



A study of correlation between mental health and academic achievement among students

Sunita Gopalrao Athawale

Research student, Department of Education, Dr. B.A.M.U., Aurangabad, Maharashtra, India

Abstract

In the present research a study is about the correlation between mental health and academic achievement among students of ninth class in Aurangabad city. Students have many problems in this stage of life. So there is a need to take care of mental health like physical health very much. If students have no mental health, they face many problems. Like mental conflict, Adjustment problem, not concentration on study and this effects on the academic achievement of students. The sample of 300 students (150 girls and 150 boys) were taken from 15 schools of Aurangabad city. Tools used for the study were the Mental Health Battery (A.K. Singh and A.S. Gupta) and academic achievement was assessed by their result. Correlation, mean and percentile were used for data analysis. Mental health of students was 83.5 (average) and academic achievement of students was 66.7 (medium) respectively. Correlation between mental health and academic achievement is 0.11 that shows low positive correlation.

Keywords: Mental health and academic achievement

Introduction

Some persons take care of their physical health very much. They do daily work neatly, but still some persons fell ill. They have not health. They cannot sleep at night. They feel fear. Loss of memory. Bad thoughts come in their mind. They have not got mental health.

A person who has got physical health as well as mental health he can experience happiness in life. So everyone should think about not only physical health but about the mental health also. Because of mental health problem students cannot concentrate on study and they cannot get good academic achievement.

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate others and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Ways to maintain positive mental health include: Getting professional help if you need it, connecting with others, staying positive, getting physically active, helping others, getting enough sleep and developing coping skills.

Definition

According to WHO, 'Mental health is defined as the state of well-being in which every individual realize this his or her own potential, can cope with the normal stresses of life, can work productively and fruitful and is able to make a contribution to her or his community'.

Self-help

A person coping with mental health difficulties will usually to facilitate wellness. Such changes might include reducing sleeping more and eating a balanced, nutritious diet. People may need to take time away from work or resolve issues with personal relationships that maybe causing damage to their mental health. People with conditions such as an anxiety or depressive disorder may benefit from relaxation techniques, which includes deep breathing, meditation and mindfulness.

Having a support network, whether via self-help groups or close friends and family can also be essential to recovery from mental problems or illness.

In how to look after mental health a person can do: - Talking about his or her feelings: It can help to stay in good mental health and deal with times when a person feel trouble. Keeping active: Regular exercise can boost self-esteem and can help concentrate, sleep and feel better. Exercise keeps the brain and other vital organs healthy and is also a significant benefit towards improving mental health. Taking break: a change of scene or a change of pace is good for mental health. Doing something good at, doing what we love. Accepting who we are, everyone is unique. Care for other is also important.

The Need of Research

Because of mental problems or illness students come in mental conflict, Adjustment and physical problem so we can see the need by below questions:

1. How is mental health of students?
2. How is educational achievement of students?
3. How is core-relation between mental health and academic achievement?
4. Is this research useful for society?
5. What is the importance of this research for students, teacher and parents?

For getting the solution of above questions this research topic has taken in hand by researcher.

Statement of problem

To study the correlation of mental health and academic achievement of ninth class students of Marathi medium in Aurangabad city.

Assumptions

1. Every student has different mental health.
2. Students of ninth class differently faces some physical and mental problems.
3. Mental ill health students can be unadjusted, failed and of mental conflict.
4. Students have different mental problems and different academic achievement.

Objectives

1. To study the mental health of ninth class students in Marathi medium in Aurangabad city.
2. To study the academic achievement of ninth class students in Marathi medium in Aurangabad city.
3. To study the correlation between mental health and academic achievement of ninth class students in Marathi medium in Aurangabad.

Hypothesis

1. The mental health of ninth class students in Marathi medium is good.
2. The academic achievement of ninth class students in Marathi medium is good.
3. The correlation between mental health and academic achievement of ninth class students in Marathi medium is good.

