

Knowledge and awareness about mental health among adolescent: A comparative study of government and private school adolescent of Kalaburagi city

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As World Health Organization defined adolescent as the period of human growth (2014), and development that occurs after childhood and before adulthood, from ages 10 to 19 years. This is the stage where the adolescents will face difficulties in self-identity, role conflict, and confusions. In this age, they are more curious to learn new things. In this age, they are more curious to learn new things and try to get aware of things. For extent, adolescents are much aware of physical health problems and its treatment. Whereas when it's come to mental illness, they are not aware of mental health concerns and its treatment. Along with individual physical health issues, they face common mental health problems like depression, anxiety, mood disturbance, substance use and suicide. For dealing with such kind of issues they need knowledge and they should aware about the mental health and where to

approach. Even though national and state level programs are making effort to deliver the information in the schools and community and trying make aware about the mental health issues. But are those important basic information related mental health is reaching to the adolescent? If yes, then what extent they are aware? This made researcher curious, for understanding the present knowledge and awareness about mental researcher took this initiative and conducting this study in Kalaburagi city. Objective of the study is to study socio-demographic profile of the respondents, to understand the knowledge and awareness level about mental health among adolescents. Even though both groups are from similar age and belongs to same geographical area but differs in socio-economic profile. Current study helps in understanding whether this difference of the socio-demographic conditions will influence in acquiring the information about mental health.

Key Words: Adolescent; Mental health; Mental illness; Awareness; Knowledge.

As we know adolescent age is a transition stage, where they face lots of changes and development in both physical, sexual and psychologically. As World Health Organization defined adolescent as the period of human growth (2014), and development that occurs after childhood and before adulthood, from ages 10 to 19 years. This is the stage where the adolescents will face difficulties in self-identity, role conflict, and confusions. In this age, they are more curious to learn new things. The intelligence widens becomes more explicit, through this stage their ability if thinking and reasoning deepens and become more aware of current issues and curries to learn new things [1]. Adolescent health concerns are growing day by day, when we see globally the mortality rate of adolescent, the death rate is low as compare to the other age groups. Globally the leading cause of death among adolescent are road injuries, HIV, suicide, interpersonal violence and some respiratory infections. But as per the disability adjusted with life year shows that the primary cause of deaths occurring in an age group of 10-19 years is depression, road injuries, suicide, anemia, HIV. Nearly 35% of the global disease burden has roots in the adolescent. When we see the morbidity among adolescent as per the years lost to disability (2000 to 2012) which explains that the common five leading cause of death and disability is unipolar depression, anemia, and asthma, back and neck pain and anxiety [2].

Most common mental illness among adolescent are depression, drug, alcohol use, schizophrenia and bipolar effect disorder. According WHO report 2011, 20% of the adolescents are facing mental illness in India among them 2-5% are suffering from the severe mental illness which includes schizophrenia, autism, others like sleeping disorder, eating disorder, and obsessive compulsive disorder. WHO has already estimated that by 2020 depression will be one of the leading causes of disability [3].

MENTAL HEALTH PROBLEMS AMONG ADOLESCENTS

Globally when we see the mental health problems it is growing day by day, and adolescent age is a peak age of onset of major mental illness or psychiatric problems, this is high in low and middle-income countries. Research from the Indian Council of Medical Research reported that 12% children between 4 to 16 years suffered from psychiatric disorders in India. Similar studies from around the globe supported the fact that around 15% children suffer

from significant mental health problems, affecting their social and physical functioning. Global studies show that one in every two adolescents globally suffers from neuro-psychiatric disorders. It further added that one in five adolescents have an emotional, learning or development disorder while one in every eight has a serious mental disorder.

ANXIETY AND DEPRESSION AMONG ADOLESCENT

Studies result shown that anxiety disorder is common among adolescent. When we see among school going children anxiety is the most common disease in worldwide, with an estimated overall prevalence rate of 8%. Study on prevalence of depression among adolescents age group of 9 to 17-years, found that the prevalence of any depression is significant increasing by 6% in 6-month period, with 4.9% having major depression [4-6].

