



RESEARCH ARTICLE

A STUDY TO ASSESS THE MENTAL HEALTH CHARACTERISTICS AMONG LATE ADOLESCENTS  
AT SELECTED COLLEGE IN PUDUCHERRY

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ABSTRACT

Many mental health problems emerge in late childhood and early adolescence. Recent studies have identified mental health problems - in particular depression, as the largest cause of the burden of disease among young people. Poor mental health can have important effects on the wider health and development of adolescents and is associated with several health and social outcomes such as higher alcohol, tobacco and illicit substances use, adolescent pregnancy, school dropout and delinquent behaviours. A study to assess the mental health characteristics among late adolescents at selected college in Puducherry. A qualitative research approach was considered as appropriate for the present study. Non experimental research design selected for the study. The Selection of setting was done on the basis of feasibility of conducting the study. The target population for the study comprises of all the late adolescent students in selected college. Sample consists of 60 students. Convenient sampling technique was used to select the sample of this study. Rating scale was used to assess the mental health characteristics it was considered to be the most appropriate instrument to elicit response from the students. Demographic data consist of 12 questionnaires such as age, gender, religion, type of family, diet pattern, number siblings, medium of education in higher secondary, extra-curricular activity, additional courses, father education, mother education, residency. The mental health characteristics among late adolescent students reveals that 30(50%) had flexible mental health character, 30(50%) had suitable mental health character and none of them had unambiguous mental health character.

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INTRODUCTION

Mental health is a state of well-being in which a person understands his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. Both physical and mental health is the result of a complex interplay between many individual and environmental factors. When the demands placed on someone exceed their resources and coping abilities, their mental health will be negatively affected. Two examples of common demands are: i) working long hours under difficult circumstances, and ii) caring for a chronically ill relative. Economic hardship, underemployment and poverty also have the potential to harm mental health.

**Need for the Study:** The World Bank and WHO indicated in 2001 that 12% of the global burden of disease should be attributed to mental problems.

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This percentage is expected to increase significantly in the next decade, also in developing countries. Worldwide 10-20% of children and adolescents experience mental disorders. Half of all mental illnesses begin by the age of 14 and three-quarters by mid-20s. Neuropsychiatric conditions are the leading cause of disability in young people in all regions. If untreated, these conditions severely influence children's development, their educational attainments and their potential to live fulfilling and productive lives. Children with mental disorders face major challenges with stigma, isolation and discrimination, as well as lack of access to health care and education facilities, in the society.

Statement of the Problem

A Study To Assess The Mental Health Characteristics Among Late Adolescents At Selected College In Puducherry.

Objectives

- To assess the mental health characteristics among late adolescents

- To associate mental health characteristics among late adolescents with selected demographic variables.

## MATERIALS AND METHODS

This chapter includes Non experimental research design was selected for this study. Quantitative research approach adopted for this study. The study was conducted in nursing college with 400 student population and 60 students in age group of late adolescents studying B.sc Nursing at Madagadipet, Puducherry. The study population consist of all the B.sc nursing students. The students who are all in the age group of 18 to 21. The sample size consist of 60 samples of students are selected for this study. Convenient sampling technique was followed in this study.

### Inclusion criteria

- Students who are all in the age between 18 to 21.
- Students who are all available during data collection.

### Exclusion criteria

- Students who are all crossed the psychiatric nursing semester are excluded during data collection.
- IV-year B.sc nursing, Post Basic B.sc nursing and M.sc nursing students are excluded in this study.

### Description of Tool

**Section-A:** Items on selected demographic variables it consist of socio demographic data including age, sex, religion, type of family, number of siblings, medium of education, extracurricular activity, diet pattern, additional courses, father education, mother education, residency.

**Section-B: Rating scale on mental health characteristics** It consist of characteristic items, 50 rating scale questioners all questions had only the correct answer each unambiguous characteristics has awarded double score, suitable characteristics was awarded single score and zero score was awarded for flexible characteristic .The possible maximum score for all the items were 100.

### Score Interpretation

SCORE	CLASSIFICATION OF CHARACTERISTICS
0-33	unambiguous
34-66	Suitability
67-100	flexibility

### Data Analysis and Interpretation

This chapter deals with analysis and interpretation of data collected on the basis of objectives of the study. This includes the following tables. Table 1 shows that Out of 60 samples according to their demographic variables in age wise 56(93%) were between 18-19 years, 4(7%) were between 20-21 years. According to Gender female 49(82%), male 11(18%). According to Religion, Hindu 56(93%), Muslim 0(0%), Christian 4(7%). According to type of family, nuclear family 51(85%), joint family 9(15%). According to Diet pattern, vegetarian 13(22%), both vegetarian and non-vegetarian 47(78%). According to Number of siblings, Nil 6(10%), 1sibling 37(62%), 2siblings 14(23%), 3and more 3(5%).

