



Effect of Mental Health on Academic Achievement of the Students

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Abstract: The aim of the present study was to study the effect of Mental Health on Academic Achievement of Higher Secondary School Students of Durg District. Sample for the present study consists of 200 Students (100 Male and 100 Females) studying in class 11th in various Higher Secondary Schools situated in Durg District. In order to collect data with respect to Mental Health of the students, Mental Health Battery which was developed and validated by Arun Kumar Singh and Alpna Sen Gupta was used and for collection of data with respect to the Academic Achievement of the students, marks obtained by the students in their class 10th was used. 2×2 FD Design ANOVA was employed for analysis of data and the results revealed that there exists a significant effect of Mental Health on Academic Achievement of the students. The students having good mental health were having good Academic results as compared to the students with poor Mental Health. It was also seen that Mental Health of male students was significantly higher than their female counterparts.

Keywords: Mental Health and Academic Achievement

INTRODUCTION

Mental health is a complicated part of human happiness that includes feelings, mind-related things and social connections. Mental health is not just about not having mental problems. It's more like a good balance where people can deal with life's difficulties in strong, emotional ways. Being happy is very important for your mind, you need to understand and handle feelings right. This means learning how to handle stress and problems, making good friends, and feeling all kinds of happy or sad emotions in a healthy way. Mental health, another important part, includes brain functions like thinking carefully and learning new things. A person with strong mental health can make good choices and fix problems well, which helps them feel in charge of their life. Social well-being, on the other hand, shows how important it is to have good relationships with others for mental health. The way we get along with people can greatly affect our mind state. This shows how important it is to have good social contact, support from others and feeling like you belong somewhere. Resilience, a big part of mental health, talks about someone's ability to bounce back from hard times. Strong people don't just survive life's problems. They come out of them stronger and more able to change. Self-esteem, an important part of mental health, helps to build our self-worth and confidence. It affects the choices we make in life as well as how we get along with others. Having a strong reason and goal brings extra value to mental health. It gives direction, goals, and guidance for living life's

path. It's very important to see mental health as something that changes. These changes can be caused by things like our body, how we inherit traits from family members and the place where we live. Life things, bad feelings and tough situations can really hurt your mind health. That's why it's important to watch out for signs of trouble and ask for the right help when needed. Holistic mental health care means taking care of oneself and building strength. It also involves fixing problems that can make one's well-being bad. Mental health is more than just not having mental illnesses. It's a deep sense of balance where people can be at their best emotionally, mentally and in friend groups or society. It's very important to see the big picture. This will help us make a society that cares about mental health and helps people reach their best mind state in their personal ways.

Mental health of kids is very important for their overall happiness. It changes how they study, grow as a person and succeed in life. In today's schools, there are lots of problems that can hurt kids' feelings. These include things like school work stress and issues with friends or themselves. Students often feel stress because they have high expectations, hard work in class and need to do their best. This is a common reason that affects them. Getting good grades in school, which is important sometimes can cause worry and tiredness. It may also make us feel bad about ourselves. Students have to mix school work with other activities like sports, after-school jobs and hanging out. This makes their stress level even worse.

Society also has a big impact on students' mental health. Moving to college or university life, far from known places and help networks can be hard changes. Making new friends, dealing with classmates and handling social affairs adds more stress. Problems like feeling alone, staying away from others and needing to obey what society wants can affect kids' mind health.

ACADEMIC ACHIEVEMENT

Achievement in school work is a complex idea that includes doing well and reaching goals at different parts of the education system. Usually, we use marks and test results to measure it. This tells us both how much a student knows in different school subjects by using numbers or words. Getting good grades in school is very important. It affects not just the student, but communities and all of society too.

Basically, how well a student does in school is very important for measuring improvement and going forward. In primary and high school, it's very important to know if a student is ready for the next grade. In school after high, often what you learn decides if a kid can finish and go on to work or study more. The learning path has highlights of success, each adding to a student's total growth and victory in school.

Beyond its role in learning, getting good marks matters a lot for job chances. In a tough job market, bosses often look at someone's schooling and grades when they decide who to bring in for work. Success in school makes more job choices possible for people. It can lead to jobs that need specific education or skills. In addition, academic success is a continuous thing that keeps going after school ends. It can affect your job growth and moving forward in life forever.

Personal growth is also a key part connected to school success. Going after school goals helps us grow important life skills and qualities. As kids learn about different topics, they develop their thinking abilities, skills to solve problems and ways of talking effectively. Facing school problems helps build strength and keep going. These qualities are really important for dealing with life's difficulties. So, school success means more than just learning things. It turns people into smart and confident members of society who know a lot too.

School success has a big effect on society, especially when it comes to moving up in life. Education is usually seen as a strong helper, giving people what they need to break down social and money problems. Getting good grades at school can stop the circle of not having enough money, giving chances to move up in life and reach things that might be hard without them. Societies can solve problems of unfairness by giving people education. This helps make communities more equal and fair, leading to a better future for everyone.

Growing smarter is an important part of doing well in school. It means a trip of looking and learning, pushing people to get into different types of studying. The love for learning goes beyond just marks and certificates; it makes you a lifelong learner. Growing your mind helps to spark curiosity, get more creative and learn about the world better. This prepares people for dealing with problems in a fast-changing big world.

Getting good grades in school helps both society and the person who did well. It makes them happy, too! For many people, school isn't just a way to get something done but it is also about learning more about themselves. Success in school can be combined with your personal likes and goals. This could include wanting a certain job, doing something creative or making the world better by helping people.

Reaching school goals makes people want to learn more. This drives them to work hard and keep going for their dreams.

