

A comparative study of mental health and frustration among Tribal and Non-tribal adolescents of Sirohi District

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Abstract

Present study was undertaken to examine the level of mental health and frustration among adolescents of tribal and non-tribal area and also to see relationship between the two variables (Mental health and frustration). For that purpose 200 students of class X were selected from stratified random sampling. Mental health scale and Frustration scale, developed by Sharma (4,5) were administered for measuring mental health and frustration among adolescent boys and girls in a group. Results indicated that mental health affects the frustration of tribal & Non-tribal boys and girls. There is difference between tribal and Non-tribal adolescents on frustration, however no significant difference was found between tribal and Non tribal boys and girls on mental health. On mental health, boys and girls did not show any significant difference however there was a significant difference between girls and boys in frustration. No significant difference was found between mental health and frustration of adolescents of Government and Non-government schools.

Keywords: Mental health, Frustration, Adolescent, Tribal area, Non-tribal area.

Introduction

Adolescence is the most crucial and significance period in an individual's life. It is the period of rapid revolutionary changes not only in the individual's physical and mental outlook but also in the moral, spritual, sexual and social attitude. Human personality develops new dimensions during this stage. It is the period of anxieties, worries, conflicts, frustration and complexes.

Mental health describes either a level of cognitive or emotional well-being or an absence of a mental disorder. Man is a psycho physical organism; his mental and physical health depends on each other. A man who is mentally healthy accepts the reality of his environment and adopts himself accordingly with it. Psychologists look at mental health in the form of ability of good adjustment. Persons with good mental health are free from negative emotions such as fear, anxiety, anger and frustration.

According to Norma e Cutts and Nicholas Mosely, "Mental health is the various strains of the environment we meet in life and mental hygiene is the means we take to assure the adjustment."

According to Carter V Good, "Frustration means emotional tension resulting from the blocking of a desire." The intensity of frustration depends upon the significance of the goal and the strength of the blockade. Frustration results in mental tension.

Mental health is correlated with the frustration of an individual. Frustration is directly affected by the mental health. The present study is designed to investigate that "the mental health affects the frustration of adolescent boys and girls.

Tripathi K.K. (1978) in his study named, "Frustration among school going adolescents", found that both boys and girls were frustrated and there was no significant inter-gender difference.

Thus the mental health and frustration play a vital role.

Objectives of the study

Objectives of the study have been to investigate the effect of mental health on frustration, to investigate the difference between tribal and non-tribal adolescents on frustration, to investigate the difference between tribal and non-tribal adolescents on mental health, to investigate the difference between boys and girls on mental health, to investigate the difference between boys and girls on frustration and to investigate the difference between adolescents of government school and non-government school adolescents on mental health and frustration.

Hypothesis

Following hypothesis have been made -

- Mental health affects the frustration.
- There will be significant difference between tribal and non-tribal adolescents on frustration.
- There will be significant difference between tribal and non-tribal adolescents on mental health.
- Boys will show greater mean difference than the girls on mental health.
- Boys will show greater mean difference than the girls on frustration.
- The boys and girls of government school will show lower mean difference than the boys and girls of non-government school on mental health and frustration.

