

## ABSTRACT

**Name of the Scholar** : **Meenakshi Girdhar**  
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**Title** : **Problem Solving Ability Of Adolescents in Relation to Mental Hygiene, Birth Order, And Socio- Economic Status**

The present study focussed the appraised problem solving ability of adolescents in relation to mental hygiene, birth order, and socio economic status, with a target sample of 576 Kendriya Vidyalaya students with a mean age of 14.5 years.

To accomplish the set- forth objectives of the study, the investigator adapted Problem Solving Inventory, constructed a Mental Hygiene Inventory, and used a standardized Socio Economic Status Scale. The statistical analyses (t- test/ one way ANOVA/ Multiple Regression) of data resulted in following conclusions:

- Almost 3/4<sup>th</sup> of the participants perceived them to be confident enough and faced the problem considering it a challenge but almost half of the participants lagged in managing their emotions during a problem solving process. In general, major chunk of the participants had positive or highly positive perception of their problem solving ability.
- Almost 3/4<sup>th</sup> of adolescents accepted to practice following mental hygiene practices- self- regulating, being responsible, craving personal growth, acting spiritually, practicing forgiveness, acting courageously, maintaining social cohesion, acting socially mature, having environmental mastery, and being optimistic.
- Approximately 2/3<sup>rd</sup> of the respondents stated not to be active in physical health maintenance regimes, doubted about their reflective thinking, and showed impatience.
- Almost 3/5<sup>th</sup> of the participants indicated positive affirmation for the stated mental hygiene dimensions- ‘using wisdom’, ‘being goal oriented’, and ‘practicing open mindedness’; and approximately similar number of respondents showed negative affirmation for the factor ‘seeking social support’.
- First born and later born adolescents did not differ in their total problem solving appraisal scores, perception of their problem solving confidence and personal control but somehow ordinal position made a significant difference in the perceived approach- avoidance style of the adolescents.

- Participants from low, middle, and high socio economic background did not differ significantly in perception of problem solving ability, problem solving confidence and personal control, but somehow differed in their approach- avoidance style.
- The adolescents using self- regulation, acting towards personal growth, opting spiritually oriented acts, behaving socially mature, using wisdom in their day to day activities, having goal determination, and having environmental mastery indicated to have almost 23% of variance in their problem solving confidence score.
- The adolescents who worked towards achieving personal growth, used wisdom, had environmental mastery, shouldered their responsibilities, showed integrity, worked out for maintaining physical health, and acted socially mature indicated to have almost 25% of variance in their approach- avoidance style. The first born adolescents tended to have more approaching affirmation in comparison to later born adolescents. And same trend had been observed in adolescent belonging to low socio economic status group in comparison to rest.
- The adolescents, who agreed to use their wisdom, acted with responsibility, showed integrity, maintained physical health, and craved for personal growth tended to have approximately 15% of variance in their personal control.
- The adolescents, who confirmed to use wisdom, craved for personal growth, had environmental mastery, maintained social cohesion, acted socially mature and behaved responsibly tended to have 30% of variance in perception of their overall problem solving ability.