Depression is one of the common mental disorders among young people a study conducted in Ranchi India shown that shown among 500 respondents of depression Depressive symptoms were present in 18.5 percent of the young adult student population, anxiety in 24.4 percent, and stress in 20 percent. Clinically diagnosed depression was present in 12.1 percent and generalized anxiety disorder in 19.0 percent of the young population [7].

Different kinds of studies are analyzed and drawn a picture of health behaviors and problems among young population of India and which explains about various aspects like overweight, undernutrition and micro nutrition, high risk of sexual behavior and common mental disorder. When we see the mental health related issues nearly 20% of the young people are to experience some form of mental illnesses and majorly depression, mood disturbance, substance abuse suicidal behavior and eating disorder, etc.

PERCEPTION OF MENTAL HEALTH AMONG ADOLESCENTS AND SELF CONCEPT

Perception is all about how people perceive as individual and think about that particular concept. When we talk about the adolescent stage, already there are in confusion, identity crisis, role conflict, behavioral issues, etc. in such situation they are not bright with many concepts, e.g. mental health, For some extent, they are more aware of physical health but not much aware

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about mental health. Studies show that adult term such as mental health was unclear to young people, continuous to that, they tried to understand the perception of mental illness among the same group. Difference opinions collected, they are mad, gone, no right mind and this attitude made them in lacking the access to mental health services.

A study on “adolescent girl’s and boy’s perception of mental health which describes what adolescent girl’s and boy’s regards as important determinants of mental health which is conducted among school population. It is shown that it’s hard to understand about mental health and other concepts among the young adolescent that is less age, also among boys and girls there is no much difference both girls and boys. Neither girls nor boys believed that there are any great differences in mental health between girls and boys. All adolescents’ boys and girls cannot talk about things concerning to mental health, but this was contradicted by the boys participating in the present study. This study also suggested that more research should be conducted in perceptions and beliefs of young people and differences between girls and boys are needed [8].

A study conducted on the mental health of adolescents about a self-concept Gupta (2002) findings shown that there is a significant difference between the mental health of male and female adolescents between government and private school adolescent [9,10]. An adolescent from the different discipline is manifested same mental health status. Comparative study on mental health of science and art students indicates that there is no significant difference between these two groups [11,12].

RATIONAL OF THE STUDY

In this stage adolescent are facing many problems. At this stage, the thinking and comprehending processes are increasing simultaneously. They develop capacity to understand them self and things in social, emotional, health conditions respectively. These are the formative years of life of an individual, when a major physical, psychological and behavioral change takes place in them [13,14]. The period of preparation for undertaking greater responsibility inclusive of health and hygiene, they require information and effective skills, access to health services and counseling for safe and supportive environment for their overall development. Visibly, the chance of developing mental illness is more seen in adolescent stage than in any other stages of life and they are capable of knowing their physical health [15]. To certain extent, they are more aware about physical illness, its treatment and care. Then, what about mental health? It is important to understand their knowledge and awareness about mental health and mental illness.

OBJECTIVES

- 1) To understand and compare the knowledge and awareness about mental health among government and private schools going adolescent.
- 2) To understand and compare the knowledge and awareness about mental illness among government and private schools going adolescent.

METHODOLOGY

Current study is quantitative descriptive research design in which researcher has used semi structured interview guide for collecting the data from the respondents, which included socio-demographic profile, knowledge and awareness about mental health and mental illness [16].

Sample: Sample 200 school going adolescent girls and boys were participated in this study from both government and private schools of Gulbarga city. By using Kalaburagi city zonal areas (4 zones), one government and one private school were randomly selected, form all four zones of the city municipal zones for the study.

Duration: for the current study the data collection has been carried out between the academic years 2016-2017

Awareness about mental health

Table 1 shows awareness about mental health among the respondents,

TABLE 1

Awareness about Mental Health.

