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## STUDY OF MENTAL HEALTH OF STUDENTS IN RELATION TO THEIR ACADEMIC ACHIEVEMENT

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### Abstract:

*Education plays a very effective role to make the life of human beings meaningful. Generally, our society ignores the uneducated persons in modern time. So, the parents consider a holy duty to educate their children. Education is that means by which the basic tendency of child is purified and given them a proper direction. This process makes the behaviours of child balanced and controlled. Education is very necessary in the formation of human behaviours. It is also necessary to make child useful for society. But the education is in very poor condition in our country. It is notable that the condition of primary has more bad condition than that of others. Students are unable to get proper guidance and counselling at primary level, so they could not fulfil their works and it also affects their mental health and academic achievement.*

*The result of the present study shows that the mental health of students also affects their academic achievement. A student having better mental health is able to learn anything sooner than that of having poor mental health. In this way mental health of students affects their academic achievement very positively. Students having better mental health have high academic achievement. On the other hand, students who have poor mental health, their academic achievements are also lower. It affects academic achievement of all types of students whether they are rural or urban, their guardians are educated or uneducated. All parents and guardians should keep attention on physical and mental health of their children so that their children could make their process of learning easy and positive and achieve their goals and aims in coming time.*

**Key- Words:** *Mental Health, Academic Achievement, Educated and Uneducated Parents and Guardians, Rural and Urban students .*

## Introduction

In present times , mental health is used in a broader concept . It means not only the absence of diseases . On opposite of it , it is a active and definite characteristics of daily life of human beings . This characteristic is expressed in behaviour of that persons which body and brain work together in the same direction . His thoughts , feelings and actions works jointly to fulfilment of the same objectives . Mental expresses such types of habits of works and such types of views towards persons and things in which person gets maximum pleasure and satisfaction . But person has to get this pleasure and satisfaction without opposition of that group or society in which that person lives . In this way , it can be said that mental health is that process of adaptation in which agreement and adjustment , development and continuity work together always .

The mental health of children affects their academic achievement and a child who is mentally healthy succeeds to learn sooner than that of mentally unhealthy child . He is able to adjust himself according to circumstances and environments . Everybody should be mentally healthy whether he is child , adolescent , adult or old , so that they may spend their life comfortably . But it is most necessary to be mentally healthy for children because they have to prepare for life and also accommodate with environment and conditions .

A lot of studies have been done related to mental health and academic achievement in which some are following ;

Hasan , Asif (2018) worked on “Spiritual fitness and strengths in relation to mental health problems among national cadet corps and national services scheme volunteers” . The objective was to examine the relationship between spiritual fitness and mental health problems among national cadet corps and national service scheme volunteers. In addition to it, it was to identify critical predictors of mental health problems in spiritual fitness independently.

Spiritual fitness and strength was identified as independent variables while mental health problems were dependent variables . The result was found that spiritual fitness and strength were found to be negatively correlated with the mental health problems . Spiritual fitness in relation to mental health problems can help the NCC and NSS volunteers to maximize their potential and flourish in their purpose of life . NCC and NSS students who are spiritually fit would have good mental health.

Parveen , Farzana (2018) did research on “Spirituality , optimism and resilience as correlates of psychological well being among adolescents of metropolitan and non metropolitan cities “. The objective was to examine the relationship between spirituality and psychological wellbeing among adolescents studying in schools of metropolitan and non metropolitan cities. In addition to it , it was to determine the relationship of spirituality , optimism and resilience with psychological wellbeing among male and female adolescent of metropolitan and non metropolitan cities.

Correlational research design was used. 296 school going students were selected as samples, among them 148 from metropolitan city like New Delhi , and 148 from non metropolitan city like Aligarh . Pearson Product Moment Coefficient of correlation was used to examine the relationship between spirituality, optimism and resilience with psychological wellbeing. The result was found that Resilience, spirituality and optimism were found as the significant predictors of psychological wellbeing among both metropolitan and non metropolitan adolescents . Spirituality was positively and significantly correlated with psychological wellbeing among adolescents studying in non metropolitan cities. Resilience and optimism were found as the significant predictors among male adolescents and spirituality was significant predictors among female adolescents studying in non metropolitan cities.

Darshini , Madanagopal (2020) worked on “Effect of mindfulness based cognitive training intervention on metacognition social competence and academic performance of school students “. The objective was to ascertain the relationship between metacognition , social competence as interpersonal skills, self concepts , self regulation and problem solving & decision making and academic performance of school students ; as well as to find the effectiveness of mindfulness based cognitive training intervention on metacognition , social competence and academic performance of school students .

