

A Study On Relationship Between Mental Health And Academic Achievement

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Abstract

The present study was conducted Mental Health and Academic Achievement of government higher Secondary School Students. Fifty boys and fifty girls students were selected randomly from government higher secondary school. The investigators used A.K.Singh and Alpana Sen Gupta Mental Health Battery which is highly valid and reliable tool to collect the data from the field. Certain statistical techniques like percentage, S. D., Mean and t-value were used to analyze the data. The result confirms that there is significant relationship between students on their mental health and academic achievement.

Keywords: Mental Health, Academic Achievement, School Students

Introduction

Mental health means individual's philosophical, psychological, and social well-being. It affects how we think, feel, and act. It also helps to determine how we handle our stresses, relate to others, and make choices. Mental health is important for every individual at every stage of life, from childhood through adulthood. Mental health is

defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. The condition of being mentally sound and emotionally stable that is characterized by the absence of mental disorder and by adequate adjustment especially as reflected in feeling comfortable about oneself, positive feelings about others, and ability to meet the demands of life. Mental health is just as vital as physical health. In reality, the two coexist and should not be treated separately. There are many mental health disorders that exacerbate physical concerns or disorders, and vice versa. A positive state of mind engendering a sense of well being that enables a person to function effectively within society. Individuals who have good mental health are well-adjusted to society, are able to relate well to others, and basically feel satisfied with themselves and their role in society. Most mental health symptoms have traditionally been divided into two groups called either 'neurotic' or 'psychotic' symptoms. 'Neurotic' covers those symptoms which can be regarded as severe forms of 'normal' emotional experiences such as depression, anxiety or panic. Conditions formerly referred to as 'neuroses' are now more frequently called 'common mental health problems.' Less common are 'psychotic' symptoms, which interfere with a person's perception of reality, and may include hallucinations such as seeing, hearing, smelling and feeling things that no one else can. Mental health problems affect the one's thinking; feeling and behaving are very common.

Mental Health is important

The social and economic activities are associated with growing burden of mental ill health, and these are closely connected for promoting mental health as well as preventing and treating mental illness. Thus the Mental Health is linked to behavior and seen as fundamental to physical health and quality of life.

- Physical health and mental health are closely associated and it is proved beyond doubt that depression leads to heart and vascular diseases.
- Mental disorders also affect health behaviors like eating sensibly, regular exercise, adequate sleep, adhering to medical therapies thus increasing the risk of physical illness.

- Mental ill health also leads to social problems like unemployment, broken families, poverty, drug abuse and related crime.
- Poor mental health plays a significant role in diminished immune functioning.
- Medically ill patients with depression have worse outcome than those without.

Academic Achievement

The act of achieving or performing; an obtaining by exertion; successful performance; accomplishment; as, the achievement of his object. A great or heroic deed; something accomplished by valor, boldness, or praiseworthy exertion; a feat.

Objectives

- To measure the mental health of Government Higher secondary school students.
- To observe the academic achievement of Kashmiri and Pakhtooni secondary school students.
- To find the relationship between mental health and their academic achievement.

Methods and Materials: The sample for the present study consisted of 100 secondary school students (50 boys and 50 girls) selected randomly from the Government higher secondary schools.

Data analysis and interpretation

Students profile and their mental health

Particulars	No.of respondents	Mental Health		t/f value
		Mean	S.D	
Age				
18yrs	16	13.12	0.987	12.497
19yrs	38	12.13	0.974	
20yrs	32	11.99	1.212	
21yrs	14	13.17	0.942	
Gender				
Male	66	12.96	1.862	9.486

Female	34	13.26	0.992	
Domicile				
Rural	50	12.49	1.364	9.765
Urban	50	13.26	0.912	

From the table found that 18yrs (n=16) of age group mean and S.D value is 13.12 ± 0.987 , 19yrs (n=38) of age group mean and S.D value is 12.13 ± 0.974 , 20yrs (n=32) of age group mean and S.D value is 11.99 ± 1.212 , 21yrs (n=14) of age group mean and S.D value is 13.17 ± 0.942 . The calculated value ($f=12.497$) is greater than table value. Therefore, there is difference among students' age and their mental health.

From the table indicates that male (n=66) of male students mean and S.D value is 12.96 ± 1.862 and remaining female (n=34) mean and S.D value is 13.26 ± 0.992 . The calculated value ($t=9.486$) is greater than table value. Therefore, there is difference between students' gender and their mental health. Rural (n=50) students mean and S.D value is 12.49 ± 1.364 and remaining urban (n=50) mean and S.D value is 13.26 ± 0.912 . The calculated value ($t=9.765$) is greater than table value. Therefore, there is difference between students' domicile and their mental health.

Karl Pearson Coefficient correlation relationship between mental health with regards to academic achievement

Mental Health	Correlation value	Statistical inference
Academic achievement	0.897	0.001**

**<0.01

Karl Pearson Coefficient correlation test inferred that therefore, there is relationship between students' mental health and their academic achievement.

Findings of the study

- The higher secondary school students have a high level of academic achievement.
- The higher secondary school students have a moderate level of mental health.
- The gender of higher secondary school students do not differ significantly in their academic achievement.
- The students type differ significantly in their academic achievement.

- The gender of higher secondary school students differ significantly in their mental health.
- The locations of schools do not differ significantly in their mental health.
- The students type of differ significantly in their mental health.

Conclusion

The result shows that the correlation co-efficient of academic achievement and mental health of the special school students is significant at 0.05 level. There is significant relationship between academic achievement and mental health is found in school students. It is concluded that the school students have a high level of academic achievement and also the result infers that the school students have a moderate level of mental health.

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