

# **A Study on Mental Health and Depression of Secondary School Students in North 24 Parganas District, West Bengal**

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## **Abstract:**

*Mental health and emotional well-being are crucial to teenagers' growth, especially throughout secondary school, when academic pressure, emotional changes, and social obstacles are common. This study examines secondary school students' mental health and depression in North 24 Parganas District, West Bengal. A representative 800 sample of 20 secondary school students from district government and private schools were surveyed descriptively. Students were assessed for depression and mental health using standardized methods. The survey found that many secondary school pupils struggle with depression and mental health. Academic stress, familial environment, socioeconomic background, and peer interactions affect pupils' mental health. The study also shows that school mental health issues require increased awareness, early detection, and systematic intervention. The study emphasizes the relevance of mental health education, therapy, and supportive school environments for emotional resilience and academic performance. The research should help educators, school administrators, parents, and policymakers in North 24 Parganas District, West Bengal, create successful mental health initiatives for secondary school kids.*

**Keywords:** Stress, anxiety, depression, mental health, socioeconomic

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## **I. INTRODUCTION**

Adolescent mental health is essential to their normal growth and to their general health and happiness. Rapid physical growth, emotional changes, academic pressures, and growing social interactions characterize the secondary school period, which marks a key transitional time in a student's life. Stress, anxiety, and depression are common among students at this time and can have a negative impact on their relationships, academic performance, and overall well-being. Adolescent mental health has recently come to the forefront of public discourse, capturing the interest of psychologists, teachers, parents, and lawmakers.

Tests, job aspirations, peer pressure, and family obligations all add up to a lot of stress for Indian secondary school students. Adolescents may be less likely to get a proper diagnosis and treatment for emotional issues due to a lack of understanding, stigma, and restricted access to mental health services. One of the most prevalent mental health issues impacting students today is depression, which has a multiplicity of negative effects on their motivation, focus, self-esteem, and general functioning. Mental health is still under-discussed in school curricula, even though it is becoming more common.

With a diversified population that spans urban, semi-urban, and rural areas, as well as a wide range of socioeconomic statuses, the North 24 Parganas District in West Bengal offers a one-of-a-kind socio-educational landscape. A variety of factors, such as academic pressure, socioeconomic inequality, and shifting family dynamics, pose threats to the emotional and mental well-being of secondary school children in this district. Unfortunately, studies that specifically examine this area's secondary school pupils' rates of depression and other mental health concerns are few and few between.

The purpose of this research is to look at the mental health of the pupils in North 24 Parganas District, West Bengal, and how much depression they have. The study's overarching goal is to aid in the creation of school-based mental health programs by providing empirical knowledge regarding the frequency and characteristics of various mental health issues, which should lead to their early detection and successful treatment. The results should help school leaders, parents, and lawmakers create a safe and supportive learning environment that is good for kids' mental health.

## **II. OBJECTIVES OF THE STUDY**

The objectives of the research are in the following with special reference to North 24 Parganas district, West Bengal:

1. To explore various depression of the secondary school students.
2. To study the mental health effects of the secondary school students.
3. To study the relation between depression and mental health.

Sample size - 800 samples were taken for the analysis. 400 male and 400 female respondents were taken to understand both the gender.

Variables- Two Variables used Correlation:

1. Depression
2. Mental Health

### **Data Analysis and Interpretation**

The data, interpretation, and discussion are based on the current study, its hypothesis, and its goals. When it comes to research, data collection is meaningless until it is examined and understood. Now, the terms interpretation and analysis are used. Data analysis entails examining the arranged and tabulated information in order to make inferences and uncover underlying facts. Data must be analyzed from as many perspectives as feasible in order to uncover as many facts as possible. Upon analyzing data using appropriate statistical methods, the researcher interprets the results in light of the study's hypothesis and objectives. Through data interpretation, we learn about the following: conclusions drawn from the results, the degree to which the results are significant and align with the study's objectives, and whether the results are helpful for future research. Eight subheadings underwent processing and analysis of the collected data.