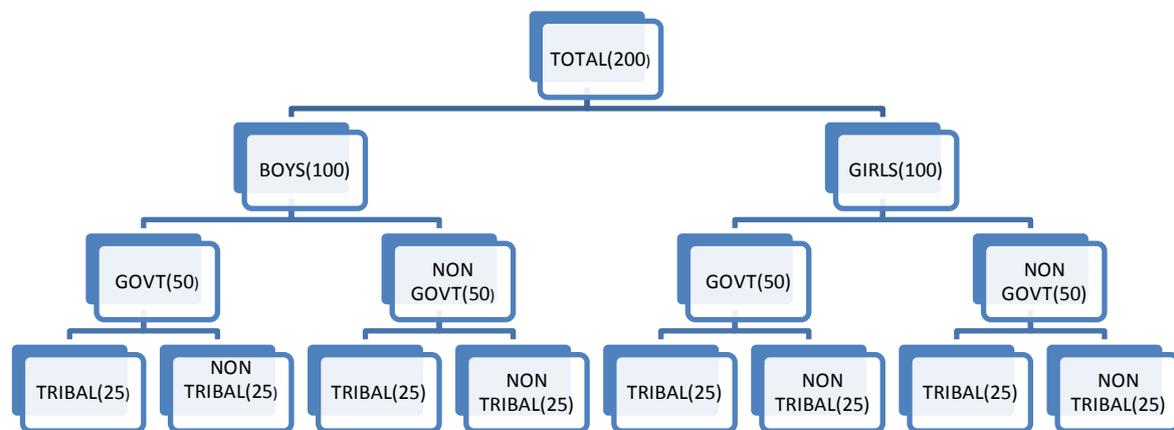
Methodology

Descriptive survey method of research was used in the execution of the present study. Two hundred adolescent boys and girls of age range from 14 to 18 year were stratified and randomly selected on the basis of their age, sex, caste and the type of school of Sirohi district. After the selection of adolescents, mental health and frustration scales were administered in a group situation. The data was tabulated and analyzed on the basis of statistical analysis and interpretation. The mean score, standard deviation and critical ratio were calculated.

Sample

The sample has been drawn from government and non-government schools of Sirohi district. The tribal and non-tribal boys and girls between the age range of 14 to 18 were stratified randomly selected.

DISTRIBUTION OF SAMPLE



Tools

Mental health scale developed by Sharma (4) was used to measure mental health in adolescent boys and girls and frustration scale, also developed by Sharma (5), was administered for measuring

frustration among adolescent boys and girls in a group.

Results and Analysis

Figure-1: Mean scores of mental health and frustration

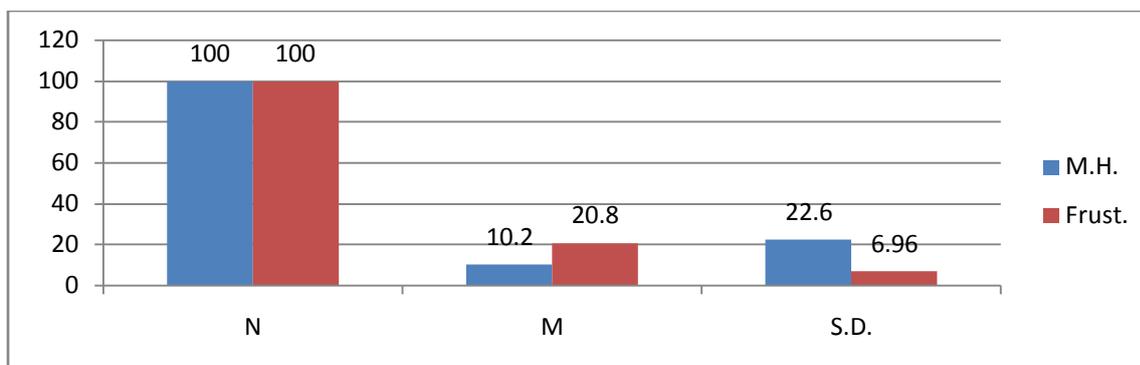


Table-1: Mean scores of mental health and frustration

	N	M	S.D.	SE.D.	C.R.	Significance
Mental Health	100	10.2	22.6	2.10	4.51	Significant
Frustration	100	20.8	6.96			

P Value=0.05=1.98<4.51
 0.01=2.63<4.51

Results shown in Figure-1 and Table-1 show that mental health affects the frustration. Hence, the hypothesis **“Mental health affects the frustration”** is proved.

