Factors Affecting the Mental Health of the High School Students Northwestern Agusan Colleges

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Abstract: This study was to evaluate mental health and help-seeking preferences in high school students of Northwestern Agusan Colleges. These two variables were also compared among students with stress, anxiety, and depression Thai et al. (2020). One of the most critical health problems young people deal with is mental health. Undiagnosed and untreated mental health disorders can have a significant effect on a young person's social-emotional health, academic performance, and general quality of life because mental health is linked to other elements of health and well-being. Geiser (n.d.). Mental health concerns are on the rise among youth, contributing to a growing need for school-based mental health services. However, challenges to service provision arise due, in part, to workforce shortages, service fragmentation, and inefficient allocation of staff time.

Keywords—mental health, mental health awareness, crime related incidents

Introduction (Statement of the Problem)

The adolescent years are special and influential. Adolescents abuse, or violence. Adolescents' health and well being during adolescence and into adulthood depend on safeguarding them from harm, fostering socio-emotional learning and psychological well-being, and ensuring access to mental health care(World Health organization,2021). At this time of age, teenagers really are curious about things in our society. This is what makes it risky to the mental health of the students. Due to their living situations, stigma, exclusion or prejudice, or a lack of access to high-quality services and support, certain youth are especially vulnerable to mental health concerns.

Taking care of the needs of young people with mental health concerns is essential. Adolescents' mental health depends on avoiding institutionalization and over-medicalization, giving non-pharmacological methods priority, and protecting children's rights in accordance with the United Nations Convention on the Rights of the Child and other human rights documents (World Health organization,2021). The standard of their family life and their relationships with peers are additional significant influences. There are known dangers to mental health, including violence (particularly sexual violence and bullying), strict parenting, and serious socioeconomic issues.

1. METHODOLOGY

1.1 Research Question

Research Question:
Name:
Age:
Gender:

1. Have you seen or heard the following incidents in your community?

i. Crime related activities
ii. Poverty
iii. Violence
iv. Discrimination
v. Natural Disaster

2. From 1 to 10, rate the following Personal Attributes
a. Personality
b. Intelligence
c. Self-Esteem
d. Emotional Intelligence
e. Values
f. Social Abilities

1.2 Research Design

The researchers provided a survey to the students in where the first part of the survey talks about the incidents that they have seen or heard in their Community and will answer on either Yes or No, and in the second part it talks about their Personal attributes in where they will rate their observation on their self. This research targeted the population of the high school students of Northwestern Agusan Colleges.

1.3 Participant of the Study:

This study was conducted on last week of May 2023, at Northwestern Agusan Colleges. The participants of this study are from Grade 7 to Grade 10 students

Grade Level	Population
7	47
8	39
9	58
10	31

1.4 Data Gathering Procedure:
The researchers asked for permissions to the School principal, and after being approved, the researchers started to conduct the survey by discussing it in front of the students. Then the researchers gathered the data.

1.5 Statistical Tool
☐Frequency- this will describe the composition of the population
☐Likert scale- measures the participants understanding and opinions
☐Binomial Test- a statistical tool used to compose observed result with expected result.

2. RESULT AND DISCUSSION

2.1 TABLE 1.. PRESENTS THE CONNECTION BETWEEN GENDER AND THE INCIDENTS THAT THE STUDENTS HAVE SEEN OR HEARD IN THEIR COMMUNITY.

Binomial Test

Variable	Level	Counts	Total	Proportion	p
Gender	0	90	175	0.514	0.762
	1	85	175	0.486	0.762
I.1.i	0	43	175	0.246	<.001
	1	132	175	0.754	<.001
I.1.ii	0	43	175	0.246	<.001
	1	132	175	0.754	<.001
I.1.iii	0	49	175	0.280	<.001
	1	126	175	0.720	<.001
I.1.iv	0	54	175	0.309	<.001
	1	121	175	0.691	<.001
I.1.v	0	37	175	0.211	<.001
	1	138	175	0.789	<.001

Note. Proportions tested against value: 0.5.