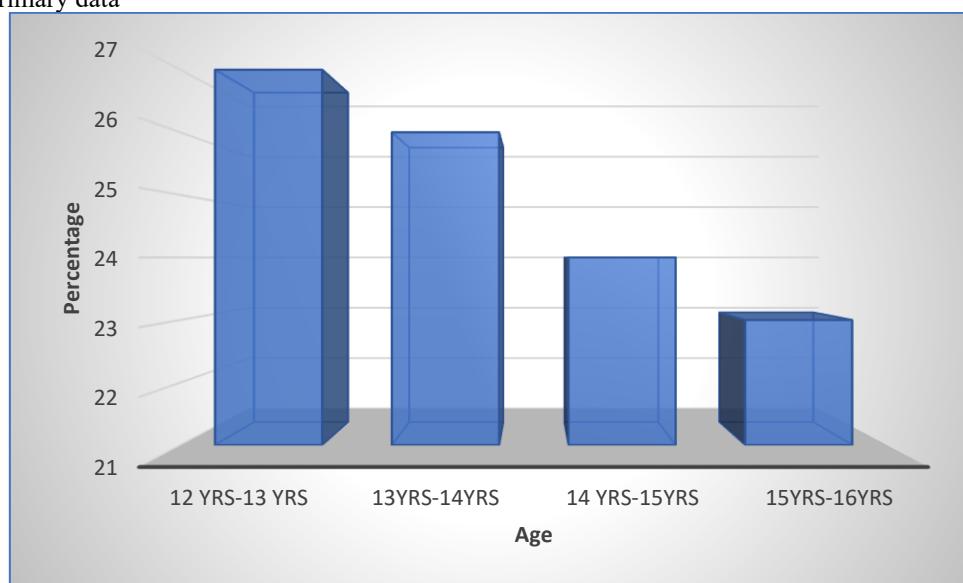
### **AGE**

#### **Table 1: Age of The Respondents**

The age of the respondents was taken and tabulated. The age was taken from 12 to 16 years as the level of secondary school was the study of analysis.

Age	No of respondents	%
12-13	216	27
13-14	208	26
14-15	192	24
15-16	184	23
<b>Total</b>	<b>800</b>	<b>100</b>

Source : Primary data



**Fig 1: Age of The Respondents**

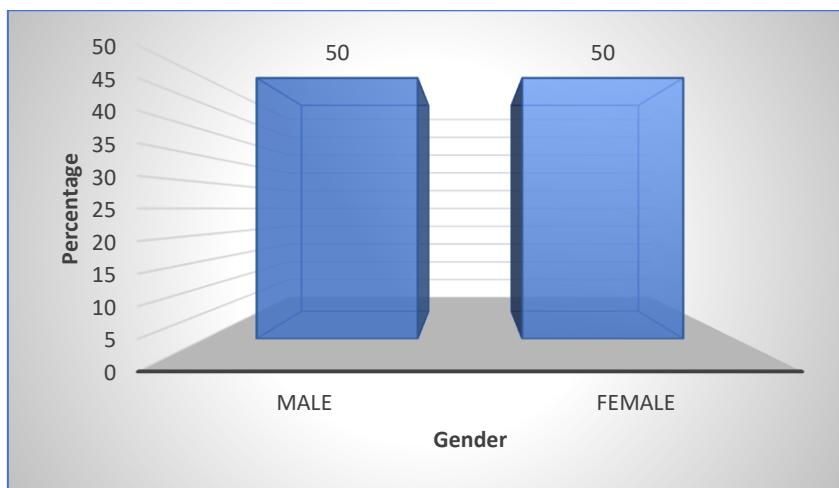
The data shows that 27 % age is between 12-13 years, 26 % is age between 13-14 years, 24 % is between 14-15 years and 23 % age is between 15-16 years. The data shows that majority of the respondents falls under age 12-13 years.

## GENDER

**Table 2: Gender of The Respondents**

Gender	No of respondents	%
Male	400	50
Female	400	50
<b>Total</b>	<b>800</b>	<b>100</b>

