

## Impact of Mental Health on Educational Achievement

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*Purpose of present study is to see the effect of mental health on academic achievement of students. It is hypothesized that mental health of the students would not be found to have any correlation with their educational achievement. 120 (students and girls) students of class X to XII have been taken as samples to examine. Mental health developed by Arun Kumar Singh and AlpanaSen Gupta has been used for data collection. The marks obtained from the students in their previous class are taken for academic achievement. Results indicate that there is a positive correlation was found between the mental health of the students and their educational achievement.*

**Keywords: Mental health, Educational Achievement**

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The environment of Indian education is slowly changing. Now education has become student centric. In recent times, the atmosphere of the school has changed. There was a time in the history of education when no attention was paid to the child's intelligence, interest and mental state. But now the child has become the center of education; the curriculum is prepared on the basis of his mental state, interest and other abilities and the aim of education is to develop the child. If the children are not mentally healthy, then they cannot be interested in studies and because of this their attention is not focused in studies and they will not be able to take advantage of teaching.

Every teacher needs to have knowledge of mental health science; So that he can contribute to the maintenance of mental health of himself and the students and help the students who are suffering from these adjustment defects due to mental diseases. In a democracy, self-realization, human relations, economic efficiency

and civic responsibility objectives can be achieved only when the child is mentally healthy.

Jha (2005) has studied the mental health of children of higher secondary school. 110 secondary school students (ages 11 to 17 years) were taken as a sample. The effects of living in a village and city and the mental health of their students were studied. It used the "mental health scale" developed by Langer (1962). It was concluded from this study that the mental health of rural boys and girls is weak. In this research study by Mohan, Kulshrestha, Tiwari (2006) the study of the mental health and adjustment level of hostellers and non-hostels has been done. 100 undergraduate girl students (50 hostel and 50 non-hostellers) have been taken as a sample. Two certified instruments were the "mental health list" prepared by Jagdish and Srivastava (1989) and the "adjustment list" prepared by Sinha and Singh (1984). It was found that there was no difference in family, health and social work in both the groups, but difference was found in emotional and educational adjustment.

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Singh, Choudhary and Asthana (2007) conducted a study to examine the mental status of adolescent girls with high and low levels of affective intelligence. For the study, 400 youth (200 boys and 200 girls) were taken as a sample from schools and colleges of Varanasi. It was found that the students who got higher affective intelligence; their mental status was found to be high in both the groups. Sankat and Maithili (2007) studied the effect of mental health of tsunami-affected orphan students on their academic achievement. As a sample 52 boys and 20 girls (between 9 and 15 years) were selected. It was found that mental health had a greater impact on their academic achievement.

### Objectives

1. To see the effect of mental health of students on academic achievement.
2. To see the effect of mental health of boys students on academic achievement.
3. To see the effect of mental health of girl students on academic achievement.

### Hypothesis

**H<sub>1</sub>** - The mental health of the students would not be found to have any correlation with their educational achievement.

**H<sub>2</sub>** - The mental health of the boys students would not be found to have any correlation with their educational achievement.

**H<sub>3</sub>** - The mental health of the girl students would not be found to have any correlation with their educational achievement.

### METHODS

**Sample:** 120 (students and girls) students of class X to XII have been taken as samples to examine the hypothesis presented and the correlation coefficient between their mental health and educational achievement has been calculated.

**Tool:** In the present research work, the effect of mental health of students on their academic achievement has been studied. In this, the “Mental Health Battery” developed by Arun Kumar Singh and Alpana Sengupta has been used for the measurement of mental health. In a positive question, zero number will be given for YES and zero number for NO and negative question I will be given 0 marks for YES and 1 for NO.

### Results and Discussion

**Table No. 1**

**The mean and correlation coefficient of mental health and educational achievement of students (Boys & Girls)**

S.No.	Study Variables	Number of Students	Mean	Correlation Coefficient
1.	Mental Health	120	77.74	0.942
2.	Academic Achievement		68.26	
df = 118, P < 0.01, Meaningful Correlation				

It is clear that a positive correlation was found between the mental health of the students and

their educational achievement. Hence, it is concluded that the hypothesis presented is rejected H<sub>1</sub>.

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**Table No. 2**  
The mean and correlation coefficient of mental health and educational achievement of Boys

S.No.	Study Variables	Number of Students	Mean	Correlation Coefficient
1.	Mental Health	60	77.72	0.94
2.	Academic Achievement		67.98	
df = 58, P < 0.01, Meaningful Correlation				

It is clear from the above table that a positive correlation has been found between the mental health of the students and their academic achievement. This concludes that our hypothesis is rejected H2.

**Table No. 3**  
The mean and correlation coefficient of mental health and educational achievement of Girls

S.No.	Study Variables	Number of Students	Mean	Correlation Coefficient
1.	Mental Health	60	77.77	0.95
2.	Academic Achievement		68.54	
df = 58, P < 0.01, Meaningful Correlation				

From the above table, it is clear that a positive correlation has been found between the mental health of the girl students and their educational achievement. Therefore, it is concluded that the hypothesis presented is rejected H3.

The result concludes that the mental health of the students is found to have a positive correlation with their educational achievement, so it is clear that if the mental health of the

students is good, their educational achievement will also be good, while if the mental health is poor, the educational achievement will also be affected. Therefore, efforts should also be made to improve the mental health of the students so that they can get education in a healthy educational environment.

Various research studies on mental health and academic achievement concluded that

students have to face many problems due to lack of mental health. Students can achieve their academic achievement only when they are mentally healthy. Important conclusions have been drawn through effective tests and studies on both mental health and academic achievement by educationists at the Indian and foreign levels. Critically, the following generally accepted views are given:

- Social and environmental conditions affect mental health.
- Mental health plays a crucial role in academic achievement.
- Mental health plays a crucial role in achieving success in any field.
- Effectiveness can be brought in teaching on the basis of mental health.

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