Research methodology

For this research researcher has selected the survey method. From 169 schools in Aurangabad city (information of total schools and students taken from Z.P., Aurangabad) 15 high schools were selected. From 15 high schools 300 (150 girls and 150 boys) students were selected as sample by simple random method. 20 students from each school, 10 girls and 10 boys were selected. The tool is used mental health battery (MHB) by A.K. Singh and A.S. Gupta and annual result score of students for academic achievement. After solved test (of 130 questions or statements divided into 6 parts) by students, 1 mark for right answer and 0 mark for wrong answer has given to each statement. For data analysis and interpretation percentile, mean and correlation were used.

Result and Discussion

Statistical method

Percentile for range, Mean, Correlation.

Data analysis and interpretation

Table 1: Showing Mental Health of Students.

Total students	Mean	Range	Level
300	83.5	84-88	Average

Analysis: According to above table mean of mental health is 83.5, it is between the range of 84-88 and it shows the average level of mental health.

Interpretation: The mental health of ninth class students of Marathi medium in Aurangabad city is of average level.

Table 2: Showing Academic Achievement of Students.

Total students	Mean	Range	Level
300	66.7	61% - 70%	B-2/ Medium

Analysis: According to above table mean of academic achievement is 66.7, it is between the range of 61%-70% and it shows the medium level of academic achievement.

Interpretation: The academic achievement of ninth class students of Marathi medium in Aurangabad city is of medium level.

Table 3: Showing Correlation between Mental Health and Academic Achievement of Students.

Variable	Correlation	Range	Level
Mental health, Academic achievement	0.11	0.00-0.20	Low Positive Correlation

Analysis: According to above table the correlation between mental health and academic achievement is 0.11, it is between the range of 0.00-0.20 and it shows the low positive correlation between mental health and academic achievement.

Interpretation: The correlation between mental health and academic achievement of ninth class students of Marathi medium in Aurangabad city is low positive correlation.

Major Findings

1. The mental health of ninth class students of Marathi medium in Aurangabad city is of average level.
2. The academic achievement of ninth class students of Marathi medium in Aurangabad city is of medium level.
3. The correlation between mental health and academic achievement of ninth class students of Marathi medium in Aurangabad city is low positive correlation.

Conclusion

Mental health is very important in this stressful life of everyone. Everyone have to take care of their mental health. Students have many problems. So they could not concentrate on study, faces mental conflict, they come under anxiety, stress, fear. It can affect sometime their academic achievement. In this research is a study of mental health and academic achievement of ninth class students of Marathi medium in Aurangabad city. Tools

were used mental health battery by A.K. Singh and A.S. Gupta. Percentile, mean and correlation were used. With the help of statistical tools data analysis and interpretation has done. In findings mental health of students is of average level and academic achievement is of medium level. Correlation between mental health and academic achievement of students is low positive correlation.

References

1. Karandikar Suresh, Adhyan – Adhyapanache Manas Shastra. First edition, Kolhapur: Phadke Prakashan, 2009.
2. Kulkarni DR. Pragat Shaikshnik Manasshatra, Nagpur: Vidya Prakashan, 2009.
3. Ghormode KU. Shaikshnik Sanshodhanachi Multatve, first edition, Nagpur: Vidya Prakashan, 2008.
4. Bhintade VR. Shaikshnik Sanshodhan Paddhati, Pune: Nutan Prakashan, 2009.
5. Manasik Arogyababat agarukata- Vikaspediya. (n.d.) <http://mr.vikaspedia.in/healthmentalhealth>
6. Shetkar Ganesh, Shobhana. Shaikshnik Mulyamapan v Kruti sanshodhan, Aurangabad: Mrunmayi Prakashan 2007.
7. www.medicalnewstoday.com
8. How to look after your mental health - www.mentalhealth.org.uk
9. What is mental health? –[https://www.mentalhealth.gov-lets talk about it](https://www.mentalhealth.gov-lets-talk-about-it)