

A STUDY OF MENTAL HEALTH DISORDER IN REFERENCE TO VOCATIONAL INTEREST AT THE SECONDARY LEVEL STUDENT OF GOVERNMENT SCHOOLS OF DELHI

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ABSTRACT

This present study was planned a study of Mental Health Disorder in reference to Vocational Interest at the Secondary Level Student of Government Schools of Delhi. Mental health issues are playing a vital role in the school student's life. School pressure and typical stressors at the beginning and end of college can precipitate the First onset of mental health and substance abuse issues or worsening of symptoms. In many cases, The nature of the pathology has been chronic because low demand for treatment and and lack of adherence to treatment. Awareness programs and strategies must be used to ensure the maintenance of treatment. Because many traditional students remain dependent on their families during college, parental participation in treatment is important. Lastly, in view of How the school calendar can affect continuity of care, clinicians should Make sure students at the college receive treatment all year long and Coordination with other clinicians/psychologist who are able to participate in student care. As a result, expertise in family dynamics, developmental psychopathology, special college issues and care systems is essential for conducting clinical treatment with college students.

Method: A descriptive research methodology was used to perform this research work. All upper secondary students were registered for the study. In this study, researchers randomly selected 257 students (138 boys and 119 girls) from schools of Government of Delhi. The sample consisted of students in the upper secondary and upper secondary classes in different schools and colleges. Three psychological tests were used for this research. (1). "Academic/school Anxiety Scale for Children (AAFC-GS) – prepared by A.K. Singh and A. Sengupta. (2). "Academic Achievement Test for Children," one criterion was developed and standardized by researchers on all Class VIII topics. The test was administered to the sample group by the researchers to collect results. (3). "The Strong Interest Inventory"- It has helped educational institutions and businesses develop the best and brightest and guided thousands of people—From high school and university students to mid-career workers seeking meaningful and rewarding careers.

Results: This study points to a high prevalence of symptoms of Academic Anxiety among male students (49.42%) and female students (56.04%). The results of the study also show that the incidence of stress, anxiety, and depression were 37.7%, 31.15%, and 33.13%, respectively. Academic Anxiety was much higher amongst females, then that stress, anxiety, and depression were significantly higher among senior secondary students. This study found that male and female students were found to be different from stress.

Finding: We found that male students are under a lot of stress compared to girls and are also different bunch of undergraduates A number of important ways, including living on campus and connecting, school responsibilities with academic advisors. We think that mental health expertise who work on campus should improve their education and Knowledge by familiarizing oneself with the topics discussed in this paper. For this reason, Increased levels of stress, anxiety and depression in these

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students can be observed in society. There is a need to detect levels of stress, anxiety and depression in the school students & follow through with a further recommendation to get the proper diagnosis and treatment in specialized psychiatric centers. Do not interfere with the learning development process by doing. Moreover, other studies are recommended to remove the factors behind these mental disorders in relation to their school-related anxiety. In addition, additional research is recommended "Studies on the mental health disorders treatment and co morbidity, including reflections on students during the high level of stress, anxiety cases".

Keywords: *Students of School, Vocational interest, Stress, Anxiety, Depression, Academic Anxiety, Students, Gender.*

Introduction

Mental health issues are widespread among college students. As per statements of World Health Organization (WHO), Mental health conditions are among the most cases of disability in the world. 3/10The main causes of disability among persons aged 15-44 years are mental disorders and other causes are often linked to mental disturbances. Teenage years are a time of stress Learning to change physically, psychologically, sexually, and evidence of psychiatric disturbances such as depression, anxiety and stress at this point in life is a concern. High school education is an important step in education from an individual and social perspective. Individually, it is the stage that determines or leads to the future planning of an individual's life. This is the decisive moment for every individual to make his or her career and life choices. It is also in the stage of adolescence, seen as one of the most important moments in life. Whether the student intends to continue their education beyond this stage, and to find an appropriate vocation or profession, After that, it provides the necessary academic background. So, from an individual's point of view, that's a critical step. Socially, the next generation of youth is necessary to build the nation and participate in the growth of the economy. The most common psychiatric disorders include anxiety disorders among college students, with maximum of college students having an anxiety disorder. In terms of anxiety disorders, social phobia has an early middle age of onset between 7-14 years, Generalized anxiety disorders (TAG), and post-traumatic stress disorder (PTSD), while panic disorder, come a little later. As a result, many mainstream students with PTSD may have experienced symptoms prior to university, While individuals with DAG and OCD may start to experience symptoms at college.

