

Mental Health and Self-Esteem among Tribal School Students of West Singhbhum, Jharkhand.

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Abstract

The Purpose of this research was to investigate correlation between mental health and self-esteem among tribal school students. The sample of this study included on 120 tribal school students i.e., 60 students from rural area and 60 students from urban area. Mental health measured using the mental health inventory developed by Jagdish and Srivastava and self-esteem measured using the self-esteem scale developed by Rosenberg. Data analyzed to mean, SD, 't' value and correlation. The results indicated that there is no significant correlation between mental health and self-esteem among tribal school students. Result also revealed that the self-esteem of tribal male students is better than that of tribal female students. There is insignificant difference between self-esteem and mental health on tribal students in rural and urban areas.

Keywords: Mental Health, Self-Esteem, Tribal Student, Rural and Urban Community

The issue of mental health and self-esteem of school students is the most interesting research area of the present time. School students are constant pressure from the expectation of their parents and teachers, worrying about future career opportunities, competing with their peers and classmates in the quest to be better than them. All these issues lead to mental health and self-esteem problems of school students. Mental health and self-esteem affects our feelings, thinking and behaviors.

Mental health is plays a very important role at each stages of life, from childhood to old age. It is positive conceptualization associated with the own cognition, emotion, motivation, mental and social well-being. Mental health is the ability to function effectively and happily as any expected role in a group. It is often believed that mental health is a state of mind as a whole. It is the result of one's overall life and can be enhanced or hindered by day to day life experiences (Bowman, 1965).

Chauhan (1987) expressed that mental health is a state that allows maximum development of the emotional, physical and psychological state of the individual, so that he can contribute maximum to the welfare of the society and realize his thoughts and goals of life. Mental health refers to a positive state of mind that creates a sense of well-being that enables an individual to function effectively within the society. Individuals who have good mental health tend to adjust well with society, are able to relate well to others and are logically satisfied with themselves and their role in society (Mosby, 2008),

Self-esteem refers to person's own confidence, worth and respect. According to Palladino (2005), Self-esteem includes respecting others. It also includes feeling a sense of peace and harmony within oneself. Self esteem is directly and indirectly related to mental health along with most of the psychological domain such as personality, behavior, cognition and clinical manifestation like depression, anxiety, stress, etc. Self-

esteem is a judgment or self-development of our work for good and we feel that we are doing well in those areas of our life which we consider important (Yang et al., 2016). According to Roy (2012), Jharkhand is called the "land of tribal" because there are thirty-two tribal groups residing in the state of Jharkhand, India. The population of Scheduled Tribes in Jharkhand state is 8645042 of the total population (32988134) of the state. In West Singhbhum district, 67.31% of the total population resides in Scheduled Tribes, 91.7 % schedule tribes are residing in villages (Census of India, 2011). Ekka (2005) studies the basic characteristics of tribal and found their study that tribal by nature, are contended persons and their needs are very limited. This sort contentment has kept them away from earning more to fulfill their needs.

Nanda (2001) found their study that the mental health of male school students is less than that of female students. Result also revealed that the mental health of female school students from rural areas was better than that of urban areas school students.

Ali and Eqbal (2016) found in a study of tribal students that they had hyperactivity, peer problems, emotional symptoms and significant conduct problems.

Surapuramath (2016) found their study that mental health of female is not better than that of male.

Akhtar and Dar (2017) conducted a study on 250 adolescents to find their self-esteem and mental health. Result revealed that self-esteem would not be significant effect on mental health. Gender significantly influences of adolescent's mental health.

Sankar, Wani&Indumathi (2017) studied mental health of 40 adolescent (20 male and 20 female) and result found that male adolescent mental health is better than female adolescent.

Reidunsdatter and Moksnes (2019) revealed that self-esteem and mental health are mutually related. Males obtained higher score on self-esteem and mental health, and mentally stability was also found in male students during his school year.

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Sinha (2019) studied to assess the status of mental health of tribal communities. Result founded that tribal had significant high proportion of mental problems. The study also found a higher pervasiveness of emotional & behavioral issues among tribal adolescent in rural areas.

Ibrahim (2021) conducted a study on 100 young adults to find out their perceived stress and self-esteem. Results revealed that gender differences in self-esteem among young adults showed no significant difference in the study.

