

Impact of Mental Health Status on Achievement Among Intermediate Students in Chittoor District



Education

KEYWORDS : Mental health, Achievement, Intermediate students

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ABSTRACT

Mental health is not just the absence of mental illness. The objective of this study was to know the impact of mental health status on academic achievement among Intermediate students in Chittoor District. For the purpose of the study a sample of 100 Intermediate students was selected by simple random sample technique. Mean, SD, t-test were used to analyze the data. From the results it is revealed that there would be no significant influence of gender and locality on the mental health of Intermediate students and also there would be a significant relationship between academic achievement and the mental health of Intermediate students.

1. INTRODUCTION:

Mental health describes a level of psychological well-being, or an absence of a mental disorder. From the perspective of 'positive psychology' or 'holism', mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Mental health can also be defined as an expression of emotions, and as signifying a successful adaptation to a range of demands.

Mental health is not just the absence of mental illness. It is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. (WHO, 2007)

Mental Health is about:

- ✓ How we feel about ourselves
- ✓ How we feel about others
- ✓ How we are able to meet the demands of life

Mental ill health refers to the kind of general mental health problems we can all experience in certain stressful circumstances; for example, work pressures can cause us to experience:

- ✓ poor concentration
- ✓ mood swings and
- ✓ sleep disturbance

Such problems are usually of temporary nature, are relative to the demands a particular situation makes on us and generally respond to support and reassurance. All of us suffer from mental health problems at times, and such temporary problems do not necessarily lead to mental illness. However, being mentally unhealthy limits our potential as human beings and may lead to more serious problems.

Mental illness can be defined as the experiencing of severe and distressing psychological symptoms to the extent that normal functioning is seriously impaired.

Examples of such symptoms include:

- ✓ anxiety
- ✓ depressed mood
- ✓ obsessional thinking
- ✓ delusions and hallucinations

Some form of professional medical help is usually needed for recovery / management, this help may take the form of counselling or psychotherapy, drug treatment and/or lifestyle change.

Merki, M. B.(1990). Highlighted that there are three important part of good health from a triangle. Two sides of the triangle are physical and social health. Another side the triangle is mental health. Mental health is your ability to like yourself and to ac-

cept yourself as you are. When you have good mental health, you feel good about yourself and are comfortable around other people and you are also to take charge of your life and meet its demand. According to WHO (2007) Mental health is not just the absence of mental disorder. It is defined as a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community.

2. STATEMENT OF THE PROBLEM:

The Title of the Problem is "Impact of mental health status on achievement among Intermediate students in Chittoor District."

3. OBJECTIVES OF THE STUDY:

- To study the influence of gender, locality and academic achievement on the mental health of Intermediate Students.

4. HYPOTHESIS OF THE STUDY:

- There would be no significant influence of gender on the mental health of Intermediate students.
- There would be no significant influence of locality on the mental health of Intermediate students.
- There would be no significant relationship between academic achievement and the mental health of Intermediate students.

5. METHODOLOGY:

Method: In the present study Descriptive Survey Method of investigation was employed by the investigator.

Sample: For the purpose of the study a sample of 100 Intermediate students was selected in Chittoor District through simple random sampling technique.

Tool: Mental health status of children was assessed by mental health inventory adopted, developed by Jagadeesh & Srivastava(1983).

Statistics Used: Mean, S.D, t-test and correlation were used to analyze the data.

6. ANALYSIS AND INTERPRETATION OF THE DATA:

Hypothesis – 1: There would be no significant influence of gender on the mental health of Intermediate students.

To test this hypothesis, the technique t-test was employed and the results are shown in table-1.

Table-1: Influence of gender on the mental health of Intermediate Students and their t- value.

Gender	N	Mean	Std. Deviation	Std. Error Mean	T-VALUE
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Boys	50	154.30	184.368	26.074	1.166@
Girls	50	123.78	15.704	2.221	

Note: @: Not significant at 0.05 level.

It is found that from the table-1, that the calculated t-value (1.66 is lesser than the table t-value (1.96) for 98 df at 0.05 level. Hence we accept the null hypothesis. Hence we conclude that the gender has no significant influence on the mental health of Intermediate students. From the results boys has more mental health status than the girls.

Hypothesis – 2: There would be no significant influence of locality on the mental health of Intermediate students.

To test this hypothesis, the technique t-test was employed and the results are shown in table-2.

Table-2: Influence of management on the mental health of Intermediate Students and their t- value.

Locality	N	Mean	Std. Deviation	Std. Error Mean	T-VALUE
Urban	50	148.02	184.913	26.151	0.683@
Rural	50	130.06	18.863	2.668	

Note: @: Not Significant at 0.05 level.

It is found that from the table-2, that the calculated t-value (0.683) is lesser than the table t-value (1.96) for 98 df at 0.05 level. Hence we accept the null hypothesis. Hence we conclude that the locality has no significant influence on the mental health of Intermediate students.

Hypothesis – 3: There would be no significant relationship between academic achievement and the mental health of Intermediate students.

To test this hypothesis, the technique correlation was employed and the results are shown in table-3.

Table-3: Influence of the mental health on achievement of Intermediate Students and their t- value.

Variable	Sample	Mean	S.D	r-value
achievement	100	70.54	10.335	0.60
mental health	100	139.04	131.078	

It is found that from the table-3, that the calculated r-.60 is greater than the table r-value .Hence we reject the null hypothesis. Hence we conclude that the there is a significant correlation between mental and achievement of Intermediate students.

7. FINDINGS OF THE STUDY:

- There would be no significant influence of gender on the mental health of Intermediate students.
- There would be no significant influence of locality on the mental health of Intermediate students.
- There would be a significant relationship between academic achievement and the mental health of Intermediate students.

8. CONCLUSION:

From the results it is revealed that there would be no significant influence of gender and locality on the mental health of Intermediate students and also there would be a significant relationship between academic achievement and the mental health of Intermediate students. With the high prevalence rates and severity of mental health problems, education department mental health providers must continue to make strategic efforts to disseminate knowledge about mental health services to all students.

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