Figure-2: Mean scores of mental health among tribal and non-tribal adolescents

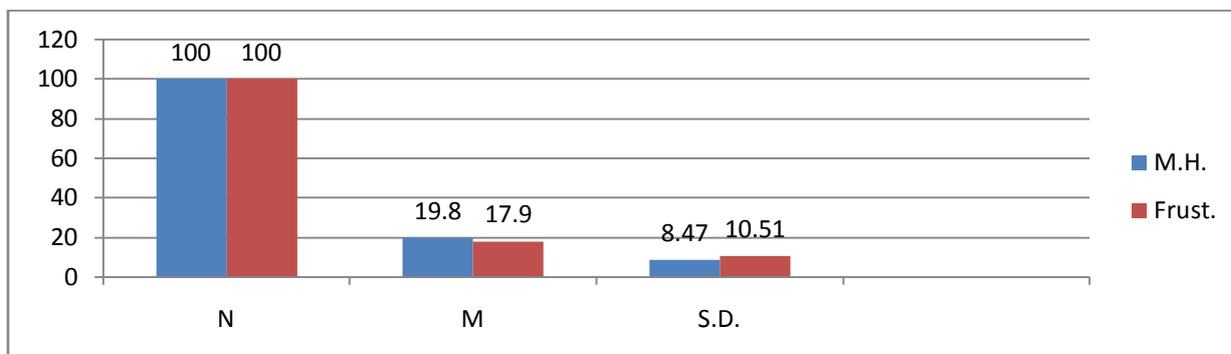


Table-2: Mean scores of mental health among tribal and non-tribal adolescents

	N	M	S.D.	SE.D.	C.R.	Significance
Mental Health	100	19.8	8.47	1.13	0.48	Non-significant
Frustration	100	17.9	10.51			

P Value=0.05=1.98>0.48
 0.01=2.63>0.48

Results shown in Figure-2 and Table-2 show that there is no significant difference between the tribal and non-tribal adolescents on mental health. Hence, the hypothesis **“There will be significant difference between tribal and non-tribal adolescents on frustration”** is rejected.

Figure-3: Mean scores of frustration among tribal and non-tribal adolescents

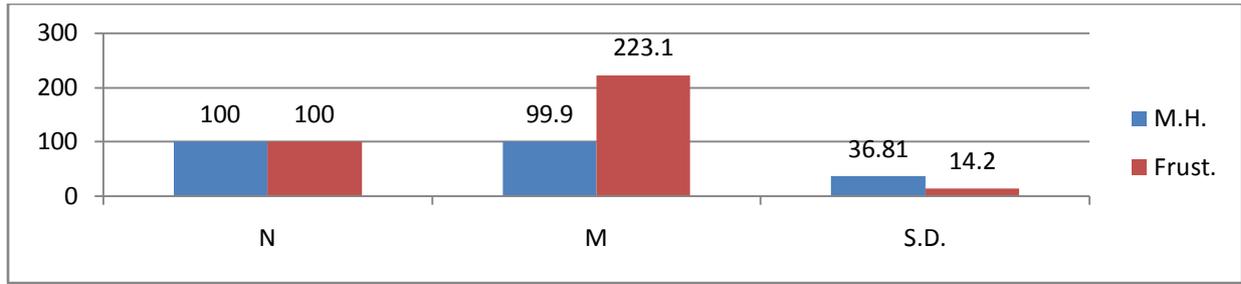


Table-3: Mean scores of frustration among tribal and non-tribal adolescents

	N	M	S.D.	SE.D.	C.R.	Significance
Mental Health	100	99.90	36.81	3.98	2.71	Significant
Frustration	100	223.10	14.20			

P Value=0.05=1.98<2.71

0.01=2.63<2.71

Results shown in Figure-3 and Table-3 show that there is significant difference between the tribal and non-tribal adolescents on frustration. Hence, the hypothesis “**There will be significant difference between tribal and non-tribal adolescents on mental health**” is proved.

