STUDY OF MENTAL HEALTH OF ADOLESCENTS IN RELATION TO THEIR GENDER

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ABSTRACT
Mental health is the individual's ability to enjoy life and create a balance between life activities and efforts to achieve psychological resilience. This study was undertaken to study the difference between the mental health of adolescent boys and girls. The data was calculated from two hundred boys and girls of class 12th in Ludhiana and Sangrur city. It was found that there was non-significant difference between the mental health of adolescent boys and girls in the two selected cities due the gender equality principle followed by the educated parents in the cities.

KEYWORDS: Mental health, life, gender.

REFERENCES


