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A STUDY ON MENTAL HEALTH AND ACADEMIC ACHIEVEMENT AMONG THE SECONDARY LEVEL STUDENTS IN THE DISTRICT OF MALDA

MD ESAHAQUE SK*

***Asst. Teacher of Tarikullah Sarkar High School, Gajole , Malda.**

ABSTRACT:

The present study aimed at examining the impact of Mental Health on academic achievement of secondary school level student in the District of Malda. For this purpose 200 secondary level student (100males and 100 females) were selected from different school of Malda. The investigator 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 technique like S.D, Mean and t-test were used to analyze data .The result confirm that there is significant mean difference between secondary level boys and girls student on their Mental Health and academic Achievement. The study also clearly indicated that there is a highly significant relation between Academic Achievement and Mental Health.

Keyword: Mental Health, Academic Achievement, Secondary Students, Malda District.

INTRODUCTION:

A number of researchers like Stern, Stain, and bloom (1956) Warburton (1961) have found that personality factors are related to Academic Achievement. For the last few decades a substantial amount of literature is available relating personality factors to Academic Achievement and the aspects of personality which have been generally taken into consideration are Mental Health , Emotional Instability ,Test Anxiety ,persistence ,frustration and introversion-extroversion.

Mental health is the balanced development of the individual's personality and emotional attitudes which enable him to live harmoniously with his/her fellow men/women. Mental Health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective function of a community. Mental Health promotion requires multi-sect

oral action , involving a number of government sectors and non-governmental or community-based organizations. The focus should be on promoting mental health throughout the lifespan to ensure a healthy start in life for children and to prevent mental disorders in adulthood and old age.

Now a days, Educationists and Psychologists are much thinking about the development of mental health of the children .They know, only the Mentally Healthy children possess the capacity to face the stresses and anxieties , and have greater success in Academic Achievement by which one day they can shoulder their responsibilities of the society and even of the nation.

REVIEW OF RELATED STUDIES:

Thus review of related studies the area has been proved to be an essential part of research work. Here the researcher presents his acquaintance with some of the related studies as review:

Sinha.R. (1987): A study of mental health of urban and rural school boys in relation to their academic achievement.

Objectives:

- a. to find out correlation , if any , between mental health scores and academic achievement scores.
- b. to find out difference , if any , between mental rural and urban boys.

Hypothesis:

- a. existence of high degree correlation between mental health score and academic score .
- b.existence of significant difference between mental health score of urban boys and rural boys.

Findings:

- a. positive correlation between mental health and academic achievement.
- b. significant difference in mental health between urban boys and rural boys.

Dey.R. (1988): A comparative study of dimensions of mental health of class vii student in some selected schools of Hooghly (w.b).

Objectives:

- a. to find out difference ,if any ,between boys and girls in mental health.

b. to find out difference , if any, urban and rural students in mental health.

Findings:

- a. rural boys having better mental health than the rural girls.
- b. urban boys having better mental health than the rural boys.

OBJECTIVES OF THE STUDY:

The objectives of the present investigation were to make an assessment of the extent of relationship between Mental Health and Academic Achievement among secondary students of Malda District. The present study has under taken to achieve the following objectives:

- 1.To find out the relationship between Mental Health and Academic Achievement.
2. To measure the Mental Health of secondary (class-ix) student.
3. To measure the Academic Achievement of secondary (class-ix) student.
4. To find out there is any significance difference of Mental Health in respect to sex.
5. To find out there is any significance difference of Academic Achievement in respect to sex.

HYPOTHESIS OF THE STUDY:

Ho₁:There is a significant correlation between Mental Health and Academic Achievement.

Ho₂: There is no Significant difference of Mental Health in respect of sex at the Secondary level.

Ho₃: There is no Significant difference of Academic achievement in respect of sex at the Secondary Level.

Ho₄:There is no Significant mean difference in Academic Achievement in respect of strong and weak mental Health at the Secondary Level.

POPULATION AND SAMPLE:

The study was conducted on the students of class ix of the sample consists of two hundred students in the district of Malda .

Variables of the study: The following variables were considered in the study-

- a .Mental Health.
- b. Academic Achievement.

