

# Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

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## A comparative study of mental health among rural and urban adolescent students of higher secondary school

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Mental health is very importance issue of human life. So many people of in world have problem with mental health. Students are also having many mental health problems, example, exam phobia, and adjustment problem with teacher-school-family. So, researchers decide to study on mental health with adolescent students of higher secondary school. This paper is based on the investigation conducted to study the effect of gender, area of residency and type of family on mental health of adolescent students of higher secondary school of Valsad district in Gujarat state. The sample consisted of 240 higher secondary school students. The sample was selected in terms of sex (male and female), area of residency (rural and urban) and type of family (Joint Family and Nuclear Family) in equal proportions, drawn randomly. Mental Health was measured by A K Singh and Alpana Sengupta Test of Mental Health Battery. In this research, 't' test method was used for testing of null hypothesis. In the findings of this research, there is a significant difference in mental health between male and female students. Also, there is significant difference between in mental health rural and urban students. In the last results, there are significant differences in mental health between joint family and nuclear family students. In the conclusions of these researches, male students have good mental health as compared to the female students. Rural students have good mental health as compared to the urban students and the joint family students have good mental health as compared to the urban nuclear family students.

### Biography

Parulben Harish Desai holds a Doctorate in Psychology. She is an Associate Professor in Psychology (Head of the Department), since 23 years. She is doing the service at Shri Vanraj Arts & Commerce College, Dharampur, Gujarat, India. She has published 3 books with ISBN number and attended a total of 33 seminars and conferences. She aims at spreading knowledge with gist of her experiences to youth especially and society at large. For the same, she has been conducting seminars for audiences of all age groups on the themes interwoven to Psychology. Adding to her achievements, she has published eight research papers in national and international journals. She has successfully completed a minor research project on Adjustment of Adolescents with UGC.

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