A Comparative Study of Mental Health and Academic Achievement of Senior Secondary Students

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RESEARCH PROPOSAL

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INTRODUCTION

In the present high-tech age, the life of a person from morning rising until evening is totally dependent on science i.e. on machines. As the dependence of a person is decreasing on nature, the life in the same ratio is becoming dependent on science. But nowadays, we live in a competitive society, where life problems are becoming more and more complex. Traditional values and personal convictions concerning rightness and wrongness of attitude and behaviour are breaking down.

Such human suffering resulting from depression has engaged the attention of psychologists, right from the day of chariot, Janet and Others. Adam's expulsion from the Garden of Eden resulting in dejection is perhaps the oldest history of depression (Laughlin 1967). Even in Greek Civilization Hippocrates (fourth century B.C.) recognized depression as a mental disease and not due to disfavor of the god or same super natural events.

Mental health is concern with the process of adjustment of a person's potential in a expressed in a balanced way and motivation towards the goal. Hadfield considers that "In general terms we may say that mental health is the full harmonious functioning of the whole personality." (Hadfield: mental and psycho-neurosis, p-1).

Academic achievement indicates that pupil’s performance in a subject at school level. It is influenced with various factors as intelligence, socio-economic status, study habit and the level of aspiration, various researches done in this field revealed the fact that achievement is the outcome of several factors related with the student home and school atmosphere.

Senior Secondary level means XI-XII class. The boys and girls of senior secondary are up to the age of 17 or 18 years. This period is called adolescence. It is period between childhood and adulthood and great physical changes take place. During the period of adolescence tremendous mental development take place. They possessed of intensity of feeling, instability, anxiety, mood swings moods of intense, dejection and even thoughts of suicide and yet also of expectation and future greatness.

Need and Importance of Study

Mental health is sometimes thought of as simply the absence of a mental illness but is actually much broader. Mental disorder or mental illness are terms
used to refer to a psychological or physiological pattern that occurs in an individual and is usually associated with distress or disability that is not expected as part of normal development or culture.

The need for mental hygiene works further emphasized by widespread social problem like delinquency, crime, suicide, alcoholism, drug addiction, prejudice, under achievement and dropping out of school, which are more prevalent among youth.

A major part of a country's population range between the ages 15 to 25 yrs. The progress of a country depends on the maximum exploitation of its human resources. The sound mental health is one of the first requisite conditions of development. But adolescents, especially end stage of adolescents are overwhelmed by a number of problems which affect the mental health. In general, a depressed student becomes a depressed society, an its incalculable harm to the nations.

Thus the study of mental health of senior secondary school students is very important in order to preserve, cure and prevent incidences of maladjustment, mental diseases, depression and suicides.

Statement of the Problem

“A comparative study of mental health and academic achievements of senior secondary students.”

OBJECTIVES

The objectives which are to be achieved through research will be -

1. To study the mental health of senior secondary boys of science stream
2. To study the mental health of senior secondary boys of Arts stream.
3. To study the mental health of senior secondary girls of science stream.
4. To study the mental health of senior secondary girls of arts stream.
5. To compare the mental health of senior secondary boys of science & arts stream.
6. To compare the mental health of senior secondary girls of science & arts stream
7. To compare the mental health of senior secondary boys and girls of science stream.
8. To compare the mental health of senior secondary boys and girls of arts stream.
9. To compare the mental health of senior secondary boys & girls.
10. To find out correlation coefficient between mental health and academic achievement of senior secondary boys of arts stream.
11. To find out correlation coefficient between mental health and academic achievement of senior secondary boys of arts stream.
12. To find out correlation coefficient between mental health and academic achievement of senior secondary girls of science stream.
13. To find out correlation coefficient between mental health and academic achievement of senior secondary girls of arts stream.
14. To find out correlation coefficient between mental health and academic achievement of senior secondary school boys and girls of science and arts streams.

