



A STUDY ON THE RELATIONSHIP BETWEEN MENTAL HEALTH AND ACADEMIC PERFORMANCE AMONG SCHOOL STUDENTS IN RANCHI CITY

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ABSTRACT:

The growing prevalence of mental health issues among teenagers is a major cause for worry for educators and professionals working in the field of community mental health. It is possible that a student's psychological well-being might have an effect on their capacity to focus and comprehend academic material while they are studying. Within the context of a classroom environment, the purpose of this study is to evaluate the relationship between the disciplinary methods used and the mental health of students and how it affects their academic performance. Participating in the poll were one hundred students in the tenth grade from a variety of educational institutions located around the Ranchi city. The ratio of grades earned in the previous test was used to determine the score for academic performance. The data for this calculation came from the Mental Health Battery by Singh & Sengupta (1971). In order to conduct an exhaustive investigation of the data, we used a number of statistical analysis methods, including metrics such as the mean, standard deviation, t-test and correlation. Female's mental health was worse than male's, according to a t-test comparison of significant differences between means. Therefore, it is crucial to comprehend the socio-cultural contexts in which girls are at risk for acquiring mental health illnesses, as this research has shown. This will help us create better plans to ensure that Indian schoolgirls are mentally healthy and safe, which in turn will increase the nation's psychological capital and increase the likelihood that these girls will live happy, successful lives. The results further showed that boys and girls performed similarly academically. Positive mental health correlated with academic performance.

KEYWORDS:

MENTAL HEALTH, ACHIEVEMENT, ENVIRONMENT, WELL-BEING AND EDUCATOR.

PAPER ACCEPTED DATE:

28th April 2024

PAPER PUBLISHED DATE:

30th April 2024

INTRODUCTION

Teenage years are a crucial period in our lives because they determine who we become as individuals and how we adjust to the environment that we are surrounded by. During this time period, people go through significant changes in their ideas on life on a variety of levels, including the moral, spiritual, social, physiological, and cerebral levels. It is common knowledge that many individuals have a distinct set of challenges throughout their teenage years. Teenagers face a multitude of challenges, including the influence of their peers, the expectations of their parents, and the fluctuating nature of the world around them. These are just some of the difficulties that they must overcome. During this period of life, a person's intellect develops in a variety of different ways. Over the course of this time period, there has been a significant rise in the number of disagreements, conflicts, uncertainties, and disappointments.

CONCEPT OF MENTAL HEALTH

The phrase "mental health" denotes an individual's state of psychological well-being or the absence of any psychological disorders. Proponents of holistic theory assert that an individual's mental well-being can be

characterised by their capacity to experience joy in life, sustain a harmonious work-life equilibrium, and navigate psychological challenges. An advanced intellect encompasses the ability to articulate emotions and adapt to evolving situations. The widespread application of the term "mental health" in everyday language presents a challenge for psychologists attempting to define it with precision in a scientific context. An individual is deemed to possess mental well-being when their emotional and behavioural states exhibit a condition of optimal equilibrium. When an individual exhibits optimal mental health, it signifies a state of emotional, behavioural, and social maturity or normalcy; they are devoid of any mental or behavioural disorders; they possess psychological stability; they have successfully navigated the complexities of romantic relationships, professional obligations, and leisure pursuits; and they have adeptly harmonised their instinctual drives in a manner that aligns with both personal and societal standards.

An individual with sound mental health is one who acquires the ability to regulate their emotions and engages effectively with others from an early stage in life. An

individual is considered to possess mental well-being when they embrace their true self, navigate challenges effectively, excel in their professional endeavours, and positively impact the lives of those in their vicinity. The well-being of a community and its individuals fundamentally influences their capacity for achievement. One definition of mental health is the ability to deal with life's inevitable challenges and opportunities. The concept of mental health covers a wide range of challenges. A person's mental health may be better understood by drawing parallels to their physical health, which is defined as the lack of disease, injury, or other symptoms. An individual is considered to be in a state of mental health if they are free from emotional and mental disorders and have fully developed cognitive abilities and personality. This idea has just as much weight in this specific case.

Everything about his happiness is documented, and it's clear that he loves life to the fullest. He exudes confidence and has a positive outlook on life. In both his professional and personal life, he is able to forge harmonious connections with those he meets. On top of that, he keeps in touch with a large number of acquaintances and a small but close-knit circle of friends. When a person's mental, emotional, and physical health are all top-notch, we say that they are mentally well. In this case, it would be fair to say that their mental health is good. Realising one's dreams is the only way for society to make a genuine difference. Research conducted in 2003 by the President's New Freedom Commission on Mental Health indicates that between 5 and 9 percent of the youth population has "serious emotional disturbance." When we say that children and adolescents have all the mental health issues that significantly limit their ability to participate in academic, emotional, and social activities, we mean it. A 2011 UNICEF research found that over 20% of the world's adolescents have some kind of mental health or behavioural issue.

