
CONFLUX

JOURNAL OF EDUCATION

VOLUME 1, ISSUE 7, DECEMBER 2013

A PEER REVIEWED INTERNATIONAL JOURNAL



EMOTIONAL HEALTH OF SECONDARY SCHOOL STUDENTS

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Abstract

This study tried to find out the extent and significant difference of emotional health of secondary school students in terms of gender, locale and type of school they are studying. The sample of 300 secondary school students was selected from Khalilabad district of Uttar Pradesh. The study found that 50 percentages of total sample exhibit poor emotional health. Boys keep high emotional health than girls students. The study also found that there is no significant difference between the mean scores of emotional health of boys and girls secondary school students while significant difference has been find out in the mean score of emotional health, between urban and rural, private school and government school.

INTRODUCTION

Emotions are the overt expression of covert feeling of an organism. It shows the real picture of inner feeling with depth and breadth. Expressions of emotions affect the personality of an individual. Etymologically, the word emotion is derived from the Latin word 'emovere' that means 'to stir up' or 'to excite'. Emotion can thus be understood as an agitated or excited state of our mind and body or it is a moved or stirred up state of an organism. Emotional health is one of the basic essential elements which are necessary for leading happiness life. During the day to day life one has to face different circumstances which make human being happy, irritated, aggressive, frustrated and so forth. But the matter is that how that particular human being responds to the situation keeping his mental and social surrounding well. Emotional health of an individual affects his every aspect of life such as study, social relation, teacher pupil relationship, family relationship and so forth. It is the time to investigate the present status of secondary school students' emotional health.

OBJECTIVES OF THE STUDY

1. To identify the extent of emotional health of secondary school students
2. To find out the significance difference between the mean score of emotional health of secondary school students based on gender
3. To find out the significance difference between the mean score of emotional health of secondary school students based on Locale
4. To find out the significance difference between the mean score of emotional health of secondary school students based on Type of school

HYPOTHESES OF THE STUDY

1. There is no significance difference between the mean score of emotional health of secondary school students based on gender
2. There is no significance difference between the mean score of emotional health of secondary school students based on Locale
3. There is no significance difference between the mean score of emotional health of secondary school students based on Type of school

METHODOLOGY

In the present study the investigator used the Emotional Maturity scale developed by Sing and Bhargava for the purpose of data collection. From the population, a sample of 300 secondary school students was selected from Khalilabad district of Uttar Pradesh by using stratified random sampling techniques. The statistical consent like Mean, Standard deviation, Percentage and t test were used for analysis of data.

ANALYSIS AND INTERPRETATION OF THE DATA

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The investigator analyzed the data in order to make inference or generalization about the population. The comprehensive analysis of the data available to the researcher helped in solving the objective and proposed hypothesis. The detailed description is given below.

Table 1. Emotional Health of secondary school students in Percentage

Emotional Health Level	Total	Boys	Girls	Urban	Rural	Pvt.	Govt.
High Emotional Health	17	13	20	20	13	06	22
Moderate Emotional Health	13	13	13	10	16	06	16
Emotionally immature	20	27	13	23	17	16	22
Poor Emotional Health	50	47	54	47	54	72	40
Total	100	100	100	100	100	100	100

Table 1 reveals that 17 percentages of the total sample keeps the high emotional health, 13 percentages are with moderate emotional health, while 20 percentages express emotional immaturity. The striking point is that 50 percentages of total samples shows very poor emotional health. In comparison with total sample a narrow difference shows the boys of secondary school students in poor emotional health, it reduced to 47 percentages, while keeping the moderate level with total sample. The boys' percentages that possess the high emotional health are 13 percentages which is less than total sample. The emotional immaturity of boys constitutes 27 percentages which also not a good sign with total sample. Girls students shows better emotional health than boys, the percentages of high emotional health by girls shown in the table 1 is 20 which is greater than total as well as boys sample. But there is subsequent increase shows in the percentages of poor emotional health among girls students (54%) than boys. Urban secondary school students show high emotional health (20%) than rural secondary school students (13%). In moderate emotional health and emotional immaturity, rural secondary school students keep better position than urban students. But 54 percentages of rural students keeps poor emotional health. There is significant disparity exist between the students of private secondary school student and government secondary school students in the case of emotional health. The 22 percentages of government secondary school students are enjoying high emotional health while 06 percentages of private secondary school students shows the same. The table also shows that 72 percentages of Private secondary school students exhibits poor emotional health.

Table 2. Emotional Health of Secondary School Students- Gender

Gender	N	Mean	SD	t test	level	Remarks
Boys	136	111.92	32.27	.988	0.05	Not Significant
Girls	164	116.00	39.24			

Table 2 indicates that the mean and standard deviation of the emotional health scores of the secondary school students of boys are 111.92 and 32.27 respectively and girls' students are 116 and 39.24 respectively. The t test result obtained is .988. Which is less than the value of 1.96 at 0.05 level. It means that there is no significant difference in the mean scores of emotional health, between the boys and girls of secondary school students.

Table 3. Emotional Health of Secondary School Students -Locale

Locale	N	Mean	SD	t test	level	Remarks
Urban	155	107.65	32.79	3.248	0.05	Significant
Rural	145	121.10	38.51			



Table 3 depicts that the mean and standard deviation of the emotional health scores of the secondary school students from urban region are 107.65 and 32.79 respectively and secondary school students from rural region are 121.10 and 38.51 respectively. The t test result obtained is 3.248. Which is higher than the value of 1.96 at 0.05 level. It means that there is significant difference in the mean scores of emotional health, between the urban and rural secondary school students.

Table 4. Emotional Health of Secondary School Students –Type of School

Type	N	Mean	SD	t test	level	Remarks
Private	90	131.81	31.37	6.124	0.05	Significant
Government	210	106.58	35.61			

Table 4 depicts that the mean and standard deviation of the emotional health scores of the private secondary school students are 131.81 and 31.37 respectively and secondary school students from government school are 106.58 and 35.61 respectively. The t test result obtained is 6.124 which is higher than the value of 1.96 at 0.05 level. It means that there is significant difference in the mean scores of emotional health, between the private and government secondary school students.

FINDINGS OF THE STUDY

- Among the total sample 50 percentages exhibit poor emotional health
- Secondary school students of boys keep high emotional health than girls students
- Secondary school Students from urban region reveals high emotional health than secondary school students from rural region
- Secondary school Students from rural region shows poor emotional health than secondary school students from urban region
- The study found that private Secondary school Students are far behind than government secondary school students in respect of high emotional health
- There is no significant difference in the mean scores of emotional maturity, between the boys and girls of secondary school students.
- There is significant difference in the mean scores of emotional maturity, between the urban and rural secondary school students.
- There is significant difference in the mean scores of emotional maturity, between the private and government secondary school students.

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