

A STUDY OF THE IMPACT OF MENTAL HEALTH ON EDUCATIONAL ACHIEVEMENTS OF SECONDARY SCHOOL STUDENTS OF AHMEDABAD CITY

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INTRODUCTION

Mental health plays an important role in determining the overall well-being and academic performance of secondary school students. The adolescent years are critical for cognitive, emotional, and social development, and any mental health concerns during this period can significantly influence academic achievement. The city of Ahmedabad, being a major urban hub, presents a unique context for examining the relationship between mental health and educational outcomes.

The purpose of this study is to examine the impact of mental health on educational achievement of secondary school students in Ahmedabad city. By examining the prevalence of mental health problems, identifying factors influencing mental health, and analyzing the relationship between mental health and academic performance, this research seeks to contribute to the existing body of knowledge and inform strategies for promoting mental health and well-being among secondary school students.

So, Researchers had done Research on secondary schools students of Ahmedabad city to know their mental health and its impact on their educational achievement.

THE OBJECTIVES OF THE STUDY

Objective is a projected state of affairs that a person of a system plans or intend to achieve a personal or organized desired end point in some sort of assumed development.

1. To collect the score of educational achievement of secondary school students of Ahmedabad City.
2. To study the impact of level of High mental health and low mental health of secondary school students of Ahmedabad City.
3. To study the impact of Gender of mental health of educational achievements of secondary school students of Ahmedabad City.

HYPOTHESIS OF THE STUDY

A hypothesis is a tentative statement that proposes a possible explanation to some phenomenon or event. A useful hypothesis is a testable statement which may include a prediction.

H₀₁ There is no significant difference between the mean educational achievements score of the students having high mental health and low mental health.

H₀₂ There is no significant difference between the mean educational achievement scores of Boys and Girls having low mental health.

H₀₃ There is no significant difference between the mean educational achievement scores of Boys and Girls having high mental health.

IMPORTANCE OF THE STUDY

This study will help in knowing the mental health of secondary school students. This study will help in establishing relationship between various variables.

Different methods of teaching and learning could develop on the basis of mental health of the students.

LIMITATIONS OF THE STUDY

This study is delimited to secondary school students only.

This study is delimited to GSEB secondary school students only.

VARIABLES OF THE STUDY

Variables are attributes or qualities which exhibit differences in magnitude and which vary along some

dimension.

INDEPENDENT VARIABLE

These are also called stimulus or input variables. They operate either within a person or within his environment to influence his behavior.

The independent variables are **Gender**

DEPENDENT VARIABLE

These are also known response or output variables. Here dependent variables is mental health.

Table Showing Types of Variable And Its Level

Sr.No	Types of variable	Variable	Level	
1	Dependent	Educational Achievement		
2	Independent	Gender	(a) Boys	(b) Girls
		Mental Health	(a) High	(b) Low

POPULATION AND SAMPLE OF THE STUDY

The population of the present study refers to all Boys and Girls of secondary standard of private schools of GSEB of Ahmedabad City.

SAMPLE OF THE STUDY

The sample comprised of 294 students of GSEB board of Ahmedabad. The sample comprised of 178 Boys and 116 Girls.

RESEARCH METHODOLOGY

Researcher had used the Survey Method.

TOOL OF THE RESEARCH

In present research researcher has used Standardized tool prepared by Manoj Shastri. Mental Health Test which indirectly measures your mental health. The questionnaire is divided into six parts. Each part has some questions and you have to give 'Yes' or 'No' response or to choose the option 'A' or option 'B' for each of the questions. There are 130 questions in the Test.

DATAANALYSIS

The main functions of analysis of data is to do the calculation of 294 students of secondary school of Ahmedabad city. Mental health of the students was tested with standardized mental health test, researcher has analyzed the data using the statistical methods mean, SD, and t-test.

Ho₁ There is no significant difference between the mean educational achievements score of the students having high mental health and low mental health.

Table 1

Mean educational achievements score of the students having high mental health and low mental health.

