



RESEARCH PAPER

The relationship between socio-economic status and Mental Health among adolescents girls in rural setting

Amrita Singh

Department of Home Science, Indira Gandhi National Tribal University, Amarkantak (M.P.) India

(Email : amrita.singh@igntu.ac.in)

Abstract : Adolescent Mental Health has been increasing attention in recent years, especially in rural areas, where Limited Resources and socio-economic status has the potential to create increased psychological vulnerability. This study focused on Understanding the relationship between socio-economic Status (SES) with Mental Health in late adolescent girls (age 16 – 19) in a rural setting. A total of 90 subjects were initially selected using random sampling; 55 subjects were part of the middle and lower-middle SES and were assessed using the L.N. Dubey and B. Nigam SES Scale along with a self-designed Mental Health questionnaire. Results indicate that 54.5% of subjects had Low Stress Levels, while 45.5% had Medium Stress Levels, and there were no subjects who reported High Stress Levels. Cross-tabulation indicated virtually No difference in Stress Levels between Middle and Lower-Middle SES groups, thereby indicating SES did not have a significant impact on the Mental Health outcomes of this sample. Rather, Mental Health Challenges Afflict rural adolescent girls in all SES categories, possibly due to Common Environmental, Cultural, and Structural Factors including Limited Healthcare Access, Social Pressures, Gender Norms, and Expectations in Education and Academia. The results of this study indicate a need for Universal Mental Health Intervention Programs, Community Support Systems, Community Identification Programs for Mental Health, and Stigma-Free Environments. Strengthening family, school, and community support networks is essential for promoting resilience and improving the overall mental well-being of adolescent girls in rural areas.

Key Words : Socio-economic status, Mental health, Adolescent girls

View Point Article : Singh, Amrita (2026). The relationship between socio-economic status and mental health among adolescents girls in rural setting. *Internat. J. agric. Sci.*, **22** (1) : 81-85, DOI:10.15740/HAS/IJAS/22.1/81-85. Copyright@2026: Hind Agri-Horticultural Society.

Article History : Received : 03.12.2025; Accepted : 08.01.2026