This table shows the connection between gender and the different incidents that the students have seen or heard in their community where Crime related activities (I.1.i), Poverty (I.1.ii), violence (I.1.iii), discrimination (I.1.iv),and natural disaster(I.1.v). And almost all of the result are related to each other since it has p value of < 0.001. which suggest that Gender and Crime related Incidents in their Community can affect the mental Health of the students. And the rating of the students that choose yes (1) is bigger that the ones who picked no (2). so this means that they have seen or heard the crime incidents in their community that makes it more vulnerable for their mental health. Female infanticide, child marriage, forced prostitution, honor killings, dowry killings, prenatal sex selection, neglect, female genital mutilation, and rape are all crimes against women.(Gender Discrimination Causes Inequality Between Girls and Boys Around the World, n.d.)

2.2 Table 2. presents the connection between the age and the incidents that the students have seen or heard in their community.

Binomial Test

Variable	Level	Counts	Total	Proportion	p
Age	1	152	175	0.869	<.001
	2	22	175	0.126	<.001
	3	1	175	0.006	<.001
I.1.i	0	43	175	0.246	<.001
	1	132	175	0.754	<.001
I.1.ii	0	43	175	0.246	<.001
	1	132	175	0.754	<.001
I.1.iii	0	49	175	0.280	<.001
	1	126	175	0.720	<.001
I.1.iv	0	54	175	0.309	<.001
	1	121	175	0.691	<.001
I.1.v	0	37	175	0.211	<.001
	1	138	175	0.789	<.001

Note. Proportions tested against value: 0.5.

In table 2, shows the connection between Age and the different incidents that the students have seen or heard in their community where Crime related activities (I.1.i), Poverty (I.1.ii), violence (I.1.iii), discrimination (I.1.iv),and natural disaster(I.1.v). And all of the result are related to each other since it has p value of < 0.001. which suggest that Age and crime related incidents can affect the mental health of the students. These tables show the extent to which students, ages 12 through 18, with different characteristics report being bullied, including estimates by , race/ethnicity, grade, and household income Burns (n.d.)

2.3 Table 3 .presents the connection between Grade Level and the incidents that have seen or heard in their community.

Binomial Test

Variable	Level	Counts	Total	Proportion	p
GL	1	86	175	0.491	0.880
	2	89	175	0.509	0.880
I.1.i	0	43	175	0.246	<.001
	1	132	175	0.754	<.001
I.1.ii	0	43	175	0.246	<.001

Variable	Level	Counts	Total	Proportion	p
	1	132	175	0.754	< .001
I.1.iii	0	49	175	0.280	< .001
	1	126	175	0.720	< .001
I.1.iv	0	54	175	0.309	< .001
	1	121	175	0.691	< .001
I.1.v	0	37	175	0.211	< .001
	1	138	175	0.789	< .001

Note. Proportions tested against value: 0.5.

This table shows the connection between Grade level and the different incidents that the students have seen or heard in their community where Crime related activities (I.1.i), Poverty (I.1.ii), violence (I.1.iii), discrimination (I.1.iv),and natural disaster(I.1.v). And almost all of the result are related to each other since it has p value of < 0.001. Which suggest that Grade Level and crime related incidents can affect the mental health of the students.

2.4 Table 4. presents the connection between Mothers Education Background the incidents that the students have seen or heard in their community.

Binomial Test

Variable	Level	Counts	Total	Proportion	p
MEB	0	69	175	0.394	0.006
	1	4	175	0.023	< .001
	2	15	175	0.086	< .001
	3	41	175	0.234	< .001
	4	17	175	0.097	< .001
	5	29	175	0.166	< .001
I.1.i	0	43	175	0.246	< .001
	1	132	175	0.754	< .001
I.1.ii	0	43	175	0.246	< .001
	1	132	175	0.754	< .001
I.1.iii	0	49	175	0.280	< .001
	1	126	175	0.720	< .001
I.1.iv	0	54	175	0.309	< .001
	1	121	175	0.691	< .001
I.1.v	0	37	175	0.211	< .001
	1	138	175	0.789	< .001

Note. Proportions tested against value: 0.5.

