

# A STUDY OF MENTAL HEALTH AND ACADEMIC ACHIEVEMENT IN ENGLISH OF HIGHER SECONDARY STUDENTS

Research Paper

## ABSTRACT

*One does not possess the skills needed to make effective adjustments in life at the time of birth. Children and adolescents need all care and love and to be directed properly to grow along right lines. For which, they should be mentally healthy person. The concept of mental health and academic achievement are closely related. It is in this context the present study attempts to find out the relationship between mental health and achievement in English among higher secondary students. Positive correlation is found to exist between the mental health and academic achievement in English among the higher secondary students. The recommendations for implementation, therefore, are also given.*

## INTRODUCTION

One does not possess the skills needed to make effective adjustments in life at the time of birth. Children and adolescents need all care and love and to be directed properly to grow along right lines. For which, they should be mentally healthy person. The concept of mental health and academic achievement are closely related. It is in this context the present study attempts to find out the relationship between mental health and achievement in English among higher secondary students.

## RATIONALE FOR THE STUDY

“Mental health is the ability to adjust satisfactorily to the various strains of the environment we meet in life”. (Norma E. Cutts and Nicholas Mosely). A mentally healthy person a) is supposed to have a positive attitude towards life and people b) is highly adjustable never complains and remains contented c) knows his/her strengths and weaknesses and d) emotionally stable, happy, reasonable and tolerant. These traits enable an individual to achieve better in his/her curricular as well as co-curricular activities. Mental health and achievements are the two facts which are closely associated for the process of development. Educated persons may have good mental health when compared to uneducated persons.

It has been said and proved by research that poor achievement in English is the result of the following factors.

- 1) Irritability,
- 2) Depressed and pessimistic outlook,
- 3) Bad temper,
- 4) Undue anxiety,
- 5) Lack of courage,
- 6) Inferiority,
- 7) Impatience,
- 8) Prejudice, etc.

Almost all the above qualities are said to be the qualities of mentally ill person. Therefore the investigator feels that it is the need of the hour to find out the relationship between mental health and academic achievement of students in English. Hence, the present study is undertaken.

## STATEMENT OF THE PROBLEM

The present study is stated as “A Study of Mental Health and Achievement of Higher Secondary Students in English”. Mental Health, in this study, refers to the ability to adjust the environment. Academic achievement means the performance in a given skill or body of knowledge.

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## OBJECTIVES OF THE STUDY :

- 1) To find out the mental health of higher secondary students.
- 2) To find out the significant difference if any, in the mental health of higher secondary students with the variable a) Gender b) Language of Instruction c) Locality d) Religion and e) Family income.
- 3) To find out the academic achievement in English of higher secondary students.
- 4) To find out the significant difference if any in the academic achievement in English of Hr.Sec.Students w.r.t. the variables a) Gender b) Language of Instruction c) Locality d) Religion and e) Family income.
- 5) To find out the correlation between mental health and academic Achievement in English of higher secondary students.

## METHODOLOGY

### a) Methodology in Brief

The investigator has chosen the survey method for studying the problems of this study. 250 students studying XI standard are taken as the sample. Their mental health and academic achievement in English are found out. The data, thus, collected were analyzed statistically and interpretations are given

### b) Sample

The higher secondary students form the population for this study. From among them 250 students studying XI standard were taken as the sample. Multi- stage random sampling technique has been adopted.

### c) Tools used

- i) "Achievement test in English" developed and standardized by the investigator .
- ii) "Mental Health Inventory " developed by Jegadeesh Srivatsa

### d) Statistical Technique Applied

- a) 't' - test , b) 'F'- test c) Correlation and d) Percentage Analysis.

## FINDINGS

1) From table 1 it has been found that 12.80% of the students have low mental health and 68.80% of the students have medium mental health

TABLE 1

MENTAL HEALTH OF HIGHER SECONDARY STUDENTS

Category	Number	Low		Medium		High
		No	%	No	%	
Total Sample	250	32	12.8	172	68.8	46

and 18.40% of the students are having high level of mental health.

2) From the table 2., it is inferred that there is no significant difference in the mental health of the students of higher secondary class w.r.t variables 'Gender', 'Language of Instruction', 'Locality of the institutions and family income'. English medium students are having better mental health than Tamil medium students.

