



AN OBSERVATIONAL STUDY TO ASSESS MENTAL HEALTH STATUS IN SSLC STUDENTS OF CBSE SYLLABUS BASED ON TRIGUNA

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<https://doi.org/10.46607/iamj4210112022>

(Published Online: November 2022)

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Article Received: 18/10/2022 - Peer Reviewed: 07/11/2022 - Accepted for Publication: 11/11/2022



ABSTRACT

Triguna is an integral component of the mind. *Satvika*, *Rajasa*, and *Tamasa* are the three *Manasa Prakruthi* (psychic constitution). Precisely *Triguna* represents *Ayurvedic* mind types. Adolescence is a period of rapid change when the child develops into an adult. Several changes occur physically, physiologically, and socially. Adolescents are confronted with different kinds of stress. But students, mainly in the SSLC period are at a stage of beginning to formulate life goals. In this stage, they face challenges while building relationships, and their own identity which at last ends up with stress and anxiety. Rather than state syllabus students, in CBSE syllabus students face much more mark-oriented competition. A student's social life, capacities of resilience and to deal with the environment, to adapt to changes and stay calm, stay stable and unstressed - all these depend on his/her mental constitution and mental strength. The mental constitution and mental strength in turn are dependent on *Triguna*, the elements of the mind. Epigrammatically *Satva* is generous, *Rajas* are tempestuous and *Tamas* are inexpressive. Data was collected from students of both sexes, selected randomly from CBSE schools of Karimannoor grama panchayath as per inclusion criteria. Their mental health statuses were assessed by using a Mental health assessment instrument with *Triguna*, a validated questionnaire for *Triguna*. On the basis of the study by using a validated questionnaire for *Triguna*, Students were grouped as *Pravara* (superior), *Madhyama*, and *Avara* (inferior) mental health status.

Keywords: *Aatva*, *Rajas*, *Tamas*, *Pravara*, *Avara*, *Manasa Prakruthi*

INTRODUCTION

Triguna's theory of *Ayurveda* is the subject of metaphysics. The three biological humours viz; *Vata*, *Pitta*, and *Kapha* are integral components of the human body. *Triguna Satva*, *Rajas*, and *Tamas* are integral components of the mind. The spectrum of *Triguna* theory is confined to energy³. Further, the physical and material characteristics of an individual in healthy and diseased states are determined by the predominance of one or the other of *Triguna*. Three distinct *Gunas* or qualities in individuals are recognized, namely *Satva*, *Rajas*, and *Tamas* (Rao,1966)⁴. These concepts appear in the *Bhagvadgeeta*, an ancient Hindu scripture. The theoretical expositions of *Triguna* and their manifestations in human nature have attracted the attention of Indian Psychologists. The concept has been examined theoretically (Das,1987;misra et al,2000:rao1971)⁵. An individual's behaviour, both at the overt and the well-covert level is determined by the personality operating at that point in time. The dominance of *Satva* elements leads one to positive, rational behavior and matured personality. The dominance of *Rajas* has two types of manifestations positive and negative. A student with the dominance of *Rajas* in a positive manner shows traits like active, enthusiastic, and passionate, and in negative dominance of *Rajas*, the student becomes egoistic, self-centered, and unstable mental level, he/she always tries to establish himself/herself as the superior one. *Tamas's* dominant person has the following personality traits timid and passive and prefers to remain inactive. Such a person cannot express his views to others, not confident about himself. Most of the time he remains very much sluggish at mental as well as physical level⁶. Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood. Adolescents Are the budding future of a nation and it is imperative for parents, teachers, and care givers to understand the factors which might be anxiety and stressful to adolescents. The scores obtained in the 10th board exams are necessary not only to get admission to good higher secondary schools but

also to choose the preferred mainstream of higher secondary education². Nowadays, due to the COVID-19 Pandemic online education has gained immense popularity among working professionals and students pursuing higher education. A school provides structure, support, and a system of rewards and penalties to groom its students. Classroom education offers the benefit of face-to-face interactions with peers which are typically moderated by a teacher. It provides a stable environment for social interactions, helping them develop a skill like a boundary setting, empathy, and cooperation. It also allows plenty of spontaneity, unlike virtual learning set up. Lack of these can may or may not affect the mental health status of SSLC students, because as students progress to higher classes in school, they seek more autonomy and intellectual freedom.

