Development And Standardization Of "Mental Health Scale (Mhs) Of School Students"

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ABSTRACT

In the present study, Mental Health Scale (MHS) has been constructed and standardized for the School Students. This scale consists of 46 statements. The simple random sample technique was used for current investigation. The sample consists of 100 School Students of Tiruvannamalai District. The new Mental Health Scale (MHS) for School Students was developed out of 46 statements, 28 items were retained under five dimensions such as Exam Attitude, Exam Anxiety, Examination Stress, Self-Awareness, Emotional Stability. The new Mental Health Scale was used as a research instrument in the final study.

KEYWORDS : Mental Health, School Students.

INTRODUCTION

Mental health is as a state of successful performance of mental function. Mental health is stands for the health of the mind, "the wholesomeness of mind"- analogous to the wholesomeness of the body as well in physical health. Mental health is an index which shows the extent to which the person has been able to their environmental demands. It is generally reflected in symptoms like anxiety, tension, restless or hopelessness among others. Hadfield (1950) stated the Mental Health represents the full and free expression of our natural and acquired potentialities in harmony with one another by being directed towards a common end or aim of the personality as whole. Mental health implies living securely, enjoying life, being productive and having a steady ego that is capable of withstanding stress. Kaur (2014) pointed out that "the rising expectations of the parents in terms of scores and academic performance sometimes put extra burden on children, which may sometimes cause many physical or mental ailments". It is evident from the previous researches that mental health plays a vital role in human life. It is not only important but essential for survival as a social being. No area of human life is beyond the range of mental health. It includes every aspect and dimension of human personality and the individual's adjustment to own self, others and environment. The main characteristic of mental health is adjustment. The greater the degree of adjustment, the greater will be the mental health and lesser degree lead to the lesser mental health. The mentally healthy individual can adapt to every best and worst situation of life. The expression 'Mental Health 'consists of two words. The word 'mental' implies cerebral functioning of an individual. It includes one's emotional states. It is the equilibrium in one's Socio-cultural context. 'Health' refers to more than physical wellbeing. It also connects the individual's intra-physic balance, the interaction of one's physic-structure with the external and social environment. For an instance, a person who is academically sound is not able to impart Mental Health due to certain factors of adjustment with their environment. Mental health is indispensable to personal wellbeing, family and interpersonal relationships. Mental health of students has great influence on students achievement, thus the investigator decided to construct and validate and standardize the Mental Health Scale (MHS) of School Students.

OPERATIONAL DEFINITIONS OF THE KEY TERMS:

The Authors adopted the following terms and definitions for the study.

- **Mental Health:** According to WHO, Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community effectively.
- **School Students:** A person attending as a full time student in a school (High and Higher Secondary School).

REVIEW OF RELATED LITERATURE:

Singh & Gupta view Mental Health as a set of competencies that can be measured by the Mental Health Battery (MHB). It includes 130 items arranged in six dimensions viz. Emotional Stability, Overall Adjustment, Autonomy, Security-Insecurity, Self-Concept and Intelligence.

Arun Kumar Singh and Alpana Sen Gupta, Mental Health Battery (MHB) intends to assess the status of mental health of persons in the age range of 13 to 22 years. As it is a battery of six tests. There are set of 130 items in the MHB with six dimensions-emotional stability (ES), over all adjustment (OA), Autonomy (AY), security – Insecurity (SI), self - concept (SC) and Intelligence (IG). Reliability of various dimensions of the battery varied across 0.72 to 0. 87. Finally, the new Mental Health Scale (MHS) of School Students was developed with 28 items under five dimensions such as Exam Attitude, Exam Anxiety, Exam Stress, Self-Awareness and Emotional Stability.

Manjuvani (2000) has made study on "The influence of home and school environment on mental health of students" The following are the salient conclusions drawn. i) home environment plays a very important role in determining the mental health of students, ii) next in order of importance is school environment and iii) mental health of students also depends on the materials available, the opportunities given to the students to explore and how well the students utilize them.

