

Mental Health In Relation To Academic Performance of Higher Secondary School Students

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Abstract: The purpose of the study is to find out the mental health and academic performance among higher secondary school students with respect to Gender, Locality, Year of Study and Type of Management. Survey method was adopted to collect the relevant data for the present study. Mental Health Analysis Questionnaire developed and standardized by J. Prasanth Kumar (2011) and it was used to collect data for the present study. The Investigator randomly Selected 315 Higher Secondary students studying in Government, Government Aided and Private schools in Chennai and Tiruvallur District of Tamilnadu. For analyzing the data mean, standard deviation, 't'-test, F-test and Correlation test are used. The major findings of the study are: It was found that there is no significant difference between the male and female higher secondary students with respect to their Mental Health. The study reveals that there is no significant difference between the rural and urban higher secondary students with respect to their Mental Health. It was found that there is a significant difference between the 1st and 2nd year higher secondary students with respect to their Mental Health. The finding of the study reveals that there is a significant difference in Mental Health with respect to type of management of higher secondary students. It was found that there is no significant difference between the male and female higher secondary students with respect to their Academic Performance. The study reveals that there is a significant difference between the Rural and Urban higher secondary students with respect to their Academic Performance. It was found that there is a significant difference between the 1st and 2nd year higher secondary students with respect to their Academic Performance. The study results show positive relationship between mental health and academic performance of higher secondary students.

Keywords: Mental Health, Academic Performance, Higher Secondary Students, Mental Illness, Wellbeing, School students.

INTRODUCTION

Mental health is the ability to adjust satisfactorily to the various strains of the environment that we meet in life and mental hygiene is the means to assure the adjustment. In our society, the increasing strain of adjusting to the accelerated and more materialistic pace of life, greater competitiveness, urbanization, population explosion, unemployment together with uncertain future has resulted in one manifold increase in the incidence of mental illness. Worldwide, increasing attention has been focused on the primary prevention of mental illness and a number of initiatives targeting young persons have been undertaken to promote mental health and reduce vulnerability to mental illness. Mental health means the ability to balance feelings, desires, ambitions and ideals in one's daily life. It means the ability to face and accept realities of life. Thus mental health stands for a balance that is dynamic. The child shapes his ego, individual preferences, personal likings etc. Therefore, mental health directly influences the academic

performance of high school students. Hence the researcher keen interest in this area.

Need and Significance of the Study

Mental health refers to cognitive or emotional well-being. It is all about how we think, feel and behave. According to World Health Organization (WHO) mental health is "a state of well being in which individual realizes his or her own abilities and cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his/her community." Maintaining good mental health is crucial to living a long and healthy life. Good mental health can enhance one's life, while poor mental health can prevent someone from living an enriching life. The scope of mental health not only confined to the treatment of some seriously ill persons admitted to mental health centres but related to the whole range of health activities. As it has observed that, it's not the smartest people that are the most successful or the most fulfilled in life. Often, people who are academically

brilliant and yet are socially inept and unsuccessful at work or in their personal relationship. The higher secondary school students' mental health plays an important role for academic as well as personal life achievement. The students mentally sound then only concentrate his studies, adjust to others, clear goal setting, score good marks in the examination, live peacefully. Maintaining good mental health throughout his/her academic as well as social life this will definitely helpful to enhance their academic performance. Hence the present study is need of the hour.

REVIEW OF RELATED LITERATURE

Orellana [1] determined the effectiveness of the school-based mental health program and its relationship to academic achievement and indicated that the school-based mental health program can be effective in eliciting students' academic achievement. The analysis of the aggregated database and the results showed statistical significance and positive correlation between the school-based mental health program and the academic achievement based on the four indicators (absences, suspensions, disciplinary actions, and grade point average). Crews [2] examined the relationship between the amount of extracurricular activities and the school performance and mental health of children and adolescents. Results indicated one significant linear and one significant curvilinear relationship between extracurricular activity participation and school performance of adolescents. Significant relationships were not found between extracurricular activity participation and school performance of children or between extracurricular activity participation and the mental health of children or adolescents. Kaur and Arora [3] studied academic achievement in relation to mental health of adolescents. 300 adolescents (150 rural and 150 urban) belonging to Ludhiana and Moga were selected for the sample. Results of the study showed positive and significant relation between academic achievement and certain dimensions of mental health.

