A STUDY ON EFFECT OF SOCIO-ECONOMIC STATUS ON MENTAL HEALTH OF RURAL AND URBAN SCHOOL STUDENTS OF UTTARAKHAND

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ABSTRACT

The study investigated the effect of socio-economic status on mental health of rural and urban school students of uttarakhand. The sample consists of total 200 students. This was categorized into two groups i.e. rural and urban. Out of 100 rural students 35 were selected randomly as High SES and 35as Low SES. Also out of 100 urban school students 35 were selected randomly as High SES and 35 as Low SES student for the study. The subject was delimited to school students and age group between 14-18 years of Uttarakhand state government. The data was analyses with the help of Statistical Procedure in which Mean, Standard Deviation, t-test were employed with the help of SPSS 16. The Result revealed that Rural High SES School going students were significantly good mental health than low SES. In case of Urban High SES School going students were significantly good mental health than low SES.

Keywords: Socio-Economic Status, Mental Health, Rural and Urban.

INTRODUCTION:

Children from lower socio-economic status are at risk for lower achievement, behavioral problems, dropping out of school, health problem, anxiety, depression and other negative outcomes. Many literatures have been written about the impact of socio-economic status on mental health. Mental health and socio-economic status are important determinants of an individual's wellbeing. One of the most consequently replicated findings in social science is negative relationship between socio-economic status (SES) with mental health. The lower the SES of an individual is, the higher is his or her risk of mental health. Yet there have been remarkable inconsistent findings concerning the casual structure of this relationship. There are

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thought to be important interactions between these dimensions of wellbeing, with casual links running in both directions. Poor mental health reduces earning ability, through their effects on education and employment, and poverty can lead to lower educational attainment, poorer physical health and depression.

Mental health is defined differently in different cultures. Concept of mental health includes wellbeing, autonomy, competency and self-actualization. From a cross cultural perspective, it is nearly impossible to define mental health compressively. It is however generally agreed that mental health is boarded than a lack of mental disorders. There are many types of mental health professionals varying in education, experiences, certifications and specialties.

Das et al. (2007) examine the correlates the mental health in five developing countries, finding that being older, female, widowed, and in poor physical health are consistently related to poorer mental health outcomes. However, their reading of their evidence on the relationship between Socio-economic Status and Mental Health is mixed. They find education to be positively associated with better mental health in majority countries that they study.

One of the most consistent finding in the mental health in both develop and developing countries is that the risk of depression increase with age. Although the relationship between Socio-economic Status and Mental Health has received considerable attention in the literature, particularly among the elder, there is very little research that directly addresses whether the correlates of depression changes as people grow older.

Therefore the purpose of the study is to find out the effect of socio-economic status on mental health of Rural and Urban school going students of uttarakhand.

HYPOTHESIS:

High Socio-economic status students were significantly good mental health than Low Socio-economic Status students of Rural and Urban Uttarakhand State government Schools.

METHOD AND MATERIAL:

The statistical population consists of 200, in which 100 were rural students and 100 were urban students of uttarakhand state government schools, who were regular students of their schools. The population was randomly selected for this study. Their age ranged between 14 to 18 years.

The study was conducted in two phases. In first phase, economical status of the student's families was determined. The data were obtained and median value of economic status was calculated. 35 Students at and above median value were randomly selected as having High SES and below median value 35 students were randomly selected as having Low SES in both category i.e. rural and urban. In second phases the C.G Deshpande Mental Health Test was used to measuring Mental Health. All the 50 items of the scale are presented in simple and brisk style. All items have multiple Choice answer i.e. 'Yes' or 'No'. This is well known test having high reliability and validity.

All statistical procedures were tested at the 0.5 level of significance with the help of SPSS 16.

RESULT:

The statistical procedure of the results is shown in the table-1and table-2 by using SPSS 16.

Table -1

MENTAL HEALTH OF HIGH AND LOW SOCIO-ECONOMIN STATUS STUDENTS OF RURAL AREA

SES	Mean	S.D.	N	Df	t- value
High	35.54	4.71	35		
Low	24.57	2.1	35	68	12.033*

t-value require to be significant at 0.5 level with 68 df = 1.980

Table - 2

MENTAL HEALTH OF HIGH AND LOW SOCIO-ECONOMIN STATUS

STUDENTS OF URBAN AREA

SES	Mean	S.D.	N	Df	t- value
High	42.20	4.19	35		
Low	35.63	3.99	35	68	6.7*

t-value require to be significant at 0.5 level with 68 df = 1.980

DISCUSSION:

The results related to the hypothesis have been recorded. Mean of Mental Health of the High SES school student is 35.54 and Low SES Rural School student is 24.57. Mean of Mental Health of the High SES Urban School student is 42.20 and Low SES Urban School student is 35.63.

The data shows statistical difference between the Mean of Rural high SES and low SES is significant and the statistical difference between the Mean of Urban high SES and low SES is also significant. This differences is attributed to

- Parental poor income Low Socio-economic Status family's children have lower achievement, behavioral problems, dropping out of school, health problem, anxiety, depression, lower education attainments and other negative outcomes.

- High Socio-economic Status family's children got high exposure in building their physical health, educational achievements, tension free family life due to their family wellness.

CONCLUSION:

The results indicate that High Socio-economic Status (SES) Rural school students have good mental health than Low Socio-economic Status (SES) students and High Socio-economic Status (SES) Urban school students also have good mental health than Low Socio-economic Status students.

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