

STUDY OF MENTAL HEALTH AND SOCIAL COMPETENCE OF SSC BOARD STUDENTS

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ABSTRACT

Research Background: Career plans start with the result of SSC board. At that year students are facing many problems related mental health and society. In future their career is not only depend on grades or percentage but also on their competence and one of them is social competence. This age of Adolescents and the turning point of career, makes their life complicated. Present study Present study tries to find out the correlation between Mental health and social competence in SSC board students.

Objectives: The objective is to study the correlation between Mental health and social competence of SSC board students.

Procedure: For present study purposive sampling technique was used. The sample size was 60 And sample collected from schools and coaching centres in Satara, Maharashtra. Age of students was 16 years.

Conclusions: The significant positive correlation found between Mental health and social competence of SSC board students.

Implementations: The present research findings can be beneficial for every student, teachers, management of educational institute, educational counsellors, parents, psychologists, research scholars. It will have beneficial and helpful for understanding personality traits like mental health and social competence of students.

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INTRODUCTION

In the word of finding success and make us valuable our career is the vehicle which can be reach us to our desire goal. As we consider the first step towards our career journey the SSC board exam. In this year students feel more anxious and worried about their percentage but often fail to understand the mental health and their personality is important for their career. Our mentality and society are important aspect of our life to shape our career and overall personality. How we feel competent in social environment also related to our mental health. With good mental health and social competence, we will make our future brighter.

Present study focuses on the relationship between mental health and social competence of SSC board students. Mental health plays an important role in students to make their social life better. With the pressure of study and career and result, student can't understand that how to deal with the social problem which didn't teach them in their studies, more focused on grades and percentage make them socially incompatible. As they understand the social competence and their mental health are related, they will make their career great. To face the social problems, they need to be mentally fit with their percentage. To realize the relationship between mental health and social competence they understand the fact that more than percentage other factors also equally important for their life and career.

Present study tries to find out the relationship between mental health and social competence of SSC Students.

SIGNIFICANCE OF THE STUDY

This study is important because mental health and social competence are strongly connected and together shape students' academic success. Understanding this relationship helps identify students who may struggle socially due to poor mental health, or those whose weak social skills affect their psychological functioning. The findings can guide schools, teachers, and counsellors in developing effective support programs that improve communication skills, reduce stress, and promote healthy peer relationships. Overall, the study contributes to building emotionally strong and socially capable SSC students.

OBJECTIVES OF THE STUDY

1. To study the correlation between Mental health and social competence of SSC board students.

HYPOTHESIS OF THE STUDY

1. There will be significant positive correlation between Mental health and social competence of SSC board students.

RESEARCH METHODS

➤ Independent Variables

- 1) SSC board students

➤ Dependent Variables

- 1) Mental health
- 2) Social competence

➤ Sample Size and Procedure:

For present study purposive sampling technique was used. Age of students was 16 years. The sample size was 60 and data for study collected from schools and coaching centres in Satara, Maharashtra by using the Mental health scale and social competence scale was used for data collection.

➤ Research Material

- 1. Mental Health Scale (MHS-TSBA) Hindi/English (2017)** developed by Sushma Talesara and Akhtar Bano. Total 54 items. Out of these, items 1 to 29 are negative statements and items 30 to 54 are positive statements. The scoring for positive statements (4= always, 3= often, 2= sometimes, 1= rarely, 0= never) and for negative items are scored as vice versa. It was administered on 210 students both the sex and urban rural population. Age group 14 to 20 years. Split half method reliability was found to be .72 which is significant at .01 level of significance. The face Validity appears to be high. Concurrent validity with standardized test constructed by Pramod Kumar was found to be .69 which is significant at .01 level, of significance. Intrinsic Validity was ranged from .58 to .71. All the 'r' values are significant at .01 level, of significant.
- 2. Social Competence Scale (SCS-SLRP) English (2013)** developed by Latika Sharma and Punita Rani. Total 47 statements. Dimensions are Personal adequacy, interpersonal adequacy and communication skill. Likert five-point scale is used to give answers of each statement. The reliability of the test by test-retest method is .84 and with the split half method it yielded 0.76 which is significant at 0.01 level. Strong content validity as per manual.

