

**CORRELATES OF PSYCO-SOCIAL COMPETENCE VARIABLES AND  
MENTAL HEALTH AMONG TRIBAL LATE ADOLESCENTS  
IN PACHAMALAI HILLS**

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### **Abstract**

*The main aim of this scientific paper is to find out the relationship between psycho-social competence variables and mental health among tribal late adolescents; furthermore, this study is to measures the level of psycho-social competence and mental health of tribal late adolescents by using standardized research tools namely Psycho-social competence scale, Ajitha Dindugal and Dr. Vijayalakshmi A. Aminabhavi in 2007 and Mental Health Battery, Arunkmar and Sen Gupta in 2007. Descriptive research design was adopted. The study was conducted at Government Residential Higher Secondary School, Top Sengattuppatti in Pachamalai Hills. Total of 153 late adolescents were identified from the admission register, out of which about thirty five late tribal adolescents were chosen through simple random sampling by using lottery*

*method. Interview method was adopted for data collection. The study result revealed that more than one fourth 28.6 per cent of the respondents have high level, less than half 45.7 per cent of respondents have medium level, more than one fourth 25.7 per cent) of respondents have low level of psycho-social competence and more than half (57.1 percent) of the respondents have low level, Less than half 42.9 per cent of the respondents have high level of mental health and also from the study it is found that there is a significant relationship between some of psychosocial competence variables and mental health variables.*

**Keywords:** *Psycho-social competence, mental health, Tribal late adolescents*

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### **Introduction and Background**

World Health Organization has emphasized that the importance of mental health to overall health claiming that there is no health without mental health (cited as Waynaden, D, 2013). UNICEF (2011) Report estimated that there are about 20 percent of world adolescents having mental health and behavior problem. Positive mental health is much more important in adolescence because it is the journey from childhood to adulthood. In this period the adolescents are growing up physically, psychologically, mentally and intellectually whereas the many scientific studies are highlighting that they are in the high risk period and vulnerable, because of their peer groups, they are involving in some illegal activities accompany with their peers such as smoking, taking illicit drug, chewing tobacco and illegal sexual affairs with matured women and so on. These types of behaviors may lead them into mental health problems. Poor mental health is strongly related to other health and development concerns in young people, notably lower educational achievement, substance abuse, violence and poor reproductive and sexual health (Patel.V.et al., 2007).

The following scientific study reviews show that the psycho-scoial competnece conditions of tribal adolescents. Das, S et, al. S. (2016) found that there are various physical and psychosocial

problems found to be significantly higher among tribal adolescents. Yadav, U. N. et, al. (2013) found that more than two third of the tribal students were having low level of self-esteem and there is a significant difference in self-esteem between tribal and non-tribal students. The result of the study by Gadatia, B. S., & Mohalik, R. (2016) revealed that majority of responses of tribal student and teachers indicated that tribal students required life skills education especially self-awareness, effective communication, interpersonal relationship etc.

Census India (2011) estimated that there are about 23 million people belonging to schedule tribe's, comprising 9% of the total adolescents living in our country. Basically, Tribal adolescents are committed by their own customs, traditions and superstitious beliefs; because of those old practices they are involving some anti-social activities, having behavioral and mental health problems. High prevalence of depressive/anxiety, somatic, withdrawn/depressed, thought problem and attention problem in the tribal adolescents and also found to be the pattern of the prevalence of problem behaviors and rule-breaking behavior was the most prevalent problem in tribal adolescents (Gopal, D.V & Ashok. A, 2012). So this present study mainly concentrates on finding out the relationship between psycho-social competence variable and mental health among tribal late adolescents in Pachamalli Hills, Tiruchirappalli District.

## **Research Methods and Materials**

The aim of this scientific paper is to find out the relationship between psycho-social competence variables and mental health among tribal late adolescents in Pachamalli Hills, Tiruchirappalli District. In order to attain the overall aim of the present scientific paper the researcher had framed the following objectives: to find out the relationship between psycho-social competence variables and mental health, and to measure the level of psycho-social competence and mental health of tribal late adolescents by using standardized research tools namely Psycho-social competence scale, Ajitha Dindugal and Dr. Vijayalakshmi A. Aminabhavi in 2007 and Mental Health Battery, Arunkumar and Sen Gupta in 2007. Descriptive research design was adopted. The study was conducted at Government Residential Higher Secondary School, Top Sengattuppatti in Pachamalai Hills. Totally 153 late adolescent were identified from the admission register of the school, and out of 153 tribal late adolescents, thirty five late tribal adolescents were chosen through simple random sampling by using lottery method. Interview method was adopted for data collection. The data were analyzed by Statistical Package for Social Science 20 version.

## **Result**

### **Findings Related to Psychosocial Competence Variables**

The result revealed that more than half 54.3 percent of the tribal late adolescents having medium level of problem solving competence, less than half 40 percent of the tribal late adolescents have high level of problem solving competence and meager 5.7 percent of the tribal adolescents have low level of problem solving competence.

More than half 62.9 percent of the tribal late adolescents having medium level of decision making competence, less than one fourth 31.4 percent of the tribal late adolescents have high level of decision making competence and meager 5.7 percent of the tribal late adolescents have low level of decision making competence.

More than half 60 percent of the tribal late adolescents having medium level of critical thinking competence, less than half 40 percent of the tribal late adolescents have high level of critical thinking competence. More than half 68 percent of the tribal late adolescents having high level of creative thinking competence; more than one fourth 31.4 percent of the tribal late adolescents have medium level of creative thinking competence. Nearly half 48.6 percent of the tribal late adolescent having medium level of empathy competence, less than half 48.4 percent of the tribal late adolescent have high level of empathy competence and meager 2.9 percent of the tribal late adolescents have low level of empathy competence. More than half 62.9 percent of the tribal late adolescents are having medium level of self-awareness competence, less than one fourth 37.1 percent of the tribal late adolescents are having high level of self-awareness competence.

