

**ECONOMIC FACTORS AFFECTING ON EDUCATION LEVEL AND
MENTAL HEALTH AMONG HIGHER SECONDARY SCHOOL STUDENTS
IN KATHMANDU, NEPAL**

A Dissertation

**Submitted to the Central Department of Education in Partial Fulfillment of the
Requirement for the Degree of Master of Education in Economics**

BY

Bir Bahadur Gharti

Exam Roll No.: -281907/2070

T.U.Reg.No.: 9-1-48-1616-2005

Admission Year:-2069

Department of Economics Education

Central Department of Education

Tribhuwan University, Kritipur

Kathmandu, Nepal

Jun 2016

RECOMMENDATION LETTER

This thesis entitled “**ECONOMIC FACTORS AFFECTING ON EDUCATION LEVEL AND MENTAL HEALTH AMONG HIGHER SECONDARY SCHOOL STUDENTS IN KATHMANDU, NEPAL**” has been prepared by **BIR BAHADUR GHARTI** under my supervision for Partial Fulfillment of the Requirements for the degree of Master of Education in Economics Education. I hereby, forward it with recommendation for the official approval by the Thesis Committee.

.....

Mr. Jagadish Murti Koirala

(Supervisor)

Department of Education Economics

Central Department of Education

Tribhuvan University, Kirtipur Kathmandu, Nepal

Date.....

APPROVAL SHEET

We certify that this thesis “**ECONOMIC FACTORS AFFECTING ON EDUCATION LEVEL AND MENTAL HEALTH AMONG HIGHER SECONDARY SCHOOL STUDENTS IN KATHMANDU, NEPAL**” submitted by BIR BAHADUR GHARTI to the Department of Economics Education, Central Department of Education, Faculty of Education, Tribhuvan University, in partial fulfillment of the requirements for the Degree of Masters of Education in Economics Education has been found satisfactory in scope and quality. Therefore, we accept this thesis as a part of the said degree.

Dissertation Committee

Head of the Department

Mr..Min Raj Paudel

External Examiner

Prof. Dr. Mahesh Raj Dahal

Thesis Supervisor

Mr. JagadishMurtiKoirala

Date.....

DECLARATION

I declare that the thesis entitled **“ECONOMIC FACTORS AFFECTING ON EDUCATION LEVEL AND MENTAL HEALTH AMONG HIGHER SECONDARY SCHOOL STUDENTS IN KATHMANDU, NEPAL”** is a record of independent research work carried out by me under the supervision and guidance of “Mr. JagadishMurtiKoirala”. This has not been previously submitted for the award of any degree or other similar title.

BirBahadurGharti

ACKNOWLEDGEMENT

I am blessed to be surrounded by many extraordinary people in my life. Without them, it would not be possible for me to do this research. The successful accomplishment of this research study is an outcome of not only a single hand but collective efforts of many helping hands. I would like to acknowledge them for valuable suggestions, guidance, time and co-operation.

First of all, I would like to express my deep gratitude to Central Department of Economics of Education Kirtipur Tribhuvan University for providing and to conduct this study as a partial fulfillment of requirement of the Master's Degree of Economics Education program.

I would like to offer my heartfelt appreciation to my research supervisor Mr. Jagadish Murti Koirala for valuable guidance, keen interest, inspiration and tireless effort through the study. My sincere gratitude goes to Head of Department Mr. Min Raj Paudel I would like to express my sincere gratitude to Prof. Dr. Mahesh Raj Dahal, Prof. Dr. Dhurba Raj Shiwakoti, Mrs Padma Kafle, Mr. Bishnu G. C. (Lecturer, Central Department of Health, Physical and Population Education) for their extraordinary effort for the guidance of my research study. I would also like to thank for Mr. Narayan Bhattarai.

My deep appreciation goes to College chief, Mr. Lil Bahadur Pun of Angles Heart Higher Secondary School and Co-coordinator, Mr. Kumar Thapa of Pasang Lhamu College and the management team for granting the permission to collect data for the study.

I would like to extend my sincere thanks to all the respondent of Angles Heart Higher Secondary School Manamaiju, Kathmandu and Pasang Lhamu College, Samakhushi, Kathmandu for their valuable time, co-operation and information during the time of interview without which this study would not have been possible.

Finally a vote of thanks goes to all those especially to my colleagues who directly or indirectly contributed for the successful completion of the study.

Bir Bahadur Gharti

ABSTRACT

This study has been undertaken in partial fulfillment of requirement for the degree of Master of Economics Education in Tribhuvan University.

Objectives of the study were to find out Economic factors affecting on education level and mental health among higher secondary school students in Kathmandu so as to bring out good level of awareness and positive attitude towards education and mentally ill people. This quantitative and qualitative study included 180 respondents taken from Angles Heart Higher Secondary School Manamaiju, Kathmandu and Pasanglhamu College, Samakhusi, Kathmandu. Non-probability purposive sampling technique was followed. For this study, structured questionnaire was used to collect data.

Out of 180 respondents, highest economic factors that affecting on education and mental health were family income is 10,000-20,000 which is 48.3 percentage, in cost of treatment of mental illness psychosis is highest cost which is 38.88 percentage, economic problem take place 16.3 percentage from total numbers of causes of mental illness followed by loss of job which is 11.1 percentage. The findings showed that Majority of the respondents were from science faculty, unmarried, Hindu and Business of Parent's Occupation. Majority of the respondents had heard about mental illness (93.9%). The misuse of drug was ranked first among all the causes of mental illness where as the cause for mental illness was only 7.2 percent and 3.3 percent by evil spirit and god's punishment respectively.