**Table 1. Frequency and percentage wise distribution to assess the mental health characteristics among late adolescent students at Selected Nursing College according to their demographic data (n=60)**

S.NO	Demographic Data	Frequency (N)	Percentage (%)
1.	Age	56	93
	•18 - 19 years	4	7
2.	Gender	49	82
	•Female	11	18
3.	Religion	56	93
	•Hindu	0	0
	•Muslim	4	7
4.	Type of Family	51	85
	•Nuclear family	9	15
5.	Diet Pattern	13	22
	•Vegetarian	47	78
6.	Number of Siblings	6	10
	•Nil	37	62
	•1	14	23
	•2	3	5
7.	Medium of Education in Higher Secondary	47	78
	•English	13	22
	•Tamil	0	0
	•Other language		
8.	Extra Curricular Activity	38	63
	•Yes	22	37
9.	Additional Courses	53	89
	•Yoga	3	5
	•Meditation	2	3
	•Any other mental hygiene courses	2	3
	•No additional courses		
10.	Father Education	22	37
	•Primary	23	38
	•Higher secondary	13	22
	•Graduate	2	3
11.	Mother Education	28	47
	•Primary	20	33
	•Higher secondary	8	13
	•Graduate	4	7
12.	Residency	40	67
	•Days scholar	20	33
	•Hosteller		

**Table 2. Frequency and percentage wise distribution to assess the mental health characteristics among late adolescent students at Selected Nursing College (n = 60)**

Classification of mental health characteristics	Test	
	f	%
Unambiguous	-	-
Suitable	30	50
Flexible	30	50

According to medium of education in higher secondary, English 47(78%), Tamil 13(22%), Other language 0(0%). According to extra curricular activity, yes means 38(63%), no means 22(37%). According to Additional courses, yoga 53(89%), meditation 3(5%), any other mental hygiene courses 2(3%), no courses 2(3%). According to father education, primary 22(37%), higher secondary 23(38%), graduate 13(22%), illiterate 2(3%).

**Table 3. Association between mental health characteristics among late adolescent students at Selected Vinayagar Nursing College and selected demographic variables n =60**

Demographic variables	Unambiguous		Suitable		Flexible		$\chi^2$	p-value
	F	%	F	%	f	%		
1. Age •18 - 19 years •20 – 21			25 4	41.66 6.66	31 0	51.66 0	2.219 (df=1)	0.136321 NS
2. GENDER •Female •Male			23 6	38.33 10	26 5	43.33 8.33	0.303 (df=1)	0.582008 NS
3. Religion •Hindu •Muslim •Christian			27 0 2	45 0 3.33	29 0 2	48.33 0 3.33	0.069 (df=2)	0.966088 NS
4. Type of Family •Nuclear family •Joint family			28 2	46.66 3.33	23 7	38.33 11.66	1.306 (df=1)	0.25312 NS
5. Diet Pattern •Vegetarian •Both vegetarian and non vegetarian			8 21	13.33 35	5 26	8.33 43.33	0.672 (df=1)	0.412355 NS
6. Number of Siblings •Nil •1 •2 •3 and more			3 15 10 1	5 25 16.66 1.66	3 22 4 2	5 36.66 6.66 3.33	1.901 (df=3)	0.593207 NS
7. Medium of education in higher Secondary •English •Tamil •Other language			22 8 0	36.66 13.33 0	25 5 0	41.66 8.33 0	0.419 (df=2)	0.81099 NS
8. Extra Curricular Activity •Yes •No			17 12	28.33 20	21 10	35 16.66	0.39 (df=1)	0.532299 NS
9. Additional Courses •Yoga •Meditation •Any other mental hygiene courses •No			27 1 2 0	45 1.66 3.33 0	26 2 0 2	43.33 3.33 0 3.33	2.702 (df=3)	0.423994 NS
10. FATHER EDUCATION •Primary •Higher secondary •Graduate •Illiterate			9 10 7 2	15 16.66 11.66 3.33	13 13 6 0	21.66 21.66 10 0	2.797 (df=3)	0.423994 NS
11. MOTHER EDUCATION •Primary •Higher secondary •Graduate •Illiterate			14 8 3 4	23.33 13.33 5 6.66	14 12 5 0	23.33 20 8.33 0	2.901 (df=3)	0.407142 NS
12. RESIDENCY •Days scholar •Hosteller			20 9	33.33 15	20 11	33.33 18.33	0.197 (df=1)	0.657153 NS

According to mother education, primary 28(47%), higher secondary 20(33%), graduate 8(13%), illiterate 4(7%). According to Residency, days scholar 40(67%), hosteller 20(33%). Table-2 reveals that 30(50%) had flexible mental health character, 30(50%) had suitable mental health character and none of them had unambiguous mental health character. Table 3 shows that the chi- square test revealed that there is statistically no significant association founds between demographic variables such as age, gender, religion, type of family, diet pattern, number siblings, medium of education in higher secondary, extra-curricular activity, additional courses, father education, mother education, residency.

### Conclusion

The study conducted among 60 late adolescent students to assess the mental health characteristics by using rating scale for assessment of mental health characteristics.

The study showed that there was significant association with classification of characteristics and no significant association with demographic variables such as age, gender, religion, type of family, diet pattern, number siblings, medium of education in higher secondary, extra-curricular activity, additional courses, father education, mother education, residency.

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