ACADEMIC PERFORMANCE

The social and economic progress of each country depends on its educational institutions. Academic success for students has been seen as an integral part of education from the very beginning. Students feel compelled to devote more time to studying and learning because of this. It is crucial to think about a person's level of knowledge and their capacity to put that knowledge to good use. The goal of education should be to help students reach their full academic potential. To what extent an individual, group, or institution has succeeded in its educational aims is quantified by this metric. The major focus of both education and research is on helping students succeed in the classroom. Accomplishment in the classroom is crucial to a student's overall educational development and marks the end of their educational journey. Students' mental health and ability to adjust to social dynamics are positively impacted by academic accomplishment, which boosts their self-esteem and confidence. Academic success requires not just mental growth but also substantial

additions to the existing body of information.

LITERATURE REVIEW

- ❖ The Directorate of Education, Government of National Capital Territory of Delhi (2021) states that the goal of implementing the happiness curriculum in Delhi's public schools is to improve students' mental health via teaching them to be more self-aware, socially and emotionally intelligent, and to think critically. According to reports, schools that prioritised mental health. The incorporation of education into their curriculum has led to better learning results, more focus, and lower absenteeism rates.
- ❖ For the purpose of the research conducted by Chauhan and Agarwal (2022), a total of eighty individuals, consisting of forty boys and forty girls ranging in age from fourteen to eighteen years, were questioned on the subject. In the year 2002, Dr. Kamlesh Sharma developed and standardised a mental health measure, which was then used for the purpose of assessing the mental health of the individuals who participated in the study. It seems from the findings that gender does not have any impact on the mental health of adolescents. A poll was conducted, and the results showed that females are more likely to have problems with their mental health than men. Furthermore, according to Frechette et al. (2022), these concerns have a disproportionate impact on the academic performance of female students.
- ❖ Rabbani and Barman (2023) discovered that the mental health of pupils had a good correlation with the academic achievement of such students. As both studies demonstrate, providing assistance to children in the management of their mental health may also result in an improvement in the academic performance of the children.
- ❖ Students who have greater levels of mental health are more likely to have better academic performance, as stated by Ranjita et al. (2023). On the other hand, students who have lower levels of mental health tend to have inferior academic performance.

OBJECTIVES

- ✓ To compare the mental health among male and female students.
- ✓ To compare the academic achievement among male and female students.
- ✓ To study the relationship between mental health and academic achievement of school students.

HYPOTHESES

- ✓ There will be disparities in the mental health of male and female students.
- ✓ A significant disparity in academic achievement among students will be seen based on gender.

- ✓ The correlation between mental health and academic performance is significant.

IMPORTANCE OF THE STUDY

Successfully navigating life's inevitable challenges serves as a reflection of one's mental health. When an individual's mental health is in a positive state, they are capable of achieving all that they set their minds to. Clear thinking is essential for effective decision-making and for steering clear of potential pitfalls. He has the capacity to make decisions. This type of study would be advantageous for educators and the broader community, as it would illuminate the relationship between students' emotional well-being and their academic performance. Policymakers and educationists may utilise it as a basis to create regulations that emphasise the mental and physical well-being of children, as well as to design development programs for educators that focus on the mental health of their students. The researcher selected to examine the mental health of high school students due to its importance in enabling personal transformation and growth.

SAMPLE

In this study, the researchers utilised a stratified random sampling method to select 50 adolescents (25male and 25 female) from Ranchi town, all of whom are currently enrolled in class X at different secondary schools.

TOOL

- **Mental Health Battery (MHB):-** As part of the investigation, the researchers used the Mental Health Battery, which was developed by Arun Kumar Singh and Alpna Sen Gupta in 1971 and was translated into English. A mental health assessment will be performed on individuals who are between the ages of thirteen and twenty-two as part of the Mental Health Battery survey. On account of the fact that it is a collection of six tests. A total of 130 items are included in the Mental Health Battery, and they are assessed along six different dimensions. These dimensions are as follows: emotional stability (ES), overall adjustment (OA), autonomy (AY), security-insecurity (SI), self-concept (SC), and intellect (IG).

Academic Performance -The total marks gained by students in their last class final exam are utilised to define academic achievement.

