

Mental health and Adjustment of Youth

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Abstract

The purpose of the present study to examined the relationship between Mental Health and Adjustment. Besides the study aims to find out the difference between gender wise in mental health and adjustment. Total sample consist 120 respondents from Aurangabad (MS) District. The male female ratio was 1:1. Correlation technique and t test was used. It was found that there is a significant positive correlation between Adjustment and Mental Health, there is significant difference between Men and Women in their Mental Health and there is significant difference between Men and Women Students in their adjustment.

KeyWords : *Mental Health, Adjustment. Youth*

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