Anxiety may adversely affect all students. there is a rise in the number of "depression" students across the country as perspective of Indian society. Besides the growing number of students who commit suicide or suffer from a nervous breakdown. Students who have anxiety problems have a tendency to show lower Levels of school achievement, self-efficacy and self-awareness. The work of students, teachers and parents is necessary to reduce anxiety. Mindfulness Meditation, adaptation, teacher involvement, and the sequence of test questions are strategies to reduce anxiety that are explored.

Many theoretical perspectives exist on the relationship between professional interests and professional performance and turnover. One area that has been under constant investigation for several decades is Personal Environmental Suitability (PE), which stipulates that where there is a correspondence between the employee and the position the employee is more likely to remain in the position and be satisfied and succeed in that position. On the other hand, where there is a gap between the employee and the position, there is a higher chance of attrition, dissatisfaction and lower performance.

Objectives of the Research

The following objectives are identified through the proposed study:

- To Investigate mental health issues/status (stress, anxiety, depression) among male and female secondary & Senior Secondary students of Government Schools of Delhi.
- To Study the educational/academic anxiety among secondary & Senior Secondary students.
- To Examine the relationship between personality traits and student educational outcomes.
- To Study Job Satisfaction level related to Career of students.

Research Method

The descriptive research approach was used to complete this research work.

Sample:

All secondary students were registered for the study. In this study, researchers randomly selected 257 students (138 boys and 119 girls) from Delhi Government Schools. The sample consisted of students in the secondary & Senior Secondary classes in different schools.

Tools Used for this Study

Three psychological tests were used for this research

- “Academic Anxiety Scale for Children (AASC-SG)”- prepared and standardized by A.K. Singh and A.Sengupta.
- “Academic Achievement Test for Children,” one criterion was developed and standardized by researchers on all Class VIII topics. The test was administered to the sample group by the researchers to collect results.
- “The Strong Interest Inventory”- It has helped educational institutions and businesses develop the best and brightest and guided thousands of people— From high school and university students to mid-career workers seeking meaningful and rewarding careers.

Analysis and Interpretation of Data

Statistical Techniques

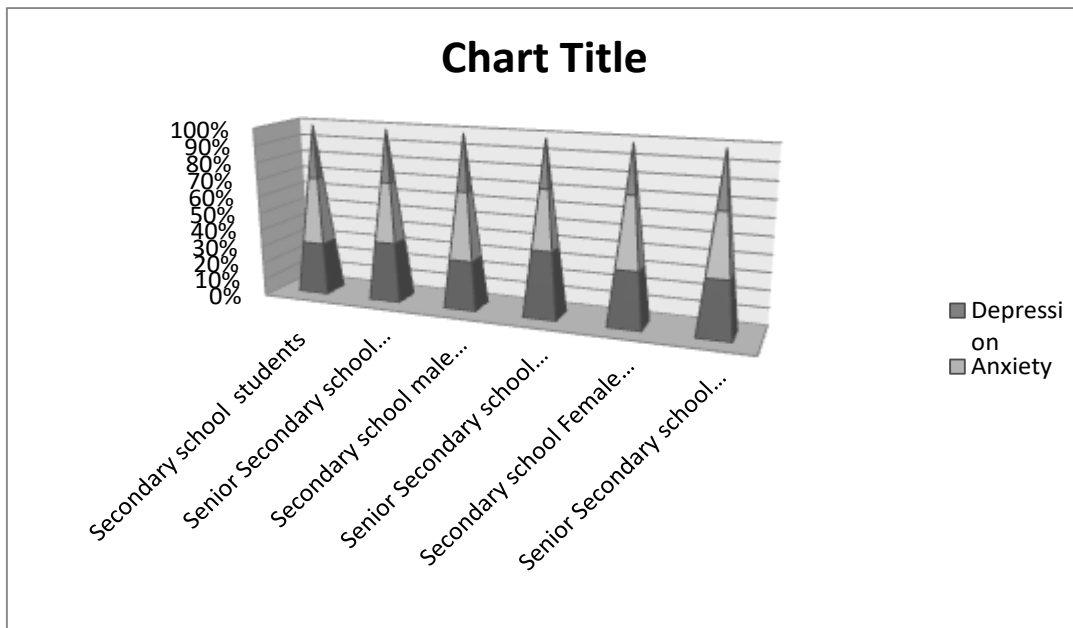
The Average and standard deviation with graphics for students of on Anxiety, Depression and Stress school were analyzed. Further, Student’s One way ANOVA, ‘t’ test, has been used to find out the difference on different variables. Pearson’s correlation coefficient was also computed to see the relationship among various variables, taken into the study.

