



RELATIONSHIP BETWEEN ACADEMIC STRESS AND MENTAL HEALTH OF SECONDARY SCHOOL STUDENTS

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ABSTRACT

The present study is an attempt to explore the relationship between Academic Stress and Mental Health among Secondary School students of Kottayam District by using survey method. A sample of 5056 students of various schools of Kottayam District was selected for the study. The findings of the study reveal that there exists significant negative relationship between Academic Stress and Mental Health of Secondary School Students. This shows that as Academic Stress increases Mental Health of Secondary School Students decreases. The present study leads to the conclusion that there is significant difference in the relationship between Academic Stress and Mental Health of Secondary School Students.

KEYWORDS: : Academic Stress, Mental Health.

INTRODUCTION

Stress is the first and foremost problem of people's life in the present scenario. It is an unavoidable consequence of life. Though science and technology has invented a lot of ways and things of convenience and advancement but the remarkable growth of economy and resources has affected the lifestyle of the people. Mental health is a state of full and harmonious functioning of the total personality and it reflects maximum success, satisfaction and excellence. It is the ability of a person to adjust to the world and those around with maximum effectiveness.

NEED AND SIGNIFICANCE

We experience stress in every walks of life and one such area is academic environment. Students perceive academic life as demanding and stressful (Hammer, Grigsby & Woods, 1998). They experience emotional and cognitive reactions to their stress, especially due to external pressures and self-imposed expectations (Misra. R., & McKean, M. 2000).



Present age is the age of competitions, where each person is facing challenges in one way or another. Each has good aspirations, but lack of time to achieve this goal requiring hard labour and strategies that

ultimately results in the occurrence of stress. School has a great responsibility in the process of harmonious development of children's mental health. School environment plays an important role in the development of positive attitude in the life of students. Each student needs to focus on achieving worthwhile learning rather than worrying or be distracted by an ineffective class/ school environment. Thus the emotional facet of a learner needs adequate attention to achieve worthwhile knowledge, skills and attitudinal objectives. Academic Stress and Student achievement are related. In order to reduce academic stress it is the need of the present scenario to develop quality mental health for all students because it helps young minds to be competent. Mental health of the learner is very essential for effective learning and it would ensure overall development of their personality.

OBJECTIVE OF THE STUDY

1) To find out the relationship between Academic Stress and Mental Health of Secondary School Students.

HYPOTHESIS

1) There is no significant relationship between Academic Stress and Mental Health of Secondary School Students.

METHODOLOGY

The present study is a descriptive study using survey method. The sample consists of 5056 students from Secondary School belonging to five educational districts of Kottayam namely Pala, Kaduthuruthy, Vaikom, Kanjirappilly and Kottayam using stratified random sampling technique.

TOOL

To assess Academic Stress and Mental Health of Secondary School Students, the investigator prepared and standardized two separate tools namely Academic Stress Scale and Student's Mental Health Scale.

ANALYSIS AND INTERPRETATION OF DATA

Table 1: Relationship between Academic Stress and Mental Health of Secondary School Students

Variables	N	r	Critical Value at		Level of Significance
			0.05 level	0.01 level	
Academic Stress	5056	-0.582	0.027	0.036	P<0.01
Mental Health					

Table 1 shows that the coefficient of correlation between Academic Stress and Mental Health for the total sample of 5056 Secondary School Students (-0.582) is greater than the critical value of significance at 0.01 level (0.036). It indicates that there exists significant negative relationship between Academic Stress and Mental Health of Secondary School Students. This shows that as Academic Stress increases Mental Health of Secondary School Students decreases.

FINDING AND CONCLUSION

There exists significant negative relationship between Academic Stress and Mental Health of Secondary School Students. The present study leads to the conclusion that as Academic Stress increases Mental Health of Secondary School Students decreases.

EDUCATIONAL IMPLICATIONS

Since the present study reveals that as Academic Stress increases Mental Health of Secondary School Students decreases, so counselling courses could be introduced in schools as part time course to help students to develop proper mental health. The school must provide environment conducive to learning free

from fear, tension or frustration, then only the students will feel free and develop good mental health. It is advisable if teachers take necessary steps to create positive learning environment for their students and allow them to learn in free atmosphere by co-operative, collaborative and experiential learning to generate interest among students.

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