More than half 54.3 percent of the tribal late adolescents have high level of coping with emotion competence, nearly one fourth 22.9 percent of the tribal late adolescents have medium and low level of coping with emotion competence and less than one fourth 22.9 percent of the tribal late adolescents have low level of coping with emotion competence. Less than half 42.9 percent of the tribal late adolescents are having high level of coping with stress competence, less than one fourth 31.4 percent of the tribal late adolescents are having low level of coping with stress competence and one fourth 25.7 percent of the tribal late adolescents have medium level of coping with stress competence. More than half 51.4 percent of the tribal late adolescents have medium level of interpersonal skill competence, less than one fourth 31.4 percent of the tribal late adolescents have high level of interpersonal skill competence and meager 17.1 percent of the tribal late adolescents have low level of interpersonal skill competence

More than half 54.3 percent of the tribal late adolescents have high level of effective communication competence, less than half 40 percent of the tribal late adolescents have medium level of effective communication competence and meager 5.7 Percentage of the tribal late adolescents have low level of effective communication competence. Nearly half 45.7 percent of the tribal late adolescents are having medium level of overall psycho-social competence, more than one fourth 28.6 percent of the tribal late adolescents are having high level of overall psycho-social competence and One fourth 25.7 percent of the tribal late adolescents are having low level of overall psycho-social competence.

### **Finings Related to Mental Health Variables**

Vast majority 94.3 percent of the tribal late adolescents are having low level of emotional stability; meager 5.7 percent of the tribal late adolescents are having high level of emotional stability. More than half 60 percent of the tribal late adolescents are having low level of overall adjustment; more than one fourth 40 percent of the tribal late adolescents are having high level of overall adjustment. More than half 62.9 percent of the tribal late adolescents have low level of autonomy; less than one fourth 37.1 percent of the tribal late adolescents have high level of mental health.

More than half 54.3 percent of the tribal late adolescents are having low level of security & Insecurity feeling and less than one half 45.7 percent of the tribal late adolescents are having high level of Security & Insecurity feelings. Nearly three fourth 71.4 percent of the tribal late adolescents have low level of self-concept and more than one fourth 28.6 percent of the tribal late adolescents have high level of self-concept.

More than half 57.1 percent of the tribal late adolescents are having low level of overall mental health and less than one fourth 42.9 percent of the tribal late adolescents have high level of overall mental health.

### **Findings Related to Inter Correlation Matrix between Psycho-Social Competence Variable and Mental Health Variables**

The result revealed that there exist a highly significant correlation between critical thinking and problem solving, a significant correlation between creative thinking and critical thinking, and a significant correlation between self-awareness and problem solving and critical thinking, and a significant relationship between coping with stress and decision making, empathy, self-awareness, and coping with emotion. There were exist a significant correlation between effective communication and empathy, and a significant correlation between overall psychosocial competence and the nine dimension of psychosocial competence namely problem solving, decision making, critical thinking, empathy, self-awareness, coping with emotion, coping with stress, interpersonal skill and effective communication.

However the finding of the study shows that there exist no correlation between overall psychosocial competence and creative thinking, and there exists a negative correlation between autonomy dimension in mental health and decision making dimension in psychosocial competence and there exist a significant correlation between security & insecurity feeling dimension in mental health and empathy dimension in psychosocial competence, and a significant correlation between overall mental health and all the dimension in mental health namely emotional stability, overall adjustment, autonomy, security & insecurity feeling and self-concept.

### **Discussion**

The present study key variable (psychosocial competence and mental health) findings demonstrated that the tribal late adolescents have medium level of psychosocial competence and low level of mental health. And also the inter correlation matrix findings witnessed that there is significant impact that happens between psychosocial competence variables and mental health variables. The study findings of Ali, A., & Eqbal, S. (2016) supposes the present study that the authors found that 5.12 percent of the tribal students were having emotional symptoms, 9.61 percent of the tribal students were having conduct problems, 4.23 percent of the students were having hyperactivity and 1.4 percent of the tribal students were having significant peer problems. Thus from the findings of these authors and from the findings of this present study the author states that the mental health status has been neglected and misunderstood among tribal community adolescent population. Everyone needs to have a better understanding about the prevalence of mental health issues among tribal adolescent population. It can help family, school and mental health policy to take appropriate steps to remedy to prevent the mental health problems and promote the positive mental health and emotional health.

### **Conclusion**

The present study findings revealed that less than half 45.7 percent of the late tribal adolescents are having medium level of psychosocial competence and more than half 57.1 percent of the tribal late adolescents having low level of mental health. And the inter correlation matrix result witnessed

that there exist a significant correlation between psychosocial competence variables and mental health variables. Hence the study proved that when psychosocial competence level increases the positive mental health also increases. Therefore the researcher strongly recommends that the government can conduct the life skill education programme in a regular manner for enhancing psychosocial competence level among tribal adolescents. The government could also conduct mental health screening camps twice a month at schools for identifying different mental health and behavior problems of the tribal adolescents. Further the government can take measures to help them based on their needs. In this regard the author also recommends that the social workers can conduct the group works on the theme of emotional and social competence among tribal adolescents. The social workers could also give a personal counseling to tribal adolescents and enable them to understand that everyone can live a meaningful life that should be care, share and live.

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