This table shows shows the connection between Mothers Educational Background and the different incidents that the students have seen or heard in their community where Crime related activities (I.1.i), Poverty (I.1.ii), violence (I.1.iii), discrimination (I.1.iv),and natural disaster(I.1.v). And almost all of the result are related to each other since it has p value of < 0.001. which suggest that Grade Level and crime related incidents can affect the mental health of the students. And in the MEB the rating of the High school Graduate (3) is more than the rate of the college Graduate (5).family background in the creation of inequality, (Egalite, 2022)

2.5 Table 5 presents the connection between Fathers Educational Background and the incidents that the students have seen or heard in their community.

Binomial Test

Variable	Level	Counts	Total	Proportion	p
FEB	0	75	175	0.429	0.069
	1	3	175	0.017	< .001
	2	13	175	0.074	< .001
	3	37	175	0.211	< .001
	4	10	175	0.057	< .001
	5	37	175	0.211	< .001
I.1.i	0	43	175	0.246	< .001
	1	132	175	0.754	< .001
I.1.ii	0	43	175	0.246	< .001
	1	132	175	0.754	< .001
I.1.iii	0	49	175	0.280	< .001
	1	126	175	0.720	< .001
I.1.iv	0	54	175	0.309	< .001
	1	121	175	0.691	< .001
I.1.v	0	37	175	0.211	< .001
	1	138	175	0.789	< .001

Note. Proportions tested against value: 0.5.

This table shows shows the connection between Fathers Educational Background and the different incidents that the students have seen or heard in their community where Crime related activities (I.1.i), Poverty (I.1.ii), violence (I.1.iii), discrimination (I.1.iv),and natural disaster(I.1.v). And almost all of the result are related to each other since it has p value of < 0.001. which suggest that FEB and crime related incidents can affect the mental health of the students. And in the FEB the rating of Elementary Level (0) is higher than the rest of the educational background. family background in the creation of inequality, (Egalite, 2022)

2.6 Table 6. shows the connection between Poverty and Personality the students see in themselves.

Binomial Test

Variable	Level	Counts	Total	Proportion	p
I.1.ii	0	43	175	0.246	< .001
	1	132	175	0.754	< .001
III.1.a	1	22	175	0.126	< .001
	2	9	175	0.051	< .001
	3	9	175	0.051	< .001
	4	13	175	0.074	< .001
	5	30	175	0.171	< .001

6	8	175	0.046	< .001
7	16	175	0.091	< .001
8	27	175	0.154	< .001
9	13	175	0.074	< .001
10	28	175	0.160	< .001

Note. Proportions tested against value: 0.5.

This Table shows the connection between Poverty and the personality the the students see in themselves and in this table the researchers used likert scale to see how the students rate from 1 to 10 where 10 is the highest, their Personality. And the highest rate is 5 which means it is in the middle and in the Poverty the rating of yes (1) is higher than the rating of no (0)which means The risk of the students that have seen or heard of it is High. Yet the p value is <0.001 that suggest Poverty and Personality has a significance to each other.It demonstrates how the inner experiences and outside circumstances of impoverished children have a significant influence on their development and how crucial it is to improve the outside circumstances of poor children.(Fan & Xu, 2022)

2.7 Table 7 . shows the connection between Violence and Personality that the students see in their self.

Binomial Test

Variable	Level	Counts	Total	Proportion	p
I.1.iii	0	49	175	0.280	< .001
	1	126	175	0.720	< .001
III.1.a	1	22	175	0.126	< .001
	2	9	175	0.051	< .001
	3	9	175	0.051	< .001
	4	13	175	0.074	< .001
	5	30	175	0.171	< .001
	6	8	175	0.046	< .001
	7	16	175	0.091	< .001
	8	27	175	0.154	< .001
	9	13	175	0.074	< .001
	10	28	175	0.160	< .001

Note. Proportions tested against value: 0.5.