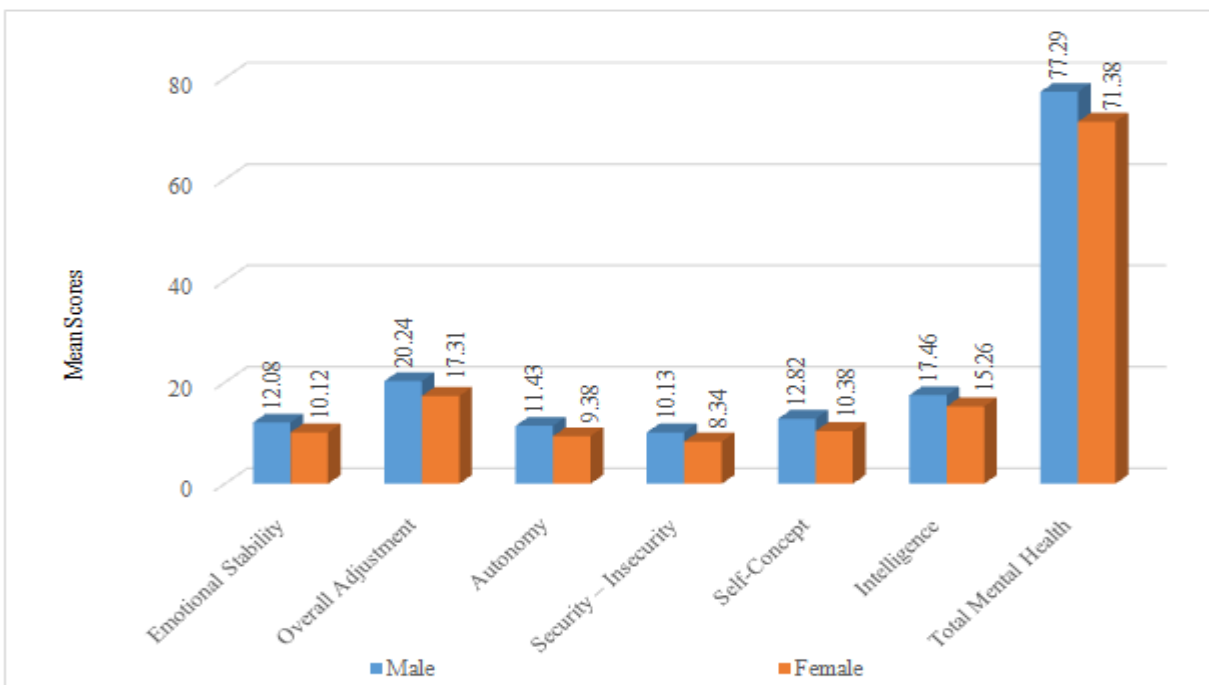
PROCEDURE

The Mental Health Battery was administered to all students. Upon data collection, a scoring key was employed for evaluation purposes. A Mental Health Battery Score, along with its standard deviation and average, has been computed. The comparison of the two data sets was conducted utilising a 't' test. To determine the strength of the association between mental health and academic success, we calculated the product-moment correlation coefficient.

TABLE NO- 1: MEAN SCORES OF MALE AND FEMALE STUDENTS ON MENTAL HEALTH

Sr. No	Factor	Male			Female			t'	P Value
		Mean	SD	N	Mean	SD	N		
1.	Emotional Stability	12.08	3.07	25	10.12	2.11	25	2.63	0.05
2.	Overall Adjustment	20.24	3.96	25	17.31	4.32	25	2.49	0.05
3.	Autonomy	11.43	3.73	25	9.38	2.21	25	2.36	0.05
4.	Security - Insecurity	10.13	2.82	25	8.34	2.04	25	2.57	0.05
5.	Self-Concept	12.82	2.90	25	10.38	3.01	25	2.92	0.01
6.	Intelligence	17.46	2.99	25	15.26	2.68	25	2.74	0.01
Total Mental Health	77.29	10.32	25	71.38	8.21	25	2.24	0.05	