Tools used in the Study: The following tools were used in the study-

- a. Mental Health Battery
- b. annual examination result of schools in different subjects were taken for Academic Achievement (No tool constructed)

DEFINITION OF IMPORTANT TERM:

Mental health Definition, condition characteristics. The concept a mental health and adjustment are closely related. A person who possesses sound mental health may be said to be an adjusted person. According to Norma E cuts and Nicholas Mosley, “Mental health is the various strains of the environment we meet in life and mental hygiene as the means we take to assure the adjustment ”

A person said to have a good mental health when he succeeds to maintain harmonious relationship between himself and his environment. According to Hadfield, “Mental health is the full and harmonious function of the whole personality.”

Every person has certain needs, for instance, need for affection and love, need for safety and security and so on . An individual tries to establish a balance between his needs and his capacity for realizing these needs As long as this balance is satisfactorily maintained the person remains, adjust and his mental health is retained. But when this balance is lost, he drifts towards maladjustment .

According to Bernard, “Mental health like physical health is a matter of degree. The dividing line between good and poor mental health is a matter of degree.”

J.A. Hadfield said, “Mental health is the full and free expression of all our native and acquired potentialities in harmony with one another by being directed towards a common end or aim of the personality as a whole.”

In the word of Burham –“A mentally healthy person is one who has a wholesome balanced personality ,free from schism and inconsistencies, emotional and nervous tensions discords and contents.”

A PERSON HAVING GOOD MENTAL HEALTH IS SUPPOSED TO POSSESS THE FOLLOWING CHARACTERISTICS

1. Capacity for Adjustment;
2. Firm Self-Confidence
3. Good Physical Health

4. Absence of a Critical Attitude;
5. Proper Intellectual Growth;
6. Proper Emotional Growth;
7. Growth of Proper Interest and Attitude;
8. Awareness of Needs;

In Brief, A Person, Who Is Free From Nervous, Tension And Mental Conflicts And Who Has A Balanced Personality, May Be Said To Have Good Mental Health.

Therefore, It Is Found That Mental Health As A Concept Is Abstract In Nature, But With Wide Application Aspects, According To Psychologists Mental Health Control The Overall Behavior Of Individual (His Learning, Adjustment, Technique, Personality, Attitude Etc.).At The Same Time It Controls The Basic Constituents Of Behavior. The Learning Phenomena (Is Closely Related With Adjustment Of A Learner.

ACADEMIC ACHIEVEMENT: There is different definition of Academic Achievement-

- a. Academic achievement is the knowledge attained or skills developed in the school subjects designed by test scores or marks assigned by teachers, or by faith; to get achievement of pupils in the so called ‘Academic subjects such as Reading, Arithmetic and History as in contrasted with skills developed in such areas as industrials Arts and Physical Education.(Dictionary of Education)
- b .A-test of educational achievement is one designed to measure knowledge, understanding or skills in a specified subjects or groups of subjects.

Academic Achievement is understanding by the scores upon standardized Achievement Test (SAT).Unfortunately, these test are not available. So the study worker in this report has taken percentage of average school examination mark of each pupil assigned by teachers. It is taken as indicates of Academic Achievement .The average mark of student obtain by summing up the mark of language group(Bengali and English)and social science group(history and geography).

STATISTICAL METHOD AND FORMULA

Data were analyzed by the methods of co-efficient of correlation ‘t’ –test.

The systematic representations of different methods with their formulas have been given below:

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$$M = \frac{\sum x}{N}$$

$$S.D = \sqrt{\frac{\sum X^2}{N}}$$

Critical Ratio Test (T)

$$t = \frac{M_1 - M_2}{S.E.D}$$

$$= \sqrt{\frac{E(X - M)^2}{N}} \quad [\text{where, } X = (X - M)]$$

$$r = \frac{\sum XY}{N.SDX.SDY}$$

$$\frac{S.E.D}{N_1} = \sqrt{\frac{S.D_1^2}{N_2} + \frac{S.D_2^2}{N_2}}$$

Table -1

Show the mean and standard deviation of Mental Health Test scores for the student of class ix.

| Student of class ix | N | M | S.D |
|---------------------|-----|-------|-------|
| Girls | 100 | 78.90 | 7.013 |
| Boys | 100 | 77.64 | 8.369 |

Table -2

Shows the mean and standard deviation of Academic Achievement scores for the student of class ix

| Student of class ix | N | M | S.D |
|---------------------|-----|-------|--------|
| Girls | 100 | 54.08 | 12.44 |
| Boys | 100 | 48.10 | 12.751 |

ANALYSIS OF DATA:

Analysis of data pertaining to H₁

[H₁ : There is a Signification correlation between Mental Health and Academic Achievement.]