HYPOTHESIS

In this research, Research Hypothesis will be as follows-

1) There is no significant difference in the mental health of senior secondary boys and girls.
2) There is no significant difference in the mental health of senior secondary boys of science and arts streams.
3) There is no significant difference in the mental health of senior secondary girls of science and arts streams.
4) There is no significant difference in the mental health of senior secondary boys and girls of science streams.
5) There is no significant difference in the mental health of senior secondary boys and girls of arts streams.
6) There is positive relationship between mental health and academic achievement of senior secondary school boys and girls.
7) There is positive relationship between mental health and academic achievement of senior secondary boys of science stream.
8) There is positive relationship between mental health and academic achievement of senior secondary boys of arts stream.
9) There is positive relationship between mental health and academic achievement of girls of science stream.
10) There is positive correlation between mental health and academic achievement of girls of arts stream.

Conceptual Meaning of the terms

Mental health

According to Aleck - "Mental hygiene means" mental health".
Mental health is, thus a dynamic functioning of the whole organism. It brings a harmony of movement in the organism to achieve and end which is completeness or fulfillment.

Thus by mental health meant full harmonious functioning of the whole personality.

**Academic Achievement**

Academic achievement is a record which tells us about the scholistic performance of the pupils in school subject.

Bist, 1972 States-

"Scholistic achievements in its concrete form is measured in terms of the percentage of marks or division obtained by the student at some common examination."

**Senior Secondary Level Students**

Student means learner or a person who come to school or college to take knowledge.

**Senior Secondary Level**

According to 10+2 criteria it is highest level and represents class XI + XII. Senior Secondary Level Students come in late adolescence stage. They are up to 18 years of age. The word adolescence comes from Greek word 'adolescence' which means 'to grow to maturity'. They undergo rapid physical, emotional and mental changes. They want to seek status and recognition. It is transitional period of life. They have many problems particularly of self-acceptance, individual well-being, future plan, consciousness about health, maladjustment, depression etc.

**Arts and Science Streams**

Arts is about searching within and science deals in to the world and beyond science is about fact.

Most of students either have aspiration of becoming an engineer, scientist or doctor opt science stream at the 10+2 level.

Arts is a lesser known cousin of science, help a student of develop power of analysis and expressions.

**Delimitations of Research**

Delimitation is the boundaries of the study. In this research, Researcher will confined their study as follows-

(1) Secondary schools of Kanpur Nagar will be taken in this study.
(2) In these secondary schools, only 20 schools of C.B.S.E. Board will be taken.

(3) 500 Boys students of class XII and 500 girls students of class XII will be selected for study from these schools.

Kanpur Nagar

↓

20 Senior Secondary School of C.B.S.E. Board

↓

XII Class Students

↓

500 Boys students and 500 girls students.

REVIEW OF RELATED LITERATURE

MAGOTRA, H.P.,

Mental Health as a correlate of Intelligence Education, Academic, Achievement and Socioeconomic status, PhD. Edu., Jammu 1982.

AIMS OF STUDY:-

1- To isolate the factors associate the mental health and to prepare the questionnaire on them.

2- To make the comparative study of scores of boys & girls on the factors selected the inventory on mental health.

3- To determine the degree of relationship between the factors selected (Independent Variable) & mental health (Dependent Variable) of the student selected for the study.

4- To study the effect of the levels of education & socio-economic status on mental health.

TOOL ADMINISTERED

General intelligence test (Joshi), culture level questionnaire, socio-economic status questionnaire, mental health inventory

RESULTS

1- Girls Scored higher in intelligence test & in socio-economic questionnaire than boys.

2- Girls appear to possess better mental health was capable of facing the realities.
3- The mental health of girls and boys appeared to be considerably influenced by the two factors, namely intelligence and physical health.

WIG, N. N & NAGPAL R.N

"A study of mental health in failing university student, postgraduate institute of medical education and research, Chandigarh."

AIMS OF STUDY
1- To study the incidence and the nature of emotional ill health among the students who fail in the university examination.
2- To discover the different psycho - social factors associated with failure and dropping out.
3- To compare the findings in the successful and the unsuccessful students.

