



A STUDY OF MENTAL HEALTH & LEARNING OUTCOMES OF SECONDARY STUDENTS OF BHOPAL DISTRICT

Education

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ABSTRACT

The main objective of this investigation is to find out the level of mental health and learning outcomes in social studies of secondary students. Another objective is to find out the relationship between mental health and learning outcomes of secondary students of Bhopal District. Researchers selected the 150 secondary school students through stratified random sampling technique from the different secondary schools of Bhopal District. Standardized Mental Health Scale and learning achievement test was used to collect data for this research purpose. The main findings of this investigation suggested that the positive significant relationship is found between the mental health and learning outcomes in social studies of secondary students of Bhopal District. Students of secondary schools possess above average level of mental health as well as learning outcomes in social studies.

KEYWORDS

Mental Health & Learning Outcomes.

INTRODUCTION

As we know that the all three domains of learner i.e cognitive, affective and psychomotor are interrelated to each other and the overall personality of individual is the resultant of proper development of all these three domains. Our education system tries so many innovations and experiments to make effective development of all this domains of learner, mental health is one of the important cognitive factors of learner's personality because it affects the concentration, working efficiency, level of energy of the individual whether they are student of primary, secondary, senior secondary or university level. It would be not wrong if we said the mental health of an individual's plays an important role in their life endeavors.

If the mental health of an individual is well then they cope up easily and efficiently from their problematic situations and achieve peace in their life. In spite of that those individuals do not possess good mental health they are always busy in escaping the situation of reality or blaming to others for their situation. So it is necessary or essential for an individual to acquire good mental health for dealing the various situation of life.

In our school system, success of students is measured in terms of their learning outcomes, if student scores good marks in their exam then they are considered more successful than their counterparts who are lagging behind in learning outcomes.

During Covid-19 pandemic, every family of a world directly or indirectly suffered from a health and well-being point of view.. Mental health of students is also affected from Covid pandemic and their academic performance may also be influenced, so the researchers want to explore the mental health and learning outcomes of secondary level students of Bhopal District.

OBJECTIVES

1. To study the level of mental health of secondary students of Bhopal District.
2. To study the level of different dimensions of mental health of secondary students of Bhopal District.
3. To study the learning outcomes of secondary students of Bhopal District.
4. To study the relationship of Mental Health and learning outcomes of secondary students of Bhopal District.

Hypothesis

1. There will be average level of mental health of secondary students of Bhopal District.
2. There will be average level of different dimensions of mental health of secondary students of Bhopal District.
3. There will be average learning outcomes of secondary students of Bhopal District.
4. There will be positive relationship of Mental Health and learning outcomes of secondary students of Bhopal District.

Variables

Mental Health and learning outcomes were the two major variables of this research.

Methodology

The researcher has selected the survey method of descriptive research for carried out the process of this research. The data of Mental Health and Learning Outcomes of secondary students have been collected through the instrument.

Population And Sample:

The population of the present research was the secondary students of schools of Bhopal District and the sample of 150 secondary students were selected through the stratified random sampling technique.

Gathering Data Instruments

The gathering of data was done with the help of standardized tool, namely; Mental Health Scale- Prepared and Standardised by Dr. Sushma Talsera and Dr.Akhtar Bano. The Mental Health Scale consisted of 54 Statements and included the three dimensions i.e school related, home related and peer related causes. There is both positive (25 statements) and negative (29 statements) type of statements are included. Response is recorded on five point rating scale i.e Never, Rarely, Sometimes, Often and Always.

And for measuring learning outcomes of secondary school students, researchers used standardized tool of Social Science Subject which was Prepared and Standardized by Dr. Naushad Hussain. The tool of Learning Achievement test in Social Studies is consisted of 25 items and the response of items score 1 for correct answer and 0 for the incorrect answer. The reliability of this tool was found to be 0.78

Analysis & Interpretation Of Data

To realize the first and second objective of this research, researchers measures the mental health and the three different dimensions of mental health, i.e school related causes, home related causes and peer related causes. The level of all dimension of Mental Health is categorized into seven levels, i.e **extremely Good, very Good, Good, Moderate, Poor, Very Poor & Extremely Poor.**

Table.1 : Levels of School Related Causes, Home Related Causes & Peer Related Causes of Mental Health and Total Mental Health of Secondary School Students.