Source : Primary data



**Fig 2: Gender of The Respondents**

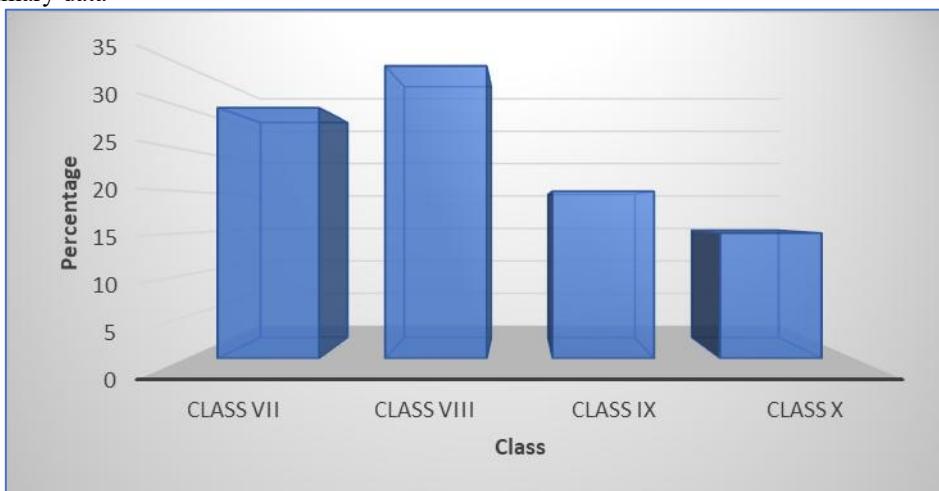
The data shows that the respondents were 50 % male and 50 % were female.

## CLASS

**Table 3: Class of the Respondents**

Class	No of respondents	%
Class VII	240	30
Class VIII	280	35
Class IX	160	20
Class X	120	15
<b>Total</b>	<b>800</b>	<b>100</b>

Source : Primary data



**Fig 3: Class of The Respondents**

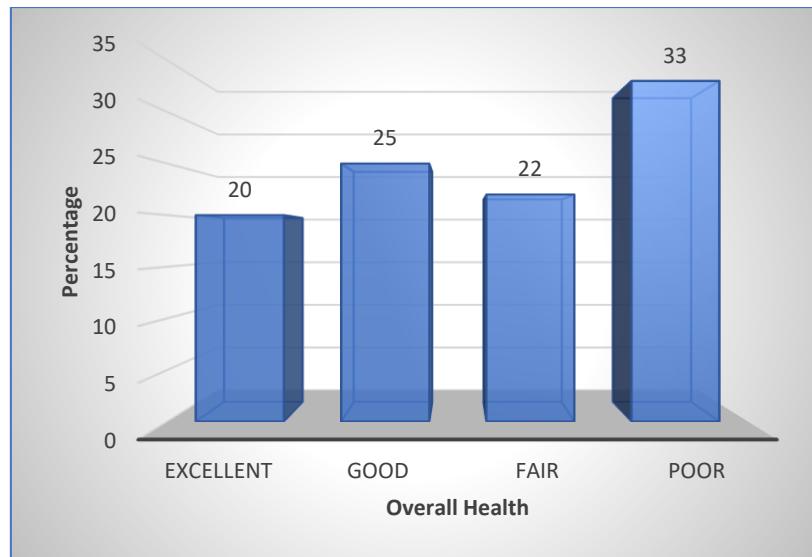
The data shows that 30 % belongs to Class VII, 35 % belongs to Class VIII, 20 % belongs to Class IX and 15 % belongs to Class X. The majority of the respondents belongs to Class VIII.

#### RATE OF OVERALL HEALTH

**Table 4: Rate of Overall Health of The Respondents**

Overall Health	No of respondents	%
Excellent	160	20
Good	200	25
Fair	176	22
Poor	264	33
<b>Total</b>	<b>800</b>	<b>100</b>