Hill, Nancy E. et al., (2011) has made study on "The Mental health and African American children". Their findings brought to light that African American children are at the highest risk for becoming school dropouts, for academic disengagement and failure, and for under or unemployment. The fundamental issue facing their mental health in educational readiness and academic adjustment, but they also face a higher incidence of health problems including hypertension, and one in three African American children live in poverty.

DEVELOPMENT OF THE SCALE:

As there is no suitable scale available to study Mental health of school students appearing terminal examinations, the investigator has decided to construct and standardize a scale to measure the students 'Mental health. As the first step the investigator collected varieties of information from various sources like website search, Journals, Books, experts in colleges and in universities.

It is of 'Likert type scale' having as many as 46 statements. They were positively and negatively worded. The statements were categorized with the expert's opinion. Each statement is set against a five point's scale of by five different responses of Strongly Agree (SA), Agree (A), Uncertain (U), Disagree (DA) and Strongly Disagree (SD). The scores in this scale range from 46 to 230.

PILOT STUDY OF THE SCALE:

This scale of 46 statements intended for the pilot study was administered to the sample of as many as 100 School students of Thiruvannamalai district, Tamilnadu. Then their responses have been scored carefully and arranged in the order from the highest scorer to the lowest scorer. Then they were subjected to item analysis.

ITEM ANALYSIS:

The next step in the standardization of an the Mental health Scale (MHS) of school students after pilot study is to find out the 't' value of each statement, which forms the basis for item selection in order to build up the final scale. The Likert type scale calls for a graded response to each statement on a five-point scale ranging from Strongly Agree (SA), Agree (A), Uncertain (U), Disagree (DA) and Strongly Disagree (SD). 100 students were found out and they were ranked from the highest to the lowest score. Then 25% of the subjects (High) with the highest total scores and 25% of the subjects (low) with the lowest total scores were sorted out for the purpose of item

selection. The high and the low groups, thus selected, formed the criterion groups and each group was made up of 25 higher secondary students. As already indicated weights are given for the response category in respect of each statement. Then each statement was taken individually and the number of students who responded 'SA', 'A', 'U', 'DA', and 'SD' was found out in both the high and low groups separately. Thus for all the 46 statements, the number of school students coming under each category was found out separately for both the high and the low group. The value of 't' is a measure of the extent to which a given statement differentiates between the high and low group. If the 't' value is equal to or greater than 1.75 it indicates that the average response of the high and low groups to a statement differs significantly, provided there are 25 or more subjects in the high group and also in the low group (Edward.L.Allen., 1957).

Table-1   RANK ORDER OF ITEMS IN THE MENTAL HEALTH OF SCHOOL STUDENTS SCALE (MHSSS) BASED ON 't' VALUES

STATEMENT NUMBER	NATURE OF STATEMENT	"t" VALUE	ITEM SELECTED
1	Positive	1.90	S
2	Positive	1.63	NS
3	Positive	2.78	S
4	Positive	0.28	NS
5	Positive	2.15	S
6	Positive	2.62	S
7	Positive	0.34	NS
8	Negative	5.89	S
9	Negative	2.79	S
10	Negative	2.91	S
11	Negative	0.37	NS
12	Negative	2.68	S
13	Positive	0.20	NS
14	Positive	2.39	S
15	Positive	0.67	NS
16	Negative	3.11	S
17	Positive	2.62	S
18	Negative	2.11	S
19	Positive	2.35	S
20	Positive	0.13	NS
21	Positive	3.95	S
22	Positive	1.19	NS
23	Positive	0.88	NS
24	Positive	0.67	NS
25	Positive	3.42	S
26	Positive	1.85	S
27	Positive	3.32	S
28	Positive	1.13	NS
29	Positive	3.78	S
30	Positive	2.61	S
31	Positive	3.52	S
32	Positive	0.44	NS
33	Positive	1.97	S
34	Negative	0.19	NS
35	Negative	3.45	S
36	Negative	0.41	NS
37	Negative	1.86	S
38	Negative	1.78	S
39	Positive	1.82	S
40	Positive	2.13	S
41	Positive	0.73	NS
42	Positive	0.98	NS
43	Positive	1.84	S
44	Positive	0.24	NS
45	Positive	1.82	S
46	Positive	0.93	NS

