



ASSESSMENT OF MENTAL HEALTH AMONG ADOLESCENTS IN AWANG SEKMAI, MANIPUR

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ABSTRACT

Background: Adolescence is a crucial developmental stage that influences mental health and wellbeing.

Objectives: The study aimed to assess the mental health of adolescents in Awang Sekmai Village and compare mental health between male and female adolescents.

Methods: A descriptive research design was adopted. A total of 100 adolescents (45 males and 55 females) were selected through purposive sampling. Data were collected using the Mental Health Battery (MHB) developed by Arun Kumar Singh and Alpna Sen Gupta. Descriptive statistics and an independent samples t-test were used for data analysis.

Results: The findings revealed that 47% of adolescents had poor mental health, 37% had very poor mental health, and 16% had average mental health. The overall mean mental health score was 73.57 (SD = 8.05). Male adolescents (M = 75.22, SD = 7.74) scored significantly higher than female adolescents (M = 71.75, SD = 8.04), $t(98) = 2.18$, $p = 0.032$. Autonomy and overall adjustment were relatively stronger dimensions of mental health.

Conclusion: The study indicates that the majority of adolescents experience poor mental health. Significant gender differences were observed, highlighting the need for mental health promotion and counselling programmes among adolescents.

KEYWORDS: Mental health, Adolescents, Gender differences

INTRODUCTION

Mental Health is crucial at every stage of life, from childhood to adolescence and adulthood. A person with good mental health is able to manage stress, uphold positive relationships, make wise choices, and have a fulfilling life. It supports people in overcoming obstacles, adjusting to change, and making constructive contributions to society. Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn and work well, and contribute to their community (World Health Organization: WHO, 2025). Mental health is an intrinsic component of overall health, mental health encompasses more than just the absence of illness, and mental health is intricately intertwined with physical health and behavior. (Gautam et al., 2024).

Adolescents is the transitional phase of life between childhood and adulthood. There is a remarkable change in the development of physical, psychological and social. The world health organization (WHO) defines adolescent as any person between ages 10 and 19. Individuals are especially at risk for mental health issues like stress, anxiety, and depression at this phase. Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 15% of the global burden of disease in this age group. Similarly, UNICEF (2021) reported that mental health issues are among the leading causes of illness and disability among adolescents.

The National Mental Health Survey of India (2015-2016) reported that around 7.3 % of adolescents aged 13-17 experienced a mental disorder in India. The systematic analysis showed that depression was the most prevalent mental health

issue among children, followed by social, behavioural, and emotional problems, anxiety, psychological distress, internet technology addiction, stress, social phobia, sexual and emotional abuse, violence, and attention deficit hyperactive disorder (Balamuruga, G. et al. 2024).

Despite the growing concern, there is a scarcity of localized studies focusing on adolescent mental health in Awang Sekmai, Imphal. Therefore, the present study aims to assess the mental health status of school-going adolescents in Awang Sekmai, providing valuable insights for educators, policymakers, and health professionals to design effective interventions.

REVIEW OF LITERATURE

Gunasekaran et al. (2022) conducted a mixed method study among adolescents in Puducherry, India. One fourth of the adolescents were found to be at risk of mental health illness. Khumanlambam et al. (2025) conducted a cross-sectional survey among 861 students in grades 9–12 from six private schools in Manipur. All participants reported moderate to high academic stress, and a majority experienced mild to severe depressive symptoms. A systematic review by Rajkumar et al. (2022) examined mental health problems among rural adolescents in India and found that conditions such as depression, anxiety, and behavioural disorders are highly prevalent among this population. The study also reported that there is no significant gender difference in most mental health problems, indicating that both boys and girls are equally vulnerable. Majhee et al. (2024) found there is significant



difference between male and female adolescent in relation to their mental health. Female adolescents have better mental health than male adolescents whereas there is no significant difference found between rural and urban adolescent in relation to their mental health. **Senad R R (2018)**. Found that 1. Boys Students high Emotional stability than Girls Students. 2) Girls Students high Overall Adjustment and Autonomy than Boys Students. 3) There is no significant difference between Boys and Girls School Going students with Mental Health dimension on Security- Insecurity. 4) There is no significant difference between Boys and Girls School Going students on Mental Health. **Bhat and Jan (2023)** study showed that there is significant difference between male and female adolescent students in relation to their mental health, female adolescent students have better mental health than male adolescents. The results also showed that no significant difference was found between rural and urban adolescent students in relation to their mental health, both are equal

OBJECTIVE OF THE STUDY

- 1.To assess the overall level of mental health among adolescents in Awang Sekmai.
2. To examine the differences in mental health status between male and female adolescents in Awang Sekmai.
3. To evaluate different dimensions of mental health among adolescents as measured by the Mental Health Battery (MHB).

METHODOLOGY

The present study adopted a descriptive cross-sectional survey design to assess the mental health among adolescents in Awang Sekmai, Manipur.

