REVIEW OF LITERATURE

1. **Barnam (1960)** studied the AAHPER Youth Fitness test battery and administered the test to 78 girls in grade VIII at Mitchell Junior High School. The girls were classified by the Neilson-cozons classification index and composed with national norms. The girls were above the average in sit-ups, standing broad jump, 600 yard run/walk, 50 yard dash and shuttle run but below in the soft ball throw and modified pull-ups. The differences were attributed to their physical education programmes.

2. **Elizabeth (1960)** prepared the norms of girls age 12, 13, 14 and 15 on the North Carolina AAHPER Tests. The norms were prepared for each of the five test times, sit-ups, side stepping, standing broad jump, modified pull-ups and squat thrusts. The sit-ups item provided differentiation on the percentile scale for each age group. The standing broad jump test provided the greatest ranges and the best differentiation of scores on the percentile scale for the age groups. The modified pull-ups tests failed to differentiate the lower end of the distribution for all age groups but did not discriminate above the 20th percentile.

3. **Alston (1965)** made a comparison between the performance of girls on the Virginia Physical Fitness test, AAHPERD Youth Physical Fitness test and North Carolina Physical Fitness Test. He found the correlations between the Virginia and the AAHPERD Test was 0.80. The mean difference gave essentially equivalent result for assessing physical fitness of high school.

4. **Patrick (1972)** had constructed a motor fitness test battery for girls in lower elementary grades. The items included in this test were Clarke’s strength composite, McCloy’s endurance ratio, leg extension and flexion, Well’s sit and reach, Dodging run, Base length wire stick balance, and vertical jump. It measured the essential components of motor fitness such as muscular strength, muscular endurance, cardiovascular endurance, flexibility, agility, balance and power.

5. **Beckford (1976)** conducted a study to evaluate the physical fitness level of Navajo girls who were 14 to 16 years old. AAHPER Youth Fitness test was administered on the subjects selected from seven schools of the region to measure the physical fitness level. It was also established on the basis of scores obtained from test result from these schools. These norms were compared to national norms found in the manual accompanying the AAHPER Youth Fitness test. The result of this study gave an indication of the overall fitness level of 14, 15 and 16
years of Old Navajo girls of the seven test items. The Navajo norms were below the national
norms of 5 items and above on the softball throw and 600 yard run/walk.

6. Sittmann (1981) conducted a study to develop norms for North East Missouri State University
students enrolled in the health and physical fitness concept classes. 372 male and 648 female
subjects were tested for the sum of 6 skinfolds, predicted % fat, predicted VO2 max, grip
strength, leg strength, back strength, vertical jump distance and vertical jump power. Mean,
standard deviations and range for all variables were calculated classification was based on sex.
Percentiles in increments of 5 were constructed for each variable in each classification.

7. Taddonio(1982) conducted a study to compare the physical fitness of public school students
from economically deprived areas with national norms. He also compared the physical fitness
to public school students from high poverty area with those from low poverty area. The
national norms were developed from 1975 national survey of youth fitness. The AAHPER
Youth Fitness test was used as the measures of physical fitness. It was found that there was no
difference in the physical fitness of boys and girls represented by 1975 national norms. It was
found that also there was no difference in physical fitness of boys or girls high poverty areas
and girls from low poverty areas.

8. Walker (1982) conducted research on 50 blacks and 50 white females 10th grade students were
randomly selected and compared on the AAHPERD Youth Fitness test. The black students
scored significantly higher (P 0.05) than the white students on leg power (M=44.46% and 31.2
% respectively) and speed (M=57.8 & and 30.1% respectively). The white students performed
significantly higher than the black students on abdominal strength (M=31.5% and 27.7%
respectively). Not other comparison were significant.

9. Reet Mohinder Singh (1986) prepared physical fitness norms for high school boys of Punjab
State. Data were collected on five thousand subjects from various schools in the State. The test
administered consisted of eight times i.e., standing broad jump, sit and reach test, agility run,
knee bent sit- ups, 50 meters dash, push- up (chairs), cricket ball throw and 600 metres run
walk. The percentile norms for physical fitness tests were found to be valid and suitable to
assess the physical fitness level of the high school boys of 12 to 15 years of age.

