

Think India (Quarterly Journal)

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**PSYCHOLOGICAL CONTRIBUTIONS IN
SUSTAINABLE HUMAN DEVELOPMENT IN
SPORTS, ORGANIZATIONS & COMMUNITY HEALTH**

December 20-21, 2019

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NAAC Accredited B+ Grade

**DEPARTMENT OF PSYCHOLOGY,
PHYSICAL EDUCATION & SPORTS, HOME SCIENCE**

V. P. S. P. M. S. ARTS, COMMERCE & SCIENCE COLLEGE, KANNAD,

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Mental Health of School Children: Test Construction and Development

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Abstract:

Mental health is important as physical health. There is a discrepancy of the instruments to measure mental health. Here, with the help of standardized procedure, researcher has constructed a psychological test to measure mental health of school children in Marathi medium. Samples are collected from Nashik city schools. Around 1000 students are being involved in this study. Researcher has followed all the procedures such as item difficulty, Item discrimination, reliability, validity, norms for making this test. This is Likert type scale. Reliability shows .87 coefficient and sound validity. Factor analysis reveals 60 sound statements out of 72 statements in Marathi medium for final test.

Key words: Mental Health, Test construction, Factor Analysis.

Introduction:

The WHO expresses that there is nobody "official" meaning of mental health. Social contrasts, abstract appraisals, and contending proficient speculations all influence how "mental health" is characterized.

Mental health as characterized by Kornhauser (1965) suggests those practices, observations and emotions that decide an individual's general degree of individual adequacy, achievement, bliss and greatness of working as an individual. It relies upon the advancement and maintenance of objectives that are neither too high nor too low to even think about permitting

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practical fruitful upkeep of faith in one's self as a commendable, successful person. So a mentally healthy individual is firm in his expectations and is least upset by strains and weights on everyday life. A mentally healthy individual shows a homogeneous association of alluring demeanors, healthy qualities and honorable self-idea and a logical impression of the world in general. A mentally stable or healthy individual ought to likewise be comprehended as a dynamic and reliable individual who is seen as sensibly normal in the selection of means for the acknowledgment of their devout finishes (Anand, 1988). Therefore, health is a more extensive idea including physical, social, and mental health. Mental health has been accounted for as a significant factor impacting person's different practices, exercises, joy, and execution.

Bhatia (1982) thinks about mental health as the capacity to adjust sentiments, wants, aspirations and goals in one's every day living. It implies the capacity to confront and acknowledge the substances of life. A few psychologists and therapists have introduced various criteria of positive/great mental health.

Jahoda (1958) has noted after six parts of positive mental health:

(I) Attitudes of a person toward his very own self: the availability of the self to cognizance, the accuracy of the self-idea, and its connection to the feeling of personality and the acknowledgment by the person of his own self. (ii) Growth, improvement, or self-completion, (iii) Integration. (iv) Autonomy (v) Perception of the real world. (vi) Environmental authority.

Schultz (1977) has exhibited following seven criteria of the healthy character: Extension of the feeling of self. Warm connection of self to other people. Enthusiastic security. Reasonable observation. Abilities and assignments. Self generalization. Binding together way of thinking of life.

A few psychologists like Erickson (1936), Rogers (1969), Hurlock (1972) have communicated their view in a comparable tone. These meanings of mental health feature enthusiastic prosperity, the ability to carry on with a full and imaginative life, and the adaptability to manage life's unavoidable difficulties. Numerous restorative frameworks and self improvement guides offer techniques and methods of reasoning upholding procedures and

strategies vaunted as viable for further improving the mental wellbeing of generally healthy individuals.

Significance of The Study:

In the case of psychological testing (examination), it is assumed that there exists a continuum (scale) representing ability/skill/attitude in the domain of relevant subject. A test or examination (question paper) is used as an instrument for the purpose of measurement. The mental faculty is considered as the object of the measurement. In cases of the measurement of length and weight, centimetre and gram are standards of measurements of physical objects. In other words, the instrument or an item and the level of difficulty thereof is defined in respect to the performance of a particular sample of students tested by it, on the other hand, standard measures like grams and centimetres in physical scales are directly related to a certain location in the scale, for ex. 200gm. indicates a particular position or location in the weight scale.

