



MENTAL HEALTH IN RELATION TO ACADEMIC ACHIEVEMENT OF HIGHER SECONDARY SCHOOL STUDENTS

S. Georjeena

St. Christopher's College of Education, Vepery, Chennai,
Tamil Nadu.



ABSTRACT

Mental health is the people's cognitive and emotional well-being. It is the ability to enjoy life, bounce back from adversity, to achieve balance, to be flexible and adapt, to feel safe and secure and the ability of self-actualization. This research study was done to identify the mental health in relation to academic achievement of higher secondary school students in Kanchipuram district. A random sample of 150 students was chosen. Data was analyzed by t-test and chi-square. Result found that there is significant difference in mental health and academic achievement of students based on type of institution. Finding also indicated that mental health is associated with mother's occupation and academic achievement is associated with the father's qualification.

KEYWORDS: Mental Health, Academic Achievement, Higher Secondary Students.

INTRODUCTION:

Bhatia (1982) considers mental health as the ability to balance feelings, desires, ambitions and ideals in one's daily living. It means the ability to face and accept the realities of life. Mental health refers to people's cognitive and emotional well-being. A person who enjoys good mental health does not have a mental disorder. According to WHO, mental health is "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 productive and fruitfully, and is able to make a contribution to his or her community. Academic achievement has become an index of child's future in this highly competitive world. Academic achievement has been one of the important goals of the educational process.

METHODOLOGY

Survey method was used. A sample of 150 higher secondary school students was selected in Kanchipuram district. Data was analyzed by t-test and Chi-square.

TOOLS

- Mental Health Inventory by Jagdish and A.K. Srivastava.
- For Academic Achievement, the total percentage of marks obtained in half-yearly exam was collected by the investigator from students.

DATA ANALYSIS

Inferential Analysis:

Hypotheses 1: There is no significant difference in mental health of higher secondary students with respect to gender.

Table 1: Mental Health of Higher Secondary School Students based on Gender

Gender	N	Mean	SD	't' Value	Remark
Male	77	75.32	11.564	0.424	Not Significant
Female	73	76.12	11.309		

Table-1 depicts that there is no significant difference in mental health of higher secondary students with respect to gender, since the t-value 0.424 is lesser than the table value 1.96 at 0.05 level of significance. Hence the hypothesis-1 is accepted.

Hypothesis 2: There is no significant difference in mental health of higher secondary students with respect to type of institution.

Table 2: Mental Health of Higher Secondary School Students based on Type of Institution

Type of Institution	N	Mean	SD	't' Value	Remark
Government	75	72.90	10.970	3.101	Significant
Private	75	78.52	11.215		

Table-2 shows that there is significant difference in mental health of higher secondary students with respect to type of institution, since the t-value 3.101 is greater than the table value 2.58 at 0.01 level of significance. Hence the hypothesis-2 is rejected.

Hypothesis 3: There is no significant difference in academic achievement of higher secondary students with respect to gender.

Table 3: Academic Achievement of Higher Secondary School Students based on Gender

Gender	N	Mean	SD	't' Value	Remark
Male	77	73.64	10.619	0.400	Not Significant
Female	73	72.93	10.957		

Table-3 depicts that there is no significant difference in academic achievement of higher secondary students with respect to gender, since the t-value 0.400 is lesser than the table value 1.96 at 0.05 level of significance. Hence the hypothesis-3 is accepted.

Hypothesis 4: There is no significant difference in academic achievement of higher secondary students with respect to type of institution.

Table 4: Academic Achievement of Higher Secondary School Students based on Type of Institution

Type of Institution	N	Mean	SD	't' Value	Remark
Government	75	70.12	9.539	3.771	Significant
Private	75	76.47	11.021		

Table-4 shows that there is significant difference in academic achievement of higher secondary students with respect to type of institution, since the t-value 3.771 is greater than the table value 1.96 at 0.01 level of significance. Hence the hypothesis-4 is rejected.

Association Analysis:

Hypothesis 5: There is no significant association in mental health of higher secondary students with respect to father's qualification.

Table 5: Mental Health of Higher Secondary Students with respect to Father’s Qualification

Father’s Qualification	Level of Mental Health			Total
	Low	Moderate	High	
Graduate	16	39	31	86
Non-graduate	22	27	15	64
Total	38	66	46	150

Chi-square value is 5.588

From Table-5, it is inferred that the calculated value 5.588 is lesser than the table value 5.99 for the degree of freedom 2 at 0.05 level of significance. Thus the level of mental health is not associated with the father’s qualification. Hence the hypothesis-5 is accepted.

Hypothesis 6: There is no significant association in mental health of higher secondary students with respect to mother’s qualification.

Table 6: Mental Health of Higher Secondary Students with respect to Mother’s Qualification

Mother’s Qualification	Level of Mental Health			Total
	Low	Moderate	High	
Graduate	17	28	25	70
Non-graduate	21	38	21	80
Total	38	66	46	150

Chi-square value is 1.625

From Table-6, it is inferred that the calculated value 1.625 is lesser than the table value 5.99 for the degree of freedom 2 at 0.05 level of significance. Thus the level of mental health is not associated with the mother’s qualification. Hence the hypothesis-6 is accepted.

Hypothesis 7: There is no significant association in mental health of higher secondary students with respect to father’s occupation.