METHODOLOGY

It is an observational study conducted in CBSE schools of Krimannoor Gramapanchayath, thodupuzha, and Idukki on SSLC Students of the CBSE syllabus. A total of 18 students were consecutively selected based on inclusion and exclusion criteria after taking informed consent from them. Then their mental health status was assessed using a validated tool – Mental Health Assessing Instrument with *Triguna* (MHAS – TG) developed by DR. Ananda Lakshmy K.N, Dr. M A Shajahan

INCLUSION CRITERIA: SSLC students of the CBSE syllabus, irrespective of gender selected for study

EXCLUSION CRITERIA

- Children with evident clinical features of hormonal imbalance

TOOL FOR ASSESSMENT OF MENTAL HEALTH STATUS BASED ON TRIGUNA

- 38 questions
- Scores below or equal to 40 – poor mental health
- Scores between 41 – 80 – medium mental health
- Scores above 80 – good mental health

Table No: 1

	GENDER	SCORE	MENTAL HEALTH STATUS
STUDENT 1	FEMALE	66	MEDIUM
STUDENT 2	FEMALE	44	MEDIUM
STUDENT 3	FEMALE	87	GOOD
STUDENT 4	FEMALE	63	MEDIUM
STUDENT 5	FEMALE	68	MEDIUM
STUDENT 6	FEMALE	56	MEDIUM
STUDENT 7	FEMALE	60	MEDIUM
STUDENT 8	FEMALE	78	MEDIUM
STUDENT 9	FEMALE	57	MEDIUM
STUDENT 10	FEMALE	74	MEDIUM
STUDENT 11	FEMALE	72	MEDIUM
STUDENT 12	FEMALE	62	MEDIUM
STUDENT 13	FEMALE	65	MEDIUM
STUDENT 14	MALE	63	MEDIUM
STUDENT 15	MALE	63	MEDIUM
STUDENT 16	MALE	68	MEDIUM
STUDENT 17	MALE	72	MEDIUM
STUDENT 18	MALE	71	MEDIUM

- 17 Students -- medium mental health status
- 41 – 50 = 1 student
- 51 – 60 = 3 students
- 61 – 70 = 8 students
- 71 – 80 = 5 students
- >80 = 1 student
- Male students all are in frequencies of 61 – 80

OBSERVATION AND ANALYSIS

Table No:2

TOTAL SCORE		FREQUENCY	PERCENTAGE
BELOW OR EQUAL TO 40	POOR MENTAL HEALTH	0	00
BETWEEN 41 TO 80	MEDIUM	17	94.44
ABOVE 80	GOOD	1	0.05

RESULT:

Most of them have medium mental health levels, only one student has good mental health.

DISCUSSION

As expected mostly the students have medium mental health, in which most of the students lie in the 61 to 70 range. This study was done with less sample size, so the results may not be accurate.

A previous study related to this shows nearly two-thirds (63.5%) of the students reported stress due to academic pressure – with no significant differences

across gender, age, grade, and several other personal factors. About one-third of students were symptomatic of psychiatric caseness and 81.6% reported examination-related anxiety

CONCLUSION

This study was conducted in CBSE schools where more students were belonging to the middle class and upper middle class. They will be having better socio

economic circumstances and better living status due to which they may be having stress free environment for study. This current study reveals online classes were not negatively affected SSLC students. In this study most of the students have medium mental health, male students have comparatively more mental health status than female students. This may be due to academic pressure being positively correlated with parental pressure and psychiatric problems, while examination-related anxiety also was positively related to the psychiatric problem.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Ansiya Ibrahim: An Observational Study to Assess Mental Health Status in SSLC Students of CBSE Syllabus Based on Triguna. International Ayurvedic Medical Journal {online} 2022 {cited November 2022} Available from: http://www.iamj.in/posts/images/upload/3242_3245.pdf