Particulars	Private schools		Government schools	
	Frequency	Percentage	Frequency	Percentage
Yes	60	60%	44	44%
No	40	40%	56	56%
Total	100	100%	100	100%

majority of the respondents are aware about mental health in private schools that is 60%, whereas 44% government school respondents are aware about mental health. 40% of the private schools 56% of the government schools respondents are not aware about mental health.

Hence it shows that majority of the private school’s respondents are aware about mental health whereas majority of the government schools respondents are aware about mental health.

Perception about mental health among private (A) and government (B) schools respondents

Figure 1A explains about the perception about mental health among private schools respondents and they explained like 17% respondents said that they get image of a person who is “free from tension”, “happy person” and “active always”. 23% respondents are confused and not clear about the mental health. 38% of the respondents are said that they get image of “mentally fit and fine” person and the person who is physically healthy and having good ability of thinking”.22% of them said they get words which are related to” psychology, psychological condition of a person”.

Whereas Figure 1B shows the perception about mental health among government schools respondents explained like, 16% respondents said that they get image of “healthy person”.11% of them said “that person having good nature, person with good heart”, 9% respondents said that the “person who is neat and clean”. 11%of them said that “happy person”. 5% of the respondents said “that person who behaving well with all”. 7% respondent said that the Person without any tension. 41% respondents are not clear about this and they said that they get an image of hospital patients, person with mental illness, hospital picture, something happening bad to the person. It shows that the private school and government schools respondents are having quite different perception about mental health.

Knowledge about characteristics of mental health

Figure 2A explains the knowledge about characteristics of mental health among private schools respondents, 30% respondents said that about positive wellbeing where they given answers like “happy person”. “Free from tension”. 15% of them said “Calm and peace of mind”. 12% of them explained that a “person having good thinking and decision making” are the characteristics of mental health and the statements are like “person should be matured and take decision correctly by his own will”. “Person should have thought of wisdom and is optimistic”. 23% respondents explained that if the “person is physically healthy”, happy, 3% of them said Active and look good.

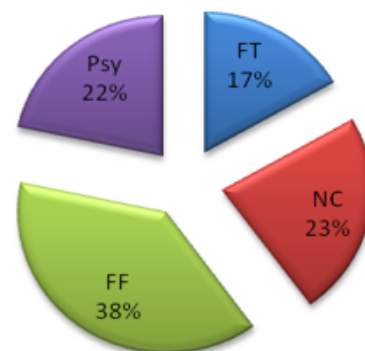


Figure 1a) The perception about mental health among private schools respondents.

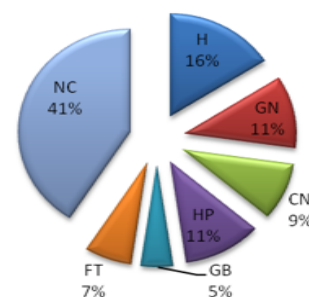


Figure 1b) The perception about mental health among government schools respondents.

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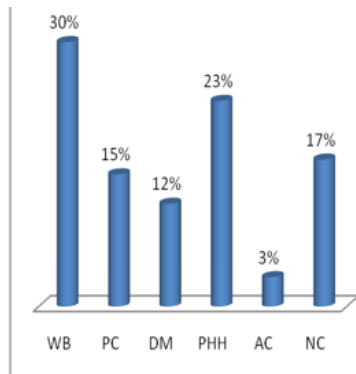


Figure 2a) Knowledge about characteristics of mental health among private schools respondents.

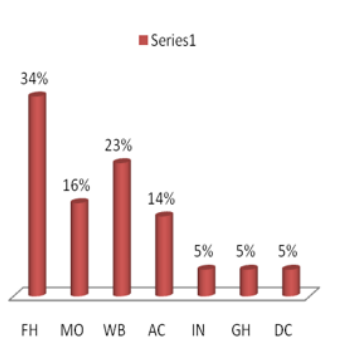


Figure 2b) Knowledge about characteristics of mental health among government schools respondents.