Figure-4: Mean scores of boys and girls on mental health

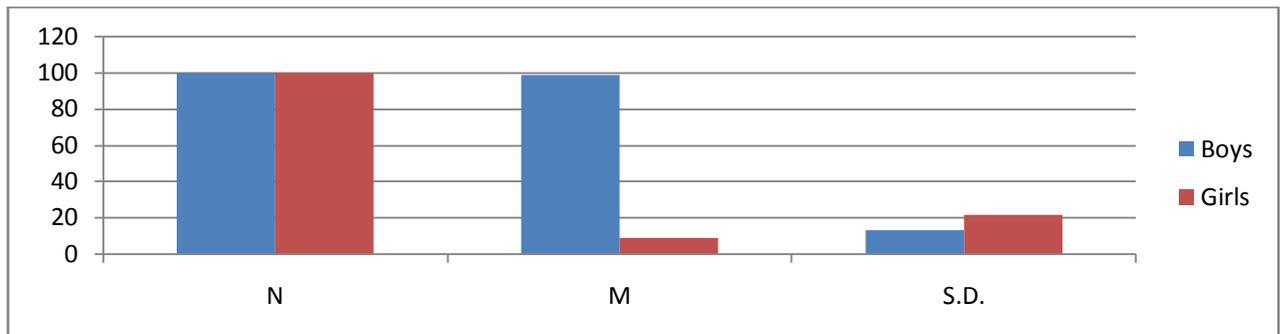


Table-4: Mean scores of boys and girls on mental health

	N	M	S.D.	SE.D.	C.R.	Significance
Boys	100	98.81	13.12	2.51	0.31	Non-significant
Girls	100	9.20	21.70			

P Value=0.05=1.98>0.31

0.01=2.63>0.31

According to Table-4, boys show greater mean scores than the girls on mental health but they do not show any significant difference at .05 level. Thus the hypothesis “**boys will show greater mean difference than the girls on mental health**” is rejected.

Figure-5: Mean scores of boys and girls on Frustration

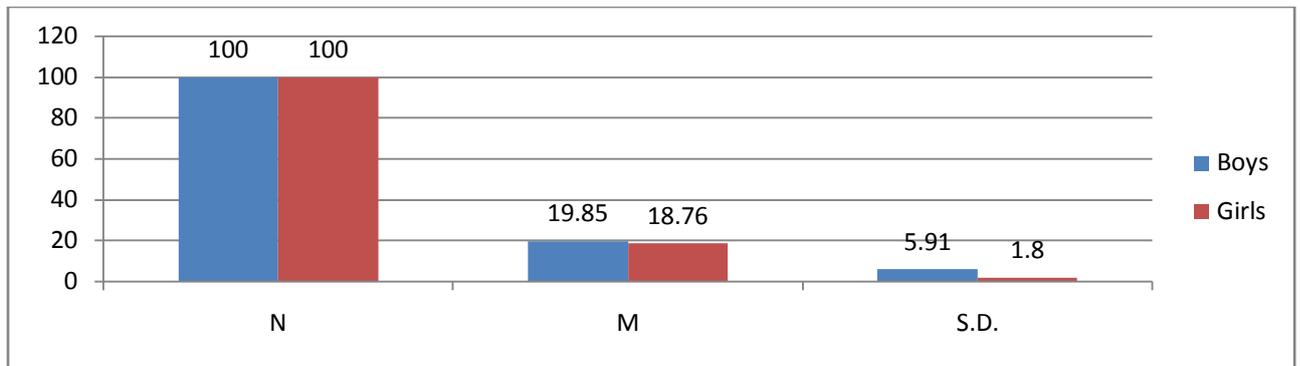


Table-5: Mean scores of boys and girls on Frustration

	N	M	S.D.	SE.D.	C.R.	Significance
Boys	100	19.85	5.91	0.11	5.99	Significant
Girls	100	18.76	4.81			

P Value=0.05=1.98<5.99

0.01=2.63<5.99

Results shown in Figure-5 and Table-5 show that there is significant difference between boys and girls on frustration. Hence, the hypothesis “**boys will show greater mean difference than the girls on frustration**” is proved.

