

DOI-10.53571/NJESR2019.1.12.72-75

Study Of Mental Health of Slume's Adolescent Living In Crowded Housing**Dr.Seema Gupta****Associate Professor****Department Psychology****Gokul Das Hindu Girls College****Moradabad****(Received:26November2019/Revised:10December2019/Accepted:16December2019/Published:26December2019)****Abstract**

Housing should be seen as a place for growth and a foundation for the fulfilment of life objectives and one that provides for good physical and mental health and personal well being (Ambrose, 1997). Keeping this view in consideration this study was planned.

One hundred participants (50 males+50 females) of different age group and gender were selected randomly. Mental health battery was used to ascertain the pattern and level of mental health in participants. Over all the result reveals that crowding in housing does not play any vital role to effect the mental health of adolescent of slums.

Keywords: Mental health, housing Structure, Slums, Crowding In Housing

Introduction

The rapid growth of population has resulted in the crowding in housing. It is generally considered as more of a threat to mental than physical health. The rapid urbanization and migration of people is taking place in the poorest segments of urban society. This has resulted in the growth and proliferation of slums in the developing world. The adolescent population constituted more than one fifth of the total population. Housing condition play an important role to maintain the mental health of an adolescent, whether he lives in slums.

According to the national population and housing census 39% of urban and 52% of the rural population live in an over crowded housing. The literature distinguishes further between social density (the number of people interacting in the household) and spatial density (the floor space per person) (Ruback and Pandey – 1991)

Ambrose 1997 has described the housing should be seen as a place for growth and a foundation for the fulfilment of life objectives and one that provides for good physical and mental health and personal well being. Thus the aim of the study is, **“To study the impact of crowding in housing on the mental health of adolescent living in slums.”**

Objectives

1. To study the mental health among adolescents living in crowded housing in slums.
2. To compare the mental health of various adolescent groups formed on the bases of gender and age.
3. To compare the mental health of male and female adolescent living in crowded housing in slums.
4. To compare the mental health of adolescent of different age group living in crowded housing in slums.

Research Hypothesis

1. Adolescents differentiated on the bases of gender and age group would not differ significantly on the level of mental health.
2. Sex would not account for generating mental health among adolescents living in crowded housing.
3. Different age groups would not account for developing mental health among adolescents in crowded housing.
4. Gender and different age groups would not interact significantly on mental health.

On the basis of research hypothesis 28 sub hypotheses were formulated depending upon 7 dimension of mental health and inter group comparison.

Research Design

Research Method

An ex post facto research design was employed to compare adolescents differentiated on the basis of gender and age on their level of mental health. In the present study the normative survey method was adopted to collect the data.

Sampling Design

The Population

The population for this study consists of all the adolescents who are living in slum areas of Moradabad Nagar MahaPalika.

Sampling Process

The stratified sampling technique was employed in order to select the sample. There are mainly two strata namely gender and age. From these strata four groups are found and from each group subjects were taken on equal allocation basis.

Sample

The sample of 100 adolescents of different age groups and gender were selected randomly. The four groups have been termed as :

Pre adolescent male (A_1B_1) - 25

Late adolescent (A_1B_2)	-	25	
Pre adolescent female (A_2B_1)	-	25	
Late adolescent female (A_2B_2)	-	25	(Total-100)

Research Tools

Mental Health Battery was designed by A.K. Singh and Alpna Sen Gupta (2008). It is divided in two sections. A deals with socio economic status and B is divided into six parts which measures the six main dimensions i.e., emotional stability, over all adjustment, autonomy, security – insecurity, self concept and intelligence.

Statistical Design

By applying descriptive and inferential statistical Mean and S.D. were calculated for different groups under comparison. ANOVA (Analysis of variance) is used to test the significance of difference among means of number of different groups suppose to have come from different population.

Data analysis, Interpretation and Discussion

A close observation of results presented that the four groups of adolescents formed on the basis of gender and age were compared on mental health the F- value is insignificant. The highest mean is of the group late adolescent (A_1B_2) but it is statistically at par with other three groups of the study. So it is concluded that The crowded housing do not affect the mental health of adolescent it is a matter of chance motivation and interest.

In the inter group comparisons significant difference at .05 level, does not found, between male and female, pre and later adolescents. Going through the result of six dimensions of mental health it is concluded that all the four groups do not differ significantly on emotional stability, over all adjustment, security – insecurity, self concept and intelligence.

Group formed on the basis of gender differ significantly on Autonomy level and male adolescents have significantly better autonomy level than female adolescents. hence male and female adolescent will not differ significantly on the variable Autonomy.

Over all the result reveals that crowding in housing does not play any vital role to effect the mental health of adolescent of slums. The sex also does not account for generating mental health among adolescence living in crowded housing in slums .various age groups also don't account for developing mental health among adolescents living in crowded housing in slums.

The studies of freedman,(1975) and Leporeet al.(1991)supported the above discussion.freedman found that population density has little or no relationship to any kind of pathology.Lepore study

provides only prospective, longitudinal evidence for the linkage between crowding and mental health.

Implication of the study

The study is carried to understand and find out the level of mental health healthlescents living in crowded housing in slums. It can help to recognize and improve the mental illness in adolescent of slums. The different psychological and biological problems of adolescents could be understood and provided with a solution to enhance the mental health. This study can also be beneficial in making better emotional stability, better overall adjustment, better autonomy level, better security, better self- confidence and improved intelligence among the adolescents living in different type of crowded housing conditions.

This study is also helpful in throwing light upon the problems and differences faced by adolescents dwelling in different societies and with different background.

References

- Brown J.F. and Menniger K.A.,1940, The psychodynamics of Abnormal behaviour, McGRAW-HILL BOOK COMPANY, New York and London.
- C:/.../Kibera, Nairobi, Kenya.htm. (2004) MojaMoja “one by one” A journal of service to families in Kenya-one by one.
- Calman J.C., 1969, Abnormal psychology and modern life, Bombay D,B- Taraporewala.
- Global report on human settlements 2003. “The challenges of slums”.
- Greenfield S.M. 2010, A faith based Mental health and development project for slum Dwellers in Brazil. NAPA Bulletin, 33:91-104. doi: 10.11.11/; 1556-4797.2010.01042X
- Gupta S and Bhatt P.D. (2010) Aggressive behaviour in relation to housing condition (crowding- Non crowding) International Research Journal Philosophy and Social Science Vol. xxxvi.
- Indian Journal of community Psychology (2008) Vol. IV, Issue I, Faizabad (U.P.) India.
- Kerlinger F.N., (2009) Foundation of behavioural research, Surjeet publication , Delhi.
- Kothari C.R., (2005) Research Methodology, Methods and techniques, II edition, New age international Publisher, New Delhi.
- Lang S. 1998-CU study: Home crowding has variety of harmful effects for children.
- WHO Slum Residence – Global health observatory (GHO) – WHO. int/gho/urban health/.../en/.