



URDU ADAPTATION OF MENTAL HEALTH BATTERY (MHB-SINGH AND SENGUPTA)

\***Mohammad Muzzafar Lone and Dr. Mahmood Ahmad Khan**

Department of Education, University of Kashmir, 190006, India

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ABSTRACT

The purpose of present study was to translate Mental Health Battery (MHB-Singh & Sengupta); into Urdu and also to adapt the current scale to the contemporary culture. Each item of six tests of the battery were separately written and submitted to 10 experts in the fields to judge the validity of translated version of MHB. Subsequently, the professional language and field experts from Urdu, English, Psychology and Education made necessary corrections and modifications to the adapted version. It was found that the translated version was significantly and positively correlated with the original English one. The reliability of the MHB (Urdu version) was assessed through test- retest method of reliability. Reliability coefficient of the Urdu version of MHB on test retest reliability is significant at 0.01 level. The Urdu version of MHB (Singh & Sengupta) has been found to be reliable scale to be used for Urdu knowing population.

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INTRODUCTION

Mental health is a level of psychological wellbeing in which individual realises his or her own abilities, can cope with the normal stress of life, can work productively and fruitfully, and is able to make a contribution to his or her own community (WHO, 2007). Mental health can also be defined as an expression of emotions, and as signifying a successful adaptation to a range of demands. Mental health as defined by Kornhauser (1965) connotes those behaviours, perceptions and feelings that determine a person's overall level of personal effectiveness, success, happiness and excellence of functioning as a person. A human is a human due to his mental capacities. Maintaining a good mental health is crucial to live a long and healthy life. A well maintained mental health can enhance one's life, while poor mental health can prevent a person from living an enriching life. Mental health is an attitudinal concept towards ourselves and others (Lehner and Kubs, 1962). There is growing evidence that is showing emotional abilities are associated with pro-social behaviours such as stress management and physical health" (Richards et al., 2010). It was also concluded in their research that people who lack emotional expression are inclined to anti-social behaviours. These behaviours are a direct reflection of their mental health.

Self-destructive acts may take place to suppress emotions. Anand (1988) asserts that a mentally sound person should be understood as a dynamic and conscientious person who is found to be reasonably rational in the choice of means for the realisation of his or her pious ends. The mental health is directly linked with the behaviour of a person. If a person is mentally unhealthy he is likely to have certain behavioural problems like stress, depression, anxiety, relationship problems, grief or learning disabilities, mood disorders, or other psychological concerns. So Mentally Healthy person means a behaviourally civilized person.

Description of the scale

The scale comprises of 130 items that have been designed to measure the six dimensions. A brief description of each of these indices is as under:

- **Emotional stability:** It refers to experiencing subjective stable feelings which have positive or negative values for the individual.
- **Adjustment :**It refers to individuals achieving an overall harmonious balance between the demands of various aspects of environment, such as home, health, social, emotional and school on the one hand and cognition on the other.
- **Autonomy:** It refers to a stage of independence and self-determination in thinking.

\*Corresponding author: **Mohammad Muzzafar Lone,**  
Department of Education, University of Kashmir, 190006, India.

- **Security / Insecurity:** It refers to a high (or low) sense of safety, confidence, and freedom from fear, apprehension or anxiety particularly with respect to fulfilling the persons present or future needs.
- **Self Concept:** It refers to the sum total of the person's attitude and knowledge towards himself and evaluation of his achievements.
- **Intelligence:** It refers to the general mental abilities which help the person in thinking rationally, and in behaving purposefully in his environment.

### Rationale of the Study

The mental health battery (Singh and Sengupta) is considered as an appropriate tool for measurement of overall mental health. As the test is devised in English, it is not possible to use the test in the same language in Kashmir. As this population is well conversant to Urdu and due to their lagging proficiency in using the English as a language, the present investigator decided to adapt the mental health battery into Urdu so that it may be easy for the subjects to understand and respond accordingly, thus achieving logical and objective conclusions.

**Table 1. Correlation between the English and Urdu versions of MHB**

S.no.	Dimension	Correlation
1	Emotional Stability(ES)	0.748
2	Overall-Adjustment(OA)	0.848
3	Anatomy(AY)	0.793
4	Security/ Insecurity(SI)	0.777
5	Self Confidence(SC)	0.703
6	Intelligence(IG)	0.827
7	Composite score	0.930

All the coefficient of correlation are significant beyond 0.01 level. Therefore it substantiates that there is no need to change the norms of the scale.

### Procedure

Mental Health battery intends to assess the status of mental health of a person in the age range of 13 to 22 years. As it is the battery of six tests, so items for each part of English version of MHB (Singh and Sengupta) were translated into Urdu. Subsequently, the validity of the translated version was checked by a panel of ten judges that were selected by the present investigator, in consultation with the supervisor, to make it sure that each item of translated version conveys the same meaning as the items in the original scale.

**Table 2. Co-efficient of correlation, factor wise and on composite scores on test retest of MHB (Urdu)**

Factor	Emotional Stability	Over-All-Adjustment	Anatomy	Security/ Insecurity	Self Confidence	Intelligence	Composite Score
Correlation	0.79	0.85	0.80	0.78	0.70	0.83	0.90

This value showed an adequate stability over the time.

The judges were requested to rate their opinion either Perfectly Agree or Not Agree and if, Not Agree then the judge was requested to Suggest Changes.

A panel of ten well reputed judges, Four from the field of education and Psychology, three from the field of Urdu language and three from the field of English, who were well

conversant with both English and Urdu languages, were selected by investigator.

The items on which there was a common consensus of 8 or more experts were retained as such and those items on which there was consensus of 7 or less judges were modified according to the changes suggested by the judges. A few items were also adapted or modified by the consensus of field experts to fit the contemporary culture. The compiled Urdu version of Mental Health Battery thus has most consistent items with validity co-efficient of 0.8 which confirms with certainty and firmness that the translated version conveys the same meaning as that of the original English version. After the fulfilment of all necessary requirements for translation the final translated version of Mental Health Battery was administered on the participants of the study.

All data were collected from the 30 students who were from a well reputed private English medium school, namely Hill Grange School Handwara (Kashmir). These subjects were conversant to both English as well as Urdu language. The subjects were within the age range of 14-16. The participants were asked to fill in the personal information form. The participants were briefed about the purpose of the present study.

The participants were assured that the data will purely be used for research purpose and their identities will not be revealed to anyone. At the end all participants were thanked for their time and cooperation. The participants were approached for a second time with the Urdu version after a lapse of three months of first completion of the MHB to validate further that the Urdu version represents the original English one. The coefficient of correlation was computed by Product Moment method between the first and second test results. The factor wise coefficient of correlation is presented in the Table 1 as follows. The scoring procedure for the translated version will be same as that of the original English Mental Health Battery.

### Test Retest Reliability

To assess test-retest reliability of the MHB (Urdu version), thirty participants were re-tested after the period of three months of first completion of the MHB. A three months gap was kept between the tests and retest so as to eliminate or weaken the memory and practice effects. Coefficient of Correlation of Test-retest was assessed through Pearson Product Moment method. The results of the study are as below.

### Conclusion

In conclusion, this study shows that the Urdu version of Mental Health Battery is a reliable and valid measure to assess Mental Health of the students and can be used in studies mental health in Urdu knowing population. In order to develop positive intervention strategies for students by councillors, teachers, policy makers and administrators, such measures

would obviously be helpful. Until or unless these students are mentally healthy, they may not be able to contribute to society with their specific roles (parents, educators, health professionals etc).

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