This table shows the connection between violence that the students have seen or heard in their community and personality that the students see in themselves. And in the table the rating of the Yes (1) is high which means the students who already have seen or heard about Violence in their community is high. Yet the p value is <0.001 which suggest that the Violence and personality have a significance to each other. Personality traits could be used to identify people with a tendency for violence and criminal behavior. Research on personality traits can also help to determine

how people differ from each other and how personal differences affect their lives.(Mohamedamin & Fatahi, 2022)

2.8 Table 8. shows the connection between Discrimination and Personality that the students see in themselves

Binomial Test

Variable	Level	Counts	Total	Proportion	p
I.1.iv	0	54	175	0.309	< .001
	1	121	175	0.691	< .001
III.1.a	1	22	175	0.126	< .001
	2	9	175	0.051	< .001
	3	9	175	0.051	< .001
	4	13	175	0.074	< .001
	5	30	175	0.171	< .001
	6	8	175	0.046	< .001
	7	16	175	0.091	< .001
	8	27	175	0.154	< .001
	9	13	175	0.074	< .001
	10	28	175	0.160	< .001

Note. Proportions tested against value: 0.5.

This table shows the connection between Discrimination the students have seen or heard in their community and Personality that the students see in themselves. And in the table the rating of yes (1) is higher than the rating of no (0), it means that the risk of the students that have seen or heard about discrimination in their community is high. Yet the p value is <0.001 which suggest that Discrimination and personality is significant to each other. These instances of prejudice are common and are considered to be especially harmful because they are unregulated and unpredictable. Indeed, perceived discrimination is linked to lower psychological well-being and worse physical health, both of which are measured simultaneously as well as over the course of time. (Sutin et al., 2016)

3. CONCLUSION

In this section the researchers have create and analyze the result that have given and they conclude the following.

1.In Table 1 it discuss about the Gender and The incidents that the students have seen or heard in their community. And it shows the significance of the two since the p value is <0.001.
2. In table 2 it discuss about the Age and the incidents that the students have seen or heard in their community, and is says that are mostly in the age of 12-18 are being bullied and etc. And it does affect the mental health of the students.
3.In table 3 it discuss about the Grade level and the incidents that the students have seen or heard in their community, and says that the p value is <0.001 and it means there is a significance to each other.
4.In Table 4 it discuss about the Mothers Educational background and the incidents that the students have seen or heard in their community, in where it says that the p value is <0.001 which means the result is significant to each other.

5.In Table 5 it discuss about the Fathers Educational background and the incidents that the students have seen or heard in their community, in where it says that the p value is <0.001 which means the result is significant to each other.

6.In Table 6 it shows the connection of Poverty that the students have seen or heard in their community and personality that the students see in themselves, it says that poverty really can affect the mental health of the students because of the poor environment and how difficult to have a good improvement because of the circumstances.

7.In table 7 it shows the connection between violence that the students they seen or heard in their community and their personality that they have seen in themselves, it says that personality can also give perspective if that certain person is capable of being violent and because of it students can see or heard of how violence work especially in their environment.

8.In table 8 it shows connection of discrimination that the students have seen or heard in their Community and their personality that they have seen in themselves, it says that discrimination can really affect the mental and psychological state of a being and it does make impact just through words and because of this it does create a big risk of being mentally

4. RECOMMENDATION

In this section shows the recommendation that the researchers found in this study and the following are what the researchers recommend.

1.Adapt and innovate mental health services
2.Invest in a comprehensive, public health approach to mental health.
3.Have a further implication to address this kind of mental health factors.

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