17% of the respondents are not clear about mental health characteristics they were explaining about abnormalities.

Figure 2B explains the knowledge about characteristics of mental health among government schools respondents, 34% respondents said that the person who is following “good foods in his diet like vegetables and fruits are mentally healthy” and 5% respondent said “person who is having good health” .5% Respondents said that “person with discipline and good nature”. 16% of the respondents said that the person who is mingling with others. 23% respondents said that the person who is “well behaving with others are mentally healthy”. 14% respondents said that the person should be always active and do interesting works. 5% respondents said that the “person is intelligent”.

Ways of keeping mental health

Figure 3A explains about the ways to keep mentally healthy among private schools respondents, 25% respondents explained that doing “yoga and exercise” every day will helps in keeping good mental health .22% respondents explained that “Eating good food that is eating green vegetables and fruits” will helps in keeping good mental health. 47% respondents explained that “Good habits like involving in activities, talking with others, thinking positively and be clam”, free from tension and no depression will helps to keep a good mental health. 7% of them have not responded.

Figure 3B explains about the ways of keeping mentally health among government schools respondents, 59% of the respondents said that by doing “yoga and exercise” every day one can get good mental health. 11% respondents said that the person should follow “good food style”. 11% respondents said that person should be “free from tension and mingling with others”. 18% of them are not responded.

Maintains of mental health

Table 2 shows knowledge about maintains of mental health, among 60 of the private schools respondents 47 respondents that 78% of them are said that mental health can be mentioned and 13 of them that are 21.7% of the respondents said that it is maintained. Whereas in government schools among 44 respondents 33 of them that is 75% of them said that mental health can be maintained and 11 of them that is 25% of them said that mental health will not be maintained.

Hence it shows that private schools respondents are more aware about the mental health than government schools respondents.

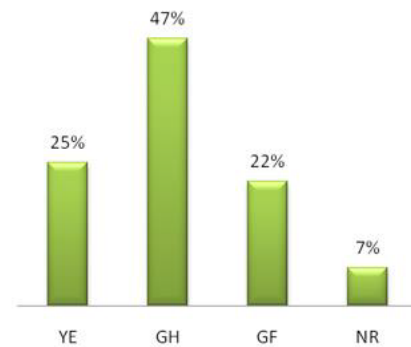


Figure 3a) The ways to keep mentally healthy among private schools respondents.

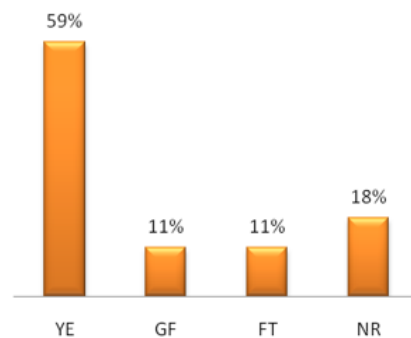


Figure 3b) The ways of keeping mentally health among government schools respondents.

TABLE 2

Maintains of Mental Health.

Particulars	Private schools		Government schools	
	Frequency	Percentage	Frequency	Percentage
Yes	47	78.30%	33	75%
No	13	21.70%	11	25%
Total	60	100%	44	100%

TABLE 3

Awareness about Mental Illness.

Particulars	Private schools		Government schools	
	Frequency	Percentage	Frequency	Percentage
Yes	36	36%	52	52%
No	64	64%	48	48%
Total	100	100%	100	100%

Awareness about mental illness

Table 3 shows that the respondent’s response for the awareness about mental illness and when we see in private schools only 36% and 52% of government schools respondents heard about mental illness and 64% of private school respondents and 48% of the government schools respondents are not heard about mental illness.

Hence it shows that majority of the government schools respondents are heard about mental illness whereas private schools respondents are not much heard about mental illness.

