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**Full Length Research Paper****Relationship between Mental Health and Emotional Intelligence among Senior Secondary Students: A Study****Vidhu Shekhar Pandey**

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ABSTRACT

The present study is attempt to examine the relationship between mental health and emotional intelligence. Sample for the study consisted of 120 (60 male and 60 female) senior secondary students. Mental Health Battery by A.K Singh and A.Sen Gupta and Emotional Intelligence Inventory by S.K. Mangal and Shubhra Mangal were used as tools for the study. t-test and Product moment coefficient of correlation were computed for the analysis of the data. The finding of the study revealed that mental health of male senior secondary students is more than that of female senior secondary students; emotional intelligence of male senior secondary students is more than that of female senior secondary students; mental health is not related to emotional intelligence among male and female senior secondary students. So, it can be concluded that male senior secondary students have better emotional stability, achieving an overall harmonious balance, stage of independence and self determination in thinking, confidence, freedom from fear, mental ability etc. in comparison to female senior secondary students. Male senior secondary students have better perception, expression, understanding and management of emotions in comparison to female senior secondary students.

Introduction

Mental health is the ability of an individual to reach desired goals and aspirations, to cope with life stresses and to make adjustment with the environment. Mental health remains an invisible problem in all human beings. The importance of psychological well being in adolescent for their healthy emotional, cognitive, physical social and educational development is well recognized. Over the years, mental health attributed to imbalance within our body causing emotional problems i.e. anxiety, depression and stress. Mental health problems will contribute significantly to the global burden of disease in the 21st century for adolescents; mental health hurdles are already as common as some physical health problems like asthma. Mental Health is perceived as a positive source contributing to asset development individually, socially and economically (WHO, 2004). According to H.W. Bernard (1972) the main criteria of mental health are perceiving things the way they are, emotional balance, social adjustment, achievements consistent with the individual's abilities and opportunities etc. Study of Pradhan (2006) revealed that emotional intelligence is highly related with general health, health coping style, happiness, empathy, stressful events and mood functions are negatively correlated. Therefore it is very necessary to carry out a research study on mental health and emotional intelligence on senior secondary students which is adolescent students. Adolescent's period is a very important phase of student's life, where they face different emotional problems. As understanding of own emotional intelligence

helps to cope with mental health related problems. So it is very essential for senior secondary students to understand their emotional intelligence to handle daily life problems which can affect their mental health adversely. Faghirpour, Amoopour, Gilannia, Moghadam and Mousavian (2011) revealed that significant relationship between components of intelligence and mental health. Among the components of emotional intelligence, self-regulation, self-control has a significant role in predicting mental health. Mental Health is positively correlated with emotional intelligence (Kedarnath, 2003; Enhyakonnade et al., 2009; Gupta and Kumar, 2010; Verma and Gupta, 2011; Hasanvand et al., 2014; Naami and Chenani, 2014; Aminian et al., 2015; Betsur, 2015; Kaur and Ramniwas, 2016; Narender, 2017 and Kaur, 2018).

Senior secondary students are adolescents and have fluctuating mood, generally they face stress and strain. Adolescents have some times anxious and imbalance their emotional intelligence which influence his mental health. At present time a lot of difficulties face by the adolescents like, academic pressure, poor family climate, poor student teacher interaction, difficulties about subjects to be taught etc. so, these situations generally cause the stress, hopelessness, academic anxiety, worry, etc. Manisha and Sethi (2010) also reported adolescents is widely regarded as the most turbulent period of life which, in turn, may develop the feelings and worklessness and lack of confidence which leads to stress, specifically in academics and may affect their mental health. Significant difference in mental

health status indicates better mental health of highly emotionally intelligent adolescents (Singh, Chaudhary and Asthana, 2007). The present study aims to explore relationship of mental health with emotional intelligence among senior secondary students. It is expected that if senior secondary students have emotionally balanced it means that he/she will be better mental health.

The present study has been conducted to achieve the following objectives.

- To compare mental health among male and female senior secondary students.
- To compare emotional intelligence among male and female senior secondary students.
- To study the relationship between mental health and emotional intelligence among male senior secondary students.
- To study the relationship between mental health and emotional intelligence among female senior secondary students.

Hypotheses :

1. There is no significant difference in the mental health among male and female senior secondary students.
2. There is no significant difference in the emotional intelligence among male and female senior secondary students.

Table 1. Mean, S.D. and t-ratio showing difference in mental health among male and female senior secondary students.

Variable	Groups	N	Mean	S.D.	t-ratio
Mental Health	Male	60	85.07	12.59	3.89*
	Female	60	76.77	10.74	

Significant at .01 level.