10. Singh (1988) prepared physical fitness norms for high and higher secondary school boys of
Jammu and Kashmir State. Data was collected on 4200 male students belongs to six to
eleventh classes of age 13 to 19 years subjects randomly selected and they were administered
the AAHPER Youth Fitness Test. Age wise norms were prepared in terms of Percentile scale, Hull Scale and T-Scale (1991) conducted a study on computation of norms for 12 minute run and walk among school boys. Data was collected on 1000 school boys belongs to sixth to tenth classes of age 13 to 15 years subjects were randomly selected and they were administered the Cooper’s 12 minutes Run/Walk test. Age wise norms were prepared in terms of Hull scale.

11. **Joseph James (1990)** conducted a survey of physical fitness of Kendriya Vidyalaya boys in Kerala State and the influence of acceleration sprints and hollow spirits on them. AAPHER Youth Physical fitness test was selected to find out their physical fitness levels before and after the treatment of experiment variables. There were no significance differences between the subjects groups on tests of balance upper body endurance and agility. Male students were higher than the female students on all rests expect flexibility. It was felt that social and economic factors and the intensity of habitual physical activity played a significant role in the result of this study.

12. **Rajaguru (1990)** conducted a survey of physical fitness on school boys are age between eleven and sixteen years in Thanjavur and Pudukottai districts and the influence of selected weight training exercises on them. This study was designed to survey the physical fitness of high school boys age ranging from eleven to sixteen years in Thanjavur and Pudukottai districts and the influence of selected weight training exercises on them. After collecting the data from the subjects re-analysed by using t – ratio statistical technique. On the basis of interpretations of data the following conclusions were drawn. The selected weight training exercise had significantly improve the physical fitness level of below average subjects in all six times The selected weight training exercise two hands press high pull up, press behind the neck, triceps press, bench jump, jumping squat and step upon bench had improved the performance in all the physical fitness components namely speed, strength, agility, endurance Abdominal muscular strength and Endurance and cardio respiratory endurance.

13. **James (1992)** conducted a survey of physical fitness of higher secondary school boys age between sixteen and nineteen years at low, medium and high altitudes in Tamil Nadu. For the purpose of this study he has selected 315 school boys studying XI to XII standard from nine schools at low, medium and high altitudes for this survey, the scores made by these subjects at each level of altitudes was compared with other level of altitudes. Physical fitness, emotional, social, spiritual and mental fitness tests were conducted. The data collected at different
altitudes analysed by using one way analysis of variance (ANOVA). 1. The medium altitude students of the age 16 to 19 years performance better in pull ups and 50 yards rum than low and high altitude students of same age group. 2. The same subjects at high altitude performed well in standing broad jump, 600 yards run walk than the low and medium altitude students. 3. They have done well at low altitude in shuttle run than the other two level of altitude.

14. Suresh (1993) conducted a study on the survey of health related physical fitness and cultural aspects of school boys of the age group between fourteen to sixteen years of Karnataka State. For the purpose of this study he has selected 1028 boys from Karnataka State at random. For this study following variables were selected. Sit and reach for Flexibility, Sit ups for abdominal muscular endurance, Bent arm hand for shoulder muscular endurance, Shuttle run for running speed and agility, Harvard step test for cardio respiratory endurance. Body composition (skin fold measurement) sum of Biceps, Triceps, sub scapular and Supra for body composition. To find out the cultural aspects, relation to the family, rural and urban background, interest of family and friends sports and games. T-Test and analysis of variance was used. No significant differences exist among rural and urban group in sit and reach for flexibility. There was no significant difference exists among rural and urban in sit- ups for abdominal muscular endurance. Significance between rural and urban group bent arm hang for shoulder muscular endurance. Harvard step test for cardio respiratory endurance. No significant differences are found in shuttle run for running speed and agility.

15. Vijayakumar (1993) conducted a survey of health related fitness and cultural aspects of school children of Kerala. For the purpose of this study he has selected 1000 schools boys of age ranging from 14 to 17 years from the schools of five districts of Kerala both urban and rural. 1. Urban group consists of 642 Boys, 2. Rural group 358 hoys. Health related physical fitness were administered and the social and cultural aspects of their parents. A questionnaire was also administered to each student. To find out the significant difference among the group “t” test and “F” was applied. From the result of the study showed that there were no any statistical significance between rural and urban school boys in health related fitness.