TABLE 2

SIGNIFICANT DIFFERENCE IN THE MENTAL HEALTH OF HIGHER SECONDARY STUDENTS W.R.T. DIFFERENT VARIABLES

S.No	Variable	Category	N	M	SD	CR Value	Table Value
1	Gender	Boys	116	58.662	19.605	1.006	1.96
		Girls	134	56.16	19.706		
2	Language of Instruction	Tamil	134	54.89	17.388	2.081	1.96
		English	116	60.12	21.734		
3	Locality	Rural	127	55.59	19.416	1.409	1.96
		Urban	123	59.09	19.83		
4	Family Income	Up to 2lakh per Year.	186	58.08	19.609	1.036	1.96
		Rs2 Lakh and above	64	55.11	19.793		

**TABLE 3**

**DIFFERENCE IN THE MENTAL HEALTH OF THE HIGHER SECONDARY STUDENTS BELONGING TO DIFFERENT RELIGIONS**

Sources of Valuation	Sum of the square	Degrees of Freedom	Mean Square	F. Value	Table Value	Remark
Between sample	2679.8	2	1339.83	3.5084	3.04	Significant at 5% level
Within Sample	94331	247	381.907			

3) It is inferred from table 3 that there is significant difference in the mental health of higher secondary students of different religions.

4) From the table 4 it has been found that 17.60% of the students have low achievement, 70.40% of the students have medium achievement and 12.00% of the students have high achievement in English.

**TABLE 4**

**ACADEMIC ACHIEVEMENT OF HR. SEC. STUDENTS IN ENGLISH**

Category	Number	Low		Medium		High	
		No	%	No	%	No	%
Total Sample	250	44	17.6	176	70.4	30	12

5) From the table 5, it is inferred that there is no significant difference in the academic achievement of Hr.Sec.students w.r.t variables Gender of the students, language of instruction, locality of the institutions and family income.

**TABLE 5**

**DIFFERENCE IN THE ACADEMIC ACHIEVEMENT IN ENGLISH W.R.T. DIFFERENT VARIABLES**



S. No.	Variable	Category	N	M	SD	CR Value	Table Value	Result
1	Gender	Boys	116	49.31	15.728	0.063	1.96	NS
		Girls	134	49.44	17.133			
2	Language of Instruction	Tamil	134	48.28	15.848	1.126	1.96	NS
		English	116	50.65	17.127			
3	Locality	Rural	127	49.92	17.535	0.529	1.96	NS
		Urban	123	48.82	15.329			
4	Family Income	Up to 2lakh per Year.	186	49.54	16.286	0.26	1.96	NS
		Rs.2 Lakh and above	64	48.91	17.081			

**TABLE 6**

**DIFFERENCE IN THE ACADEMIC ACHIEVEMENT IN ENGLISH OF HR.SEC.STUDENTS**

Sources of Variation	Sum of the square	Degrees of Freedom	Mean Square	F. Value	Table Value	Remark
Between sample	1114.9	2	557.469			NS
Within Sample	66914	247	270.907	2.0578	3.04	

6) From table 6 it is inferred that there is no significant difference in the academic achievement in English of the hr.sec.students belonging to different religions.

7) It is inferred from the table 7 that there is significant relationship between the academic achievement of higher secondary students in English and their mental health.

**TABLE 7**  
**CORRELATION BETWEEN**  
**THE ACHIEVEMENT OF HIGHER**  
**SECONDARY STUDENTS IN ENGLISH**  
**AND THEIR MENTAL HEALTH**

Category	Number	'r' Value Calculated	'r' Value table value	Remark
Total sample	250	0.343	0.174	S

### RECOMMENDATIONS

1. Since positive correlation is found between the academic achievement of the student and their mental health, it is recommended that the mental health of the students should be improved so that their academic achievement in English could be better.
2. Necessary steps are to be taken to improve the mental health of the Tamil medium students and the other students whose mental health is found to be low in religionwise.
3. The government should train the teachers in the task of developing mental health of the students.
4. Mental health of the students should be checked periodically and students with low level mental health should be given extra care.
5. Necessary facilities should be provided to the schools in evaluating and improving the mental health of the students.
6. The English teachers should be trained in finding out the psychological problems of students in learning English and in the modalities to overcome them.

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### PROBLEM SOLVING ABILITY

3. The socio economic factors namely community parental educational qualification and parent occupation have influence on problem solving ability in Mathematics.

### SUGGESTIONS

1. Recreational activities in mathematics like puzzles, riddles and number games may be organized to improve their problem solving ability.
2. Extra coaching may be given to the students whose parents are economically and educationally backward and to students residing in the rural areas.
3. Workbook in mathematics may be introduced to primary school children to improve their problem solving ability right from their early ages.
4. Students may be encouraged in solving non-routine and non-routine problems and they may be trained in various problem solving strategies.

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