Perceptions about mental illness

When researcher asked about the perception about Mental illness the respondents in private schools explained about mental illness in a right way that is majority of them that is (50 %)of them said that they get image of a person with mental illness, but other respondents are not clear about it. Whereas among government schools respondents, majority of them that is

69% of the said that said that the person with mental illness .and other are not clear about it. It shows that government schools respondents are more aware about mental illness then private schools [17].

Knowledge about characteristics of mental illness among private (A) and government (B) schools respondents

Figure 4A explains the knowledge about characteristics of mental illness among private schools respondents, 28% respondents have explained about the abnormal behaviors like “person is simply laughing, crying, always sitting alone throwing stones and behaving strange”. 11% of the respondents explained that the person who is having mental illness shows characters of “Acting like kids, monkey and mad person”. 22% respondents explained that “person looks Nervous” by showing dull, silent and tired, and unsound mind. 25% of them said different way like person is unfit, unhealthy, 5% wearing dirty and unclean clothes, not behaving normally, do things by unconscious, 3% “person is always in bad mood and dreaming”. 3% respondent said that person become so fat.3% respondents said that person will be having fever and other health issues.

Figure 4B explains the knowledge about characteristics of mental illness among government schools respondents, 54 % respondents explained about the characteristic with related to abnormal behavior like, “always sitting alone, throwing stones on others, simply shouting”, 8% of the respondents said that the person is always “crying, roaming on the roads”. 4%respondents said that will not mingle with others and talking by him/herself. 19% respondents said “that person will be wearing dirty cloths”. 2% respondent said that that person will be unclean and running saliva from the mouth”.7% respondents said that “the person will be scolding to others”. 6% of them said deliberately person behave.

Awareness about reasons for getting mental illness among private (A) and government (B) schools respondents

Figure 5A explains the knowledge about reason for mental illness among the private schools respondents, 19% of the respondents explained that the sudden events or accidents are the reason for mental illness they explained like “shocking news losing some one very close to them”, “sudden accidents”, trauma. Another 19% respondents said that it is due to family problems like “family issues” and “if family and friends are not helping them then that may be a reason for getting mental illness for a person”. 6% of the respondents said that it is due to “environmental pollutions”. 8% respondents said that it because of too much reading and “using more social media like mobile, internets watching TV” .6% respondents said that it is due to improper food

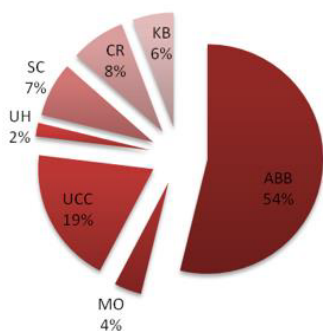


Figure 4a) Knowledge about characteristics of mental illness among private schools respondents.

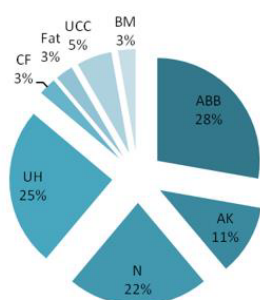


Figure 4b) Knowledge about characteristics of mental illness among government schools respondents.

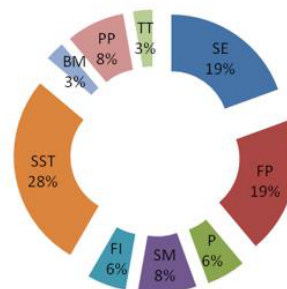


Figure 5a) Knowledge about reason for mental illness among the private schools respondents.

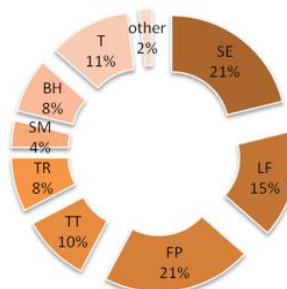


Figure 5b) Knowledge about reasons for mental illness among government schools respondents.

intake like not taking good vegetables and fruits. 28% respondents said it is due to stress, strain and over tension. 3% respondent said it is due to going through a bad mood. 8% respondents said that it is due to personal problem of that person. 3% respondent said person sitting alone and thinking too much.

