



ROLE OF SOCIOECONOMIC STATUS ON MENTAL HEALTH AMONG YOUTH

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Abstract

This paper is an attempt to study the role socioeconomic status on mental health among Youth. The variables included in this study are socioeconomic status and mental health. The sample consists of 60 individual who fall under the category of youth. One way analysis of variance was administered to see whether there exists a significant difference in mental health of people belonging to different socioeconomic status (high socioeconomic status, middle socioeconomic status, low socioeconomic status). The results revealed that there is a significant difference between mental health of people belonging to different socioeconomic status (high socioeconomic status, middle socioeconomic status, low socioeconomic status).

Introduction

Around the world, the English term youth adolescent, teenager, kid and young person are interchanged after meaning the same thing, but are occasionally differentiated. Youth can be referred as the time of life which are neither childhood nor adulthood but rather somewhere in between youth also identifies a particular mindset of attitude, as in “he is very powerful” while recognizing that member states use different chronologies to define youth, the United Nations defines youth as persons between the age of 15 to 24 years with all United Nations statics based on this definition. Hence under the 15-24 definition (introduced in 1981) children are defined as those which are under the age of 14 years while under the 1979 convocation on the ‘rights of the child’, those under the age of 18 are regarded as children. Although linked to biological process of development aging, youth is also defined as a social position that reflects meanings different cultures and societies give to individuals between childhood and adulthood.

Mental Health is a level of psychological well being, or an absence of a mental disorder. It is the “psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment”. From the prospective of positive psychology or holism, mental health may include individual’s ability to enjoy the life and efforts to achieve psychological resilience. According to World Health Organization (WHO) mental health includes “subjective well being perceived self efficiency, autonomy competence, inter- generational dependence, and self actualization of one’s intellectual and emotional potential, among others”. WHO further states that the well being of an individual is encompassed in the realization of their abilities coping with normal stresses of life, productive work and contribution to their community. However, cultural differences, subjective assessments and competing professional theories all affect now mental health is defined. A person struggling with his or her mental health or behavioral health may face stress, depression and anxiety, relationship problems, grief, addiction, ADHD or learning disabilities, mood disorders or other psychological concerns. Counselors, therapies, life coaches, psychologists, nurse practitioners or physician can help manage behavioral health concerns with treatment such as therapy, counseling and medication. Socioeconomic is an economic and sociological combined total measure of a person’s work efficiency and of an individual’s or family’s economic and social position in relations to others, based on income education and occupation. When analyzing a family’s socioeconomic status, the household income earner’s education and occupation are examined, as well as the combined income, vs. with an individual’s, when their attributes are assessed.

Socio economic status is basically broken into 3 categories high socio economic status, Middle socio economic status and low socio economic status to describe the three areas a family or an individual may fall into when placing a family or individual into one of these categories, any or all the three variables income, education and occupation can be assessed. Additionally, low income and education has been shown to be strong predictors of a range of physical and medical health problems, including respiratory viruses, arthritis, coronary diseases and schizophrenia .These may be due to environmental conditions in their workplace, or in the case of mental illness, may be the entire cause of that person’s social predicament to begin with.

Education in highly socioeconomic families is typically stressed as much more important, both within the household as well as in the local community. In poor areas, where food and safety is priority, education can take a back seat. Youth audiences are particularly at risk for many health and social issues in emitted states such that drug, abuse and obesity.

Objective

- To compare different socio economic status of youth on mental health.

Hypothesis

- There is a significant difference between high, middle, low socioeconomic status and there role on the mental health among youth.



Variable

Independent Variable: Socioeconomic Status.

Dependent: Mental health.

Sample: Socioeconomic status scale was administered on more than 100 college students and then 20 each for high socioeconomic status, middle socioeconomic status, and low socioeconomic status were taken and then mental health inventory was administered on them.

Tools :Mental Health Inventory by Dr. Jagdish and Dr. A.K Srivastav 1983 to measure mental health (positive) of normal individuals. It consists of total 56 questions,

Socioeconomic Status Scale (Hindi Version) By Prof Kaila and Shahu, in 1971 this scale consists of 5 parts and total 40 questions.

Results

Table 1: Showing Result of One Way Analysis of Variance on Mental Health of High Socioeconomic Status, Middle Socioeconomic Status and Low Socioeconomic Status

Summary Table				
Score of variation	df	SS	MSS	F ratio
Among the group	K-1 3-1=2	1071735.07	535867.53	57.17
Within the group	N-K 60-3=57	534243.33	9372.69	

There is a significant difference between Socioeconomic Status and Mental health among Youth at 0.01 levels.

Interpretation and Discussion

The purpose of the study is to see the role of socio economic status (high socioeconomic status, middle socioeconomic status and low socioeconomic status) on mental health among youth. And hypothesis stated that there is a significant difference between socioeconomic status (high, middle, low) and there role on mental health among youth. As study done by Hudson also states that socioeconomic status has a direct impact on mental health and mental illness, Hanson has also concluded that there is some association between socioeconomic status and mental health. To be mentally healthy means being well emotionally, psychologically and socially as mental health affects how we think, feel and act. It also determine how we handle stress, relate to others, and make choices. Mental health is very important at every stage of life from childhood and adolescence through adulthood. Mental health is affected by socioeconomic status of the individual, socioeconomic status is an economic and sociological combined total measure of a person's work efficiency and of an individual's or family's economic and social position in relations to others, based on income education and occupation. When analyzing a family's socioeconomic status, the household income earner's education and occupation are examined, as well as the combined income, vs. with an individual's, when their attributes are assessed. Socio economic status is basically broken into three categories high socio economic status, Middle socio economic status and low socio economic status to describe the three areas a family or an individual may fall into when placing a family or individual into one of these categories, any or all the three variables income, education and occupation can be assessed. Miech &Moffitt did the study on low socioeconomic status and mental disorders: A longitudinal study of selection and causation during young adulthood. The selection hypothesis asserts that mental disorders impair status attainment, whereas the causation hypothesis states the conditions of life associated with low socioeconomic status markedly increase the risk of mental disorders. More than 100 college students were administered by socioeconomic status scale given by Kaila and Shahu and when 20 individuals of each socioeconomic status (high, middle & low) were recognized then Mental health inventory by Jagdish and Srivastav was administered on these individuals. Later when scoring had been done one way analysis of variance was calculated and the tables shows that there exist a significant difference at 0.01 level.

Conclusion

With the help of the above result we can conclude that there is a significant difference between mental health of the individuals belonging to different socioeconomic status which are high socioeconomic status, middle socioeconomic status and low socioeconomic status. Therefore the hypothesis that there is a significant difference between different groups of socioeconomic status (high socioeconomic status, middle socioeconomic status and low socioeconomic status)on the mental health of youth is accepted.

References

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