

A STUDY OF MENTAL HEALTH OF HIGH SCHOOL STUDENTS IN RELATION TO ACADEMIC ACHIEVEMENT

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ABSTRACT

The present study aims to examine the relationship between mental health and academic achievement of male and female high school students. The study revealed that there is a positive and significant relationship between mental health and academic achievement. Also there is a significant difference in the mental health of students with high academic achievement and low academic achievement. There is significant difference between the mental health of male and female students.

INTRODUCTION

Mental health means a sound mental condition of a psychological well being of freedom from mental disease. In a broader sense it suggests a degree of happiness and satisfaction under conditions that warrant such a state of mind and a capacity for making satisfactory personal and social relationship. Academic Achievement means the amount of knowledge attained and skills developed by the students in different subjects during study, which is assessed by the educational institutions with the help of achievement tests (standardized or teacher made). The achievement means a person's level of skill or range and breadth of information and what he has accomplished in a designated area of learning as behavior. Abraham and Prasanna (1986) found that there is a close positive relationship between socio-economic status of the family and mental level of Secondary school pupils. Whereas Phatak and Rai (1993) found that mental health of low socioeconomic status students were lower than that of the students of higher socio-economic status. The study also found that science students were found to be mentally healthier than art students and mental health increased with age also. Colvin (2000) on the other hand found that

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there is no correlation between mental health and academic achievement. Nanda (1999) found that mental health is accepted as an important indicator of all round growth and development of students in schools. Panigrahi (2005) found significant and positive correlation between academic achievement and intelligence.

OBJECTIVES

1. To study the mental health and academic achievement of high school students.
2. To find out the relationship between mental health and academic achievement of high school students.
3. To ascertain the difference of mental health of students with high academic achievement and low academic achievement.
4. To ascertain the difference in the mental health of male and female students.

HYPOTHESES

There will be a significant relation between mental health and academic achievement.

There will be a significant difference in the mental health of students with high academic achievement and low academic achievement.

There will be a significant difference between the mental health of male and female students.

SAMPLE

A sample of 200 students (100 males and 100 females) from different schools of Ludhiana district was selected

TOOLS

1. PGI General well being measure by Verma S. K. and Verma A. (1989). PGI General well being scale is self administering scale. (English version used) Number of right ticks are counted and constitute the well

being score of that particular individual. The reliability was 0.98 (K-R20) at 0.01 level while test-retest reliability was 0.86. The test has validity also.

2. Academic achievement of the students on the basis of marks obtained in 8th class.

RESULTS AND DISCUSSION

Coefficient of correlation between mental health and academic achievement was calculated ($r=0.66$) $p>.01$ level ($N=200$). This goes parallel with the results of the study conducted by Gracia and Hu (2001) which proved that mental health is positively co-related with academic achievement.

t- value of mental health between students with high academic achievement and low academic achievements was 11.38 ($p>0.01$ level). Also results revealed that mean of ($N=47$) was found to be 16.19 with S.D. 1.313 which is significantly high than mental health of low academic achievement students. It may be due to the reason that the students have high mental health as well as high academic achievement because their family and school environment was conducive where as the students having low mental health has low academic achievement because of lack of resources at home or school.

t-value of mental health between male and female students is 2.50 ($p>.01$ level). Results reveal that mean of male and female students ($N=100$) was found to be 14.15 & 14.8 respectively with S.D. 1.914 and 1.758 which shows a significant difference between the mental health of male and female students. Mangotra (1982) also found similar results that females appeared to possess better mental health than that of males.

EDUCATIONAL IMPLICATIONS

The present study reveals that mental health is positively related to academic achievement. It will help the parents in understanding that children need continuous reassurance of their parents and their concern, approval, attention and encouragement. Parents should identify ability of children and they must be encouraged to pursue their efforts in the fields of their interest, ability and aptitude. It will help the child to get better academic results.

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