Results

The findings from this report are outlined in the table below:

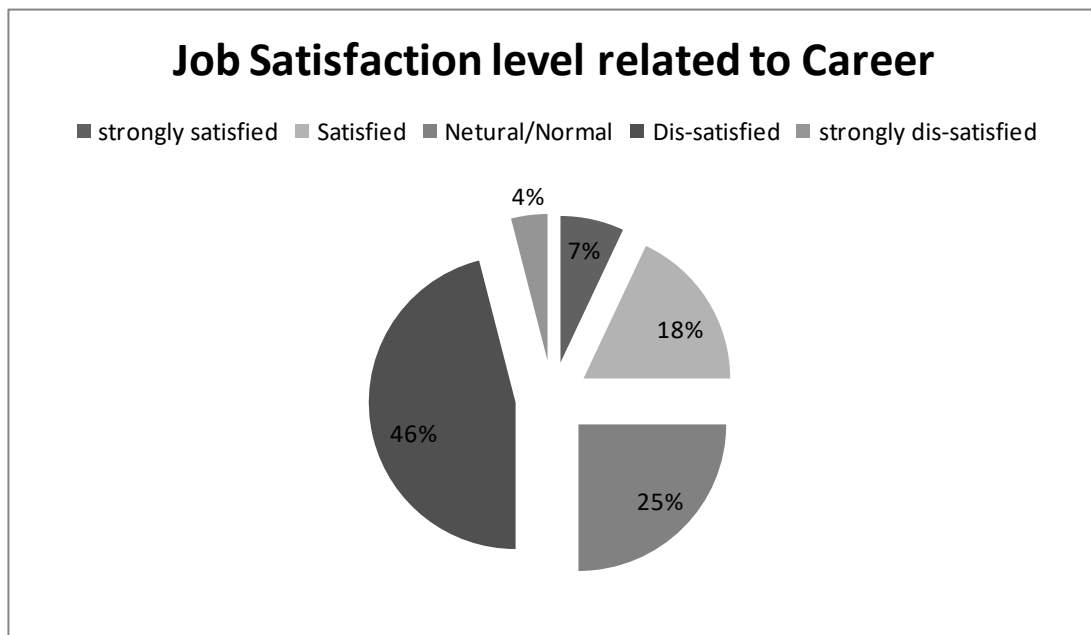
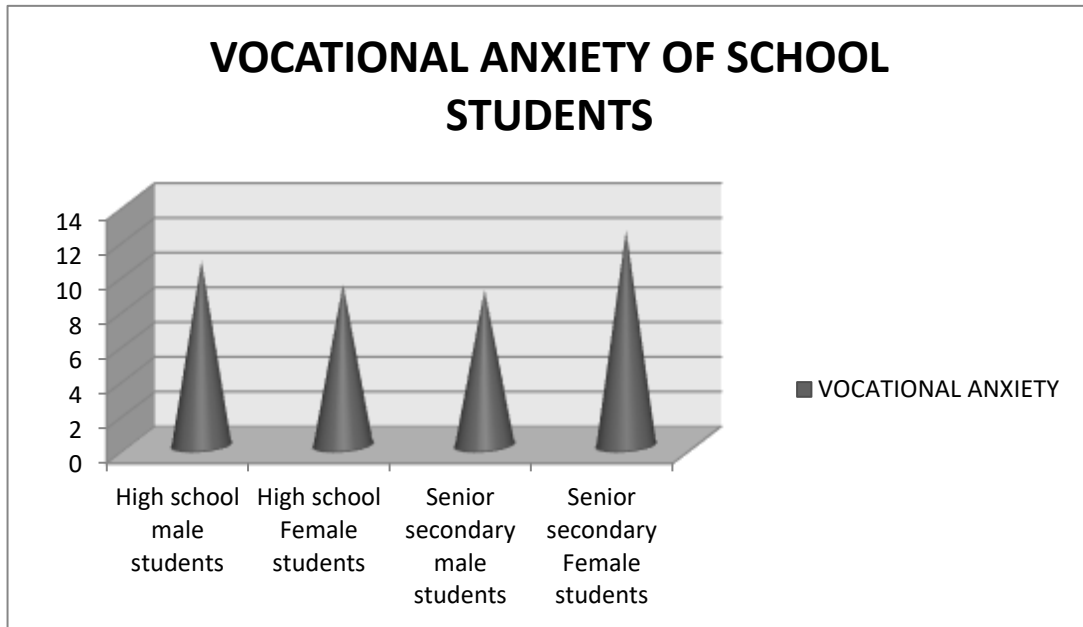
Pearson co- relation of Academic Anxiety to stress, anxiety, depression