Mindfulness based cognitive training was accepted as independent variable while dependent variables were Metacognition, academic performance and components of social competence. Purposive sampling was used to select participants. A total of 577 students had participated in the study with 307 boys and 270 girls. Correlation analysis was used to find the relationship between

variables . ANOVA was used to find the interactive effect of the different groups .

The result was found that Metacognition was found to be significantly and positively correlated with academic performance of the school students . Girls were found to have better academic performance than boys . The mindfulness based cognitive training intervention significantly increased the metacognition and academic performance of the school students in the post test assessment.

Narottam, Purkait (2019) worked on “Impact of students’ perception of parenting style , perception of teacher’s servant- leadership behaviour, course experience and cognitive style on academic achievement”. The objective was to study the effect of gender , habitat and their interactions on academic achievement ; to investigate the academic achievement of students in relation to their perception of parenting style , perception of teacher’s servant leadership behaviour and course experience as well as cognitive style.

There was used survey method. Stratified random sampling was used to select 570 participants as samples. Normality test , F test , t test and coefficients of correlation was used . The findings suggest that the teachers who effectively teach as a servant teacher , students perceived them as most effective teachers. Results reveal that the academic achievement is significantly and positively correlated with authoritarian parenting style.

Roy Chowdhury , Sucharita (2018) worked on “A study on the relationship of body mass index with adjustment pattern and academic achievement of the undergraduates “. The objective was to find out whether there is any significant difference among the undergraduates at different levels of body mass index with regard to academic achievement ; whether gender has any impact on the academic achievement of undergraduates .

Body Mass Index and gender were considered as independent variables while academic achievement and adjustment were dependent variables . 400 samples were purposively selected for this study . The study revealed that there is a significant difference among the undergraduates at the different levels of body mass index with regard to academic achievement . It was also revealed that academic achievement overweight and obese undergraduates are not significantly different from each other. It was found that gender had no significant impact on academic achievement of underweight undergraduate students .

Das, Swati (2018) worked on “ Impact of secondary school students’ perceptions of teaching style and attitude on academic achievement in geography “. The objective was to study the effect of gender , location of schools and types of school on academic achievement in Geography ; to explore the relationship amongst the students’ perceptions of teaching style , attitude and academic achievement in geography.

Perception of teaching style and attitude were independent variables while academic achievement in geography was dependent variable . 680 students were selected as sample through stratified random sampling . ANOVA and stepwise regression were used for analysing the data. The result showed that the academic achievement scores of girls students is better that of the boys students . The academic achievement of urban students is better than the semi urban students . Students perception Demonstrative and Authoritative teaching styles is a good predictor of academic achievement.

Above studies show that academic achievement of any students or child is affected with a lot of factors like mental health , physical health , attitude etc. in which mental health is most important factor . So, the researcher tried to know it by present study how mental health affects academic achievement at secondary level and which factors affect mental health and academic achievement both . So , the present study has been described as :

***‘Study of Mental Health of students in relation to their Academic Achievement’***

**Objectives of the Study**

1. To study the mental health of students in relation to their academic achievement at secondary level .
2. To study the mental health of rural students in relation to their academic achievement at secondary level .
3. To study the mental health of urban students in relation their academic achievement at secondary level.
4. To study the mental health of students of educated guardians in relation to their academic achievement at secondary level .
5. To study the mental health of students of uneducated guardians in relation to their academic achievement at secondary level .

**Research Hypotheses**

There are following research hypotheses of this study :

1. There is no relationship between mental health and academic achievement of students at secondary level.
2. There is no relationship between mental health and academic achievement of rural students at secondary level .
3. There is no relationship between mental health and academic achievement of urban students at secondary level .
4. There is no relationship between mental health and academic achievement of students of educated guardians at secondary level.
5. There is no relationship between mental health and academic achievement of students of uneducated guardians at secondary.

## Research Method

Survey method which is a part of descriptive research has been used in the present study.

## Sample

For the purpose of the study, a total number of 150 students having 57 rural students and 93 urban students of Deoria district has been selected using stratified random sampling method in which the number of the students of educated guardians is 96 and the number of the students of uneducated guardians is 54.

## Research Tools

In the present study, 'Mental Health Battery' made by Dr. Arun Kumar Singh and Dr. Alpana Sen Gupta has been used for collection of data. The marks obtained by students in class 10<sup>th</sup> has been used as academic achievement.