Observation of table 1 shows that the mean mental health score of male senior secondary students is 85.07 and S.D. is 12.59, while mean mental health score of female senior secondary students is 76.77 and S.D. is 10.74. t-ratio is found to be 3.89, which is significant at .01 level. Therefore, null hypothesis that "There is no significant difference in the mental health among male and female senior secondary students can be rejected. It means that mental health of male senior secondary students is better than that of female senior secondary students. This may be due to the reason that girls have suffer from some factors like biological factor, environmental stress, limited social

3. There is no significant relationship between mental health and emotional intelligence among male senior secondary students.

4. There is no significant relationship between mental health and emotional intelligence among female senior secondary students.

Materials and methods

Researcher has collected the sample randomly in Government added senior secondary schools of Prayagraj City in month of December, 2019. Descriptive research has been hired in the present study. Simple random sample has been adopted to select the sample for the present study. Sample for the study consists of 120 senior secondary students (60 male and 60 female) of Jamuna Christian Inter College and Ishwar Saran Balika Inter College, Prayagraj. Mental Health Battery (MHB-ss) by A.K. Singh and A. Sen Gupta and Emotional Intelligence Inventory development by S.K. Mangal and Shubhra Mangal were used as tools for the study. t-ratio and Product moment co-efficient of correlation have calculated for the analysis of the data.

Results and discussions :

participation in the society, marriage and educational failure and they have fear of future to take new risk. Boys are generally socially and physically healthy and they consistently effort new ideas about future.

Similarly (Pandey and Dubye, 2017 and Gupta and Kumar, 2010) found that senior secondary male students were better than female students. However, study by Bandhana and Sharma (2010) revealed that female have high level of mental health than male.

Table 2. Mean, S.D. and t-ratio showing difference in emotional intelligence among male and female senior secondary school students.

Variable	Groups	N	Mean	S.D.	t-ratio
Emotional Intelligence	Male	60	65.10	9.01	9.29*
	Female	60	52.37	5.61	

(Significant at .01 level)

Observation of table-2 reveals that the mean emotional intelligence score of male senior secondary students is 65.10 and S.D. is 9.01, while mean emotional intelligence score of female senior secondary students is 52.37 and S.D. is 5.61. t-ratio is found to be 9.29, which is significant at .01 level. Therefore, null hypothesis that "There is no significant difference in the emotional intelligence among male and female senior secondary students' can be rejected. It means that emotional intelligence of male senior secondary students is better than that of female senior secondary students. This may be due to the reason that adolescent girls are generally disturbed by their family, they are not freely expressed own problems in their family. Girls have always weaker communication with family members in comparison to boys.

Similarly, study of Chu (2002) revealed that males have higher level of emotional intelligence than that of females. However, studies by Bhosle (1999); King (1999); Sutarso (1999); Wing and Love (2001) and Singh (2002) reported that females have higher emotional intelligence than that of males.

Observation of table-3 reveals that the value of coefficient of correlation between mental health and emotional intelligence is 0.159, which is not significant at .05 level. So the corresponding null hypothesis can accepted and it can be inferred that mental health is not related to emotional intelligence among male senior secondary students. This means that mental health of male senior secondary students is not influenced by emotional intelligence and vice versa. However,

Kaur (2018); Narender (2017); Aminian et al. (2015); Hossain and Halder (2015); Naami and Chenani (2014) and Kedarnath (2003) reported mental health has a significant correlation with emotional intelligence.

Table 3. Values of Coefficient of Correlation between mental health and emotional intelligence among male senior secondary students.

Variable	r
Mental health and emotional intelligence	0.159

(Not significant at .05 level)

Table 4. Values of Coefficient of Correlation between mental health and emotional intelligence among female senior secondary students.

Variable	r
Mental health and emotional intelligence	-0.134

(Not significant at .05 level)

Observation of table-4 point out that the value of coefficient of correlation between mental health and emotional intelligence is -0.134, which is not significant at .05 level. So, the corresponding null hypothesis can accepted and it can be inferred that mental health is not related to emotional intelligence among female senior secondary students. This means that mental health of female senior secondary students is not influenced by emotional intelligence and vice-versa.

Conclusion

From the above discussion it can be concluded that mental health of male senior secondary students is better than that of female senior secondary students; emotional intelligence of male senior secondary students is better than that of female senior secondary students; mental health is not related to emotional intelligence among male and female senior secondary students. Because male students have thoroughly adjusted to his environment and able to adjust satisfactorily to the various strains of daily life but female students have sometimes feel discomfort in any situation like socially, physically and emotionally etc. this may be due to the reason that various factors such as biological factor, family climate, less interaction between the family members and society. So, mental health is a outcomes of physical emotional, spiritual, moral as well as social health. Mental health can also the process of human self-realization.

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