Majority of the respondents preferred Hospital for the treatment for mental illness (54%) followed by Yoga and meditation Centre (25%). Majority of the respondents i.e. 58.3 percent knew about mental illness through Media (Electronic and Print media) followed by seeing mentally ill people (29.4%). Majority of the respondents had seen someone with mental illness (82.1%) among which 15.3 percent were within the family. The most common type of mental illness seen by the respondent was depression (40.5%). Majority of the respondents had heard about depression (90.5%) and schizophrenia (72.4%). In future studies, it may be beneficial to use qualitative methods to determine the basis for positive views as well as determine whether other variables, such as contact with peers who have benefited from mental health services, are influencing positive perceptions of those with mental health problems.

TABLE OF CONTENTS

Title	Page No.
Declaration	I
Recommendation Letter	II
Approval Sheet	III
Acknowledgement	IV
Abstract	V
Table of Contents	VI
List of Abbreviations	IX
List of Tables	X

CHAPTER: ONE

INTRODUCTION

1.1. Background of the Study	1
1.2. Statement of the Problems	4
1.3. Rationale/Significance of the Study	6
1.4. Objectives of the Study	7
1.5. Research questions	7
1.6. Limitations of the Study	8
1.7. Organization of the Study	8
1.8 Operational definition of Key terms	8

CHAPTER: TWO

REVIEW OF RELATATED LITERATURE AND CONCEPTUALFRAMEWORK

2.1. Review of related Literature	
102.2.Review of theoretical Literature	
162.3.Conceptual Framework	
19 2.4. Implication of the Review for the Research	
20	

CHAPTER: THREE

METHODS AND PROCEDURES OF THE STUDY

3.1. Design and methods of the Study	
223.1.1. Design of the Study	

22 3.1.2. Methods of the Study

22

3.2. Population, Sample Size and Sample Strategy	23
3.2.1. Population	
233.2.2. Sample size	
23 3.2.3. Sample Strategy	
23	
3.3. Study areas	23
3.4. Data collection / Research tools	24
3.4.1. Questionnaire	24
3.4.2. Interview	24
3.4.3. Observation	24
3.5. Sources of data	
253.5.1. Primary sources	
25 3.5.2. Secondary sources	
25	
3.6.Data collection procedures	26
3.6.1. Focus group discussion	26
3.6.2. Questionnaire	26
3.6.3.Interview	26
3.7.Data analysis and interpretation procedures	27
3.8. Ethical consideration	27

CHAPTER: FOUR

ANALYSIS AND INTERPRETATION OF THE RESULTS

4.1. Introduction to the Study Area	28
4.1.1. Brief introduction of Kathmandu Metropolitan city	28
4.1.2.Present	28
4.1.3. History	29
4.1.4.Culture and Heritage	30
4.1.5. Population	31
4.1.6. Geography	31
4.1.7. Government	32

4.1.8. Economy	32
4.1.9. Educational entrance age of Kathmandu Metropolitan City	33
4.2. Analysis of data and interpretation of the result	33
4.2.1. Demographic characteristics	33
4.3. Causes and treatment of mental illness	39
4.4. Source of information of mental health	41
4.4.1. Exposure to health message	43
4.5. Type and prevention of mental illness	44
4.5.1. Depression	45
4.5.2. Schizophrenia	46
4.5.3. Cost of treatment of mental illness	47
4.6. Economic factors affecting on education and mental health	48
4.7. Observed case analysis	50
CHAPTER: FIVE	
FINDINGS, CONCLUSION AND RECOMMENDATIONS	
5.1. Summary of findings	54
5.2. Conclusion	55
5.3. Recommendations	57
5.3.1. Policy Related Recommendation	57
5.3.2. Practice Related Recommendation	58
5.3.3. Further Research Related Recommendation	58
REFERENCES	60
ANNEXES	64

LIST OF ABBREVIATIONS

GDP	Gross Development Product
WHO	World Health Organization
UK	United Kingdom
ICD	International Classification of Diseases
US	United States
DSM	Diagnostic and Statistical Manual of Mental Disorders
IE	Information, Education and Communication
SPSS	Statistical Package of Social Science
ADHD	Attention Deficit Hyperactivity Disorder
ECA	Extra-Curricular Activities

LIST OF TABLES

Table 1: Population of Kathmandu	31
Table 2: Educational Entrance Age of Kathmandu Metropolitan City	33
Table 3: Demographic Characteristics of Study Population	34
Table 4: Demographic Characteristics of Study Population	35
Table 5: Parent's Occupation	36
Table 6: Parent's Education Status	37
Table 7: Family Characteristics	38
Table 8: Family Characteristics	39
Table 9: Causes and Treatment of Mental Illness	41
Table 10: Source of Information of Mental Health	42
Table 11: Exposure to Health Message	43
Table 12: Past Exposure	44
Table 13: Depression	45
Table 14: Perceived Ways of Prevention of Depression	45
Table 15: Schizophrenia	46
Table 16: Perceived Ways of Prevention of Schizophrenia	47
Table 17: Cost of Treatment of Mental Health	48
Table 18: Economic Factors Affecting on Education and Mental Health	49
Table 19: Cost of Treatment of Case Study	52