

ABSTRACT

Mental health and its impact on education is a worthy topic for educational research. A manual on child mental health and Psychosocial Development Part III is meant for teachers. This book-let which is prepared by the world health organization in 1982 enlightens teachers and parents on this new field which combines mental health and education. It is stated in this booklet that "older children may develop severe mental disorders" (pp 18). Neurosis is supposed to be a kind of mental disorder which affect the individual seriously. Neurotics under go severe mental strain and they suffer so much that their day to day activities are greatly affected.

The objectives of this research were to find out the nature of neurotic disorders found in secondary school children, severity and duration of such disorders, the impact of these disorders on the education of the children, the causative factors which have contributed to the manifestation of such disorders. And finally to find out remedial and preventive measures that could be taken to minimize the damage caused by such disorders.

International classification of diseases

I.C.D. 9. gives 10 kinds of neurotic disorders. But the pilot study has disclosed that only ~~six~~ ^{six} of them are to be found among secondary school children in Sri-Lanka. Anxiety, Hysteria, Phobic state, obsessive - compulsive state, Depression and Hypochondriasis are the six disorders.

Since this research in on neurotics it was necessary to find a suitable sample. This was done by using the six counselling centres from Colombo District and two from Gampaha District, out of ^{over} 2500 files maintained in these centres 166 files were selected. And using an information paper further information was gathered. On the information paper thus gathered a diagnostic and revealing questionnaire was formulated. This questionnaire and I.P.A.T. questionnaire on anxiety was given to the selected sample. The results thus obtained were tabulated and analysed.

This analysis revealed that there had been a fairly large number of students who suffered neurotic disorders. And this suffering has had bad influence on their education. The counselling centres have helped them to get out of their difficulties.

Out of the twenty causative factors, the four major factors were.

1. Over demandingness of parents
2. Over protection
3. Competition
4. Bad family relationships.

The parents are responsible for these conditions. As such parents should also be educated as to how they should deal with their children.

Bad student teacher relationship comes 8th in the list. This shows that even some teachers are directly responsible for the neurotic conditions of some students. This indeed is a pathetic situation where both teachers and parents are involved.

Hence as a remedial measure more counselling centres should be opened. The teachers should be given a primary training which will enable them to recognize and direct the students with such disorders to the Counselling Centres.