RESULT AND DISCUSSION

Table no.1 Levels of mental health among adolescents

Percentile	Categories	Frequency	Percentage (%)
Below 29	Very poor	37	37%
P30-P49	Poor	47	47%
P 50- P69	Average	16	16%
P 70- P89	Good	0	0
P 90 and above	Very good	0	0

The table1 shows that 47% of adolescents fall under the poor category and 37% under the very poor category, whereas only 16% exhibit an average level of mental health. The findings

Table no.2 Mean and Standard Deviation of overall Mental Health

Variable	N	Mean	SD
Mental Health	100	73.57	8.05

The table 2 shows that mean score of 73.57 indicates the average level of mental wellbeing among the adolescents. The standard deviation of 8.05 suggests a moderate level of

Sampling Technique and Sample Size

The study adopted purposive sampling technique. A school with a comparatively higher number of students in Awang Sekmai Village was deliberately selected to ensure an adequate sample size and better representation. From this school, a total of 100 students were selected as respondents for the study. Out of the total sample of 100 students, 45 were adolescent boys and 55 were adolescent girls This method was used considering feasibility and availability of participants.

TOOL

Data were collected using the Mental Health Battery developed by Arun Kumar Singh and Alpna Sen Gupta. The Mental Health Battery consists of six dimensions: Emotional Stability, Overall Adjustment, Autonomy, Security–Insecurity, Self-Concept, Intelligence. The standardized tool was administered to the selected students to assess their mental health status.

DATA ANALYSIS

The collected data were analysed using both descriptive and inferential statistical techniques. Descriptive statistics such as mean, standard deviation, frequency, and percentage were used to assess the overall level of mental health among adolescents. To examine gender differences in mental health, an independent samples t-test was employed to compare the mean scores of boys and girls.

indicate that the majority of adolescents have low levels of mental health, highlighting the need for appropriate mental health interventions and support services.

Table no.3 Gender-wise Comparison of Mental Health

Gender	N	Mean	Standard Deviation	t-value	df	P -value
Boys	45	75.2	7.74	2.18	98	0.031
Girls	55	71.75	8.04			



Table 3 shows that the mean mental health score of male adolescents ($M = 75.22$, $SD = 7.74$) is higher than that of female adolescents ($M = 71.75$, $SD = 8.04$). The calculated t-value ($t =$

2.18 , $df = 98$) with a p-value of 0.032 indicates that the difference between the two groups is statistically significant.

Table no.4 Dimensions of Mental Health

Dimension	No. of items	Mean	SD
Emotional stability	15	7.95	1.97
Over -all- Adjustment	40	24.04	4.36
Autonomy	15	9.89	1.61
Security -In Security	15	8.07	2.20
Self -Concept	15	7.83	1.58
Intelligence	30	15.17	3.85

Table 4 shows that overall adjustment has the highest mean score, followed by autonomy and intelligence, indicating relatively better functioning in these areas. Emotional stability,

security–insecurity, and self-concept show comparatively moderate levels.

Table no.5. Per-Item Mean Analysis of Mental Health Dimensions

Dimension	Per -Item Mean	Per -Item SD
Emotional Stability	0.53	0.13
Over-all Adjustment	0.60	0.11
Autonomy	0.66	0.11
Security -insecurity	0.54	0.15
Self -concept	0.52	0.11
Intelligence	0.51	0.13

Per-item mean scores were computed to guarantee proper comparison across dimensions with unequal numbers of items. According to the data, Autonomy has the greatest per-item mean (0.66), followed by over-all adjustment (0.60), indicating that adolescents are more independent and adaptive.

While intelligence (0.51) has the lowest per-item mean, emotional stability (0.53), security–insecurity (0.54), and self-concept (0.52) exhibit moderate levels. Consistency in responses across most dimensions is indicated by the per-item standard deviation values, which point to comparatively low variability.

Overall Summary of Findings

The study reveals that although the mean mental health score suggests an average level, the majority of adolescents fall under poor and very poor categories, indicating low overall mental health status. Gender differences are significant, with males showing higher mental wellbeing than females. Among the dimensions, autonomy and adjustment emerge as relatively stronger areas, while self-concept, emotional stability, and intelligence require improvement.

Conclusion and Suggestions

The study on adolescents in Awang Sekmai Village revealed that most individuals exhibited poor mental wellbeing, highlighting a critical need for attention to their mental health. Male adolescents reported better mental wellbeing than females. Key strengths were noted in autonomy and overall adjustment, while emotional stability, security, and self-concept appeared lacking. The findings underscore the importance of promoting mental wellbeing through supportive educational, family, and community frameworks.

Schools should implement regular mental health awareness programs and counselling services for adolescents, integrating life-skills education into the curriculum to support emotional stability and coping skills. Parents are urged to create a supportive environment for open discussions about emotional challenges. Attention should focus on female adolescents, who have been shown to possess lower mental wellbeing scores, through specialized guidance programs. Community initiatives should aim to promote mental health awareness and reduce stigma. Future research should consider larger samples and additional variables like academic stress and family environment for a comprehensive view of adolescent mental health.

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