STATISTICAL ANALYSIS AND RESULTS

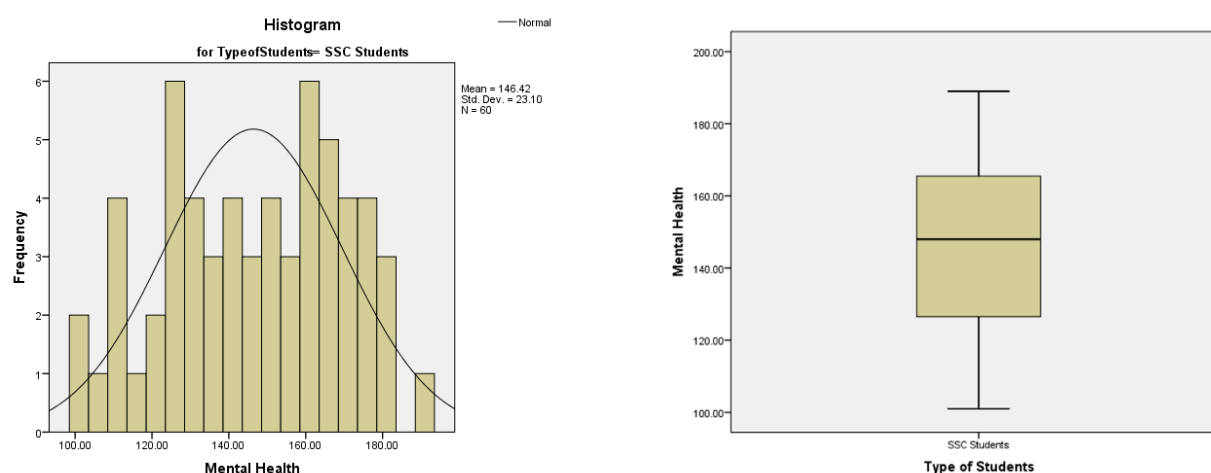
Table: 1: Assessing normality of Mental Health

Variable	Descriptives Statistics		Statistic	Std. Error
Mental Health	Mean		146.4167	2.98218
	95% Confidence Interval for Mean	Lower Bound	140.4493	
		Upper Bound	152.3840	
	5% Trimmed Mean		146.7593	
	Median		148.0000	
	Variance		533.603	

	Std. Deviation	23.099	
		85	
	Minimum	101.00	
	Maximum	189.00	
	Range	88.00	
	Interquartile Range	40.00	
	Skewness	-.190	.309
	Kurtosis	-1.009	.608

The table indicates that the trimmed mean value (146.7593) is very close to simple mean (146.4167). In the table Skewness values is positive and indicate that distribution is somewhat positively skewed as well as kurtosis value is Positive and it indicate a distribution that is positively skewed.