Table -3

Showing the value of ‘r’ (correlation) between Health and Academic Achievement for the student of class ix.

| Group | N | M | S.D | r |
|----------------------|-----|-------|-------|------|
| Mental | 200 | 78.27 | 7.746 | 0.22 |
| Academic Achievement | 200 | 51.09 | 13 | |

From the Above table 5.10 indicate that the value of ‘r’ is between (.21) to (.40). So, there is Low correlation between mental Health and Academic Achievement or hypothesis is rejected.

Analysis of data pertaining to Ho₂

[Ho₂: There is no Significant difference of Mental Health in respect to sex at secondary level]

Table -4

Showing the distribution of 't' of Mental Health of the girls and Boys reading in the secondary schools.

| Group | N | M | S.D | SED | t | df | Level of significance |
|-------|-----|-------|-------|------|------|-----|-----------------------|
| Girls | 100 | 78.90 | 7.013 | 1.09 | 1.16 | 198 | 0.01 and 0.05 |
| Boys | 100 | 77.64 | 8.369 | | | | |

From the above table the 't' value is 1.16, that is the not significant at 0.01 level and 0.05 level. Hence, it may be said that there is no significant difference of Mental Health in respect of sex at the secondary level or the null-hypothesis (Ho₂) is accepted

Analysis of data pertaining to Ho₃

[Ho₃: There is no significant difference of Academic Achievement in respect to sex at secondary level.]

Table-5

Showing the distribution of 't' of Academic Achievement of the girls and Boys reading in the secondary schools.

| Group | N | M | S.D | SED | t | df | Level of significance |
|-------|-----|-------|--------|------|------|-----|-----------------------|
| Girls | 100 | 54.08 | 12.44 | 1.78 | 3.36 | 198 | 0.01 and 0.05 |
| Boys | 100 | 48.10 | 12.751 | | | | |

From the above table the 't' value is 3.36, that is significant at 0.01 level and 0.05 level. Hence, it may be said that there is a significant difference of Academic Achievement in respect of sex at the secondary level or the null-hypothesis (Ho₃) is rejected.

Analysis of data pertaining to Ho₄

[Ho₄: There is no Significant mean difference in the Academic Achievement in respect to Strong and Weak Mental Health at the secondary level.]

Table-6
Showing the distribution of 't' of Academic Achievement score of strong and Weak Mental Health group of class ix.

| Group | N | M | S.D | SED | t | df | Level of significance |
|----------------------|-----|-------|------|------|-------|-----|-----------------------|
| Strong Mental Health | 99 | 84.45 | 4.31 | 0.67 | 18.42 | 198 | 0.01 and 0.05 |
| Weak Mental Health | 101 | 72.11 | 5.15 | | | | |

From the above table the 't' value is 18.42 ,that is significant at 0.01 level and 0.05 level. Hence, it may be said that there is a no significant mean difference in Academic Achievement in respect of Strong and Weak Mental Health at the secondary level or the null-hypothesis (Ho₄) is accepted.

FINDING OF THE STUDY:

A summary of the important finding may be given here after.

1. In case of relation between Mental Health and Academic Achievement pertaining H₁ revealed that there is a low correlation between Mental Health and Academic Achievement.
2. Analysis of data pertaining to Ho₂ revealed that the value of 't' is not significant at 0.01 level and 0.05 level .Hence, it may be concluded from the result that the boy and the girls reading in secondary schools do not differ significantly in their Mental Health.
3. Analysis of data pertaining to Ho₃ revealed that the value of “t”is significant at 0.01level and 0.05 level . Hence, it may be concluded from the result that the boy and the girls reading in secondary school are differ significantly in their Academic Achievement.
4. Analysis of data pertaining to Ho₄ revealed that the value of “t” is not significant at 0.01 level and 0.05level. Hence, it may be said that there is no significant mean difference in Academic Achievement in respect of strong and Weak Mental Health at the secondary level

CONCLUSION:

Mental Health is the ability to respond to the many varied experience of life with flexibility and a sense of purpose .It is the capacity of an individual to form harmonious relations with his / her social and physical environment, and to achieve a balanced satisfaction of his /her own drives. Mental Health of an individual's affects his or her Academic Achievement. The findings of this is proved that who has good mental health they can achieved good academic achievement.

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