Sundaram and Patel (2021) found that there is insignificant relation among boys and girls for general well-being and self-esteem.

Objectives

1. To determine the level of mental health among male and female rural tribal school students.
2. To determine the level of mental health among male and female urban tribal school students.
3. To study the significant difference in self-esteem among male and female rural tribal school students.
4. To study the significant difference in self-esteem among male and female urban tribal school students.
5. To assess the level of mental health among rural and urban tribal school students.
6. To examine the level of self-esteem among rural and urban tribal school students.
7. To examine the level of mental health among male and female tribal school students.
8. To study the significant difference in self-esteem among male and female tribal school students.
9. To find out the relationship between mental health and self-esteem of tribal school students.

Hypotheses

- Ho1: There will be no significant difference between male and female rural tribal school students on mental health.
- Ho2: There will be no significant difference between male and female urban tribal school students on mental health.
- Ho3: There would be no significant difference between male and femalerural tribal school students on self-esteem.
- Ho4: There would be no significant difference between male and female urban tribal school students on self-esteem.
- Ho5: There is no significant difference between rural and urban tribal school students on mental health.
- Ho6: There will be no significant difference between rural and urban tribal school students on self-esteem.
- Ho7: There will be no significant difference between male and female tribal school students on mental health.

Ho8: There will be no significant difference between male and female tribal school students on self-esteem.

Ho9: There is no significant relationship between mental health and self-esteem among tribal students.

Method

Participants

The sample consisted of 120 tribal school students (60 male & 60 female) were selected of rural and urban areas of West Singhbhum, Jharkhand. The sample was selected by purposive sampling method.

Tools

Mental Health Inventory (M.H.I.): It was developed by Jagdish and Srivastava. Inventory consisted of 56 items, including 24 negative and 32 positive items.

Rosenberg Self-Esteem Scale: It was developed by Morris Rosenberg. It is a 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self.

Procedure

Researcher visited rural and urban areas government schools of West Singhbhum. The participants were explained about the purpose and the procedures of the data collection. They were told that all of the data will be considered confidential and will be used only for research purpose.

Results and Discussion

The data collected were scored, tabulated and their descriptive statistics were calculated. The results were treated hypothesis wise inferential statistics. The obtained results are presented and discussed as follows. Table 1 shows the level of mental health between male and female rural area tribal school students. The researcher found that the mean value in mental health of male students was 148.9 and SD is 12.80. Similarly, the mean value in mental health of female students was 151.67 and SD is 10.75. The calculated “t” value is 0.89. It is insignificant. It is indicating that there is no significant difference in mental health among male and female rural area tribal students. That’s Why above hypothesis is accepted.

Table 2 shows the level of mental health between male and female urban area tribal school students. The researcher found that the mean values in mental health of male students were 153.43 and SD is 11.09. Similarly, the mean values in mental health of female students were 145.43 and SD is 10.91. The calculated “t” value is 2.77. It is significant at 0.01 level. It is indicating that there is significant difference in mental health between male and female urban area tribal students. That’s why above hypothesis is rejected. Results also found that male students have high level of mental health than female students; these findings are supported by Sankar, Wani and Indumathi (2017).

Table 3 suggests that in self-esteem, the mean score in male rural students is 15.7 and SD is 4.20 like female urban area students. That's why above hypothesis is rejected.

Table 1 Shows Means, SD, SED and t value between male and female rural tribal school students on mental health.

Group	N	Mean	SD	SED	t value	Level of Significant
Male	30	148.9	12.80	3.10	0.89	Insignificant
Female	30	151.67	10.75			

rural students mean score is 17.8 and SD is 3.21. The calculated "t" value is 2.14. It is significant at 0.05 level. It is indicating that there is significant difference

Table 5 shows the level of mental health between rural and urban tribal school students. The researcher found that the mean value in mental health of rural students

Table 2 Shows Means, SD, SED and t value among male and female urban tribal school students on mental health.

Group	N	Mean	SD	SED	t value	Level of Significant
Male	30	153.43	11.09	2.89	2.77	Significant
Female	30	145.43	10.91			

in self-esteem between male and female rural area tribal students. That's why above hypothesis is rejected. It also indicates that high level of self-esteem among

was 150.28 and SD was 11.91. Similarly, the mean value in urban tribal students was 149.43 and SD is 11.71. The calculated "t" value is 0.39. It is no

Table 3 Shows Means, SD, SED and t value between male and female rural tribal school students on self-esteem.