16. Reza.Md.Nasim (2000) “A comparative study of physical fitness between adolescent boys of Bangladesh and India” conducted a study to compare the physical fitness between adolescent boys of Bangladesh and India. Here AAHPERD youth fitness test was chosen by the investigator. In this study the following variables were the criterion to measure physical fitness
i) arm and shoulder strength was measured by pull-ups, ii) abdominal strength and endurance were measured by sit-ups, iii) speed and agility were measured by shuttle run, iv) endurance was measured by standing long jump, v) speed was measured by 50 yard dash vi) endurance was measured by 600 yard run walk. In the relation of physical fitness the main difference was computed by employing statistical technique of ‘t’ ratio. From the test result it was found that in respect of physical fitness, adolescence of Bangladesh and India stood as per there was no significant difference as obtained from the results.

17. **Kumar and Sathe (2003)** carried out studies on the relatives effect of health- related fitness on sports proficiently of students of physical education. The subjects for the study were the male students of school of physical education, Devi Ahilya Bai Viswavidyalalya, Indore who had at least participation in inter-collegiate tournament in the year 1995-96. They concluded that a high skilled sports person shows a high correlation with sports performance but the contribution of sill- related fitness and Health related fitness are equal.

18. **Sirijaruwong and Kosa (2006)** conducted a study to construct health- related physical fitness norms for students of Rajamangala University of Technology Thanyaburi. AAHPERD Health-Related Physical Fitness Test was used and conducted the following tests. Sit and Reach One minute sit-up, 1.5 mile Run/Walk, and body mass index. The data were analyzed by mean, standard deviation, percentile norms was constructed based on percentile scores, the qualitative grading was used and prepared into five levels, namely excellent, good, moderate, low and poor. It was found that the health- related physical fitness norms for male and female students of Rajamangala University of Technology Thanyaburi by using physical fitness tests: body mass index, sit and reach, one minute sit-up 1.5 mile run/walk were at moderate level. The researcher constructed health- related physical fitness norms for students of Rajamangala University of Technology Thanyaburi according to the objectives.

19. **Bettina F. Piko (2006)** The main goal of the present study is to investigate the relationship between youth physical activity, their psychosocial health and well- being, and their life goals. Data were collected among students (n = 1109, age range between 14 and 21 years of age, mean: 16.5 years SD = 1.3 years) enrolled in the secondary schools of the Southern Plain Region (three counties), Hungary. Our findings support previous results that more active students have a better self-perceived health and fitness, lower levels of depressive symptoms and higher levels of life satisfaction. In addition, students who are regularly active
prefer less extrinsic values as life goals for their future. However, there are no significant differences by physical activity status in terms of intrinsic values (except for physical health). These findings suggest that physical activity is not pursue a beneficial health behaviour only through its functions. In community health programs, a health-related physical education approach should be addressed to improve the psychosocial benefits of physical activity.

20. Gill, Deol and Kaur (2010) conducted a comparative study of physical fitness component of rural and urban female students of Punjab University. In the present study an attempt has been made to compare physical fitness components namely speed, strength, endurance, agility and flexibility between female students belonging rural and urban set-ups. The data was analyzed and compared with the help of statistical procedure in which arithmetic mean, standard deviation (S. D), standard error of mean (SEM), T-test were employed. Rural female students were found to be superior in strength, endurance, speed and agility where urban female students on the other hand, were found to be superior in tasks like flexibility.

21. P. Johnson, and P.S Raja Marsion Babu (2013) This investigation was purported to evaluate the Physical Fitness Status of Schoolboys adapted by RDT Hockey Academy in the Rayalasema District of Andhra Pradesh, India. For this reason, 916 schoolboys from thirty-two (32) schools in for (4) different districts adapted by RDT hockey academy in the Rayalasema Districl of Andhra Pradesh, India were considered as subjects. These subjects were in the age group of 11 to 16 years, and they were assessed for their physical fitness status. The fitness parameters were restrained to height, weight, speed, explosive power, flexibility, agility and cardio respiratory endurance using standardized tests and procedures. The data collected were subjected to statistical analysis by means of One way ANOVA, and Bonferroni corrections post hoc test. The confidence interval was fixed at p<0.05 in all cases. The research findings ensure statically considerable age difference on selected variables, and it implies that age differences influence almost all fitness parameters.

