

A STUDY OF MENTAL HEALTH OF SECONDARY SCHOOL STUDENT IN RELATION TO THEIR ACHIEVEMENT, INTELLIGENCE AND SOCIO-ECONOMICAL STATUS

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Abstract

Present Study has been done to know about Mental Health of Secondary School Student in Relation to Their Achievement, Intelligence and Socio-Economical Status. For the present study gender consider as variables. Total 1374 secondary Schools Students were selected from North Region of Gujarat State. To know about Mental Health, Intelligence and Socio-Economical Status of Students standardize Mental Health, Intelligence and Socio-Economical Status and For Academic Achievement Percentage of Students were taken thus this were used as tool. On the basis of the score obtain by the students mean, standard deviation, standard error of mean and t-values were calculated for data analysis.

Key Words: Educational Achievement, Intelligence, Mental Health, Socio-Economical

INTRODUCTION

We all know about physical health and we also know which elements are helpful to keep better health. The term 'mental health' is used in psychology recently. Mental health has direct relation with human mind. But theories of mental health are not so developed as physical health.

Self-assurance, emotional stability, endurance, ambition, maturity, regularity, adjustment, self-contentment and self-examination etc influence mental health. Positivity of an individual suggests better mental health; where as negative mind suggests unsound and sickly mental health. Both, human body and mind affect each other so, in order to attain peace and happiness, human being is required to keep both healthy and in sound position. Hence, mind governs the whole operations as well as performances of body, mental health is more important. Following lines of John Milton have expressed importance of mental health, "All are causes of mind, Can change within a moment,

Heaven into inferno, And inferno into heaven"

Means, causes of happiness and miserly are created in mind and mind can change such situations also. Thus, only mind can make an individual feel heaven or inferno. Present era is the age of competition. Each person determines his goal and tries in order to achieve it. Some individuals get success to achieve it, where as some cannot succeed.

Man is influenced or not influenced by this success or failure. If any person's ambition is fulfilled, he will become more self-confident and go ahead but when it is not fulfilled, he will be found surrounded by despairs. All these issues are related to mental stability and mental firmness is actually associated with mental health. Among different classes existed in our country, the common class is benefitted with all comforts and their educational, social and economical status is high. Intelligence is one of the important factors being studied by psychologists. By the present study, investigator wants to know whether there is significant distance between IQ and mental health among students coming from these different classes, and is there any relation between both of them? Is there any relation between achievement and mental health? We cannot know students' mental position directly. Different Psychological Tests are used to know about it. Students' confused mental problems can be solved by examining their mental health and providing legitimate guidance accordance with it, so the present study was undertaken to study mental health of students of secondary schools in context to their achievement, intelligence and socio-economical status.

OBJECTIVES OF THE STUDY

The researcher has decided the following objectives.

1. To measure level of the Mental Health of secondary schools students.
2. To Study the mental health of secondary schools students in relation to their gender.
3. To Study the Mental Health of secondary schools students in relation to their Educational Achievement.
4. To Study the Mental Health of secondary schools students in relation to their Intelligence.
5. To Study the Mental Health of secondary schools students in relation to their Socio Economical Status.

VARIABLES OF THE STUDY

The variables involved in this study are as follow:

Table:1
Variables of the study

Sr.	Type of Variable	Variable	Level	Category
1	Independent	Gender	2	❖ Boys ❖ Girls
2	Independent	Educational Achivement	2	❖ High Achivement ❖ Low Achivement
3	Independent	Intelligence	2	❖ High IQ ❖ Low IQ
4	Independent	Socio-Economical Status	2	❖ High SES ❖ Low SES
5	Dependent	Mental Health	-	

HYPOTHESES OF THE STUDY

Hypothesis of the present study were as follows:

- Ho₁ There will be no significant difference between the mean scores of Mental Health of Boys and Girls of Secondary Schools.
- Ho₂ There will be no significant difference between the mean scores of Mental Health of Students having High Educational Achievement and Low Achievement of Secondary Schools Students.
- Ho₃ There will be no significant difference between the mean scores of Mental Health of Students having High Intelligence and Low Intelligence of Secondary Schools Students.
- Ho₄ There will be no significant difference between the mean scores of Mental Health of Students having High and Low Socio Economical Status of Secondary Schools Students.
- Ho₅ There will be no significant difference between the mean scores of Mental Health of Boys and Girls of Secondary Schools having High Educational Achievement.
- Ho₆ There will be no significant difference between the mean scores of Mental Health of Boys and Girls of Secondary Schools having Low Educational Achievement.
- Ho₇ There will be no significant difference between the mean scores of Mental Health of Boys and Girls of Secondary Schools having High Intelligence.
- Ho₈ There will be no significant difference between the mean scores of Mental Health of Boys and Girls of Secondary Schools having Low Intelligence.
- Ho₉ There will be no significant difference between the mean scores of Mental Health of Boys and Girls of Secondary Schools having High Socio Economical Status of Secondary Schools Students.
- Ho₁₀ There will be no significant difference between the mean scores of Mental Health of Boys and Girls of Secondary Schools having Low Socio Economical Status of Secondary Schools Students.