TOOLS ADMINISTERED
1- The Maudsley Personality Inventory.
2- The Cornell- Medical Index Heath Questionnaire.
3- A Semi- Structured Questionnaire.
4- Interview on the Model Of psychotic care taking.
5- T - Test & chi - square.

RESULTS
1- The scores of two groups were significantly different at 0.05 levels.
2- The two groups were significantly different on mental health score.
3- The low & high achiever spends less time in extracurricular activity.
4- Only 8% of failing student & 12 to 8% of 3rd discover could predict their success correctly in contrast to 74% of the 2nd divisional & 58 % of the first divisional.


"To determine the development level of mental Health"

AIMS OF STUDY: - To study Mental level of Class 12th.

TOOLS ADMINISTERED
For the analysis of Data Chi-square Test, t Test & co-relation techniques are used.
RESULTS

1- Reliability level is found to be 0.88.
2- This is appropriate for the validity.
3- Least score of healthy student is 150.

RESEARCH IN ABROAD


AIM OF STUDY

The work of counseling focuses greatly on helping clients move toward enhanced wellness. This research project explores how and in what ways counseling trainees sustain their own wellness through the practice of self-care and various coping strategies. To gain a rich understanding of how counseling trainees think about and practice self-care, a qualitative approach is employed. Through the use of open-ended questions on a written survey with more than 100 trainees, the information gathered was distilled to describe the essence of the collective experience of self-care along with relevant distinctions within subgroups.

TOOLS ADMINISTERED

To gain a comprehensive and rich understanding of the subject of counseling trainees' coping activities and their associated efficacy and frequency, a qualitative research approach was used.

RESULTS

This research offered a window into the lived experience of coping activities as used by counseling trainees at one point in their graduate education. As several limitations to this research exist, conclusions are discussed along with recommendations for future exploration. While research differs as to whether trainees within helping professions are more or less health than the general population (Smith et al., 2007; Meyers et al., 2003; White & Franzoni; 1990; Kuyken et al. 2000), the spectrum of coping activities used by counseling trainees within this research are diverse and generally positive; but it is difficult to extrapolate what results come from cumulative use of the variety of coping strategies used by an individual trainee. Several spectrums of activities could be extrapolated from the data. Using the two main umbrellas of coping behaviors as developed by Holahan and Moos (1984), the categories of activities could be
divided into avoidant and active coping strategies.

**Lloyd and King's (2001) analysis of research done in the U.K.**

Compared levels of work stress and burnout among helping professions limited to mental health counselors and occupational therapists. They suggest that occupational therapists struggle with stress and work related burnout but less so than their compatriots in other helping professions. Sakharov & Farber (1983) found that teachers cited bureaucracy and politics as a predominant source of work stress that manifested in decreased health and morale. In her research of the stress of physicians, Mawardi (1983) identified that time pressure, increased fear of malpractice lawsuits and peer review were among the sources of work-related stress of physicians. Sakharov & Farber's research (1983) examining stress of teachers found that approximately one third interviewed felt prepared for the stress of being a novice professional and felt their graduate work under prepared them for the stressors of their future work. To combat workplace stressors, the interviewees suggested the need for greater interpersonal development during training. When exploring the associated stress and deleterious effects on professional counselors, Meyer and Ponton (2006) cited both the stressors of work and personal factors, suggesting that client experiences shared in therapy can leave an imprint on the counselor. Specifically, when a client is working through a traumatic experience in counseling, the counselor often metabolizes some of this distress. "While both internal and external forces may deplete the counselor, individual resources may renew and protect the counselor's personal and professional vigor." (p. 192). In their 5-stage model of burnout, Venniga & Spradley (1981) suggest that the foundation for a rich and fulfilling career can be laid in the early stages of professional development. Within this foundation, novice professionals develop tools to protect and insulate themselves against the stressors of their work. Unfortunately, some can rely on maladaptive coping mechanisms early on, leading to the development of destructive patterns. As Cherniss (1995) suggests, starting a profession often amplifies the stress associated with the work. In her longitudinal research on professionals that included lawyers, teachers and counselors, she conducted interviews with professional's sholly after entering their fields and 12 years later. The interviews offer prevailing themes to early professional stress, including client interaction, assimilation into a bureaucracy, a lack of professional and collegial support, boredom and the influence of the greater social context as being complicating stressors. Citing a departure from idealized goals, novice professionals often become focused on the management of stress and the desire
for competence. Cherniss suggests these stressors inspired new professionals to make changes to how they approached their work and its deleterious effects. She offers, "Adopting more modest standards, blaming others for failure, and limiting involvement in work inevitably meant that the professionals cared less and gave less"

