



Mental health in relation to academic achievements and stream of study among private higher secondary schools' students in Aizawl

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Abstract

The purpose of the study was to measure the relationship between mental health with academic achievement and also, stream of study among higher secondary school's students within Aizawl city. A sample of 300 Science and Commerce students in class 11 was selected randomly from Aizawl district, a capital of Mizoram. Mental Health Scale (MHS) developed by Dr. Sushma Talesara and Dr. Akhtar Bano were used as a tools for data collection and the academic performances of the samples were collected. T test was used to determine the significance of difference. The study found that there was significant difference between mental health and academic achievement of higher secondary school's students, and there was a significant difference between mental health of Science and Commerce students of higher secondary school in Aizawl city.

Keywords: mental health, academic achievements, stream, students

Introduction

Mental health refers to our overall psychological well-being. It includes the way we feel about ourselves, the quality of our relationships, and our ability to manage our feelings and deal with difficulties. Good mental health helps us to enjoy life and cope with problems and offers a feeling of well-being and inner strength. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues, it refers to the presence of positive characteristics such as optimism, self-awareness, confident, adaptable, flexible, reliable, self-sufficient, fair, etc.

A person needs to maintain and boost their mental health in order to achieve and determine a better future. For instance, students with poor mental health may experience problems related to adjusting to classroom and school relations. The loneliness and isolation that often accompany mental health problems like depression can result in interpersonal problems that make it difficult for some students to connect with others. These adjustment-related difficulties may occur easily among students who come to school with an already diagnosed mental illness. This need to be taken into consideration that mental health can largely affect the activities of a person and that the outcome may be largely influenced.

There are some studies taken up regarding mental health in India. Talawar & Das (2014) ^[4] studies found that there was a significant relationship between academic achievement and mental health of secondary school tribal students of Assam. Then, Chakraborty (2014) ^[1] found that achievement in environmental education and mental health is not uniformly significant. However, students belonging to Arts, Science and Commerce stream expressed different achievement in Environmental education. Also, Dhara & Jogsan (2014) ^[2] revealed that better academic achievement was found among non-orphan students rather than orphan students. The

academic achievements increased as mental health increase which means that there was a positive correlation between mental health and academic achievements of orphan and non-orphan students. However, a study conducted by Louis V. L Rinsangi (2013) ^[3], revealed that students from Science streams in Aizawl district were more mentally healthy than those from Arts and Commerce streams.

Need and importance of the study

Students with mental health problems may lack the level of curiosity, engagement and involvement which are found in their peers without these difficulties. If a student possesses such complications about mental health, he/she may not be able to perform well in his/her studies which may largely affect his/her behaviour and activities. So, the teacher must be aware of mental health of their students. Thus it is necessary to study about the mental health of the students and how the level of mental health affects the activities and the progress of the students especially in their academic performances. Regarding the study of mental health, there were some studies which are taken up in India and other countries. But, a reliable study was not made among the Mizo students in Aizawl city. Hence, the investigator felt the need to study mental health and how it effect academic achievements, and how stream of study such as Science stream and Commerce stream can affect mental health among the adolescence students in higher secondary schools within Aizawl city.

Objectives of the study

1. To find out the mental health in relation to their academic achievements among higher secondary schools' students within Aizawl city.
2. To compare mental health of Commerce and Science students of higher secondary schools in Aizawl city.

Hypothesis of the study

The following were the hypothesis of the present study:-

1. There is no significant difference between mental health and academic achievement of higher secondary schools' students in Aizawl city.
2. There is no significant difference between mental health of Commerce and Science students of higher secondary schools in Aizawl city.

Research Methodology

For the present study, the investigator was employing the descriptive method of research in which both primary and secondary data concerning different objectives were collected from appropriate source. The methodological details like sample, tool, and procedure of data collection, scoring procedure and statistical techniques are given below.

Sample

The sample of present study consists of 300 students (150 Science students and 150 Commerce students) of private higher secondary school in Aizawl city. There were 75 female students among Science and Commerce students and also 75 male students among the sample as well

Tool Used

The investigator used a standardised questionnaire, Mental Health Scale (MHS) developed by Dr. Sushma Talesara and Dr Akhtar Bano only as a tool for collecting a data.

