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### MENTAL HEALTH AND ACADEMIC ACHIEVEMENT AMONG SECONDARY SCHOOL STUDENTS

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#### ABSTRACT:

The impact of academic achievement on mental health was investigated in a 10th grade higher secondary school students sample consisting of 300 participants, 150 of girls and 150 boys. The data was collected by Mental Health Battery which was developed and validated by Jagdish and Srivastava (1983) data collected was analyzed using mean, standard deviation and Three-Way ANOVA (2x2x2 Factorial Experiment). Results revealed that mean value of mental health of girls is 74.76 and boys is 70.76. Therefore, this was revealed after analyses that the mean value of mental health of girls is more in comparison to boys.

**Key words-** Mental health, Secondary school students

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#### INTRODUCTION:

Mental health is perceived as a positive source contributing asset development individually, socially, and economically. The World Health Organization conceptualized mental health separate from mental ill-health and defined the concept as: a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her own community. Better mental health outcomes in adolescents are characterized by greater adaptation in family, society, and school environment, improved quality of life. The rise in mental health issues in adolescents is a growing concern in the school and for the community counselors and educators. Research has revealed an increasing incidence of depression and other mental health issues among youth. As the aim of education is to provide healthy personality for individuals and one of the important ingredients of education, the role of mental health is crucial not only in formal education centers but also, in informal education- such as family and societies. Various studies have been carried out in different parts of the world to identify factors that impact on students 'mental health since poor mental health has been recognized as the leading cause of suicidal behaviour, a sense of helplessness and lower academic achievements. According to previous studies, factors that influence mental health are demographic backgrounds such as age and gender, academic field and academic year, personality traits and loneliness. Human mental health has not been a focus of attention until the beginning of the 20th century with the formation of Mental Hygiene Movement by Clifford Beers in 1908.

#### OBJECTIVES OF THE STUDY:

- To find significant sex differences in mental health among secondary school students
- To find significant differences in mental health among secondary school students with high and low academic achievement.
- To find significant interaction between sex and academic achievement among secondary school students with mental health as dependent variable.

**HYPOTHESES OF THE STUDY:**

- There will be no significant sex differences in mental health among secondary school students.
- There will be no significant differences in mental health among secondary school students with high and low academic achievement.
- There will be no significant interaction between sex and academic achievement among secondary school students with mental health as dependent variable.

**RESEARCH METHOD:**

After analyzing and evaluating all the important research methods generally used in educational research, the investigator selects the normative survey process for the existing investigation.

**TOOLS USED FOR THE COLLECTING OF DATA:****MENTAL HEALTH INVENTORY:**

This scale was developed by Jagdish and Srivastava (1983), lower scores on the measure of mental- ill health has been supposed to indicate higher mental health.

**ACADEMIC ACHIEVEMENT:**

In the present investigation academic achievement constitutes the aggregate marks obtained by the subjects in their 10th class examination.

**POPULATION OF THE PRESENT STUDY:**

In the present study the students studying in class XI of secondary schools located in the Delhi constitute the population and a representative sample from this population has been selected by the investigator. The sample of the present investigation was drawn from five schools located in Delhi. The total sample of the students in the present research is 300 consisting of 150 boys and 150 girls.

**RESULTS:**

Table displays the results of our comparison

**Three Way ANOVA (2x2x2) Factorial Design for Mental Health**

Source of Variation	SS	Df	MS	MS/df F=	Significant
Sex (A)	320	1	320	2.8	Significant at 0.01 level
Academic Achievement (B)	61.25	1	61.25	0.54	Insignificant
Sex x Academic Achievement (A x B)	156.8	1	156.8	1.37	Insignificant

**Combined Mean of Mental Health in Different Groups with  
N = 20 in each Cell.**

Group	Sex		Combined Mean
	Boys	Girls	
Mental Health	70.19	73.85	72.02

Perusal of table 1 revealed that the value of F for the variable of sex is 2.8 which is significant at 0.01 level of significance for df 1 and 72. It can thus be said, that there are significant sex differences in mental health among secondary school students. Furthermore, table 2 revealed that girls more mentally healthy in comparison to boys.

Review of table 1 also revealed that value of F for the variable Academic Achievement is 0.54 which is insignificant at 0.05 level of significance for df 1 and 72. It can thus be said, that there are insignificant differences in mental health among secondary school students with high and low academic achievement. Hence the hypothesis that there will be no significant differences in mental health among secondary school students with high and low academic achievement was accepted.

Again review of table 1 revealed that value of F for the interaction between sex and academic achievement is 1.37 which is insignificant at 0.05 level of significance. It means that sex and academic achievement are independent of each other with mental health as the dependent variable among hr. secondary school students. Hence the hypothesis that there will be no significant interaction between sex and academic achievement among secondary school students with mental health as dependent variable was accepted.

### **CONCLUSIONS:**

The main purpose of the present study was to see the impact of academic achievement on mental health of secondary school students. Maintaining a healthy attitude involves not only the physical health, psychological development, the shape of the good moral character and the cultivation of the perfect personalities of majorities of students but also the overall quality of the talents, for the full realization of higher education goals and the smooth progress of modernization construction and progressive development of society. This is important since previous studies indicate that poor mental health status have a negative effect on students' academic achievement and promote negative behaviour and hopelessness. Therefore, this information is important to community counselors, teachers, school counselors and parents; all of whom are concerned with both the academic and social-spiritual development of children, and with the climate of children's learning environment given area of learning or in other words, achievement is reflected by the extent to which skill and knowledge has been imparted to him. Academic achievement also denotes the knowledge attained and skill developed in the school subject, usually designed by test scores. The level of achieving is how far a student succeeds in a particular exam or standardized test.

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