



## INFLUENCE OF MENTAL HEALTH ON ACADEMIC PERFORMANCE OF ADOLESCENT GIRLS

Miss. Sunanda S. Gudadur<sup>1</sup> and Dr. Vishnu M. Shindhe<sup>2</sup>

<sup>1</sup>Research Scholar, Dept. of studies in Education,  
Karnataka State Akkamahadevi Womens University, Torvi, Vijayapur.

<sup>2</sup>Associate Professor, Dept. of studies in Education,  
Karnataka State Akkamahadevi Womens University, Torvi, Vijayapur.

### ABSTRACT

Success in academics can be considered a core metric by which to measure the relative success of an adolescent as the skills conveyed and measured in school are such as to foster positive long-term outcomes. Therefore, all efforts ought to be made towards encouraging this achievement. School success however, is a complex phenomenon shaped by a wide variety of factors and many adolescents are missing opportunities to develop their full potential in the educational system. The goal of this research was to present a perspective on students' relationship to their academic outcomes that emphasizes the role of the mental health of adolescents towards their learning and academic success. The present study examined the relationship between students' mental health and achievement outcomes. Present study was conducted on adolescent girls of Vijayapur district.



**KEYWORDS:** core metric , skills conveyed , wide variety of factors.

### The concept of mental health

"Mental health is a term which defined as the state of an individual with high emotional stability, well adjustment in the society, adequate perception of reality, selfconcept, integrated personality and environmental competencies".

Mental health describes either a level of cognitive or emotional well-being-it is all about how we think, feel and behave of a mental disorder. From perspectives of the discipline of positive

psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. Mental health is an expression of emotions and signifies a successful adaptation to a range of demands

"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"

**-Norman E. Cuts**

"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 community". WHO stresses that mental health –is not just the absence of mental disorder"

**-World Health Organization**

Good mental health and wellbeing makes a vital contribution to the overall health and wellbeing of individuals and our communities. It also influences social and economic outcomes for individuals of all ages and cultural backgrounds, affecting lives of many people in our community, their families and friends. The impacts of poor mental health on individuals, cares, families and the wider community can be significant.

### The academic achievement

The word Academic Achievement is a very broad term, which indicates generally the learning outcome of pupils. Achievement of these learning outcomes requires a serious of planned and organized experiences and hence learning is called a process. In this process of achievement of change in behavior one cannot say that all students reach the same level of change during the same span of time. The level of achievement reached by the students in the schools is called Academic Achievement (School performance) of the students.

Learning affects three major areas of behavior of students, Cognitive, Affective, Psycho motor. It is difficult to say without proper evidence that students reach at the same level in all the three domains at the same time. Students may be at somewhat higher level in one domain and at a somewhat lower level in the other domain. This means pupil may be at different levels of achievement in different areas. As the areas of affective and psycho-motor domain are not sufficiently explored, it is generally a custom to restrict the term school performance to the level of achievement of students in the cognitive areas of various school subjects.

Here are some of the principles of measurement of educational achievement as given by Robert.E.Bell (1971)

1. The measurement of educational achievement is essential of effective education.
  2. An education test is no more or less than a device for facilitating, Extending, and refining a teacher's observation of student achievement.
  3. Every important outcome of education can be measure.
  4. The most important educational achievement is command of useful knowledge.
  5. Written tests are well suited to measure the students command of useful knowledge
- Academic achievement is the amount of knowledge derived during the process of learning at school. It is the product of knowledge and intelligence derived from the environment or attainment can be measured in every aspect to instruction. R.S. Wood Worth states that educational achievement tests show how much knowledge has been obtained and retained in a school subject.

### OBJECTIVES OF THE STUDY:

- To find out the status of mental health of rural and urban adolescent girls of Vijayapur district.
- To assess the correlation between mental health with academic performance of adolescent girls in Vijayapur district

### HYPOTHESIS OF THE STUDY:

- There is no significant difference between the status of mental health of rural and urban adolescent girls of Vijayapur district.
- There is no significant correlation between mental health with academic performance of adolescent girls in Vijayapur district

### METHODOLOGY:

For the present study, the observational descriptive normative survey methods was used and were administered to adolescent girls in Vijayapur district collect the data, analysis of data and interpretation of the results.

