on it. Then, the investigator collected the filled in questionnaire from the students.

**Statistical technique used:** Raw data was tabulated and analyzed using inferential statistics like mean, t-test and co-efficient of correlation.

### **Major findings of the study**

- A significant relationship between mental health and adjustment among adolescence students was found.
- There is a significant difference between mental health and adjustment of early and late adolescence students were observed.
- A significant difference between mental health of male and female adolescence was reported.
- There is a significant difference between adjustment of early and late adolescence students.
- There is a significant difference between adjustment of male and female adolescence students.

### **5.2. Conclusions:**

Within the limitation of the present study following conclusions were drawn:

- At the stage of adolescent the mental attitude contributes towards adjustment in abilities.
- Both mental health or mind set and individuals ability to adjust in adverse condition go hand in hand.
- Gender plays no role as far as adjustment is concerned.
- Mental health is a function of maturity.

### **5.3.Recommendations:**

The present study revealed a positive and significant relationship between mental health and adjustment scores. The school should take care that a supporting and conducive environment is provided where children could attain the optimal mental health and adjustment even to unfavourable circumstance.

### **5.3.1 Educational Implication**

#### **5.3.1.1 For teachers:**

- Provide a classroom climate that permits students to feel free to express themselves, even their difficulties and put fourth their best efforts as individual and as a member of groups.
- Accept that every pupil is different and his/ her needs must be different. So, they should be treated as per his/her needs o that they can adjust with the task.
- Teacher should develop specific relaxation techniques that best suit their particular students.
- They should provide proper guidance and counseling session for adolescent students as well as toparents as when required.
- Teacher can be a part of the healing process not only perform better academically but also socially,physically and mentally.

#### **5.3.1.2 For students:**

- It is absolutely crucial that teacher,parents,guardian,counselors,social worker and health professionals are knowledgeable about academic anxiety, it further influence on adjustment and be prepared to help students who suffer from them overcome their challenges adjust to the situation and live happily.
- Students should seek the help of father and mother during crises are better adjusted **Unnisa(2011)**

#### **5.3.1.3 For administration:**

- It is essential to develop a curriculum that is inclusive of stragies of coping with different types of anxiety and also develop guidebooks to help students with different type of anxiety and can make adjustment according to the situation.
- School should offer opportunities to students, so that they can excel in their respective areas of interests.
- Library should be well equipped with sufficient and upgraded material related to adolescent issues.

#### **5.3.1.4 For Parents:**

- Parents should understand adolescence is the crucial stage. They should deal it with them softly.
- They should not put any kind of pressure related to academic, social and socio-personal relationship.

- Parents should appreciate their achievements of the students and motivate them even the achievement are small. This increases their self-esteem and *confidence and enable them to adjustment.*
- Parents should ensure that their wards get adequate rest before examination or any task.

### **5.3.2 Suggestions for further researches:**

The present study deals with the mental health and adjustment among adolescence taking into account the components of mental health and adjustment .

- The replication of the study with same variable can be under taken using a large size sample.
- Cause and effect study taking various components of mental health at different stages of adolescence can also be initiated.
- A research with a sample of adolescence from different regional and geographical condition can be undertaking with the mental health as main variables.
- Comparison of mental health and adjustment of adolescence studying in residential and non-residential area.
- Influence of educational system on mental health and adjustment of IX and X grade students.
- Influence of mental health components on adjustment components.