## Result of the Study

**Table no. 1: Study of mental health of students in relation to their academic achievement at secondary level**

Group	Number of students (N)	Mean (M)	Standard Deviation (S.D.)	Critical Ratio (C.R.) Value	Level of Significance (.01)
Mental Health	150	83.29	27.26	60.85	Rejected
Academic Achievement	150	391.13	55.65		

df = 298

It is known by table no. ( 1 ) that mean score and standard deviation of mental health of students is respectively 83.29 and 27.26 . In the same, the mean score and standard deviation of academic achievement of students is respectively 391.13 and 55.65 . Calculated critical ratio value is 60.85 which is more than tabulated value 2.59 at the significance level of .05 and  $df = 298$ . So, the assumed null hypothesis “There is no relationship between mental health and academic achievement of students at secondary level” is rejected. So, it can be said that there is a relationship between mental health and academic achievement of students at secondary level.

**Table no. 2: Study of mental health of students of rural areas in relation to their academic achievement at secondary level**

Group	Number of students ( N )	Mean ( M )	Standard Deviation ( S.D. )	Critical Ratio (C.R.) Value	Level of Significance ( .01 )
Mental Health	57	74.92	27.35	36.65	Rejected
Academic Achievement	57	376.94	55.85		

$df = 112$

Here, calculated C.R. value is 36.65 which is greater than tabulated value 2.62 of t-ratio at the significance level of .01 and  $df = 112$ . So, the assumed null hypothesis “There is no relationship between mental health and academic achievement of rural students at secondary level” is rejected and it is approved that there is relationship between mental health and academic achievement of rural students at secondary level.

**Table no. 3 : Study of mental health of students of urban areas in relation to their academic achievement at secondary level**

Group	Number of Students ( N )	Mean ( M )	Standard Deviation ( S.D. )	Critical Ratio Value ( C.R. )	Level of Significance ( .01 )
Mental Health	93	87.94	26.21	50.25	Rejected
Academic Achievement	93	399.01	53.68		

$df = 184$

Here, tabulated value of C.R. test for  $df = 184$  is 2.60 at the significance level of .01 while calculated value is 50.25 which is greater than tabulated value ( 2.60 ). So,

the null hypothesis no. ( 3 ) is rejected and it is accepted that there is relationship between mental health and academic achievement of urban students at secondary level.

**Table no. 4 : Study of mental health of students of educated guardians in relation to their academic achievement at secondary level**

Group	Number of Students ( N )	Mean ( M )	Standard Deviation ( S.D. )	Critical Ratio Value ( C.R. )	Level of Significance ( .01 )
Mental Health	96	80.25	27.05	51.26	Rejected
Academic Achievement	96	398.08	54.42		

df = 190

Here, tabulated value of C.R. test for df = 190 is 2.60 at the significance level of .01 while calculated value is 51.26 which is greater than tabulated value ( 2.60 ). So, the null hypothesis no. ( 4 ) is rejected and it is accepted that there is relationship between mental health and academic achievement of students of educated guardians at secondary level.

**Table no. 5 : Study of mental health of students of uneducated guardians in relation to their academic achievement at secondary level**

Group	Number of Students ( N )	Mean ( M )	Standard Deviation ( S.D. )	Critical Ratio Value ( C.R. )	Level of Significance ( .01 )
Mental Health	54	88.94	27.01	34.11	Rejected
Academic Achievement	54	378.22	56.16		

df = 106

Here, tabulated value of C.R. test for df = 106 is 2.62 at the significance level of .01 while calculated value is 34.11 which is greater than tabulated value ( 2.62 ). So, the null hypothesis no. ( 5 ) is rejected and it is accepted that there is relationship between mental health and academic achievement of students of uneducated guardians at secondary level.

## Conclusions



On the basis of the study of the data, it is known that there is relationship between mental health and academic achievement of students at secondary level whether students are related to urban areas or rural areas. It is also known that relationship is found between mental health and academic achievement of students at any condition whether guardians of students are educated or uneducated. Students having better mental health acquire better academic achievement and they learn anything easily. So, the guardians should keep attention that their children could get balanced diet and peaceful and proper environment.

### **Suggestions**

The following suggestions have been presented by the researcher on the basis of the analysis of the data :

- A healthy body has healthy mind. So, the guardian should keep special attention on physical and mental health of their children.
- The present study has been completed only on students of class tenth of UP board of Deoria district. The same study can be performed in a broader area in coming time.
- The present study is related to only rural and urban areas and educated and uneducated guardians. The income, caste, professions, and other bases can also be included in same study.

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