Unlike physical scales the major problem of mental scales is to find out location parameters of examinees (object) as well as items (instrument) where both are unknown. (Torgerson, 1958).

There are many tests available in the field mental health. But researcher thinks that these tests can't represent accurate picture of sound as well as poor mental health. In this connection not a single test is available in Marathi language. Therefore, this is a need of time for development of the standardized test in Marathi medium.

Review of Literature:

After reviewing the literature in this field (Jahoda, 1959; Maslow & Mittlernan, 1951; Rogers, 1961; Whittaker, 1970); it has found that there are following instruments are available in the Indian market.

- 1. MENTAL HEALTH BATTERY** - A K Singh and Alpana Sen Gupta (2009). This test is published by National Psychological Corporation in 2009. Total six indices of mental health are contains in the mental health battery:

Emotional Stability, Adjustment, Autonomy, Security-Insecurity, Self-concept, Intelligence.

2. MENTAL HEALTH INVENTORY (M.H.I.) constructed by Dr. Jagdish and Dr. A K Srivastava and published by Manovaigyanik Parikchhan Sansthan in 2002. This is 60 item test and measures 6 components, such as

1. Positive self-Evaluation (PSE): It includes self-Confidence, self-acceptance, self identity, feeling of worth-whileness, realization of one's potentialities, etc.
2. Perception of Reality (PR): It is related to perception free from need distortion, absence of excessive fantasy and a broad outlook on the world.
3. Integration of Personality (IP): It indicates balance of psychic forces in the individual and includes the ability to understand and to share other people's emotions, the ability to concentrate at work and interest in several activities.
4. Autonomy (AUTNY): It includes stable set of internal standards for one's action, dependence for own development upon own potentialities rather than dependence on other people.
3. Group Oriented Attitudes (GOA): It is associated with the ability to get along with others, work with others and ability to find recreation.
5. Environmental Mastery (EM): It includes efficiency in meeting situational requirements, the ability to work and play, the ability to take responsibilities and capacity for adjustment.

Need of the Scale:

In view of the above discussion researcher has a wish to make a sound instrument of measurement of mental health in Marathi language. The available tests of mental health largely represent the negative side of the human behavior. But in individual's life this part is so small. More recently many have recognized that mental health is more than the absence of mental illness. Even though many of us don't suffer from a diagnosable mental disorder, it is clear that some of us are mentally healthier than others. Hence the researcher will try to focus on positive aspect of mental health and its proper predictors.

METHOD:

Objectives:

1. To review the literature of mental health.
2. To study various dimensions of mental health.
3. To find out particular dimensions of mental health.
4. To examine the sound instrument of measurement of mental health in Marathi language.

Hypothesis:-

Positive aspect is the underlying factor structure of mental health scale.

Variables: – IV- A - The ability to enjoy life
B- Resilience- environmental competence
C – Balance
D- Flexibility
E- Self-actualization
F- Positive self evaluation
G- Perception of reality
H- Integration of personality
I- Autonomy
J- Group oriented attitudes
DV- Mental Health

DEVELOPMENT OF MENTAL HEALTH-INVENTORY (MHI)

a) Construction of test items-

The contents of statements were mainly taken from the available literature on mental health particularly including Maslow and Mittel mann, 1951; Fromm, 1955; Jahoda 1958 and Buch, 1972, Jagdish and Srivastava (2002), A K Singh (2009). Besides, a few items from the existing tests pertaining to psychological well-being were also incorporated in the list of the statements. For this purpose researcher has made a pool of more than 100 Likert type statements. Items for

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each part were separately written and submitted to a group of experts in the fields to judge their face validity. Subsequently, language experts also made necessary corrections and modifications. All items were prepared and presented to experts/judges for examining the suitability of each item for inclusion in the test. Only those items were retained about which the judges were unanimous. On the basis of maximum agreement among the judges 72 statements were retained.

b) Item Analysis:

The preliminary format of the MHI was tried out administered on a sample of 1000 subjects belonging to various socio-cultural, age sex and education groups. For item analysis biserial coefficients of correlation were computed. The significance of correlation at .01 level was fixed as the criterion for retaining an item. On the basis of significance out of 72 items, 60 items, including 30 'false-keyed' and 30 'true-keyed' have been selected to constitute the final format of the inventory. And following five indices of mental health were finally selected for inclusion in the present instrument:

- 1- Emotional stability
- 2- Resilience
- 3- Positive self concept
- 4- Flexibility in behavior
- 5- Autonomy

Following Kelley's method, (N=370) they were subjected to item analysis which finally yielded about 72 items for the MHI.