S. No	Level of Mental Health	School related Causes (N)	%	Home Related Causes (N)	%	Peer Related Causes (N)	%	Total Mental Health (N)	%
1.	Extremely Good	67	44.66	7	4.66	124	82.66	54	36
2	Very Good	20	13.33	23	15.33	19	12.66	33	22

3	Good	16	10.66	30	20	4	2.66	42	28
4	Moderate	29	19.33	42	28	0	0	17	11.33
5	Poor	7	4.66	30	20	0	0	04	2.66
6	Very Poor	4	2.67	11	7.3	2	1.33	00	00
7.	Extremely Poor	7	4.66	7	4.66	1	.66	00	00
	Total	150	100	150	100	150	100	150	100

It is evident from the table No. 1 that the data of students are spread over the seven levels of all three dimensions i.e **School related Causes, Home Related Causes & Peer Related Causes of Mental Health and Total Mental Health**. After observing the first two columns which shows the school related causes mental health it is understandable that 44.66 % (N=67) of secondary students lie in extremely good level of mental health and 19.33% (N=29) secondary students lie in the moderate level of the school related causes mental health, it indicates the students possess more than average mental health in dimension of school related causes, while very less numbers of secondary students lie in the Poor, Very Poor and Extremely Poor level.

The next two columns which shows the home related causes mental health it is comprehensible that 4.66 % (N=7) of secondary students lie in extremely very good level of mental health and 15.33% (N=23) , 20% (N=30), 28% (N=42), 20% (N=30) lie in the very good, good, moderate and poor level respectively in home related causes mental health, it indicates the students not possess higher mental health in dimension of home related causes, while there is very less numbers of secondary students lie in the Poor, Very Poor and Extremely Poor level. It shows that the average home related cause mental health found among secondary school students of Bhopal District.

In Peer related cause of Mental Health, 80% of the secondary school students lie in the Extremely good category it means mental health of the secondary students are good due the peer related cause.

36% (extremely good), 22% (very good) and 28% (good) secondary school students lie in the above moderate category of mental health it indicates the hypothesis number 1 and 2 are rejected, because the secondary school students possess above average mental health in totally as well as in all dimensions of mental health, i.e school related cause, home related cause and peer related cause. It is suggested by the researchers that the effective coping strategies are able to increase mental health of students and able to reduce the effect of stressful situation.

The analysis of third hypothesis is presented in table no.2

Table No. 2 Showing The Level Of Learning Outcomes In Social Science Subject Of Students At Secondary Level.

S.No	Level of Learning Outcomes	N	%
1.	Above Average	79	52.67
2.	Average	45	30.00
3.	Below Average	26	17.33
	Total	150	100

From the above table it is interpreted that the 52.67% of the secondary students lie in above average level of learning outcomes in social studies subject. The hypothesis number fourth of this research is found to be rejected and it is observed the majority of the secondary students possess above average marks in social studies subject.

Table No. 1.3 Showing the correlation (value of r) between Mental Health and learning outcomes in social studies of secondary students.

S.No	Pair of Variables	N	Df	R	p- Value
1.	Mental Health	150	148	.217	.008
2.	Learning Outcomes				

The value of r shown in above 1.3 table indicates the positive significant relationship found between the mental health of secondary students and learning outcomes in social studies of secondary students. It shows that if student possess good mental health then they will achieve more marks in their academic subjects. Ashraf. S (2014), Singh S.K (2015) & Gokhan Bas (2021) also revealed that moderate

level of positive correlation found between mental health and academic achievement. Singh S.K (2015) result also showed that high achiever group possesses healthy mental health than the low achiever group. Agnafors, S., Barmark, M & Sydsjo, G (2021) concluded that in early childhood and adolescence the mental health problems are responsible for increasing the risk for poor academic performance.

FINDINGS AND CONCLUSION:

The findings of this research concluded that the students who have good mental health they achieved significantly more in learning outcomes of secondary school students of Bhopal District. Investigators suggest that the energy level of students also affected by the mental health. It seems those students who are mentally healthy they have moderate energy level and also possess good concentration in their studies. Researcher suggested to the teachers, parents, school management, stake holders and policy planners to include the following points in the curriculum and facilitate to the students for boosting the mental health:

- Give opportunities of acceptance of the feelings, views, ideas and expressions of children in classroom, school and home.
- Provide better nutrition or balanced diet to the children.
- Encourage the innovative ideas, positive behaviors, positive attitude, helping others and decision making.
- Suggest and inculcate the process of positive coping strategies to students for dealing the stressful situations and also suggest that how to deal the hopelessness or sadness.
- There is a need for awareness among the parents and teachers to deal mental health problems in early childhood.

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