



## A CO-RELATIONAL STUDY ON MENTAL HEALTH AND ACADEMIC ACHIEVEMENT OF SECONDARY SCHOOL STUDENTS

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Received: 19/07/2018

Edited: 27/07/2018

Accepted: 03/08/2018

**Abstract:** *Today Mental health is considered as an essential aspect of one's total health. It is a basic factor that contributes to the conservation of physical health, social effectiveness and academic achievement. It is very important for effective learning and proper development of personality. Home and School are important factors which help in development of good mental health of an individual. The present study was done to know the co-relation between Mental health and Academic achievement of IX Standard Students. The sample size for the present study was comprised of 540 IX Standard students studying in secondary schools of Thane district. The Tools used for collecting the data were Standardised Mental health Test and Academic achievement Result of the Students. Data was analysed by using Pearson's Product Moment Correlation and ANOVA. A significant Correlation between Mental health and Academic achievement of Boys and Girls was found. Mental health and Academic achievement were also found to be significantly correlated in case of rural and urban area secondary schools. It was also found that there was no effect of Mental health on Academic Achievement of secondary school students as per Gender and Location.*

**Keywords:** *Mental health, Academic achievement.*

### Introduction

Health is very important aspect in the life of human beings. The modern concept of health includes a sound, efficient mind and controlled emotions. Mental health is an aspect of the total personality of the individual and is chiefly concerned with adjustment, peace, success and happiness of an individual. Today Mental health is considered as an essential aspect of one's total health. It is a basic factor that contributes to the conservation of physical health, social effectiveness and academic achievement. It is very important for effective learning and proper development of personality. Home and School are important factors which help in development of good mental health of an individual. It is mental health which helps in having integrated and balanced personality and hence assists the individual in making adjustment with members of the family, friends, class-fellows, teachers and other members of the society.

According to Norma E. Cuts and Nicholas Mosely, "Mental health is the ability to adjust

satisfactorily to the various strains of the environment we meet in life."

It is the mental health which helps an individual in making adjustment with the changing environment. A person who possesses sound mental health may be said to be an adjusted person. Mentally healthy person will have adequate physical and intelligence development, emotional and social development, understanding of self and others, understanding of environment and participation in constructive and creative activities.

On the other hand Academic achievement is one of the most important goals of education in this competitive age. It is commonly measured by examination and assessment. Academic achievement of a student can also be referred as the skills developed in school subjects that are evaluated by school authorities with the help of achievement test that may be either standardized or teacher made. It depends upon various factors like age, sex, intelligence, personality, motivation, socio-economic status, attitude, study habits, mental health; etc. In the present study, the investigator is interested to

know the relationship between mental health and academic achievement of secondary school students.

### **Need and Significance of the study**

In this era of Globalization, there is a lot of competition. Schools mainly focus on the Cognitive development of the students. Today it is observed that secondary school students are academically prepared to compete for knowledge and technology based jobs. So, there are a lot of questions in the researcher's mind like what skills are required for good academic achievement and success in life? Why is it that some children grow up as fulfilled adults in challenging careers and satisfying relationships, while other children, from apparently similar backgrounds and academic performance, struggle in relationships and have depressions? The researcher desires to know the co-relation of mental health and academic achievement. The researcher has conducted present study to know the co-relation of mental health with academic achievement of secondary school students on the basis of gender and location.

### **Objectives of the study**

- 1) To find out the co-relation between Mental health and Academic achievement of secondary school students.
- 2) To ascertain the co-relation between Mental health and Academic achievement of secondary school students; (i) gender-wise and (ii) location-wise.
- 3) To study the effect of Mental health on the Academic achievement of secondary school students as per; (i) gender and (ii) location.

### **Hypothesis of the study**

- 1) There is no significant co-relation between Mental health and Academic achievement of secondary school students.
- 2) There is no significant co-relation between Mental health and Academic achievement of secondary school students; (i) gender-wise and (ii) location-wise.
- 3) There is no significant effect of Mental health on the Academic achievement of secondary school students as per; (i) gender and (ii) location.

### **Delimitation of the study**

The study is limited to IX Standard students studying in secondary schools of Thane district only.

### **Methodology used for the study**

The investigator selected quantitative research for the present study. The study is based on the co-relation of mental health and academic achievement of secondary school students. The researcher used Survey method to collect relevant data for the present study.

### **Sample of the study**

The researcher selected 540 IX standard students randomly from different secondary schools of Thane District as sample for the present study.

### **Tools used for the study**

The researcher used following tools for the present study;

- (1) The mental health test selected by the researcher for the present study was standardized test prepared by Arun Kumar Singh, Ph.D, Professor, Department of Psychology, Patna University, Patna and Alpana Sen Gupta, Ph.D, Lecturer, Department of Psychology, College of Commerce (M.U.), Patna. The researcher modified the standardized mental health test in order to study the mental health of selected students as per their age and standard level. The mental health test was prepared in English and Marathi language. The reliability of mental health test is 0.827. The mental health test comprised of 50 items covering 4 areas of mental health, i.e., emotional stability, overall adjustment, security-insecurity and self concept. The options for giving answers to all the 50 items in the mental health test were given in the form of 'Yes' and 'No'. The students had to put a tick mark against one of the options. The students were given a score 1 for the correct answer and 0 score for the incorrect answer.
- (2) The result in the form of percentage was used to know the academic achievement of the selected IX Standard students for the present study.

### **Statistical Analysis**

- (1) Pearson's Product Moment Correlation Technique was used by the investigator to study co-

relation between Mental health and Academic achievement as per Gender and Location separately.

**Table 1 shows Correlation of Mental health with Academic achievement of secondary school students as per Gender and Location**

Correlation	Variable	Category	N	Pearson's Co-efficient Correlation Calculated r value	Pearson's Co-efficient Correlation Tabulated r value	Result
Mental Health and Academic Achievement	Secondary Students	Total	540	0.245	0.081	Significant at 0.01 level
	Gender	Boys	248	0.186	0.148	Significant at 0.01 level
		Girls	292	0.293	0.148	Significant at 0.01 level
	Location	Rural	175	0.199	0.181	Significant at 0.01 level
		Urban	365	0.296	0.128	Significant at 0.01 level

(2) ANOVA was used to study the effect of Mental health on Academic Achievement as per Gender and Location.

**Table 2 shows Effect of Mental health on Academic achievement of secondary school students as per Gender and Location**

Tabulated F is 3.85 at 0.05 significance level and 6.66 at 0.01 significance level

Variable	df	Calculated F Value	Result
Gender and Mental Health	1	2.587	Not Significant
Location and Mental Health	1	0.092	Not Significant

### Findings

The findings obtained from the present research were;

1. There was significant correlation between Mental health and Academic achievement of secondary school students.
2. A significant correlation between Mental health and Academic achievement of secondary school students was obtained (i) gender-wise as well as (ii) location-wise.
3. It was found that Mental health was not having significant effect on the Academic achievement of secondary school students as per gender as well as location. Hence Mental Health is not the

sole factor to determine the academic achievement of an individual. However, mental health is one of the factors that is co-related to academic achievement.

### Conclusion

It can be concluded from the study that when Mental health is Good then the students would have High Academic Achievement since a correlation was found between the two in the present study. So, it is the responsibility of Teacher community to provide essential training to develop the mental health of Students and administrative authorities to provide suitable environment in order to develop well balanced personality of students.

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