In selecting item preference was given to those items which had high positive discrimination index (Singh, 1998)

The social desirability values of the items in the first five parts were determined by correlating the items with Hindi version of Marlowe-Crowne (M-D) social desirability scale (1960).

Items which yielded high and significant correlations, with M-D scale were dropped.

Finally, a set of 72 items were retained for MHI.

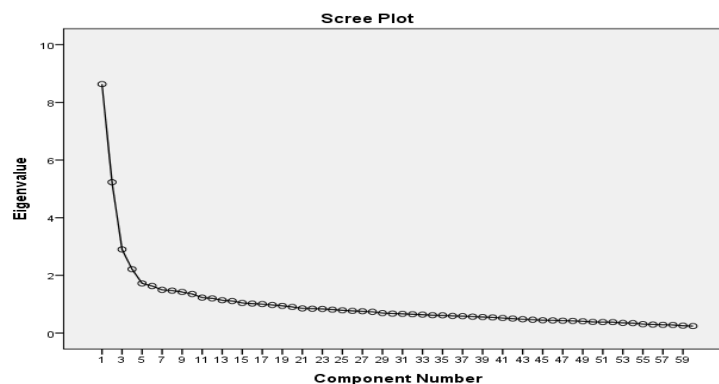
Cronbach Alpha:

Mean	Variance	SD	Statements	Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items
210.87	427.12	20.67	60	.876	.880

Bartlett's test of Sphericity:

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.838
Bartlett's Test of Sphericity	Approx. Chi-Square	12810.759
	df	1770
	Sig.	.000

Bartlett's Test of Sphericity is significant on 0.01 level and KMO value also more than .6 hence, we have adequate sample.

Scree Plot: Suugets dimensionality

Norms:

MHI intends to assess the status of mental health of persons in the age range of 13 to 22 years.

Following are 60 subsequent items selected dimension wise for MHI.

Part	Area	Total No. of Items
I	Emotional Stability	12
II	Resilience	12
III	Positive Self-concept	12
IV	Flexibility in behaviour	12
V	Autonomy	12
		60

After administration of these statements on 1000 samples finally he retained 60 sound statements in his final instrument. First he has analysed it by the use of item difficulty and item discrimination statistics. The present instrument has shown .72 to .84 reliability (Cronbach alpha). As well as the validity also shows .67 to .78 coefficients. This test validated against the different tests developed earlier in English language in India. For this purpose researcher has used Factor analysis statistical technique.

Scoring

In the present scale, 5 alternative responses have been given to each statement i.e. always, often.....

5 scores to 'Always',

4 scores to 'often'

3 scores to neutral

2 scores to 'Rarely', and

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1 score to 'Never' marked responses as to be assigned for true keyed (positive) statements. Whereas 1, 2, 3, 4 and 5 scores for 'Always', 'often' 'rarely', 'never' respectively in case of false keyed (negative) statements.

Results:

- 1) To achieve first objective researcher has gone through various books and psychological tests related to mental health which are available in the market.
- 2) To achieve second objective researcher has assessed various dimensions of mental health like emotional stability, the ability to enjoy life, resilience, flexibility, self-actualization, positive self-evaluation, integration of personality and autonomy.
- 3) From the third objective it has found that particular dimensions of mental health are five viz.
 - 1- Emotional stability
 - 2- Resilience
 - 3- Positive self concept
 - 4- Flexibility in behavior
 - 5- Autonomy
- 4) Reliability .72 to .84 (Cronbach alpha) for each component.
- 5) Final objective is achieved by the preparation of mental health test. The final test has 60 items in Marathi language.

Implications of the project:

The specific achievement of the project is to prepare a sound and standardized psychological instrument which is measure individual's mental health properly. From this project it can be assured that all the stakeholders get standardized mental health test which is understandable and produce valid results.

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