Figure 5B explains the knowledge about reasons for mental illness among government schools respondents, 21% respondents explained and given answer related to sudden events and according to them “sudden death of someone who is very close to them” and suddenly something happened to the person are the main reason for getting mental illness. 15% respondents said that “love failure” is the reason for getting mental illness. 21% respondents said that “family problems” are the reason for getting mental illness. 11% respondents said that mental illness is due to “thinking too much about some things”. 8% respondents said that “too much of reading “causes mental illness. 4% respondents said that due to “over use of mobile phones, internet and watching cinemas” . 8% respondents said that mental illness occurs due” bad habits” they are due to “alcohol consumption”. 2% respondent said that it is due to “people are not talking with him and troubling him”. 10% of them said that “taking too much of tension” leads to mental illness.

Treatment feasibility of mental illness

Table 4 indicates Treatment Feasibility of Mental Illness, 36 respondents have responded in private schools and in that, 28 of them (77.8%) are aware about the treatment feasibility mental illness and 8 of them (22.2%) said that they are not aware about the treatment feasibility for mental illness. Where as in government schools among 52 respondents, 45 of them (86.5%) are aware about the treatment feasibility for mental illness, 7 of them (13.5%) are not aware about the treatment feasibility of mental illness.

Hence it shows that among those who known to the mental illness private schools respondents are not much aware about the treatment of mental illness whereas in government schools respondents majority of them are aware about treatment of mental illness.

Knowledge about treatment for mental illness

Figure 6 explains the knowledge about treatment options for mental illness among private schools respondents, 41% respondent said that taking the person to the hospitals like government and mental hospitals is the one way of treatment for this illness. 15% of the respondents said that other medications like medicines and injections, 5% respondent said that Ayurvedic medicines are effective. 5% of them said that shock treatment is effective and another 3% respondents said that operation and medicines are good. 28% of the respondents said that family and friends keeping person

TABLE 4

Treatment Feasibility of Mental Illness.

Particulars	Private schools		Government schools	
	Frequency	Percentage	Frequency	Percentage
Yes	28	77.80%	45	86.50%
No	8	22.20%	7	13.50%
Total	36	100%	52	100%

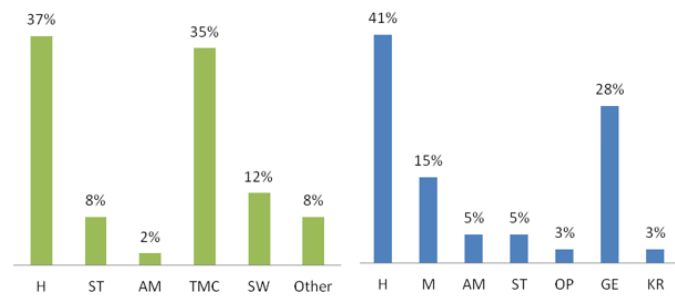


Figure 6) Knowledge about treatment options for mental illness.

TABLE 5

Level of Knowledge and Awareness about Mental Health among Private and Government Schools Respondents.

Particulars	Private schools		Government schools	
	Correct information	Incorrect information	Correct information	Incorrect information
Aware about MH	60	40	44	56
Perception about MH	46	14	17	23
Characteristics of MH	48	12	34	10
Ways to keep MH	56	4	36	8
Maintaining MH	47	13	33	11

happy, making him remembering the past events and always taking care, loving with affection are the good ways. 3% respondent said that “the person should be kept in a room and get treated”.

It shows that the knowledge about treatment options for mental illness among government schools respondents, like 37% respondents said that the mentally ill person should be taken to the hospital, mental hospital. 8% shock treatment /current shock treatment. 3% respondents said that the person should be given Ayurvedic treatment. 35% of them said that the person should take to the “temples”, “mosque” and other religious places for the treatment. 12% of them said take him to the “swamiji” and other black magic. 8% respondents said that by telling the person that he doesn’t have any problem, taking care with love and affection and allowing him to mingle with all.