LIMITATIONS OF THE STUDY

For conducting a research work, an investigator has to accept certain limitations, which relate to time, energy and sample selection of the inferences of a research are shown without knowing the limitations, the research becomes erroneous. The limitations of this study were as shown below:

1. This study is limited to the Secondary Schools Students of Gujarati medium of Gujarat State.
2. Present study is limited to Standard-9th of Secondary Schools.
3. This study is limited to the North Gujarat Region of Gujarat State.

POPULATION, SAMPLE AND METHOD OF THE STUDY

- **Population of the study**

The researcher had decided to study Mental Health of Secondary schools Students in relation to Achivement, Intelligence and Socio-Economical Status. Therefore, all the Secondary schools Students of Standard-9th of North Gujarat Reigon considered as population of the present study.

- **Sample**

For the present Study, Secondary Schools of North Gujarat Region of Gujarat State were Selected and Students classified according to their gender. Total 1374 Students were selected by using stratified Random Sampling Method for the present study.

• Method of the Study

In the present research the researcher used Survey Method as it was necessary to accumulate information from the huge sample.

TOOLS OF THE STUDY

The following tools were used for collecting the data of the present study.

1. To Know Mental Health “ Mental Health Test” prepared and standardize by Dr. Manoj C. Shastri was used for the present study.
2. To Know Intelligence “Verbal Non Verbal Group Intelligence Test” prepared by Dr. K. G. Desai were used for the present study.
3. For measurement of Socio – Economical status of students of Secondary Schools, a standardized Socio – Economical status Scale constructed by Dr R. S. Patel was used in the present study
4. To Know Academic Achivement Percentage obtained by students in the First Term exam of Standard-9th were taken from Schools.

DATA ANALYSIS

Following Methods were used for data analysis for the present study :

1. Mean, and Standard Deviation, Percentage
2. t- values
3. Presentation of graphs as required per group

MAJOR FINDINGS

- 1) Effect of Gender found on Mental Health of Secondary Schools Student. Boys were found to have better Mental Health than Girls which shows that gender of Secondary Schools Students is affecting variable to Mental Health.
- 2) Effect of educational achievement was found on Mental Health of Secondary Schools. Students having higher educational achievement were found having better mental health than Students having lower educational achievement which Shows that Educational Achievement of Secondary Schools Students is affecting variable to Mental Health.
- 3) Effect of Intelligence was found on Mental Health of Secondary Schools. Students having High Intelligence (High IQ) were found having better mental health than Students having Low Intelligence (Low IQ) which Shows that Intelligence of Secondary Schools Students is affecting variable to Mental Health.
- 4) Effect of Socio-Economical Status was found on Mental Health of Secondary Schools. Students having Low Socio-Economical Status were found having better mental health than Students having High Socio-Economical Status which Shows that Socio-Economical Status of Secondary Schools Students is affecting variable to Mental Health.
- 5) Effect of Gender was found on Mental Health of Students having High Educational Achievement of Secondary Schools. Boys having High Educational Achievement were found having better mental health than Girls having High Educational Achievement which Shows that Gender of Students having High Educational Achievement of Secondary Schools Students is affecting variable to Mental Health.
- 6) Effect of Gender was not found on Mental Health of Students having Low Educational Achievement of Secondary Schools. Boys and Girls having Low educational Achievement were found equal as far as their mental health Concern which Shows that Gender of Students having Low Educational Achievement of Secondary Schools Students is not affecting variable to Mental Health.
- 7) Effect of Gender was found on Mental Health of Students having High Inetelligence (High IQ) of Secondary Schools. Boys having High Intelligene (High IQ) were found having better mental health than Girls having High Intelligence (High IQ) which Shows that Gender of Students having High Intelligence (High IQ) of Secondary Schools Students is affecting variable to Mental Health.
- 8) Effect of Gender was not found on Mental Health of Students having Low Inetelligence (Low IQ) of Secondary Schools. Boys and Girls having Low Inetelligence (Low IQ) were found equal as far as their mental health Concern which Shows that Gender of Students having Low Inetelligence (Low IQ) of Secondary Schools Students is not affecting variable to Mental Health.
- 9) Effect of Gender was found on Mental Health of Students having High Socio-Economical Status of Secondary Schools. Boys having High Socio-Economical Status were found having better mental health than Girls having High Socio-Economical Status which Shows that Gender of Students having High Socio-Economical Status of Secondary Schools Students is affecting variable to Mental Health.
- 10) Effect of Gender was found on Mental Health of Students having Low Socio-Economical Status of Secondary Schools. Boys having Low Socio-Economical Status were found having better mental health than

Girls having Low Socio-Economical Status which Shows that Gender of Students having Low Socio-Economical Status of Secondary Schools Students is affecting variable to Mental Health.

CONCLUSION

Each and every research work suggests new direction for future researches and indicates limitation of that completed work. The present study is a humble effort to study Mental Health of students studying in secondary schools. Present study is limited for standard-9th students of Gujarati medium secondary schools of North Gujarat Region of Gujarat State.

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