Group	N	Mean	SD	SED	t value	Level of Significant
Male	30	15.7	4.20	.98	2.14	Significant
Female	30	17.8	3.21			

female students in comparison to male rural students. Table 4 revealed that the self-esteem of male urban tribal students mean score was 17.2 and SD was 4.03. Similarly, the mean value in self-esteem of female urban tribal students was 14.5 and SD was 4.14. The calculated "t" value was 2.52 and it was statistically

significant. It is indicating that there is insignificant difference in mental health among rural and urban tribal students. That's why above hypothesis is accepted. Sinha (2019) found that tribal had significant higher proportion of mental health problems. Table 6 shows the level of self-esteem between rural and urban tribal

Table 4 Shows Means, SD, SED and t value between male and female urban tribal school students on self-esteem.

Group	N	Mean	SD	SED	t value	Level of Significant
Male	30	17.2	4.03	1.07	2.52	Significant
Female	30	14.5	4.14			

significant at 0.05 level. It is indicating that male urban tribal students' self-esteem is better than female tribal

school students. The researcher found that the mean values in self-esteem of rural students were 16.75 and SD was 3.88. Similarly, the mean values in urban

tribal students were 15.85 and SD is 4.3. The calculated compare to female students. Which are mentioned in

Table 5 Shows Means, SD, SED and t value between rural and urban tribal school students on mental health.

Group	N	Mean	SD	SED	t value	Level of Significant
Rural	60	150.28	11.91	2.17	0.39	Insignificant
Urban	60	149.43	11.71			

Table 6 Shows Means, SD, SED and t value between rural and urban tribal school students on self-esteem.

Group	N	Mean	SD	SED	t value	Level of Significant
Rural	60	16.75	3.88	0.75	1.2	Insignificant
Urban	60	15.85	4.3			

“t” value is 1.2. It is no significant. It is indicating that there is no significant difference in self-esteem between rural and urban tribal students. That’s why above

their mean score 151.17 and 148.55 respectively. Surapuramath (2016) also found similar findings as ours.

Table 7 Shows Means, SD, SED and t value between male and female tribal school students on mental health.

Variable	Group	N	Mean	SD	SED	t value	Level of Significant
Mental Health	Male	60	151.17	12.19	2.16	0.82	Insignificant
	Female	60	148.55	11.27			

hypothesis is accepted. Results also indicate that rural area students have higher levels of self-esteem than urban area students.

Table 7 indicates the significance of difference between mental health among male and female tribal school students. They did not differ significantly. Although, male students are getting high level of mental health as

Table 8 reveals that male and female tribal school students did not differ significantly in term of self-esteem. The mean score of males on self-esteem was found to be 16.45, while that for females was 16.15. There was minimal difference of mean scores in favor of male which indicates that they had a high level of self-esteem than females. Researcher like Ibrahim

Table 8 Shows Means, SD, SED and t value between male and female tribal school students on self-esteem.

Variable	Group	N	Mean	SD	SED	t value	Level of Significant
Self-Esteem	Male	60	16.45	4.18	.75	0.4	Insignificant
	Female	60	16.15	4.05			

(2021) supports our findings.

The obtained value of r (0.0899) is not significant. Because the calculated value of r is lower than the tabulated value. Hence hypothesis "There would not significant relationship between mental health and self-esteem among tribal students" is 'Accepted'. This finding is consistent with the previous studies which showed a no significant relationship between these two variables (Akhtar and Dar, 2017).

Conclusion

1. The present study revealed that there is no significant difference between male and female tribal school students on mental health in rural areas.
2. There were significant differences among male and female tribal school students on mental health in urban areas.
3. Male tribal school students have better self-esteem than female tribal students in rural area.
4. Result found that female tribal school students have high level of self-esteem than male tribal school students in urban area.
5. Rural tribal school students have high level of mental health and self-esteem as compare to urban tribal school students.
6. It is found that tribal male students have better mental health and self-esteem than tribal female students.
7. Result of the present study reveals that there is no significant relationship between mental health and self-esteem.

Limitations and suggestions

1. In the present study, only secondary tribal school students were taken as a sample further investigation can be done on senior school students and college level students.
2. The sample size is too small that it cannot be generalized.

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