



## A study of mental health of senior secondary school students in relation to their decision making style

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### Abstract

The present problem was undertaken for the study of Mental Health of senior secondary students in relation to their decision making style. The study was carried out on a sample of senior secondary school students belonging to Ghaziabad district. The tools used for the collection of data are Mental Health Inventory by Jagdish & Srivastava and Decision Making Style by Dr. Noorjahan N. Ganihar. The data, is analyzed to use 't'-test. The result shows that there is no significant difference between the mental health of male and female senior secondary students in relation to their decision making style & there is a significant difference between the Mental health and Decision making style of senior secondary students.

**Keywords:** mental health, students

### Introduction

Mental Health is "the emotional and spiritual resilience which enables us to enjoy life and survive pain, suffering and disappointment. It is a positive sense of well being and an underlying belief in our and others dignity and worth. It is influenced by our experience and our genetic inheritance" (World Health Organization). Mental Health is a positive state of mind engendering a sense of well being that enables a person to function effectively with in society. Individuals who have good mental health are well adjusted to society are able to relate well to others and basically feel satisfied with themselves and their role in society.

Health means that both body and mind are working efficiently and harmoniously. Mental health is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. If a person is well adjusted, he has both physical health and desirable social and moral values. His mental health indicates that such persons are also happy, healthy, hopeful and have harmonious personality with effective decision making style.

Generally speaking, mental health implies that the individual behavior should be balanced and also that this balance should be maintained in every situation. Mental health which today is recognized as an important aspect of one's total health status, in a basic factor that contributes to the maintenance of physical health as well as social effectiveness.

Mental health influences how we think and feel, about ourselves and others and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influences our ability to cope with change, transition and life events: having a baby, going to prison, experiencing bereavement. Healthy decision-making can be difficult when you're living with any type of mental health challenge. Mental illness impacts our thoughts, feelings, and behaviors; each one of these plays a role in decision-making. To make healthy decisions, we rely on our rational, organized thought processes, balanced emotions, and

actions that support our decisions. However, mental illness can interfere and make facing a big life choice overwhelming. Mental health is the foundation for wellbeing and effective functioning for an individual and for a community. This core concept of mental health is consistent with its wide and varied interpretation across cultures. Mental, social, and behavioral health problems may interact to intensify their effects on behavior and the decision making style of human beings. Decision-making has various aspects, it is essential to go through the concept of decision-making. The word decision has been derived from the Latin word "decider", which means 'a cutting away or a cutting off in a practical sense'. Thus, a decision involves a cut of alternative between those that are desirable and those that are not desirable. Lopez (1977) has defined "A decision represents a judgment, a final resolution of a conflict of needs, means or goal; and a commitment to action made in face of uncertainty complexity and even irrationally".

The person have a mental illness or psychiatric condition does not automatically mean that a person will be considered to lack capacity, it is something that a court can consider in reaching a decision on whether a guardian needs to be appointed. Decision making styles may also play important roles in determining and promoting the mental health of managers. Mental illness can impact on decision-making, and capacity to make a decision may vary according to:

- The nature and extent of your impairment at the particular time that a decision is needed
- The type and complexity of decision that needs to be made.

### Operational definitions

#### Mental Health

According to Hadfield "Mental health is the full and harmonious functioning of the whole personality". It is a positive, active quality of the individual daily living. Mental health has two important aspects. It is both individual and

social.

Good mental health is an index of psychological well-being desirable to all people including student teachers. The mind, intellectual capabilities and social skills of children and adolescents are still in for mature stages of growing up.

**Decision Making Styles**

“Decision making style has been defined as ‘a habitual pattern individuals use in decision making’ (Driver, 1979) or individuals’ characteristic mode of perceiving and responding to decision-making tasks” (Harren 1979). Scott and Bruce (1995) defined decision making style as, “the learned, habitual response pattern exhibited by an individual when confronted with a decision situation.” “Driver, Brousseau and Hunsaker (1990) posited that decision-making style is defined by the amount of information gathered and the number of alternatives considered when making a decision, although others suggests that it refers to differences in the way individuals make sense of the data they gather” (Scott, Bruce).

**Problem of the Study**

“A study of mental health of senior secondary school students in relation to their decision making style”.

**Objective of the study**

To study the mental health of senior secondary school students in relation to their decision making style.

**Hypothesis of the study**

1. There is exists no significant relationship between mental health of male and female senior secondary school students in relation to their decision making style.
2. There is exists no significant relationship between mental health of senior secondary school students in relation to their decision making style.

**Population of the Study**

The population in the present study consists of senior secondary school students in Gautam Budh Nagar district.

**Sample of the Study**

Random sampling method 200 students from senior secondary school in Gautam Budh Nagar district were selected.

**Table 2**

Group	N	Mean	SD	t value	Level significant
Mental Health	100	93.62	13.52	11.26	S
Decision Making style	100	121.52	15.7		

It is evident from table no. 2 that t-value is significant, hence the hypothesis is rejected. In this table obtained value is 11.26 which is greater than the standardized value of 't' at 0.01 level. The value of 't' at standardized table should be 1.96 at 0.01 level of significance. Hence the obtained value of 't' is less than the standardized table. It can be stated that the obtained value of 't' is significant at 0.01 level of significance.

On the basis of overall discussion it can be calculated that there is significant difference between mental health of senior secondary school students in relation to their decision making style.

Therefore the present study consisted of 200 senior secondary school students.

**Variable used in the Study**

The variable which have been used in the study are-

1. Dependent Variable : Decision Making Style
2. Independent Variable : Mental Health

**Tools used for data collection**

In order to obtain the desired data, the investigator selected the following tools for the present study-

1. Mental health inventory by Jagdish and Srivastava
2. Decision Making Questionnaire by Dr. Noorjehan N. Ganihar.

**Statistical Techniques used in the study**

't' test was used as the most appropriate statistical techniques, which has been used to analyze the data.

**Hypothesis Testing**

1. There is exists no significant relationship between mental health of male and female senior secondary school students in relation to their decision making style.

**Table 1**

Group	N	Mean	SD	t value	Level significant
Male	100	166.74	10.39	1.92	NS
Female	100	170.25	11.19		

It is evident from table no. 1 that the t-value is not significant. The hypothesis is accepted. In this table the obtained 't' value is 1.92. But as per standardized 't' value table it should be 1.96 at 0.01 level of significance. Obtained 't' value is less than standardized table. It can be stated that obtained value of 't' is not significant at the level of significant.

On the basis of overall discussion that there is no significant difference between mental health of male and female of senior secondary school students in relation to their decision making style.

2. There is exists no significant relationship between mental health of senior secondary school students in relation to their decision making style.

**Findings of the study**

1. There is no significant difference between mental health of male and female of senior secondary school students in relation to their decision making style.
2. There is significant difference between mental health of senior secondary school students in relation to their decision making style.

**Education Implications**

1. This study can be extended to primary level, secondary level and higher education also.

2. This study provides great help to senior secondary students, teachers, educators, as well as parents regarding to the mental health.
3. Identifying the mental health of senior secondary student's effects on decision making style and decision making performances seems to be very important and useful in educational practice at many prospective.

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