Source : Primary data



**Fig 4: Rate of Overall Health of the Respondents**

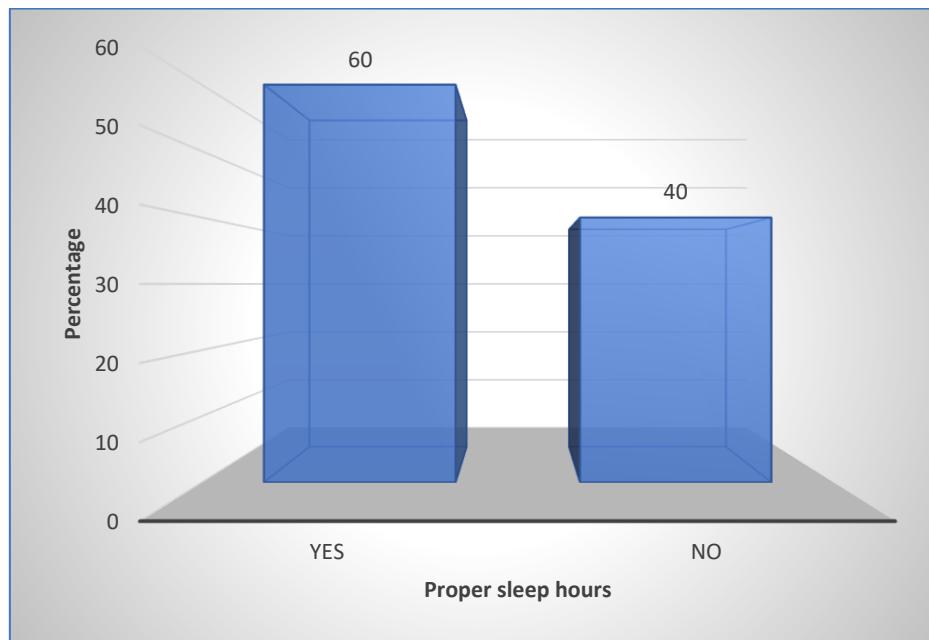
The data shows that 20 % shows excellent health, 25 % shows good health, 22 % shows fair health and 33 % shows poor health. The majority of the respondents shows poor health.

#### PROPER SLEEP HOURS

**Table 5: Proper Sleep Hours of The Respondents**

Proper sleep hours	No of respondents	%
Yes	480	60
No	320	40
<b>Total</b>	<b>800</b>	<b>100</b>

Source : Primary data



**Fig 5: Proper Sleep Hours of The Respondents**

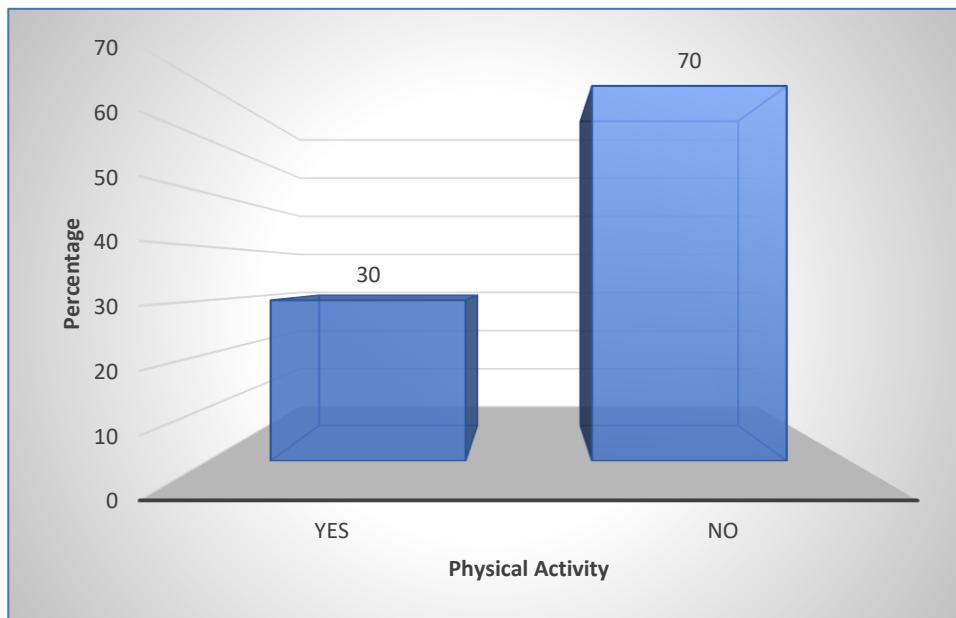
The data shows that 60 % of the respondents has proper sleep hours but 40 % of the respondents doesn't have proper sleep hours. The majority of the respondents were having proper sleep hours.