22. Sing, Manjit, et. Al (2014) They study was to determine the comparative analysis of motor fitness components among Sprinters, Throwers and Jumpers. To conclude, it is significant to mention in relation to Motor Fitness Components that insignificant differences occur among Inter- College Sprinters, Throwers and Jumpers on the sub variable Explosive Strength. However, the significant differences occur among Inter- College Sprinters, Throwers and jumpers on the sub variable Agility. Balance, Speed and Flexibility. To conclude, it is
significance to mention in relation to Motor fitness Components that insignificant differences occur among Inter University Sprinters, Thrower and Jumpers on the sub variable Agility and Explosive Strength. However, the significant differences occur among Inter-University Sprinters, Throwers and Jumpers on the sub variable Balance, Speed and Flexibility.

23. **Singh Amandeep A (2014)** Study of Selected Motor Fitness Variables between Individual and Dual Sport Athletes. The purpose of this study was to compare the motor fitness variables between individual and dual sport athletes. The independent samples t-test was applied to assess the differences between individual and dual sport athletes. The findings of present study revealed significant differences between individual and dual sport athletes with regard to the variables strength (p<0.05), agility (p<0.05), power (p<0.05), speed (p<0.05) and endurance (p<0.05). While comparing the means, individual sport athletes have been found better on strength, agility, power, speed and endurance.

24. **Dhananendrappa. S.N. and C. Betsur, Ningamma (2002)** studied “Significance of Emotional Intelligence and Mental Health in Learning Process” Secondary education plays a predominant role in shaping children for the future society. Children with high emotional intelligence and mental health could possess better understanding with their peers and adequate adjustment well in the society. Moreover it helps the individuals to maximize potentialities of individuals to the fullest extent. This article deals with the significance of emotional intelligence and mental health in learning process of secondary schools. The techniques are suggested to enhance the emotional intelligence and mental health which are essential for secondary school students for better adjustment and scholastic achievement.

25. **Ojiha (2002)** conducted a study on “Social anxiety and mental health of normal and physically challenged adolescents.” The purpose of the study was to compare social anxiety and mental health of normal and physically challenged adolescents. The sample constituted of 60 subjects (15 orthopedically challenged female and matched control group of normal adolescents) randomly selected from different located in Varanasi. Mental health inventory Jagadish and Srivastava, (1983) was administered to measured mental health. With regard to mental health normal group and orthopedically challenged group showed no significant difference.

26. **Farahbakhsh S. (2004)** conducted a study entitled. “Mental Health of secondary school principals in relation to occupational variables.” The objectives of the study were (i) To compare six measures of Mental Health namely overall personal well-being, anxiety factor
disability systems, capacity to establish constructive relationships and capacity to cope with the ordinary demands and others of life among secondary school principals with respect to administrative experience as well as total service in teaching. (ii) To compare the Mental Health of the secondary school principals in relation to number of teachers, number of pupils as well as educational quality level of their schools. The study was conducted on a sample of 60 Government Secondary School principals. The major findings of the study were (ii) The Mental Health Scores indicated that there was not very significant difference among principals according to various categories of number of teachers in their schools.

27. Srivastava S.K., (2004) conducted a study entitled, “Mental Health and personality adjustment among optimistic and pessimistic students community.” The objectives of the study were to investigate the significant difference between optimistic and pessimistic students in terms of Mental Health and personality adjustment. The study was conducted with 150 students in which 75 were male and 75 were female students. The tools used in this study were optimistic, pessimist attitude scale by S. Parasha and Mithila, Mental Health status inventory by Anand Kumar and personality adjustment inventory by C.P. Sharma. The major findings were that the optimistic students significantly differ from pessimistic students on personality adjustment.

28. Jeba A. (2005) conducted a study on “Teaching competency and Mental Health of student teachers in a District Institute of Education and Training (DIET).” The objectives of the study were (i) to find out the gender and group differences in teaching competency and Mental Health status of student teachers in DIET. (ii) To find out the relationship between teaching competency Mental Health status of students teachers in DIET. The sample consisted of 150 men student teachers and 150 women student teachers of DIET. The tools used were, (i) Mental Health Status Scale development by Abraham M. And K.C. B. Prasanna (ii) Teaching Competency Assessment scale development by the investigator. ‘t’ test and correlation were used to analyze the data. The study revealed that the Mental Health and teaching competency are correlation.