Level of knowledge and awareness about mental health among private and government schools respondents

Table 5 shows that correct information regarding knowledge and awareness about mental health were shown significantly high among private schools respondents, whereas government schools respondents are having comparatively less knowledge about the mental health.

Level of knowledge and awareness about mental illness among private and government schools respondents

Table 6 shows that the government schools respondents have aware about mental illness, whereas comparatively private schools respondents are less aware about mental illness. And the correct information about the mental illness is more observed among private schools respondents whereas the government schools respondents are having more incorrect information about mental illness.

TABLE 6

Level of Knowledge and Awareness about Mental Illness among private and Government schools Respondents.

Particulars	Private schools		Government schools	
	Correct information	Incorrect information	Correct information	Incorrect information
Knowledge about MI	36	64	52	48
Perception about MI	18	18	15	37
Characteristics of MI	22	14	31	21
Reasons for MI	17	19	23	29
Feasibility of MI treatment	28	8	45	7
Treatment options for MI	20	16	19	33

This also shows that all the respondents are not known to the terms like mental health and mental illness but among those who are known to these terms it has variations. When we see the Studies of the authors results shows that the adult term such as mental health was unclear to young people and also different themes emerged from their perception about mental illness if mad, gone, no right mind and this perception made them in lacking the access of mental health services. As the present study also shows that many of the respondents are not much aware about the word mental health and mental illness, and among those who have heard about these terms but they are not clear too.

Hence it shows that the government schools respondents are more known to the mental illness but having lay man perspectives where as private schools respondents are more towards scientific relevant knowledge about mental illness.

CONCLUSION AND RECOMMENDATIONS:

Findings from the current study shows that, the perception about mental illness, among private and government schools respondents, was very common and a layman perspective that is, “mad,” “mental” and “psycho. Very few of them from government schools, used the word “abnormal person” and “problem in brain.”

When we observe the knowledge about the Characteristics of mental illness, findings shows the majority of the private school’s respondents are explained about the characteristics of abnormality and nervousness, which is more relevant. Whereas in government schools respondents majority of them explained about abnormality but many of them used lay man perspectives on like “person acting like kid”, “simply crying”, “scolding others”, “throwing stones” etc. compare to private schools respondents government schools respondents are aware about the word mental illness but their level of knowledge is lay man’s perspectives.

For understanding the knowledge about the reasons for getting mental illness, the findings shows, majority of the private schools respondents used the word stress, strain, tension and sudden event are the main reasons for getting mental illness, whereas in government schools respondents explained sudden events as reason to get mental illness. It is observed that many of them explained family issues and love failure are the main reasons for getting mental illness.

Knowledge and awareness about treatment feasibility of mental illness, majority of them said it is treatable. Only a few of them said that mental illness is not treatable. Different type of responses collected from the respondents related to the treatment options, the findings shows the majority of the private schools respondent said that hospital is the best place for treating mental illness [18,19].

Whereas in government schools even though many of the respondents said hospital treatment but also there are good number of the respondents said different treatment option apart from hospital treatment, and they are related to misconception about treatment of mental illness and they said the person should be taken to the “temples”, “mosque” and “church” for the treatment. Many of them also said taking them to “Swamiji” and “practicing black magic” is treatment options. Hence it shows that majority of the government schools respondents are aware of mental illness but having lay man understanding about mental illness and its treatment. On the other

hand private schools respondents less aware but those who aware they have good and more scientific knowledge about treatment options for mental illness.

- There is need of longitudinal studies specially for promoting mental health among these groups. Interventions research can be conduct for the making the group more aware and improve the knowledge about mental health.
- How the community is influencing on the understanding level of adolescents more focused on barriers for not getting aware of the word mental illness and why they are having lay man perspective level of understanding and why less among private schools respondents.
- Intervention studies are important for the creating awareness and knowledge about mental health and mental illness among this group.

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