#### ENGAGEMENT OF PHYSICAL ACTIVITY /SPORTS

**Table 6: Engagement of Physical Activity/Sports of the Respondents**

Physical Activity/Sports	No of respondents	%
Yes	240	30
No	560	70
<b>Total</b>	<b>800</b>	<b>100</b>

Source: Primary data



**Fig. 6: Engagement of Physical Activity/Sports of the Respondents**

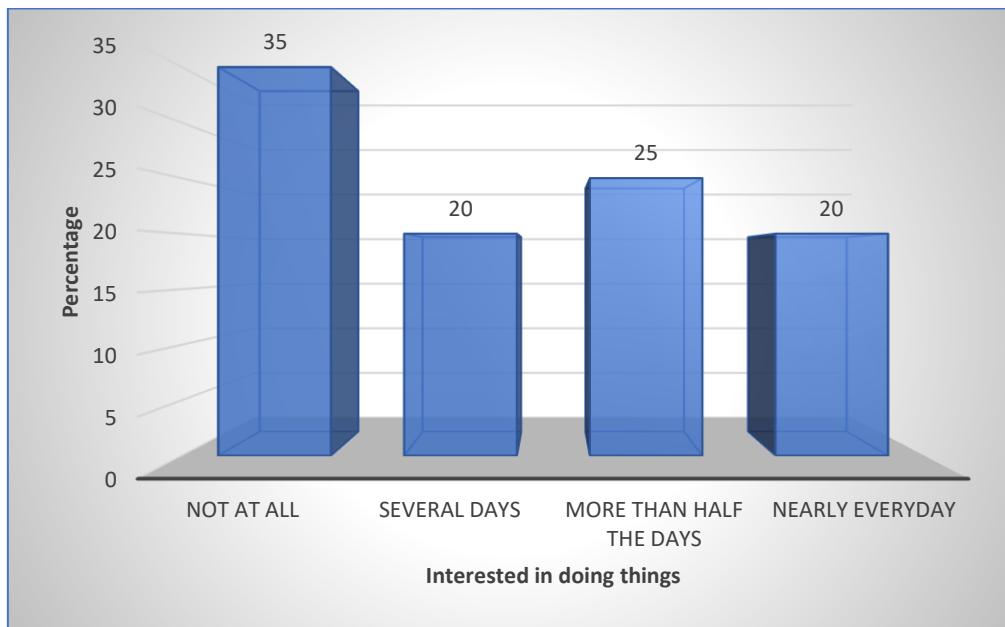
The data shows 30 % of the respondents gets engaged in physical activity/ sports at least 3 times a week. 70 % doesn't get engaged in physical activity/sports 3 times a week. The majority of the respondents were not engaged in physical activity/sports.

#### **USUALLY NOT INTERESTED OR FIND PLEASURE IN DOING THINGS**

**Table 7: Not Interested or Find Pleasure in Doing Things by the Respondents**

Scale	No of respondents	%
Not at all	280	35
Several days	160	20
More than half the days	200	25
Nearly everyday	160	20
<b>Total</b>	<b>800</b>	<b>100</b>

Source: Primary data



**Fig. 7: Not Interested or Find Pleasure in Doing Things by The Respondents**

The data shows that 35 % of the respondents were not at all interested or find pleasure in doing things, 20 % of the respondents usually not interested or find pleasure in doing things for several days, 25 % of the respondents usually not interested or find pleasure in doing things for more than half the days and 20 % nearly every day the respondents usually not interested or find pleasure in doing things.

#### **FEELING SAD, DOWN OR HOPELESS**

**Table 8: Feeling Sad, Down or Hopeless by The Respondents**

Scale	No of respondents	%
Not at all	240	30
Several days	160	20
More than half the days	200	25
Nearly everyday	200	25
<b>Total</b>	<b>800</b>	<b>100</b>