Objectives of the Study

1. To analyse the mental health among higher secondary students with respect to
 - (a) Gender
 - (b) Locality
 - (c) Year of Study and
 - (d) Type of Management
2. To find out academic performance among higher secondary students with respect to
 - (a) Gender
 - (b) Locality
 - (c) Year of Study and
 - (d) Type of Management
3. To explore the relationship between mental health and academic performance.

Hypotheses of the Study

1. There is no significant difference in mental health among higher secondary students with respect to
 - (a) Gender
 - (b) Locality
 - (c) Year of study and
 - (d) Type of Management
2. There is no significant difference in academic performance among higher secondary students with respect to
 - (a) Gender
 - (b) Locality
 - (c) Year of study and
 - (d) Type of Management
3. There is no significant relationship between mental health and academic performance.

METHODOLOGY OF STUDY

Method

The researcher adopted the survey method to collect the relevant data from desired areas.

Population

A population is any group of individuals that have one or more characteristics in common. In this study, the population refers to students studying higher secondary first year and second year in Government, Government Aided and Private schools from two Districts of Tamilnadu, namely Chennai and Thiruvallur.

Sample

The sample for the present study includes those who are studying 11th and 12th standard in Government, Government-aided and Private higher secondary schools in and around Chennai and Thiruvallur districts of Tamilnadu.

Sample size

In the present study three hundred and fifteen higher secondary students were randomly selected on the basis of the random criteria.

Sampling Technique

The researcher used random sampling technique for selecting the sample.

Research Tools Used:

The following research tools to be used for collection of data.

- Personal Data sheet developed by the Researcher.
- Mental Health Analysis Questionnaire [4] developed and standardized by J. Prasanth Kumar.
- The total marks obtained in the half yearly examination as considered as the Academic Performance of higher secondary students.

Statistical Techniques Used:

The following statistical techniques used for analyze the data:

- Mean and Standard Deviation.
- t- Test and ANOVA: to know the difference between the means of variables.

- Co-efficient of correlation: to find out the correlation between the selected variables.

Data Analysis and Interpretation

Table-1: Mental Health among higher secondary students based on gender

Variable	Gender	N	Mean	Std. Deviation	t-value	Level of Significance
Mental Health	Male	110	152.67	22.721	1.047	NS
	Female	205	155.63	24.483		

Form the above table, the calculated ‘t’ value is 1.047 lesser than the table value (1.96). It is found that there is no significant difference between the male

and female higher secondary students with respect to their Mental Health. Hence the null hypothesis is accepted.

Table-2: Mental Health among higher secondary students based on locality

Variable	Locality	N	Mean	Std. Deviation	t-value	Level of Significance
Mental Health	Rural	101	152.92	22.467	0.855	NS
	Urban	214	155.39	24.542		

Form the above table, the calculated ‘t’ value is 0.855 lesser than the table value (1.96).It is found that there is no significant difference between the rural and

urban higher secondary students with respect to their Mental Health. Hence the null hypothesis is accepted.

Table-3: Mental Health among higher secondary students based on Year of Study

Variable	Year of study	N	Mean	Std. Deviation	t-value	Level of Significance
Mental Health	1st Year	73	146.12	23.102	3.520	0.01
	2nd Year	242	157.15	23.574		

Form the above table, the calculated ‘t’-value is 3.520 greater than the table value (2.58).It is found that there is a significant difference between the 1st and

2nd year higher secondary students with respect to their Mental Health. Hence the null hypothesis is rejected.

Table: 4 Mental Health among higher secondary students based on Type of Management

Variable	N	Mean	Std. Deviation	F-value	Level of Significance
Government	114	156.43 ^b	25.820	4.350	0.05
Govt. Aided	79	159.28 ^b	19.373		
Private	122	149.85 ^a	24.002		

Form the above table, the calculated ‘F’value is 4.350 greater than the table value (1.96). It is found that there is a significant difference in Mental Health

with respect to type of management of higher secondary students. Hence the null hypothesis is rejected.