S –selected, NS- not selected

DESCRIPTION OF THE MENTAL HEALTH SCALE (MHS) OF SCHOOL STUDENTS:

The present study there are 25 subjects each in the high and low groups, the total number of subjects involved in the pilot study being 100. As many as 28 statements having the highest value have been chosen in order to form the final scale (Table-1).

DIMENSIONS OF MENTAL HEALTH SCALE OF SCHOOL STUDENTS:

Emotional intelligence scale for prospective teachers consists of five dimensions namely, Exam Attitude, Exam Anxiety, Exam Stress, Self-Awareness, and

Emotional Stability. The 46 statements were arranged according to the dimensions such as, Exam Attitude has 09 statements, Exam Anxiety has 09 statements, Exam Stress has 09 statements, Self-Awareness has 09 statements, Emotional Stability has 10 statements (table 2).

- **Exam Attitude:** It is favourable or unfavourable evaluative reaction towards Examination.
- **Exam Anxiety:** It is the suspicious expectation feeling that is realized in the situations, a powerful stimulation or an intensively experienced event (Rachman, 1998).
- **Exam Stress:** Examination stress is a state of psychological condition in which people experience extreme distress and anxiety in testing situations. Many people experience some degree of stress and anxiety before and during exams and examination stress can actually impair learning and hurt test performance. It is measured from a scale that explain the statues of students.
- **Self-Awareness:** Self-awareness represents the capacity of becoming the object of one's own attention. In this state one actively identifies, processes, and stores information about the self.
- **Emotional Stability:** It is the ability of an individual to withstand stress, strains, failures and difficulties of day to day life without becoming anxious, nervous, tense and emotionally upset.

Table 2. Dimensions- Wise Distribution of Selected Items in Mental Health Scale (MHS) of School Students

Sl.No.	Dimensions-	Questionnaires	Total
1.	Exam Attitude	1-09	09
2.	Exam Anxiety	10-18	09
3.	Exam Stress	19-27	09
4.	Self-Awareness	27-36	09
5.	Emotional Stability	37-46	10
		Total	46

SCORING PROCEDURE:

The scoring procedure is given in the table 3 furnished below: **Table -3**

Nature of the Statement	Strongly disagree	disagree	Undecided	Agree	Strongly agree
Positively Worded	5	4	3	2	1
Negatively Worded	1	2	3	4	5

VALIDITY:

Validity reveals the merits of our measurement the Mental Health Scale (MHS) of school students was given to the experts (6 members) in order to find out its content validity. The experts agreed that the items in the scale provided adequate coverage of the concept. The Mental health of school students scale (MHSSS) also has construct validity.

RELIABILITY:

Reliability refers to the consistency with which a test measures, whatever it measures. The concept of reliability suggests both stability and consistency of measurement. The investigator calculated the reliability analysis and it was given in the following table.

Table -4
Table showing the reliability method and co-efficient values

Method of Reliability Analysis	Reliability Co-efficient
Correlation between forms	0.714
Equal-length Spearman-Brown	0.743
Guttman Split half	0.722
Unequal-length spearman-Brown	0.717

PERCENTILE FORM

The following table represents the percentile norm for this the Mental Health Scale (MHS) of school students.

Table-5

Percentile	Score range	Norm
Below P25	Below 108	Low level
P25 to P75	108-162	Average level
Above P75	Above 62	High level

CONCLUSION:

This scale aims to identify the students' mental health which prevents complications of mental health by preventive measures. The investigator believe that this scale would be a contribution to the field of educational Psychology and those who want to measure the value pattern anywhere in this country will find this scale very useful.

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