Data Collection

The investigator randomly selected different private Higher Secondary Schools in South, Central and North areas of Aizawl city and visited them to ask for the permission of the principal to administer the tool on the selected sample students of class XI. After getting permission, the investigator had made a good rapport, and was administering the test on the students. Also, the academic achievement of each sample in HSLC was taken.

Scoring Procedure

There were 54 items in the questionnaire. Out of these, items 1 to 29 were negative statements and item 30 to 54 were positive statements. The scoring and level of Mental Health was measured by the following table-

Table 1: Scoring system for each items

Type of item	Always	Often	Sometimes	Rarely	Never
Positive	4	3	2	1	0
Negative	0	1	2	3	4

Statistical Techniques used

In order to analyze and interpret data, statistical techniques such as mean, standard deviation and t-test were used.

Analysis and interpretation of data

For analysis and interpretation of data, the study has been analyzed in different tables. The same is present here.

Table 2: Mental health in relation to academic achievements

Particulars	Number	Mean	SD	SE _D	t value	Table t value
Above 60%	221	139.79	16.69	1.93	11.61	2.61 at 0.01
Below 60%	79	117.39	13.91			

Analysis of data vide table 2, the calculated mean and standard deviation of scores for students scoring above 60% were 139.79 and 16.69 respectively, and that of students scoring below 60% were 117.39 and 13.91 respectively. Thus, the standard error of difference (SE_D) among the two variables was found to be 1.93 and, the value of 't' was then calculated to test the hypothesis. It was found that the calculated t value (11.61) was greater than the critical t value (2.61 at 0.01 level and 1.97 at 0.05 level). So the hypothesis was rejected. Hence, it was determined that there was a significant difference between mental health and academic achievement of higher secondary school's students in Aizawl city.

Table 3: Mental health in relation to academic achievements among male sample students

Particulars	Number	Mean	SD	SE _D	t value	Table t value
Above 60%	110	140.86	13.64	2.17	12.29	2.62 at 0.01
Below 60%	40	114.29	10.99			

As per table 3, the significant difference was tested on mental health in relation to academic achievements among the male samples. There were 110 male students scoring above 60% and 40 male students who scored below 60%. The calculated mean and standard deviation of scores for male students scoring above 60% were 140.86 and 13.64 respectively, and that of male students who scored below 60% were 114.29 and 10.99 respectively. Thus, the standard error of difference (SE_D) among the two variables was found to be 2.17 and, the value of 't' was then calculated. It was found that the calculated t value (12.29) was greater than the critical t value (2.62 at 0.01 level and 1.98 at 0.05 level). So, it was determined that there existed significant difference between mental health of male sample students of higher secondary school in relation to their academic achievements.

Table 4: Mental health in relation to academic achievements among female sample students

Particulars	Number	Mean	SD	SE _D	t value	Table t value
Above 60%	111	140.17	19.26	3.12	5.87	2.62 at 0.01
Below 60%	39	121.86	15.84			

As per table 4, the significant difference was again tested on mental health in relation to academic achievements among the female students. There were 111 female students scoring above 60% and 39 female students who scored below 60%. The calculated mean and standard deviation of scores for female students scoring above 60% were 140.17 and 19.26 respectively, and that of female students who scored below 60% were 121.86 and 15.84 respectively. Thus, the standard error of difference (SE_D) among the two variables was found to be 3.12 and, the value of 't' was then calculated. It was found that the calculated t value (5.87) was greater than the

critical t value (2.62 at 0.01 level and 1.98 at 0.05 level). So, it was determined that there existed a significant difference between mental health of female students of higher secondary school in relation to their academic achievements.

Table 5: Mental health in relation to stream of study

Particulars	Number	Mean	SD	SE _D	t value	Table t value
Science	150	137.49	17.74	2.16	3.55	2.60 at 0.01 1.97 at 0.05
Commerce	150	129.83	19.65			

As per table 5 had shown, there were 150 Science students and 150 Commerce students among the samples. The calculated mean and standard deviation of scores for Science students were 137.49 and 17.74 respectively, and that of Commerce students were 129.83 and 19.65 respectively. Thus, the standard error of difference (SE_D) among the two variables (Science and Commerce students) was found to be 2.16 and, the value of ‘t’ was then calculated to test the hypothesis. It was found that the calculated t value (3.55) was greater than the critical t value (2.60 at 0.01 level and 1.97 at 0.05 level), so the hypothesis was rejected. Hence, it was determined that there was significant difference between mental health of Science and Commerce students of higher secondary school in Aizawl city.

