

ABSTRACT

Introduction:

Mental health and social adaptability are vital aspects of human life. Individual development on all levels is only feasible if one's mental health is in good shape. Society is a place where every human being is fostered and meets their various needs through connection with one another. The nature of our contact and socialization process is influenced by our mental health to some extent. Mental health refers to a condition of well-being in which a person recognises his or her own potential, is able to cope with everyday stressors, is able to work efficiently and fruitfully, and therefore, is able to contribute to his or her community (WHO, 2001).

Every person in the community tries their hardest to adjust to any environment they find themselves in, social adjustment is described as the ability to develop positive relationships with others as well as differentiate from different others. Social adjustment has been identified as a fundamental psychological aspect in characterizing persons. Bhagia (1966) researched school adjustment concerns and discovered that girls much surpassed boys in terms of adjusting to the school's general environment and organizational components. In terms of adjusting to instructors, classmates, and oneself, students in rural schools outperformed those in urban institutions. Rural children scored better in the emotional, health, and school adjustment categories, whereas urban kids scored higher in the aesthetic adjustment category (Pandey, 1979).

Objectives of the study:

To investigate the level of mental health and social adjustment among adolescent school learners on the basis of their gender, caste, educational status, parent's educational qualification, parent's occupation, family type, birth order, family monthly income and habitat. To find out correlation between mental health and social adjustment.

Hypotheses:

There is no significant mean difference in the level of mental health and social adjustment among adolescent school learners on the basis of their gender, caste, educational status, parent's educational qualification, parent's occupation, family type, birth order, family monthly income and habitat. There is no significant correlation between adolescent school learners' mental health and their social adjustment.