Figure-6(a): Mean scores of mental health among boys and girls of Government and Non-government schools

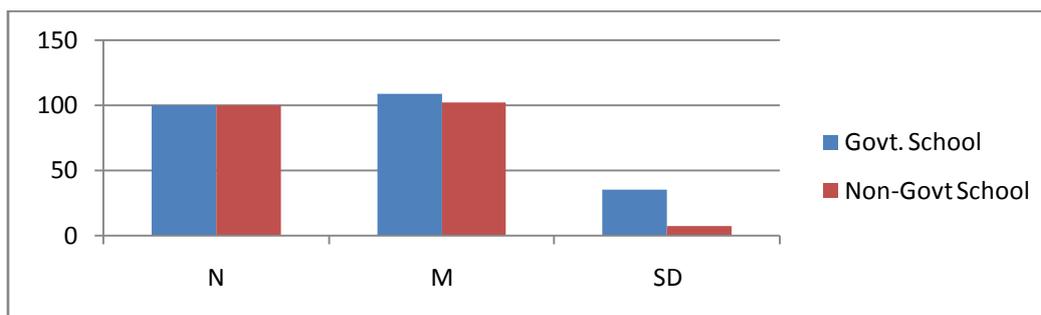


Table-6(a): Mean scores of mental health among boys and girls of Government and Non-government schools

Types of schools	N	M	S.D.	SE.D.	C.R.	Significance
Govt. school	100	109	35.2	3.98	1.31	Non-significant
Non- Govt. school	100	102	7.39			

P Value=0.05=1.98>1.31

0.01=2.63>1.31

Figure-6(b): Mean scores of Frustration among boys and girls of Govt. and non-govt. schools

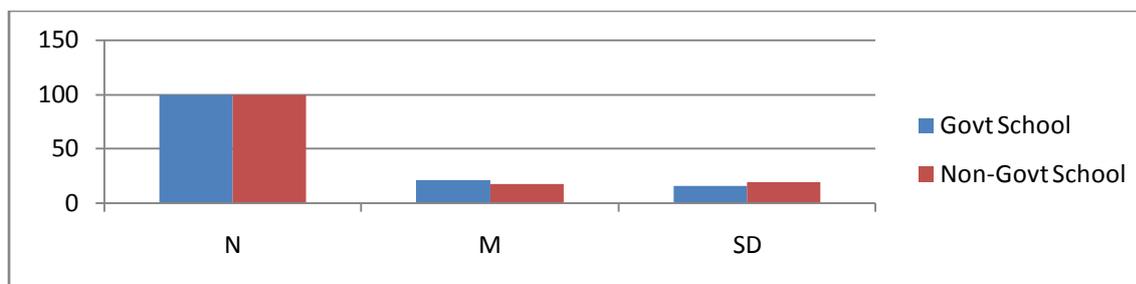


Table-6 (b): Mean scores of Frustration among boys and girls of Govt. and non-govt. schools

Types of schools	N	M	S.D.	SE.D.	C.R.	Significance
Govt. school	100	21.20	19.24	2.81	1.80	Non-significant
Non-Govt. school	100	17.33	19.23			

P Value=0.05=1.98>1.80
0.01=2.63>1.80

Thus the hypothesis that **“the boys and girls of Government school will show lower mean difference than the boys and girls of Non-Government school on Mental health and Frustration”** is rejected.

Conclusion

After the analysis and interpretations of the data of the present study, it may be concluded that mental health affects the frustration of Tribal & Non-tribal boys and girls and there is significant difference between Tribal and Non-Tribal Adolescents on Frustration. However, there is no difference

between Tribal and Non Tribal boys and girls on mental health. Boys and girls do not show any significant difference on mental health. However, there is a significant difference between girls and boys in frustration. Analysis also shows that there is no significant difference between mental health and frustration of adolescents of govt. and non-govt. schools.

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