Table 6: Mental health in relation to stream of study among male samples

Particulars	Number	Mean	SD	SE _D	t value	Table t value
Science	75	136.19	17.30	2.89	1.86	2.62 at 0.01 1.98 at 0.05
Commerce	75	130.80	18.05			

As per table 6, there were 75 male Science students and 75 male Commerce students. Among them, the significant difference was tested on mental health in relation to their stream of study. The calculated mean and standard deviation of scores for male Science students were 136.19 and 17.30 respectively, and that of male Commerce students were 130.80 and 18.05 respectively. Thus, the standard error of difference (SE_D) among the two variables (Science and Commerce students) was found to be 2.89 and, the value of ‘t’ was then calculated. It was found that the calculated t value (1.86) was less than the critical t value (2.62 at 0.01 level and 1.98 at 0.05 level). So, it was determined that there was no significant difference between mental health of male Science students and male Commerce students of higher secondary school.

Table 7: Mental health in relation to stream of study among female samples

Particulars	Number	Mean	SD	SE _D	t value	Table t value
Science	75	139.11	18.22	3.23	2.98	2.62 at 0.01 1.98 at 0.05
Commerce	75	129.47	21.23			

From table 7, it was shown that there were 75 female Science students and 75 female Commerce students. Again, the significant difference was tested on mental health in relation to their stream of study among these female students. The calculated mean and standard deviation of scores for female Science students were 139.11 and 18.22 respectively, and that of female Commerce students were 129.47 and 21.23

respectively. Thus, the standard error of difference (SE_D) among the two variables (Science and Commerce students) was found to be 3.23 and, the value of ‘t’ was then calculated. It was found that the calculated t value (2.98) was greater than the critical t value (2.62 at 0.01 level and 1.98 at 0.05 level). So, it was determined that there existed significant difference between mental health of female Science students and female Commerce students of higher secondary school in Aizawl city.

Main findings of the study

1. There was significant difference between mental health and academic achievement of higher secondary school’s students in Aizawl city. Similar result was found among male and female students.
2. There was no significant difference between mental health of Science and Commerce students of higher secondary school among male students in Aizawl city while there existed a significant difference between mental health of Science and Commerce students of higher secondary school among female students in Aizawl city. However, regardless of gender, it was determined that there was a significant difference between mental health of Science and Commerce students of higher secondary school in Aizawl city.

Conclusions of the study

This study revealed that there was significant difference between mental health and academic achievement of higher secondary school’s students in Aizawl city. Similar results were also found in the research done by Dhara & Jogsan (2014) [2] and Talawar & Das (Nov 2014) [4] although a study conducted by Chakraborty (2014) [1] found that achievement in environmental education and mental health is not uniformly significant. This showed that mental health had largely affected academic achievement and that there was a true relation among mental health and academic achievements. This study made clear that the students who did well in their academic performance were mostly having better mental health, which was the same in different parts of India as it was shown clearly by different studies taken up in the country. However, this study found out that female students were found to score lower in MHS than male students, but stream of study was found to affect mental health among them as there was a significant difference between mental health of Science and Commerce students among female students, which was not the case among male students. But it was found that there was a significant difference between mental health of Science and Commerce students, regardless of gender. This finding was similar with a study conducted by Louis V. L Rinsangi (July 2013) [3], which revealed that students from Science streams were more mentally healthy than those from Arts and Commerce streams. Secondary level of education is a gateway for higher education in the life of students. So, students at this stage should have good mental health as well as physical health in order to achieve ultimate level they can reach. Good mental health of students is essential for their continued educational growth and for creating a good emotional climate in the school where they spent many hours. Good mental health often has a bearing on making the right decisions as well.

Students need a stress-free environment and good mental health to fulfil their responsibilities.

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