



The correlational study of mental health and personality traits among higher secondary school students in Aurangabad district

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Abstract

In the present study 100 higher secondary school students was selected from Aurangabad district. To study the relationship mental health and personality traits among higher secondary school students in Aurangabad district Product Moment coefficient of correlation was calculated. The findings suggest that there is a Positive Correlation found between mental health and personality traits among higher secondary school students in Aurangabad district.

Keywords: mental health, personality traits, higher secondary school students

Introduction

Health is an important aspect of human life. It is a well recognized truth, from the early time, that possessing good health is a pre-requisite for every human being for all round growth and development. It is a positive concept emphasizing the social and personal resources as well as physical capabilities. The World Health Organization defined health as a “complete state of physical, mental and social well-being and not merely the absence of disease or infirmity” (World Health Organization, 1948). In the last few decades, good health has been recognized as something that can be actively achieved by people through a healthy life-style. The importance of psychological processes in the experience of health and sickness is being increasingly recognized. Although there are many factors which affect the various domains of health of an individual, the role of personality factors, which determine the behavior protocols of an individual, need to be studied for understanding one’s general health. Health habits are one of the area in which personality variables are likely to be illuminating. The importance of personality to mental health entails accurate definition of both personality and mental health. According to World Health Organization (WHO) health is defined as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Mental health and mental well-being are included in the foregoing definition of health which emphasizes on considering mental health as a construct interconnecting with other variables in a unified context. In addition of, this definition, psychologists deal with mental health in some terms. Looking at the realm of mental health, we meet terms such as mental health (WHO, 2001) and

“psychological wealth” (Diener & Biswas-Diener, 2008) [4] that need to be explained in order to illustrate a correct definition and understanding of mental health. Thus, it is clear that, mental Health cannot be considered separately, and in order to have a better understanding of mental health, its major components such as physical, mental, and spiritual well-being should be considered together.

Personality, which is the main concentration of this chapter, is defined as an individual’s characteristic style of behaving, thinking, and feeling” (Schacter, Gilbert, & Wegner, 2009) [8]. Although there has been much debate about the definition of personality, two major themes have pervaded nearly all efforts at domain of personality theorizing: human nature and individual differences (Buss, 2008) [2]. The way we think, feel and behave and our unique individuality have significant contribution in our mental health as in our psychopathology. Some individuals are more prone to mental illness and psychopathology because of their characteristics and personality traits (Hampson & Friedman, 2008) [5], whereas some others experience higher level of mental health because of their personality traits and characters (Cloninger, 1999) [3]. Therefore, it seems that some individuals are more susceptible to mental illness, thereby threatening their mental health.

Statement of the problem

To study the Correlation between mental health and personality traits among higher secondary school students in Aurangabad district.

Objectives of the study

To find out correlational between mental health and personality traits among higher secondary school students in Aurangabad district.

Hypothesis

There is a positive correlation found between mental health and personality traits among higher secondary school students in Aurangabad district.

Sample

In the present study 100 higher secondary school students were from Aurangabad district.

Variable

Mental Health
Personality Traits

Tools

- 1) **Mental health battery** of Arun Kumar Singh was used to know the mental health of students of age 13 to 22 years. There were total 130 items in the battery with 6 dimensions i.e. Emotional Stability, overall adjustment, Autonomy, Security-Insecurity, Self-concept and Intelligence.
- 2) **Dimensional personality inventory (DPI)** developed by Dr. Mahesh Bhargava. The inventory has indicated the satisfactory reliability coefficient when split half method was used on various samples. The reliability coefficient is significant and ensures the high reliability. Six dimension of DPI are correlated with the Hindi version of Personality Trait Inventory of Sen's PTI which have been obtained significant satisfactory at .01 level

Statistical data analysis

Product Moment coefficient of correlation was calculated.

Table 1: Table showing the mental health of higher secondary school students

Dimensions	Mean	SD	N	df
Mental Health	97.56	12.32	100	98
Personality Traits	55.47	10.84	100	

Mean of Mental health of higher secondary school students is 97.56 and SD is 12.32 and Personality Traits mean of higher secondary school students is 55.47 and SD is 10.84

Table 2: Table showing the relation between mental health and Personality Trait

Dimensions	N	r	df	P
Mental Health Personality Traits	100	.85	98	.01

The results displayed in table 01 clearly indicated the high positive relation between mental health and personality traits among higher secondary school students in Aurangabad district. The correlation of mental health and personality traits is significant ($r = 0.85$, $df = 98$, $P < .01$).

Conclusion

High Positive Correlation found between mental health and personality traits among higher secondary school students in Aurangabad district.

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