29. Penedo, Frank J (2005). “Exercise and well-being: a review of mental and physical health benefits associated with physical activity”. Purpose of review: This review highlights recent work evaluating the relationship between exercise, physical activity and physical and mental health. Both cross-sectional and longitudinal studies, as well as randomized clinical trials, are included. Special attention is given to physical conditions, including obesity,
cancer, cardiovascular disease and sexual dysfunction. Furthermore, studies relating physical activity to depression and other mood states are reviewed. The studies have several implications for clinical practice and research. Most work suggests that exercise and physical activity are associated with better quality of life and health outcomes. Therefore, assessment and promotion of exercise and physical activity may be beneficial in achieving desired benefits across several populations. Several limitations were noted, particularly in research involving randomized clinical trials. These trials tend to involve limited sample sizes with short follow-up periods, thus limiting the clinical implications of the benefits associated with physical activity.

30. S. Prabu Shanker, Rachel Jabaraj (2006) studied “Mental Health of Tsunami affected Adolescent orphan children.” The purpose of the study was to find out the mental health of tsunami affected adolescent orphan children and the influence of mental health as the determent of their academic achievement. The sample comprised 80 adolescent orphan children. 52 boys & 28 girls between age group 9 to 15. The mental health tool was constructed by Srivasthava. A.K (2003) used to measure mental health. Findings of the present study indicate that there is a high significant relationship between the mental health & academic achievement of Tsunami affected adolescent orphan child. The level of mental health of Tsunami affected orphan children were found too low.

31. Vidhya Ravindranadan (2006) studied “Emotional intelligence, quality of life and mental health status of parents of children with special needs’. The purpose of the study was to investigate emotional intelligence, quality of life and mental health status of parents of children with special needs. There is significant difference between parents of children with special needs and parents of normal on the study variable mental health status. Sample 400 parents of children with special need studied. The tools used in the study were emotional intelligence (1998) Jayaraj, B. & Dr. Sam Sananda Raj. Findings of the study indicate that there is significant difference in mental health status between the study groups of Kerala & Dubai on the basis of education. There will be significant difference among the study group on the basis of nationally / locality on attitude towards self, self actualization, perception of reality environmental mastery and Mental Health total. There will be significant difference between parents of children with special needs and parents normal on the sudsy variable mental health status.
32. **Anotny Gracious, F.L. and Vimal Eswary, T. (2007)** conducted “A study on Mental Health awareness among College students.” The objective of the study is to study Mental Health awareness among the college students of Tuticorin area. The investigator has selected survey method for collecting data for this study. 250 samples were selected randomly development by Jagdish and A.K. Srivastava (1997) was used. The major findings were (i) There is a significant difference between the mean scores of male and female college students regarding Mental Health awareness dimensions, positive self evaluation, group oriented attitudes and environment mastery. ii. There is a significant difference between the mean scores of women and co-education college students regarding Mental Health awareness dimension autonomy.

33. **Srividhya, V (2007)** studied “Mental health and adjustment problems of students of Navodaya, Central and State schools”. The purpose of the study was to investigate mental health and adjustment problems of students of Navodaya Central and state schools Students of different educational systems did not differ significantly by the levels of components of mental health such as positive self-evaluation, perception of reality, integration of personality, autonomy, group oriented attitude and environmental mastery. Boys and girls id not differ significantly on mental health, but girls of Central school had better mental health compared to boy of Central school. Scheduled caste/tribe students had significant poor mental health than other category students, but religion had no influence on mental health. The more the problems students faced the lower was the mental health.

34. **R. Perumal (2008),** “A study of Mental Health status and locus of control with reference to VIII Standard English Achievement”. The Objectives of the study and, ii) To explore the relationship between Mental Health status and locus of control of VIII standard students of Kerala. Normative Survey Method was adopted for the present study 450 English Standard on the basic of disproportionate stratified sampling technique. The tools of the study were the Mental Health status scale development by Abraham and Prasanna 1981 and Malayalam version of Rotter’s Internal – External locus of control scale was developed by Rotter (1966) ‘t’ – test and Correlation were used to analyze the data. The major findings were there is no significant differences exist between the gender groups with respect to the Mental Health status of VIII Standard students of Kerala.

Majority of VIII Standard students of Kerala do not have high Mental Health status,
There is no significant correlation among Mental Health status, internal locus of control and Achievement in English of VIII Standard students of Kerala.