FIGURE NO -1 MEAN SCORES OF MALE AND FEMALE STUDENTS ON MENTAL HEALTH



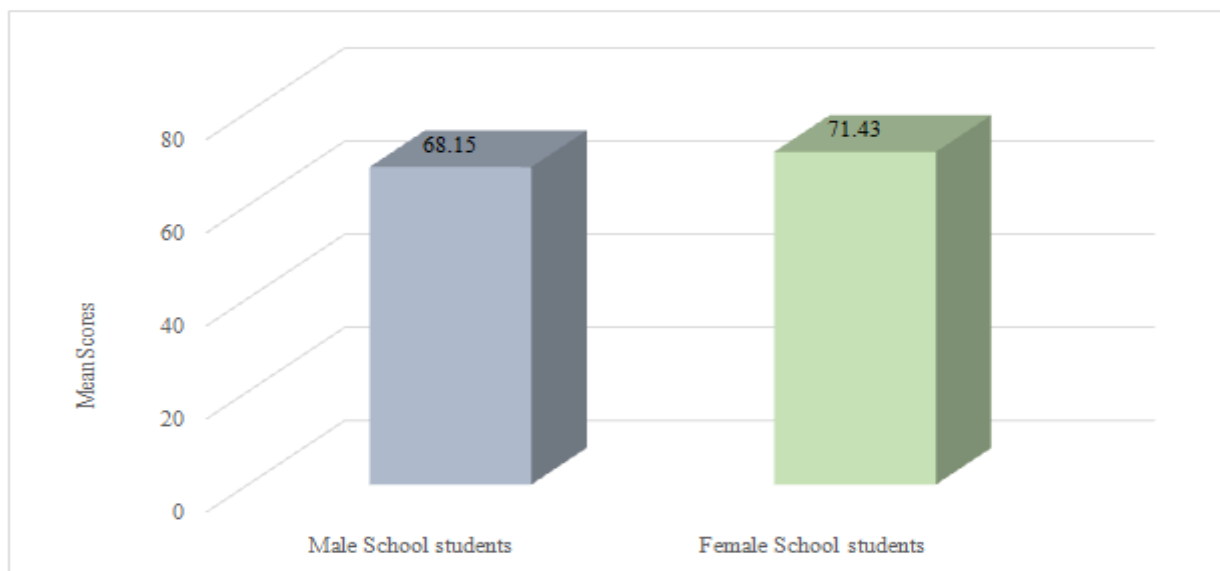
The current study found statistically significant differences between the male and female subjects when looking at the general mental health exam and its six parts. It looks like guys have a higher level of mental health than women, according to the results. When it comes to a variety of measures, male students regularly do better than female

students when it comes to emotional stability, liberty, feeling of security, self-concept, intelligence, and general mental health. Therefore, the hypothesis “There will be disparities in the mental health of male and female students” is accepted. The result is in line with the findings of Majumdar& Srivastava (2023).

TABLE NO-2: MEAN SCORES OF MALE AND FEMALE STUDENTS ON ACADEMIC ACHIEVEMENT

Groups	N	Mean	SDs	t	Level of Significance
Male School students	25	68.15	9.02	1.21	Not Significant
Female School students	25	71.43	10.02		

FIGURE NO -2 MEAN SCORES OF MALE AND FEMALE STUDENTS ON ACADEMIC ACHIEVEMENT



Based on the results, there is no statistically significant difference in the average academic achievement scores

between male and female school students. The t-value of 1.21 is below the critical t-value of 2.00, indicating that

there is not enough evidence to reject the null hypothesis at a significance level of 0.05. This supports the claim being made. Therefore, the null hypothesis "A significant disparity in academic achievement among students will be

seen based on gender" was deemed to be accepted. Similar findings were discovered, as stated by Pandey and Faiz (2008).

TABLE NO-3: CORRELATION BETWEEN MENTAL HEALTH AND ACADEMIC PERFORMANCE

Groups	N	r	P Value
Mental Health	25	0.42739	0.05
Academic Performance	25		

The information that is shown in the table that is located above makes it abundantly evident that there is a positive connection between the physical and mental health of high school students and their academic achievement. There is a strong correlation between academic success and mental health, which is a relationship that is well known. Thus, the hypothesis "The correlation between mental health and academic performance is significant" is accepted. The results of the research are consistent with those of more recent studies carried out by Bas (2021).

CONCLUSION

- ✚ The mental health of male students was better than that of female students.
- ✚ Male and female pupils perform similarly academically.
- ✚ Mental health and academic achievement were positively correlated.

IMPLICATION

Many people have a vested interest in the subject of adolescent mental health, including researchers, practitioners, parents, educators, and mental health specialists. Considering the heavy prevalence of mental health issues among youth, there is the mental health of Indian adolescents must be studied immediately. This kind of study may provide light on the culturally and socially distinct elements that affect the mental health of Indian teenagers, as well as the special risk and protective variables that play a role in this setting. Gender disparities in mental health concerns must also be thoroughly investigated. The intricacy of gender differences in mental health and the greater suffering caused by both internalising and externalising symptoms make it vital to continue working on these causes and remedies. In addition, knowing how common mental health issues are in certain demographics helps guide efforts to improve the lives of such people by taking into account their specific needs and circumstances. Although Indian teenage girls may experience or acquire mental health issues, Saraf et al. (2018) noted that their lack of knowledge about mental

health prevents them from getting treatment when they need it. Therefore, it is critical and urgent to encourage this vulnerable population to get care for mental health issues early and appropriately.

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