Table-5: Academic Performance among higher secondary students based on gender

Variable	Gender	N	Mean	Std. Deviation	t-Value	Level of Significance
Academic Performance	Male	110	69.79	16.017	1.495	NS
	Female	205	72.38	13.867		

Form the above table, the calculated ‘t’ value is 1.495 lesser than the table value (1.96). It is found that there is no significant difference between the male

and female higher secondary students with respect to their Academic Performance. Hence the null hypothesis is accepted.

Table-6: Academic Performance among higher secondary students based on locality

Variable	Locality	N	Mean	Std. Deviation	t-Value	Level of Significance
Academic Performance	Rural	101	67.03	15.956	3.770	0.01
	Urban	214	73.57	13.579		

Form the above table, the calculated ‘t’ value is 3.770 greater than the table value (2.58).It is found that there is a significant difference between the Rural

and Urban higher secondary students with respect to their Academic Performance. Hence the null hypothesis is rejected.

Table-7: Academic Performance among higher secondary students based on Year of Study

Variable	Year of study	N	Mean	Std. Deviation	t-Value	Level of Significance
Academic Performance	1st Year	73	80.21	13.717	6.124	0.01
	2nd Year	242	68.84	13.948		

Form the above table, the calculated ‘t’-value is 6.124 greater than the table value (2.58).It is found that there is a significant difference between the 1st and

2nd year higher secondary students with respect to their Academic Performance. Hence the null hypothesis is rejected.

Table-8: Academic Performance among higher secondary students based on Type of Management

Variable	N	Mean	Std. Deviation	F- Value	Level of Significance
Govt	114	65.39 ^a	13.644	23.428	0.01
Govt. Aided	79	79.05 ^c	15.683		
Private	122	72.26 ^b	12.404		

Form the above table, the calculated ‘F’ value is 23.428 greater than the table value (2.58). It is found that there is a significant difference in Academic

Performance with respect to type of management of higher secondary students. Hence the null hypothesis is rejected.

Table-9: Relationships between Mental Health and Academic Performance

Variables	r-value
Mental Health Vs Academic Performance	0.798

From the above table it is inferred that there is a significant positive relationship between Mental Health and Academic Performance among higher secondary students.

between the 1st and 2nd year higher secondary students with respect to their Academic Performance.

- The study reveals that there is a significant positive relationship between Mental Health and Academic Performance among higher secondary students.

Major Findings of the Study

- It was found that there is no significant difference between the male and female higher secondary students with respect to their Mental Health.
- The study reveals that there is no significant difference between the rural and urban higher secondary students with respect to their Mental Health.
- It was found that there is a significant difference between the 1st and 2nd year higher secondary students with respect to their Mental Health.
- The finding of the study reveals that there is a significant difference in Mental Health with respect to type of management of higher secondary students.
- It was found that there is no significant difference between the male and female higher secondary students with respect to their Academic Performance.
- The study reveals that there is a significant difference between the Rural and Urban higher secondary students with respect to their Academic Performance.
- It was found that there is a significant difference

Educational Implications

The findings of this study have implications for counselors, educationists as well as parents that there is a need to facilitate good quality of home and school with proper communicative and supportive environment to their adolescent children. Mental health related programmes and events organized in the school level then only students mental health strengthened in the future and it will reflects the academic performance of the students. Therefore, students’ mental health improved and automatically academic performance also increased.

CONCLUSION

Mental Health is important at every stage of life, childhood, adolescence, and adulthood. Everyone feels worried, anxious, sad or stressed sometimes. But with a mental illness these feelings do not go away and are severe enough to interfere with daily life. It can make it hard to meet and keep friends, hold a job or enjoy life. People who are mentally healthy are in control of their thoughts, feelings and behaviours. They

feel good about themselves and have good relationships. Mentally healthy students possess higher level of academic performance. Therefore, mental health is directly influence the academic performance of higher secondary school students. The present study result shows positive relationship between mental health and academic performance of higher secondary students.

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