It's clear how important school work is, but we need to look at it as part of a big picture. This includes looking after the health and happiness of students too. Sometimes wanting to do well in school can cause stress, worry and tiredness. Schools and colleges are very important for making places that help kids not only do well in school but also keep their minds and feelings happy. Knowing that all students are good at different things, being nice to everyone and giving the right help makes learning a happier place.

In the end, school success is a complicated idea with big effects. It shows how well people are learning, helps jobs chances grow, makes you develop as a person and it adds to society getting better. Beyond the numbers of grades and degrees, getting good marks in school is about growing your mind, learning new things every day. It's also a time to find out who you really are. When we cheer for students who succeed in school, it is very important to think about their overall health first. This means understanding that real success isn't just reaching academic goals but also making strong and good-all around people ready to add something valuable back into society.

OBJECTIVES:

- To study the effect of Mental Health on Academic Achievement of the Students.

HYPOTHESES:

H₀₋₁ There will be no significant effect of Mental Health, Gender and their interaction on Academic Achievement of the Students.

METHODOLOGY:

- **POPULATION:** All the students studying in class 11th during the session 2021-2022 constitute the Population for the present study.
- **SAMPLE:** Sample for the present study consists of 200 Students (100 Male and 100 Females) studying in class 11th in various Higher Secondary Schools situated in Durg District.
- **TOOLS:** Tools used for collection of data with respect to the present study are as follows:

Mental Health: In the study the investigator employed English version of tools constructed by Arun Kumar Singh and Alpana Sen Gupta. MHB aims to evaluate the mental health status of individuals between the ages of 13 and 22. There are six tests in all. The six aspects of the MHB are emotional stability (ES), overall adjustment (OA), autonomy (AY), security – insecurity (SI), self-concept (SC), and intelligence (IG). The MHB consists of 130 items. The battery's various dimensions varied in reliability from 0.72 to 0.87.

Academic Achievement: For collection of data with respect to the Academic Achievement of the students, marks obtained by the students in their class 10th was used.

ANALYSES OF DATA AND INTERPRETATION OF THE RESULTS:

H₀₋₁ There will be no significant effect of Mental Health, Gender and their interaction on Academic Achievement of the Students.

The first objective of the present study was to find out the effect of Mental Health, Gender and their interaction on Academic Achievement of the Students, data collected with respect of this study was analysed by using 2×2 FD Design ANOVA. Summary of this analyses is presented in table 1 below:

Table 1

Effect of Mental Health, Gender and their interaction on Academic Achievement of the Students.

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Mental_Health	4439.049	1	4439.049	54.753	.000
Gender	880.111	1	880.111	10.856	.001
Mental_Health * Gender	5.884	1	5.884	.073	.788
Error	15890.558	196	81.074		
Total	1446107.000	200			
Corrected Total	20928.555	199			

From table 1 above it is evident that the F value of 54.753, $df=1/196$, was found to be significant at 0.01 level of significance. This reveals that there exists a significant effect of Mental Health on Academic Achievement of the students. Therefore, the null hypothesis stated as, “There will be no significant effect of Mental Health on Academic Achievement of the Students”, is rejected.

Further to find out whether students with good Mental health of the students with poor Mental Health were having higher level of Academic Achievement, Mean and Standard deviation of Academic Achievement Scores was find out. Summary of which is provided in table 1 below:

Table 2

Mean and Standard deviation of Academic Achievement Scores of students

Mental health	N	Mean	Standard Deviation
Good Mental health	118	88.18	9.50
Poor Mental health	82	78.98	8.80

From the table above it can be seen that the mean and Standard Deviation of students having Good mental health was 88.18 and 9.50 and that of the students with Poor mental health was 78.98 and 8.80 respectively. Which clearly shows that the students who were having good mental health were having higher level of Academic Achievement.

Further, from table 1 it is also evident that the F value of 10.856, $df=1/196$, was found to be significant at 0.01 level of significance. This reveals that gender produces a significant effect on Academic Achievement of the students. Therefore, the null hypothesis stated as, “There will be no significant effect of Gender on Academic Achievement of the Students”, is rejected.

In order to find out whether male students were having higher level of Academic Achievement of Female students, mean and Standard Deviation of Academic Achievement Scores of male and female students was found out. Summary of which has been provided in table 3 below:

Table 3

Mean and Standard Deviation of Academic Achievement

Scores of Male and Female Student

Gender	N	Mean	Standard Deviation
Male	100	82.72	11.28
Female	100	86.11	8.84

From table 3 above it can be seen that the mean and Standard Deviation Scores of Male students was found to be 82.72 and 11.28 and that of female students was 86.11 and 8.84 respectively. This reveals that the Academic Achievement of Female students was higher than the male students.

The F value of 0.073, $df=1/196$, for the interaction between Mental Health and gender was not found to be significant. This reveals that the interaction between Mental Health and gender do not produce any significant effect on Academic Achievement of the students. Therefore, the null hypothesis stated as, “There will be no significant effect of interaction between Mental Health and gender on Academic Achievement of the Students”, is rejected.

CONCLUSION:

Academic achievement is greatly impacted by mental health. Students who struggle with mental health issues frequently find it difficult to focus, control their tension, and maintain a steady academic performance. Anxiety and sadness, for example, can impair cognitive processes, making it difficult to learn new knowledge and retain it. Emotional health also has a major impact on motivation and the capacity to handle academic demands. In order to establish a learning environment, help students realise their full academic potential, and promote general well-being, mental health issues must be addressed.

The better school scores of girls over boys might be because of different reasons. Research shows that girls usually grow up faster, show better ways to organize things and they study harder. Girls usually show more effort in finishing work and joining classroom activities. Sometimes, girls might do better in school because they have less social and cultural pressures that can stop them from getting good grades. It's important to know that people are different, and these big ideas might not be true for everyone. Understanding and dealing with the hard relations of things can help to make schools better for all kids.

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