RESEARCH METHODOLOGY

Method - Research methods are of utmost importance in a research process for describing the various steps of the plan of attack to be adopted in solving a research problem. In present study research will apply survey method of research.

Population

The population for the purpose of this study will be defined as the total no. of senior secondary students of class XII studying in CBSE Board schools of Kanpur Nagar both Girls and Boys students.

Sample

In these study 500 girls students and 500 boy’s students will select by research from CBSE board Schools of Kanpur Nagar. 10 schools will have been selected by Random Method (lottery Method) and after selection of school, 500 girls and 500 boys will be choose by Random Method.

<table>
<thead>
<tr>
<th>No. of School</th>
<th>Girls Students of XII Class</th>
<th>Boys Student of XII class</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>2</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>3</td>
<td>50</td>
<td>50</td>
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<td>4</td>
<td>50</td>
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<td>5</td>
<td>50</td>
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<td>6</td>
<td>50</td>
<td>50</td>
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<td>7</td>
<td>50</td>
<td>50</td>
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<tr>
<td>8</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>9</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>10</td>
<td>50</td>
<td>50</td>
</tr>
</tbody>
</table>

Variables

1. Students of Class XII = Independent variable
2. Art & Science Streams = Dependent variable
3. Mental Health = Independent variable
4. Achievement Test = Dependent variable

**Tools** - In present study, research have selected the tool-

<table>
<thead>
<tr>
<th>Variable</th>
<th>Tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Mental Health</td>
<td>Mental Health inventory (MHI)</td>
</tr>
<tr>
<td></td>
<td>Dr. Jagdish and Dr. A. K. Srivastava</td>
</tr>
<tr>
<td>(2) Academic Achievement</td>
<td>Results of class XI will be taken to measure academic achievement of students.</td>
</tr>
</tbody>
</table>

**Description of Mental Health Inventory**

This mental health inventory has been developed in order to study the mental health of normal people. In this inventory low scores indicate good mental health whereas high scores show poor mental health.

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Different Branches of Mental Health</th>
<th>Reliability table</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Positive self-evaluation</td>
<td>0.75</td>
</tr>
<tr>
<td>2.</td>
<td>Reception reality</td>
<td>0.71</td>
</tr>
<tr>
<td>3.</td>
<td>Integration of personality</td>
<td>0.72</td>
</tr>
<tr>
<td>4.</td>
<td>Autonomy</td>
<td>0.72</td>
</tr>
<tr>
<td>5.</td>
<td>Group oriented attitude</td>
<td>0.74</td>
</tr>
<tr>
<td>6.</td>
<td>Environmental Mastery</td>
<td>0.71</td>
</tr>
<tr>
<td>All</td>
<td></td>
<td>0.73</td>
</tr>
</tbody>
</table>

In order to show validity, normal health questionnaire and marks of mental health table, exactly have a co-relation which is 0.54.

**Collection, Treatment and Analysis of data**

Date of research will be collected by fitting the questionnaire by both girls and boys students of class XII and qualitative (statistical) techniques (t-test) will be used for analysis of date for knowing academic achievement results of class XI will be taken and will find out the correlation between mental health and academic achievement of students by Korl person method of correlation.

**Conclusion**

On the basis of analysis of data conclusions of research will be find out.
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