



MENTAL HEALTH IN RELATION TO ACADEMIC ACHIEVEMENT OF HIGHER SECONDARY SCHOOL STUDENTS IN VILLUPURAM DISTRICT

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ABSTRACT

The present study is aimed to find out the relationship between mental health and academic achievement of 500 higher secondary school students in Villupuram district of Tamil Nadu State. Data was analyzed by t-test and coefficient of correlation. Result revealed that there is significant relationship between mental health and academic achievement of higher secondary school students. Findings indicated that there is no significant difference in mental health of higher secondary school students with regard to gender, locality, medium, parental education, and income.

KEY WORDS:

Mental Health, Academic Achievement, Higher Secondary School Students.

INTRODUCTION:

The concept of mental health is as old as human beings. In recent years clinical psychologists as well as educationists have started giving proper attention to the study of mental health. However, in India, relatively very few works has been conducted.

Thus the concept of mental health takes a 'Gestalt' view of the individual. It incorporates the concepts of personality characteristics and behavior all in one. It may also be understood as the behavioral characteristics of the person. A mentally healthy person shows a homogenous organization of desirable attitudes, healthy values and righteous self-concept and a scientific perception of the world as a whole.

Education in our secondary schools mere acquisition of bookish knowledge and shaping marks card, rather shaping successful future, interaction between the teacher and the pupil, understanding, and handling the emotions in the right manner, at the right time in the right way. Our



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past experiences and experiments clearly delineate that even a person with high intellect cannot be always successful in his life. But why is it. So this vacuum is realized over the year. Many psychologists and educationists have been trying to bridge the gap between the success and discomfiture caused by head and heart. This logical inquiry continues over the years not only in developing countries like India, but all over the world. An answer was brought by introducing the concept of mental health and emotional intelligence in our education system.

NEED AND SIGNIFICANCE OF THE STUDY

In the present Indian education, academic achievement is the main factor that decides the future of a student. In view of its great importance, a large number of studies were conducted on the factors which are influence academic achievement of the students. Many studies have been conducted on cognitive factors and their influence on academic achievement. Relativity less number of studies were conducted on psycho-social factors and their influence on academic achievement. As both the factors influence academic achievement, psycho-social factors can be controlled varied easily when compared to the cognitive factors. As such, a study about the influence of psycho-social factors on academic achievement is highly essential and appropriate. Hence the present study focuses on the relationship between mental health and academic achievement of higher secondary students.

OBJECTIVES OF THE STUDY

1. To examine the relationship between mental health and academic achievement of higher secondary school students.
2. To study the significant difference in mental health of higher secondary school students due to gender, locality, medium, parental education, and income.

HYPOTHESES OF THE STUDY

1. There is no significant relationship between mental health and academic achievement of higher secondary school students.
2. There is no significant difference in mental health of higher secondary school students with regard to gender, locality, medium, parental education and income.

SAMPLE

A random sample of 500 students studying 11th standard is selected in Villupuram district of Tamil Nadu State.

TOOLS

- Mental Health Battery by Arun Kumar Singh & Alpana Sen Gupta.
- For academic achievement, First mid-term marks of 11th standard students are taken.



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RESULT AND DISCUSSION

Table 1: Relationship between Mental Health and Academic Achievement of Higher Secondary School Students

Independent Variable	Dependent Variable	N	df	r-value	Remark
Emotional Stability	Academic Achievement	500	494	0.057	Not Significant
Overall adjustment		500	494	0.167	Significant
Autonomy		500	494	0.105	Significant
Security-insecurity		500	494	0.090	Not Significant
Self-concept		500	494	0.003	Not Significant
Intelligence		500	494	0.247	Significant
Overall Mental health		500	494	0.556	Significant

From Table-1, it is evident that the r-values 0.057, 0.090, and 0.003 are not significant at 0.05 level. Table-1 also depicts that the r-values .167, .105, and .247 are significant at 0.05 level. Thus emotional stability, security-insecurity, and self-concept are not correlated with academic achievement while overall adjustment, autonomy, intelligence, and overall mental health are correlated with academic achievement.

Table 2: Mental Health of Higher Secondary School Students in terms of Gender, Locality, Medium, Parental Education, and Income

Variable	Category	N	%	Mental Health		t- value	Remark
				Mean	SD		
Gender	Male	283	56.6	79.71	10.14	0.791	Not Significant
	Female	217	43.4	80.33	8.64		
Locality	Rural	345	69	80.17	9.50	0.693	Not Significant
	Urban	155	71	79.54	9.56		
Medium	Tamil	256	51.22	79.69	9.35	0.680	Not Significant
	English	244	48.8	80.27	9.69		
Parental Education	Literate	272	54.4	80.51	9.19	1.358	Not Significant
	Illiterate	228	45.6	79.35	9.87		
Income	Low Income group	342	68.4	79.62	9.29	1.285	Not Significant
	High Income group	152	30.4	80.80	9.98		

Table-2 depicts that the computed t-values 0.791, 0.693, 0.680, 1.358, and 1.285 not significant at 0.05 level. Hence the hypothesis-2 is accepted. Thus there is no significant difference in mental health of higher secondary school students based on gender, locality, medium, parental education, and income.

RECOMMENDATIONS

- Students could be oriented towards the positive development of mental health.
- Teachers can train the students in developing positive psychological traits to preserve the mental health of students.
- Yoga and meditation exercise can be introduced and practice to keep the mind and soul calm.



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