**DATA COLLECTION TOOLS**

For the present study the investigator used mental health status inventory (MMHSI) developed and standardized by Mithila and revised by Dr. Anandkumar and Dr. G.P.Takhur. The original tool is in Hindi version and researcher translated into regional language (Kannada). As part of researcher collected the academic scores of the students from the schools

**Sample**

A total of 500 adolescent girls in Vijayapur district were selected by cluster random sampling method, in which, 250 each from rural and urban including 250 from government and 250 from private schools living nuclear and joint families

**Collection of data**

The investigator visited personally in selected government and private schools from rural and urban areas. Then the selected 500 adolescent girls in Vijayapur district, the of mental health was distributed and collected data. Also the academic performance of adolescent girls was collected from the previous examination. The data were coded and entered in Microsoft excel 2010 and converted in SPSS 20.0 version for statistical analysis. The data were analysed by using the following statistical procedures.

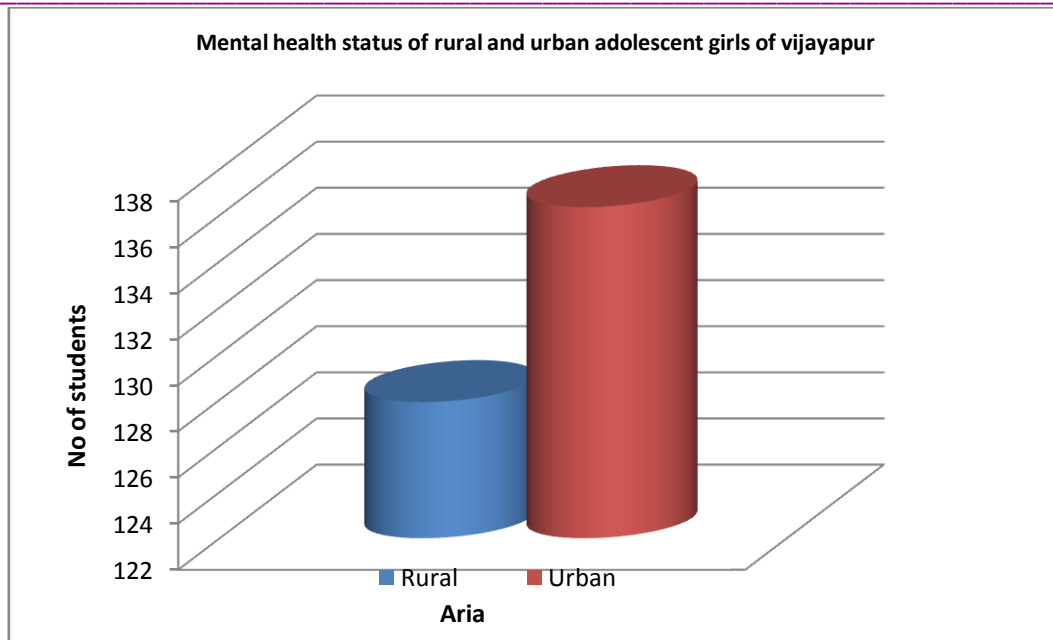
**Statistical techniques used**

- Chi-square test for association
- T- test
- Tukeys multiple posthoc procedures
- Karl pearson's product moment correlation coefficient
- Multiple linear regression

**Data Analysis:**

**Table: Status of mental health of rural and uran adolescent girls**

	Location	N	Mean	SD	Degrees of freedom	t -value	P-value
Mental health	Rural	250	127.90	19.48	498.00	5.0739	0.0001*
	Urban	250	136.35	17.78			