Source: Primary data



**Fig 8: Feeling Sad, Down or Hopeless by The Respondents**

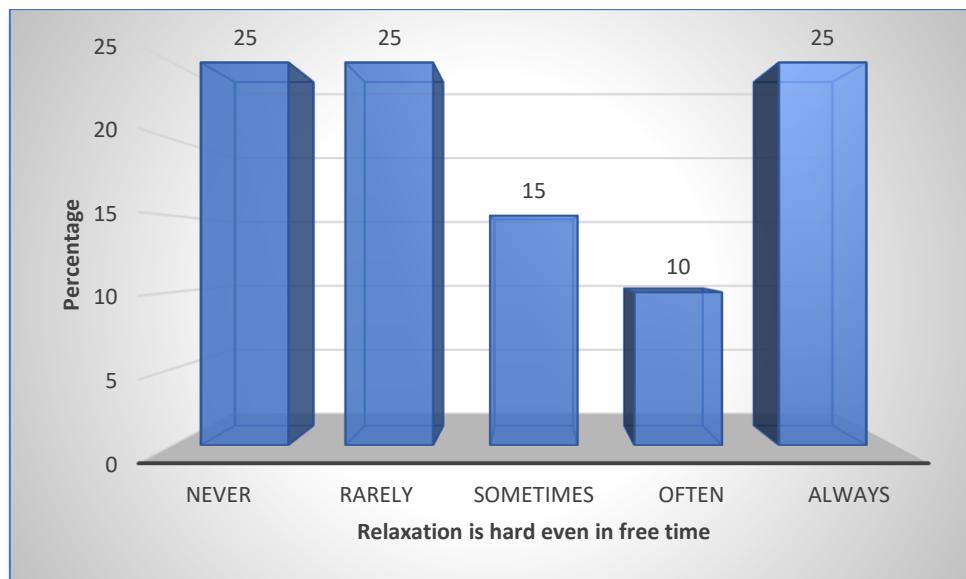
The data shows that 30 % of the respondents doesn't feel sad, down or hopeless at all, 20 % feel sad, down or hopeless for several days, 25 % feel sad, down or hopeless for more than half the days and 25 % of the respondents feel sad, down or hopeless nearly every day by the respondents.

#### FEEL HARD TO RELAX EVEN IN FREE TIME

**Table 9: Feel Hard to Relax Even in Free Time**

Scale	No of respondents	%
Never	200	25
Rarely	200	25
Sometimes	120	15
Often	80	10
Always	200	25
<b>Total</b>	<b>800</b>	<b>100</b>

Source: Primary data



**Fig 9: Feel Hard to Relax Even in Free Time**

The data shows 25 % of the respondents never feel overloaded with studies and expectations, 20 % of the respondents rarely feel overloaded with studies and expectations, 15 % of the respondents sometimes feel overloaded with studies and expectations, 10 % of the respondents often feel overloaded with studies and expectations and moreover 30 % of the respondents always feel overloaded with studies and expectations.

**Hypothesis 1:**

$H_0$  – There is no relationship between Depression and Mental Health of Secondary School Students of North 24 Parganas district.

$H_a$  – There is relationship between Depression and Mental Health of Secondary School Students of North 24 Parganas district.

Here, Pearson Correlation is - 0.85

**Explanation:**

A Pearson correlation of A Pearson correlation of -0.85 indicates a **strong negative linear relationship** between two variables, meaning that as one variable increases, the other strongly tends to decrease. The value is close to = -1, which signifies a strong negative correlation.

Also, p value is .00 which is much less than .05 which means correlation is significant at .01 level.

Hence, Null Hypothesis is rejected and alternative Hypothesis is accepted.

We can conclude that there is relationship between Depression and Mental Health of Secondary School Students of North 24 Parganas district.

### **III. CONCLUSION**

Adolescent mental health is becoming increasingly important, according to this study of secondary school students in West Bengal's North 24 Parganas District. Academic pressure, socioeconomic status, family dynamics, and peer interactions are some of the factors that impact the mental health and depression of secondary school pupils, according to the study's results.

Students' academic performance, emotional stability, and overall personality development can be negatively impacted by untreated mental health difficulties during adolescence, a delicate developmental stage. The study adds to the growing body of evidence that shows how important it is for school climates to prioritize mental health education and support. When it comes to dealing with stress and mental health issues, many students do not have the resources they need. These issues persist in part because schools do not have organized mental health programs or counselling services.

The findings highlight the significance of recognizing signs of depression and other mental health issues at an early stage in order to forestall their long-term psychological effects.

Students' mental health is an important issue in North 24 Parganas District, and this study concludes that schools, parents, mental health experts, and educational authorities must work together immediately to address this issue. Incorporating mental health education, stress management programs, school-based counselling services, and a supportive academic environment can greatly improve students' emotional resilience. Thus, the study is an important step towards a better knowledge of regional adolescent mental health and lays the groundwork for future studies and policy efforts to boost students' emotional and physical wellness in the classroom.

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