

A correlational study of Mental Health with Achievement Motivation

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Abstract:

The purpose of this research work was to explore a correlation between mental health and Achievement motivation of the SSC board affiliated, co-educational, Marathi medium secondary schools students. For this study survey had been conducted in Pune. 281 students comprised sample of the study. The tool used for data collection was Mental Health Inventory by Dr.Jagdish and Dr.Shrivastava. Mental health scale contains 56 items. Achievement motivation Scale by Asha Mohan and Pratibha Deo. This scale consists of 50 items. Data analysis indicated positive and significant correlation between Mental health and Achievement motivation.

Keyterms: Mental health status, Adolescent students.

General Introduction:

When discussing about the determinates of education of a child the health status of the child comes first, health can be discussed in two major categories that are physiological(Physical health) and Psychological(Mental health).In the field of education for children these factors may be one of the important factors without which it would be handicapped to achieve the goal of education.(Dhanabati Devi Ningombam Jun 2011).

The world health organization (2005) recently proposed the definition of mental health as “a being of well-being in which the individual realizes his or her own abilities, 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. Many mental health problems emerge in late childhood and early adolescence. Poor Mental health can have import effect on the wider health and development of adolescents (WHO, 2014). Mental health is a way of describing social and emotional wellbeing. Good mental health is central to child’s healthy development ([https// raising children.net.au](https://raising children.net.au)).

Achievement motivation is the main element of the human features that directs the personal activity and creates more or less dynamics (Zainalipour et.al., 2012). As an innate phenomenon, motivation is influenced by four factors of context (environment & external stimuli), temper (the internal condition of an organism), goal (goal of behaviour, purpose & inclination) & instruments (instruments for achieving the goal)(Amrai,et.al.,2011)

Academic self-esteem, mental health & Academic Self- concept play an important role in enhancing the Academic achievement Motivation (Zainalipour et.al., 2012). Achievement motivation affect the selection of learning approaches & it will have considerable effect on academic achievements (Blakhtiavvand,et.al.,2011)Positive significant correlation between students attitude towards learning & achievement motivation (Bakar,et.al.,2010).

The above review studies reveal that the mental health and Achievement motivation are major factors in students learning and academic performance.

Thus, the present study was undertaken to assess:

1. A correlation between mental health and Achievement motivation

2. Research Methodology

2.1 Sampling and Sample

In the present research, Sample of 281 secondary school students, from Schools of Pune city were selected. Simple random sampling technique was used for the selection of school.

2.2Data collection Tools

2.2.1 Mental health Inventory

The tool used for data collection was Mental Health Inventory By Dr.Jagdish and Dr.Shrivastava. Mental health Inventory contains 56 items. The data was analysed with respect to 6 component i.e. Positive Self evaluation, Perception of reality, Integration of Personality, Autonomy, Group oriented attitudes and Environmental Competence. This scale reported reliability is 0.73. construct validity of the inventory is 0.54. It is to be responded to on a 4 point scale ranging from always, Often, Rarely, Never. Higher scores indicate higher levels of mental health.

2.2.2 Achievement motivation Scale:

This scale consists of 50 items and reported reliability is 0.69. Test – retest method was applied to obtain the reliability coefficient of the scale. The validity of the scale is 0.75. The

questionnaire is of the self-rating type and can be administered in a group, with 5 points to rate viz. Always, Frequently, Sometimes, Rarely and Never.

2.3 Statistical Techniques

Mean and SD were used for descriptive statistics. Karl Pearson's product moment correlation coefficient was employed to explore the relationship among the variables of mental health and Achievement motivation.

3. Findings and Discussion:

Findings of correlation between Mental health with Achievement motivation of secondary students from Pune city.

3.1 Descriptive Analysis:

The mean and standard deviation of variables below in table.

Table 1:

Variable	N	Mean	SD
Mental health	281	161	16
Achievement Motivation	281	151.43	18.66

Observation:

Mental health of secondary school students is average (According to manual). Achievement motivation is Average. (According to manual)

3.2 Inferential Analysis

Table 2:

Variable	N	Correlation coefficient	Remark
Mental health and Achievement motivation	281	0.4569	Moderate

Interpretation:

The correlation between mental health and Achievement motivation of 9th standard students were moderate. Zainalipour, H.(2011) found that the correlation between mental health and Achievement motivation was low(0.318). Both the research indicated positive and significant correlation between Mental health and Achievement motivation.

4. Conclusion:

Since the Mental health showed positive and significant correlation with Achievement motivation. It would be an alarm for Students , teachers, Parents and Policy maker in the society to more attention be paid to the component of mental health and Achievement motivation. Students should acquire the ability to cooperate with others rather than having only competitive motivation.

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