Table 7: Mental Health of Higher Secondary Students with respect to Father’s Occupation

Father’s Occupation	Level of Mental Health			Total
	Low	Moderate	High	
Service	13	26	20	59
Business	25	40	26	91
Total	38	66	46	150

Chi-square value is 0.749

From Table-7, it is inferred that the calculated value 0.749 is lesser than the table value 5.99 for the degree of freedom 2 at 0.05 level of significance. Thus the level of mental health is not associated with the father’s occupation. Hence the hypothesis-7 is accepted.

Hypothesis 8: There is no significant association in mental health of higher secondary students with respect to mother’s occupation.

Table 8: Mental Health of Higher Secondary Students with respect to Mother’s Occupation

Mother’s Occupation	Level of Mental Health			Total
	Low	Moderate	High	
Service	18	20	25	63
Business	20	46	21	87

Total	38	66	46	150
Chi-square value is 7.036				

From Table-8, it is inferred that the calculated value 7.036 is greater than the table value 5.99 for the degree of freedom 2 at 0.05 level of significance. Thus the level of mental health is not associated with the mother’s occupation. Hence the hypothesis-8 is rejected.

Hypothesis 9: There is no significant association in mental health of higher secondary students with respect to parental income.

Table 9: Mental Health of Higher Secondary Students with respect to Parental Income

Parental Income	Level of Mental Health			Total
	Low	Moderate	High	
Below 25,000/-	29	36	28	93
Above 25,000/-	09	30	18	57
Total	38	66	46	150
Chi-square value is 4.887				

Table-9 shows that the calculated value 4.887 is lesser than the table value 5.99 for the degree of freedom 2 at 0.05 level of significance. Thus the level of mental health is not associated with the parental income. Hence the hypothesis-9 is accepted.

Hypothesis 10: There is no significant association in academic achievement of higher secondary students with respect to father’s qualification.

Table 10: Academic Achievement of Higher Secondary Students with respect to Father’s Qualification

Father’s Qualification	Level of Academic Achievement			Total
	Low	Moderate	High	
Graduate	19	34	33	86
Non-graduate	23	29	12	64
Total	42	63	45	150
Chi-square value is 7.513				

From Table-10, it is inferred that the calculated value 7.513 is greater than the table value 5.99 for the degree of freedom 2 at 0.05 level of significance. Thus the level of academic achievement is associated with the father’s qualification. Hence the hypothesis-10 is rejected.

Hypothesis 11: There is no significant association in academic achievement of higher secondary students with respect to mother’s qualification.

Table 11: Academic Achievement of Higher Secondary Students with respect to Mother’s Qualification

Mother’s Qualification	Level of Academic Achievement			Total
	Low	Moderate	High	
Graduate	14	32	24	70
Non-graduate	28	31	21	80
Total	42	63	45	150
Chi-square value is 4.235				

Table-11 depicts that the calculated value 4.235 is lesser than the table value 5.99 for the degree of freedom 2 at 0.05 level of significance. Thus the level of academic achievement is not associated with the mother’s qualification. Hence the hypothesis-11 is accepted.

Hypothesis 12: There is no significant association in academic achievement of higher secondary students with respect to father’s occupation.

Table 12: Academic Achievement of Higher Secondary Students with respect to Father’s Occupation

Father’s Occupation	Level of Academic Achievement			Total
	Low	Moderate	High	
Service	18	24	17	59
Business	24	39	28	91
Total	42	63	45	150

Chi-square value is 0.305

From Table-12, it is inferred that the calculated value 0.305 is greater than the table value 5.99 for the degree of freedom 2 at 0.05 level of significance. Thus the level of academic achievement is not associated with the father’s occupation. Hence the hypothesis-12 is accepted.

Hypothesis 13: There is no significant association in academic achievement of higher secondary students with respect to mother’s occupation.

Table 13: Academic Achievement of Higher Secondary Students with respect to Mother’s Occupation

Mother’s Occupation	Level of Academic Achievement			Total
	Low	Moderate	High	
Service	14	27	22	63
Business	28	36	23	87
Total	42	63	45	150

Chi-square value is 2.191

Table-13 shows that the calculated value 2.191 is lesser than the table value 5.99 for the degree of freedom 2 at 0.05 level of significance. Thus the level of academic achievement is not associated with the mother’s occupation. Hence the hypothesis-13 is accepted.

Hypothesis 14: There is no significant association in academic achievement of higher secondary students with respect to parental income.

Table 14: Academic Achievement of Higher Secondary Students with respect to Parental Income

Parental Income	Level of Academic Achievement			Total
	Low	Moderate	High	
Below 25,000/-	29	37	27	93
Above 25,000/-	13	26	18	57
Total	42	63	45	150

Chi-square value is 1.248

From Table-14, it is inferred that the calculated value 1.248 is lesser than the table value 5.99 for the degree of freedom 2 at 0.05 level of significance. Thus the level of academic achievement is not associated with the parental income. Hence the hypothesis-14 is accepted.

FINDINGS OF THE STUDY

1. There is no significant difference in mental health of higher secondary students based on gender.
2. There is significant difference in mental health of higher secondary students based on type of institution.
3. There is no significant difference in academic achievement of higher secondary students based on gender.
4. There is a significant difference in academic achievement of higher secondary students based on type of institution.
5. Mental health is not associated with the father's and mother's qualification.
6. Mental health is not associated with father's occupation
7. Mental health is associated with mother's occupation.
8. Mental health is not associated with parental income.
9. Academic achievement is associated with the father's qualification.
10. Academic achievement is not associated with the mother's qualification.
11. Academic achievement is not associated with father's and mother's occupation.
12. Academic achievement is not associated with parental income.

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