Adolescent mental health status and counseling

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■**ABSTRACT :** Adolescent is a period when children become physically, psychologically, emotionally as well as socially matured. The present study was conducted in Jaipur city (Rajasthan) with the aim to find out the mental health Positive self-Evaluation (PSE) of high school adolescents. The total sample consisted of 120 high school adolescents. Frequency and percentage were applied to obtain the result for the present study. The results showed that higher percentage of adolescent have less self acceptance, less self confident and they have a feeling of worthlessness.

■**KEY WORDS :** Adolescent, Mental health, Counseling

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Adolescent is a period when children become physically, psychologically, emotionally as well as socially matured School is a place where young people experiment with social roles and develop new aspects to their sense of self. Ingersoll (1989) and Frandsen *et al.* (1961) stated that mental health is the ability to cope with ones environment in such a way that one's institutional drives are gratified. Positive self-evaluation (PSE) is a dimension of mental health which means self-confidence, self-acceptance, self -identity. Therefore, counseling needs to be given to adolescents through various mass media at school level.

Locale of the study :

The present study was conducted in Jaipur city (Rajasthan) within its municipal limits.

Sample and its selection :

The total sample consisted of 120 High School adolescents (60 boys + 60 girls):
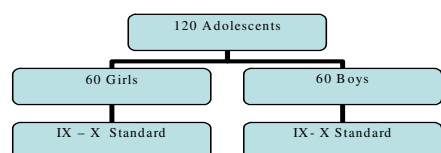
Tools :

Mental health inventory (M.H.I.) of Jagdish and Srivastava, A.K. tool was used for research study.

Procedure for data collection :

Tool was distributed and instructions printed on it were read out. One hour time limit was given to the students and after that tool was collected.

Statistical analysis :

Various techniques of statistics that were applied to obtain the result for the present study are: frequency and percentage.

The main purpose of the present study was to find out the mental health positive self-evaluation (PSE) of high school adolescents (Boys and Girls) and difference between boys and girls, separately.

Result shows the descriptive statistics of the variable mental health (Table 1).

On the dimension of positive self-evaluation (PSE) 66 per cent girls came under the very poor and poor categories of positive self-evaluation, which denotes that higher percentage of adolescent girls were less self-acceptive less self-confident and they have a feeling of worthlessness (Table 1).

It can be revealed from the observations of Table 2 that

92 per cent boys come under the very poor and poor category of PSE which concludes that boys lack in qualities of self-identity and realization of their potential etc.

Difference between boys and girls of High School :

The percentage of girls was less as compared to boys in the very poor and a poor category which denotes that attitude of girls included more self-confidence, self-acceptance, self identity, feeling of worth-whileness, realization of one's potentialities, etc. as compared to boys (Tables 1 and 2).

Table 1 : Percentage scores of dimension of mental health PSE of 60 girls			
Dimension of mental health	Category	Frequency	%
Positive self-evaluation (PSE)	Very poor	21	35.00
	Poor	19	31.66
	Average	20	33.33

Table 2 : Percentage scores of dimension of mental health PSE of 60 boys			
Dimension of mental health	Category	Frequency	%
Positive self-evaluation (PSE)	Very poor	26	43.33
	Poor	29	48.33
	Average	27.5	45.80

The score shows that both girls and boys were very low in the dimension of positive self-evaluation.

Table 3 : Percentage scores of dimension mental health PSE of 120 high school adolescents		
Dimension of mental health	Category	%
Positive self-evaluation (PSE)	Very poor	39.16
	Poor	40.00
	Average	39.58

Conclusion :

Hence, it can be concluded that adolescents have unstable sets of internal standards for their action and they depend upon others for their own development. Therefore, counseling needs to be given to adolescents through various mass media at school level.

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