Educational achievement on base of mental health	N	Me an	SD	Mean Difference	SED	CR	Level of Signification
low mental health	145	47	61.41	15	0.75	19.50	S
high mental health	149	62	20.07				

$$df (n_1+n_2)-2 \\ = (145+149) -2 \\ = 292$$

$$**0.01 = 2.59 \\ *0.05 = 1.97$$

There are 145 students with Low mental health and 149 students with high mental health. Their mean scores of educational achievement is 47 and 62 and S.D. is 61.41 and 20.07 respectively and CR =19.50 is more than 0.05=1.97 at 0.01 level of significant respectively. This indicate that the difference between educational achievement of Low and High mental health students is significant at 0.05 and 0.01 level of significant Hence the null hypothesis that there will be significant difference between mean educational achievement score of the students having High mental health and Low mental health of Ahmedabad city is not accepted at both levels. By which we can say that the mean score of Mental Health and educational achievement of the students of secondary school is evident and thus the hypothesis Ho₁ is not accepted.

H02 There is no significant difference between the mean educational achievement scores of Boys and Girls having low mental health.

Table-2

Mean educational achievement scores of Boys and Girls having low mental health.

Low mental health	N	Mean	SD	Mean Difference	SED	CR	Level of Signification
Boys	88	46	70.76	2	1.27	1.55	NS
Girls	56	48	44.92				

$$df = (n_1+n_2)-2$$

$$= (88+56)-2$$

$$= 142$$

$$**0.01 = 2.61$$

$$*0.05 = 1.98$$

that there are 88 boys with low mental health status and 56 girls with low mental health status. Their mean scores of educational achievement is 46 and 48 and SD is 70.76 and 44.92 respectively and CR=1.55 is less than 0.05=1.98 at level of not significance respectively.

Hence the hypothesis that there will be no significant difference between educational achievement score of the having mental health of Boys and mental health of Girls of Ahmedabad city is not significant at both levels. By which we can say that the mean score of Mental Health and educational achievement of the Girls of secondary school are evident and thus the hypothesis Ho2 is accepted. Boys and Girls having low mental health will be not be rejected at 0.05 level of significant.

H03 There is no significant difference between the mean educational achievement scores of Boys and Girls having high mental health.

Table -3

Mean educational achievement scores of Boys and Girls having high mental health.

High mental health	N	Mean	SD	Mean Difference	SED	CR	Level of Signification
Boys	90	61	16.67	2	0.76	2.61	NS
Girls	60	63	23.54				

$$df = (n_1+n_2)-2$$

$$= (90 +60) -2$$

$$= 28$$

$$**0.01 = 2.76$$

$$*0.05 = 2.05$$

There are 90 Boys with high mental health status and 60 Girls with high mental health status.

Their mean scores of educational achievement is 61 and 63 and SD is 16.67 and 23.54 respectively and CR 2.61 is less than 0.01= 2.76 at level of not significant respectively. This indicates that the difference between high mental health of educational achievement of Boys and Girls is 0.01 level of not significance. Girls having high mental health, have high educational achievement.

Hence the null hypothesis that there will be significant difference between mean educational achievement of Girls having high mental health of Ahmedabad city is accepted at 0.01 level. By which we can say that the mean educational achievement of the Girls of secondary school is evident and thus the hypothesis Ho3 is accepted.

FINDINGS OF THE STUDY

The findings of the study indicated a very strong positive approach by students to appear for the mental health test to know the impact of mental health on their educational achievements.

Students would like to know and understand the that how the mental health is affecting their achievements.

1. Students who are having high mental health will have high Educational Achievement score.
2. Educational achievement of girls is greater than boys

CONCLUSION

Teachers should have knowledge about mental health and its impact on students educational achievements and how to use that knowledge for improving the results of the students.

Researcher concludes by stating that teacher role is very important to understand the mental health of the student and their achievement level. Teacher has to do assessment and evaluation on day to day basis to overcome the factors adversely affecting the mental health of the students. If teacher does the same on day to day basis than the achievement level of each and every student will improve and development of the student become possible.

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- [1] Website: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2408392/> (Origin of Mental Health)
- [2] Website: www.en.wikipedia.org/wiki/sampling (statistics)