Graph: Normality of the Mental health in the form Histogram and Box Plots



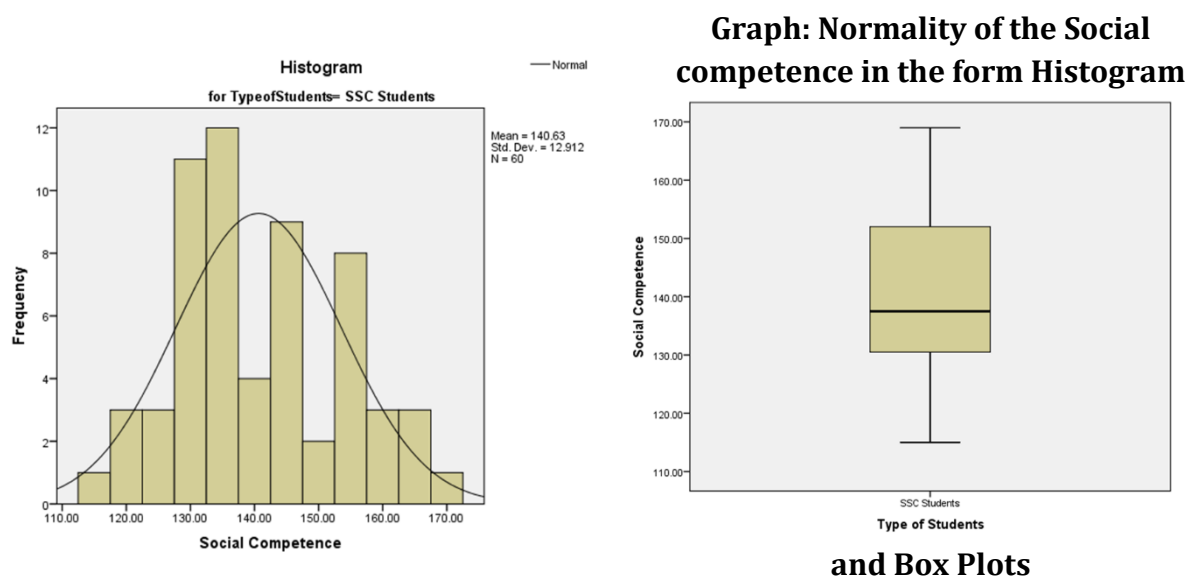
Above a histogram indicates normality of variable Mental health. The mean value is 146.42 and standard deviation is 23.10. Also, histogram and box plot indicates normality of mental health. All plots indicate data distribution is normal.

Table: 2: Assessing normality of Social Competence

Variable	Descriptives Statistics		Statistic	Std. Error
Social Competence	Mean		140.6333	1.66689
	95% Confidence Interval for Mean	Lower Bound	137.2979	
		Upper Bound	143.9688	
	5% Trimmed Mean		140.5185	
	Median		137.5000	
	Variance		166.711	
	Std. Deviation		12.91165	
	Minimum		115.00	
	Maximum		169.00	

	Range	54.00	
	Interquartile Range	22.25	
	Skewness	.242	.309
	Kurtosis	-.805	.608

The table indicates that the trimmed mean value (140.5185) is very close to simple mean (140.6333). In the table Skewness values is positive and indicate that distribution is somewhat positively skewed as well as kurtosis value is negative and it indicate a distribution that is negatively skewed.



Above a histogram indicates normality of variable social competence. The mean value is 140.63 and standard deviation is 12.912. Also, histogram and box plot indicates normality of mental health. All plots indicate data distribution is normal.

Table:3: Shows the relationship between Mental health and Social competence

Correlations			
Mental Health	Pearson Correlation	1	.580**
	Sig. (2-tailed)		.000
	N	60	60
Social Competence	Pearson Correlation	.580**	1
	Sig. (2-tailed)	.000	
	N	60	60
**. Correlation is significant at the 0.01 level (2-tailed).			

In the table no. 3 indicates the results of the relationship analysis presented in table showed that, there is significant relationship found between Mental health and

Social competence of the SSC board students at the 0.01 level. ($r=0.580$, $P>0.1$) So, Hypothesis No.1: There will be significant positive correlation between Mental health and Social Competence of SSC board students is accepted. Hence it is concluded that there is significant correlation between Mental health and Social Competence in the SSC board students.

IMPLEMENTATIONS OF THE STUDY

The present research findings can be beneficial for every student, teachers, management of educational institute, educational counsellors, parents, psychologists, research scholars. It will have beneficial and helpful for understanding personality traits like mental health and social competence of students.

CONCLUSIONS

1. The significant positive correlation found between Mental health and social competence of SSC board students.

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