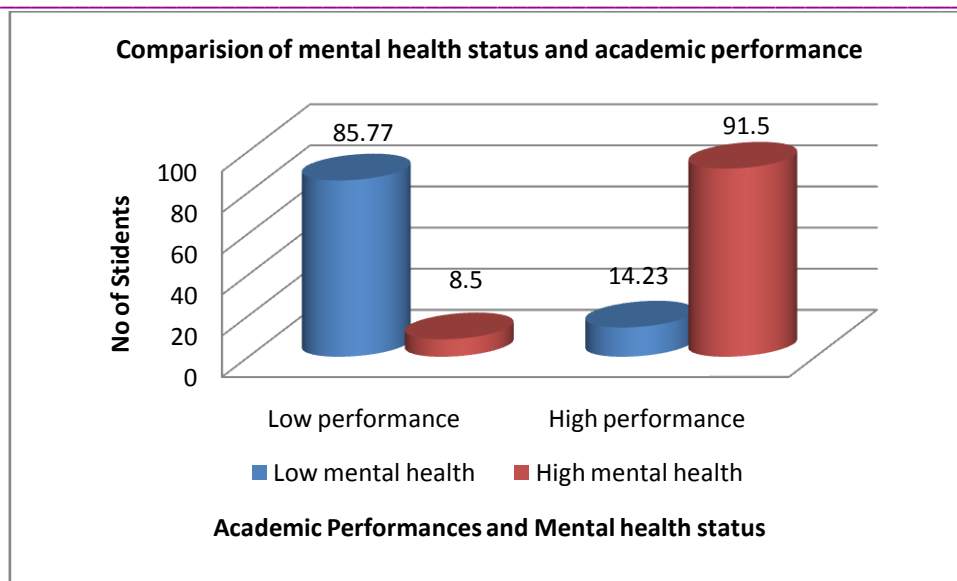
The calculated value of t test is 5.0739 and the critical value of t with 498 degrees of freedom at 5% level is 1.9600. It indicates that, the calculated value i.e. 5.0739 is greater than 1.9600. It means that, a significant difference was observed between rural and urban adolescent girls in Vijayapur district with mental health. Therefore, the null hypothesis is rejected and alternative hypothesis is accepted. It concludes that, the students of urban schools have significant and higher mental health as compared to students of rural schools.

**Table: Summery of association between levels of school performance and levels of mental health of adolescent girls in Vijayapur district**

Levels of mental health	Levels of school performance				
	Low performance	%	High performance	%	Total
Low mental health	217	85.77	36	14.23	253
High mental health	21	8.50	226	91.50	247
Total	238	47.60	262	52.40	500

Chi-square= 299.1690, p=0.0001\*

\*p<0.05



From the results of the above table, it can be observed that, out of a total of 500 adolescent girls in Vijayapur district. A total of 253 adolescent girls have low level of mental health, in which, a majority of 217 (85.77%) adolescent girls have low level of school performance and 36 (14.23%) adolescent girls have high level of school performance. Similarly, a total of 247 adolescent girls have high level of mental health, in which, a majority of 226 (91.50%) adolescent girls have high level of school performance and 21 (8.50%) adolescent girls have low level of school performance. The association between levels of school performance and levels of mental health is found to be statistically significant (Chi-square= 299.1690,  $p=0.0001$ ). Therefore, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the adolescent girls with high level of mental health have significant and higher in high level of school performance.

#### **FINDINGS:**

- The mental health status of adolescent girls of urban area is significantly high compared with rural girls of Vijayapur district.
- The school performance and mental health of adolescent girls in Vijayapur district are dependent on each other. Therefore, the amount of explained variation of mental health on school performance of adolescent girls in Vijayapur district was found significant.

#### **IMPLICATIONS OF THE STUDY:**

- Present research findings suggest that mental health significantly influence on academic performance of students and it is necessary to take proper exercises to develop our mental health.
- At schools teacher should suggest proper activities which promotes the mental health status in a positive way.
- Students should take care of their mental health as taken to their physical health.
- Mental health status of rural area should be improved.
- The awareness programmes related to mental health can promote good mental health in rural area girls.

#### **SUGGESTIONS FOR FURTHER STUDY:**

- Similar study can be conduct for the students of higher education.
- Similar study can be administered on male students
- The same study can be expand on larger sample

- The same study can continue with some other moderating variables.

### CONCLUSION:

It is found that mental health influence on academic performance of students. The present study reveals that there is a variation in mental health status of adolescent girls of rural and urban areas which is a major factor of academic performance.

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