Factor	Gender	Stress	Anxiety	Depression
Co–relation of Academic Anxiety	Boys Students	0.55	0.48	0.52
	Girls Students	0.61	0.53	0.57



Academic Anxiety

Factor	Class	Mean	DF	F Value	Sign.
Academic Anxiety of School Students	Secondary school male students	10.62	96	4.46	0.05
	Secondary school Female students	9.27			
	Senior secondary school male students	8.95			
	Senior secondary school Female students	12.36			



Discussion

Female students are more anxious than men because of cultural differences in certain countries, the environment, family situation and health. The stress, anxiety and depression experienced by medical students varies by field. When we talk about stress levels in many countries, anxiety and depression depend on many factors to influence mental illness. This study points to a high prevalence of symptoms of Academic Anxiety among male students (49.42%) and female students (56.04%). The results of the study also show that the incidence of stress, anxiety, and depression were 37.7%, 31.15%, and 33.13%, respectively. Academic Anxiety was much higher amongst females, then that stress, anxiety, and depression were significantly higher among senior secondary students. This study found that male and female students were found to be different from stress. The identification of symptoms of stress, anxiety, and depression in this population is critical and follow up with an additional recommendation for proper treatment and clinical diagnosis at a specialist psychiatric institute to prevent damage to the development process and learning as well. Furthermore, other studies are recommended to eliminate the factors that lead to these mental/health disorders with reference to their academic anxiety in Indian cultural perspective. Today, stress, anxiety and depression are common in students all over the world. This psychological problem affects not only educational achievement, but the country as a whole because our students are the future of our country. If they are experiencing difficulties, it means that our future is uncertain. The Researcher should present himself to reveal the causes, these problems are subsequently treated.

All around the world it seems like there is a race of competition. With the huge growth of science and technology, every region of the world is tied to this competition. This is particularly true in education, There has been a rapid increase in this competition among students. To stay alive in that competition, Educational achievement is required and mandatory for all and To achieve greater educational success, without anxiety, a positive environment is also essential. School anxiety is a deliberative factor influencing students' academic achievement.

Recent research has empirically supported these predictions and has shown that a person's interests correspond and its occupational activities are positively related to job performance and negatively related to attrition.

Conclusion

The above literature shown that Female students are more anxious than men because of cultural differences in certain countries, the environment, family situation and health. The stress, anxiety and depression experienced by medical students varies by field. When we talk about stress levels in many countries, anxiety and depression depend on many factors to influence mental illness. Interest is often the main objective of guidance advisors, Which help to align the interests of individuals with their environments and promote satisfying careers. It suggests that interest tracking should continue beyond normal study years and over the working years of individuals, interests keep changing.

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