35. **Saheel Khan, Bina Srivastava (2008)** conducted, “A study on teachers burnout in relation to Mental Health”. To find out Mental Health has any impact on the burnout levels of school and college teachers. The sample comprised of 640 schools and college teachers of 4 districts of eastern UP. It was drawn through random sampling technique. The tools of the study were (i) burnout scale by Dr. Tripte Hatwal and (ii) Mithila Mental Health Status Inventory. The major findings were i) Mental health varies significantly according to factors like stressful life events, intelligence, role base stress, job satisfaction, personality etc. ii) Mental Health is a variable, which is intensively correlated with the burnout tendency.

36. **Thamodharan. V., (2009)** conducted, “A study of Mental Health and Academic Achievement in English of Higher Secondary Students.” The objective of the study were, i) To find out the Mental Health of Higher Secondary students, ii) To find out the significant difference if any in the Mental Health of Higher Secondary students with the variable (a) Gender, (b) Language of Instruction, (c) Locality, (d) Religion, (e) Family Income, iii) To find out Academic Achievement in English of Higher Secondary students. Iv) To find out the Correlation between Mental Health and Academic Achievement in English of Higher Secondary Students, 250 students studying in XI standard are taken as the sample. The tools of the study were “Mental Health Inventory” developed by Jegadeesh Srivasta and “Achievement Test in English” developed and standardize by the Investigator. ‘t’ test, ‘F’- test, Correlation and Percentage Analysis were the tools used to analyze the data. The Major Findings were, i) There is no significant difference in the Mental Health of the students and Academic Achievement of Higher Secondary class with reference to variables Gender, Locality of the Institution and family income, ii) There is significant difference in the Mental Health of Higher Secondary students of different religions, iii) There is significant relationship between the Academic Achievement of Higher Secondary students in English and their Mental Health.

37. **Shatarupa Chatho Pathajay, Anjana Mulchopadhyay (2010)** studied “Depression as Risk, Vulnerable and Normal Adolescents: A Comparison of Mental Health.” The purpose of the study was framed to investigate mental health of adolescents who are at risk of developing depression in future and those who are not affected by such symptoms. The Sample of the study comprised 300 students 14-18 yrs studied from secondary school Varanasi. The tests
used in this study were Depression symptom Check list and Beck Depression Inventory. The group depression ‘at risk’ (n=21) was defined on the basis of cut off scores while vulnerable group was screened with additional information of lack of impulse control among the lower criteria point of depression (n=21). A matching control group of equal number of subjects was also included in the study. Mental Health Inventory was administered on all the three groups. The results obtained from ANOVA revealed significant difference between group effect in the areas of positive self evaluation, integration of personality, group-oriented attitude, autonomy and environmental mastery.

38. **Amria Deb & Meenakshi Arora (2011)** studied “Resilience and Mental Health: A Study on Adolescents Varanasi” This investigation is an attempt to study resilience and mental health in adolescents preparing for Engineering/Mental Entrance Examinations in Varanasi India. The results revealed a significant gender difference on resilience scores, with males reporting better resilience scores than females. In addition to this, it was found that HR males have been found to process significantly better mental health than their LR counterparts.

39. **Soyeon Ahn (2011).** “A Meta-analysis of the Relationship Between Children’s Physical Activity and Mental Health”. The present study was a comprehensive, quantitative synthesis of the literature examining the effects of physical activity on children’s mental health outcomes. The final analysis included 73 published and unpublished studies, total of 246 effect sizes. Various study and participant characteristics were coded to assess moderator effects, including type of physical activity, mental health outcome, gender, cognitive ability, mental status, and implementer of the physical activity, etc. Results demonstrated varying effects depending on the methodology of the examined study [i.e., correlation vs. randomized controlled trial (RCT)/non-RCT] and characteristics of the participants, although overall effects of physical activity on children’s mental health were small but significant, indicating that on average physical activity led to improved mental health outcomes for all children.

40. **Somasundaram S, Rajakumari Amritha Gowri. A. (2011)** conducted a study on Mental health status of adolescent students “This study was conducted to know the mental health status of adolescent students in Madurantakam, Kanchipuram Dist. Tamilnadu. The findings revealed that the majority of the sample has average level of mental health. Students from government aided schools, girls’ Schools and children who have parents working in primitive concerns enjoy better health than the others.