

CHAPTER-V

**SUMMARY, CONCLUSION,
EDUCATIONAL IMPLICATIONS
AND SUGGESTIONS FOR
FURTHER STUDY**

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Life has been 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 for the reason that man is described as a social animal. The magic world that makes human life dynamic and makes him a multi coloured shall on the shore of sea of society is emotion. Emotions have strong link with urges, need and interests. If they are satisfied, an individual is said to be enjoying a happy life and is emotionally stable, balance and healthy.

5.1 THE STATEMENT OF THE STUDY

Visualizing the importance of mental health of students and finding the need to study, mental health of adolescents in relation to emotional maturity and family environment, and the following problem was selected for the investigation:
“Mental Health of Adolescent girls in Relation to socio-economic background”

5.2 OBJECTIVES OF THE STUDY

1. To study the effect on Mental Health related to their Social background of Adolescent girls.
2. To study the effect on Mental Health related to their economic background of Adolescent girls.
3. To study the effect on Mental Health related to their family background of Adolescents girls.
4. To work out the co-relation between Mental Health and socio-economic background of Adolescents.

5.3 HYPOTHESES

1. There will be some differences in the social background of adolescent girls.
2. There will be some differences in the economical background of adolescent girls.
3. There will be some difference in the family background of adolescent girls.
4. There is a co-relation between mental health and socio-economic background of adolescents.

Research is purposive, scientific and pointed deliberation. After the selection, definition and delimitation of the problem, the adoption of suitable measures become very imperative. Collection of mere bit of information is not research. Planning and procedure for study are deemed essential for saving it from becoming a heap of jumbled ideas gathered from here and there. It goes without saying that ultimate success of a research project generally depends upon the methods employed in it.

5.4 DELIMITATIONS

The study was delimited in the following manner:-

1. The study was delimited to DMS Bhopal.
2. Only one variable i.e. Adolescent girls have been selected for the present study.

The study was delimited to the Adolescent girls of class 9th "A" and 9th "B".

5.5 OPERATIONAL DEFINATIONS OF THE TERMS USED

The key term used in the study were operationally defined as under:

MENTAL HEALTH

In the present study mental health mean 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. Health means

that both body and mind are working efficiently and harmoniously. Good mental health is indicated in such persons as are happy, healthy, hopeful and have harmonious personality. Mentally healthy person is one who is happy, lives peacefully with his neighbours, makes his children healthy citizens and after fulfilling such basic responsibilities is still empowered with sufficient strength to serve the cause of the society in any way.

SOCIO-ECONOMIC STATUS

The study of socioeconomic status (SES) in social science research has been well established. Socioeconomic status refers to a person's or family's social position or social standing (Graetz, 1995). It's important to study the effects of socioeconomic status on developmental outcomes, since socioeconomic status has been associated with physical health, socioemotional functioning, and cognitive developmental outcomes in young children and adolescents (Brooks-Gunn & Duncan, 1997; Duncan & Magnuson, 2003). Socioeconomic status has also been linked to health, behavioral problems, and cognitive and socioemotional developmental outcomes (Bradley & Corwyn, 2002). Children who grow up in poor urban environments and neighborhoods are more likely to have more exposure to drugs, guns, knives, and acts of random violence.

ADOLESCENCE

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 has in recent years has been called the „Terrible Teens“. In a vivid and striking description of this stage of life, Hall spoke of adolescence as a new birth.

5.6 METHODOLOGY

Descriptive survey method of research was used in the conduct of present study.

Sample

In research, it is impossible to study the whole population for which the problem is investigated. Hence every researcher has to resort to sampling. Sampling is basic of any scientific investigation. Different methods are employed for sampling like stratified, purposive incidental sampling and random sampling. In random sampling the selection of schools from the population is done in such manner that every school in population has an equal chance of being chosen and selection of any one is in no way tied to the selection of any other unit. The sample was selected in adolescent girls of class 9th "A" and 9th"B".

RESEARCH TOOLS

For the collection of data one may use various research devices. For each and every type of research we need certain tools to gather or to explore new field, which act as means are called research tools. The success of any research endeavor is largely dependent upon the tools which are used for the data collection.

The following tools were selected and used by the investigator in the study.

1. Questionnaire
2. Observation

PROCEDURE

The study was conducted on a sample of Adolescent girls Central government school students of Bhopal district. Survey method used for data collection. The purpose of the present study was to study the mental health of adolescents in relation to socio-economic and family background. All the three tools employed in the study were administrated on the subjects. The data for the present research were personally collected by the investigator from the students of government schools selected for the collection of data. The environment, testing situations and procedure for all the subjects were kept as uniform as possible to have correct required information. The filled- in questionnaires / answer sheets collected from each students grouped in their respective category for scoring.

The scoring of answer sheets was done strictly according to the directions given in the respective test manuals.

DESIGN OF THE STUDY

According to Douglas & Good, "It is axiomatic that problems and method of research must be mutually adapted to each other."

In the present study the investigator has used survey method to study the mental health of adolescent girls in relation to their socio-economic background and family background of the 9th class students in Bhopal district.

FINDINGS OF THE STUDY

1. There are some differences in the social background of adolescent girls.
2. There are some differences in the economical background of adolescent girls.
3. There are some differences in the family background of adolescent girls.
4. There is a co-relation between mental health and socio-economic background of adolescents.

5.7 CONCLUSION

There are some differences between in social, economical, and family background shows by the study. This plays the vital role in mental health of adolescent girls during school environment. This study shows that everyone is different from each other and everyone is special in their own ways but adolescent girls get to understand this and never take any pressure regarding to their socio-economic background.

5.8 EDUCATIONAL IMPLICATIONS

Any educational research is worthwhile if results into fruitful educational implications. In 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 emotional maturity and 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.
- Teacher should teach the girls for better mental health issues.

5.9 SUGGESTIONS FOR FURTHER STUDY

There is no meaning of research if it does not provide cause for the further investigation. In fact by universal opinion and experience, the solution of one problem tends to indicate many other unsolved problems, waiting for scientific probing. Every investigator after accomplishing her own piece of research may feel inspired to do more research through her own efforts, and may also feel greatly motivated to indicate new areas of research for others. Some suggestions for further research are put forth as follows:

- The samples of only adolescent girls were considered. A study may be conducted on large population to search at very definite conclusions regarding mental health, emotional maturity and family environment.
- Instead of taking preset variable other important variables such as personality, aptitude, achievement, school environment, motivation may explored in relation to mental health, socio-economic and family background of the adolescents.
- The study may be replicated on a large sample to find the reliability and validity of the present study.