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Academic Achievement and Mental Health of College Students

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ABSTRACT

The present study was conducted to study of academic achievement of college students in relation to their mental health. A total sample of 100 college students was taken from the Moga district of Punjab. To collect the requisite data for the present study mental health check-list by Pramod Kumar (1992) and for academic achievement of college students the marks of last year were used. For analysis and interpretation of data the investigator has used 'r' for correlation and't' test to find out the mean difference between different variables. The study revealed significant relationship between academic achievementand mental health of college students and also found that there is significant difference between academic achievementand mental health of male and female college students.
Keywords:Mental health, Academic achievement, College students.

INTRODUCTION

One of the major features of the contemporary educational thinking has been learning outcomes, growing concern about the development of effective personality and efficiency of teaching learning outcomes that can be assessed in terms of student's achievement that is academic achievement of students considered to be very significant determinant for success in later life. The thing, which is mostly desired in all the societies of the world, is the need of preserving mental health of the individual. Life is becoming complex day by day in present scenario; youth as well children are facing difficulties. It has been observed that families and communities are important in helping the child to develop their personality. Parents are always concerned about the education and the well-being of their children. They sent them to good schools with teachers to prepare for good jobs but who is really responsible for the learning of the students. Determining the sub system of society plays a key role in functioning, shaping, reforming and reconstructing it from time to time. The acquisition of such personality is indeed essential for a normal individual. Only then, an individual can be able to actualize him/her, live his/her life to his/her satisfaction in the perfect tune of talking and giving something to the society.

ACADEMIC ACHIEVEMENT

The term academic achievement is the combination of two words, Academic and Achievement. In this the word, Academic is related to formal education .It is derived from word academy means school, where special types of instructions are imparted. The term academic means institutional system of formal education in school, college and university. Achievement is the accomplishment of success in bringing a desired change in behavior and

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academics plays a very significant role in the attainment of harmonious development of child. The achievement is considered to be the present of learning, attitude and interest because they are learned, acquired retained and forgotten just as knowledge and skills. The achievement means a person's level skill as range and breathes of information and input that has accomplished in a designated area of learning as behavior. Academic Achievement plays significant role in almost all aspects of human life in science technology and agriculture. It has assumed enormous importance in view of its practical value as it helps in shaping the career of the individual and planning for further education. It forms the main basis of admission and promotion in a class. Generally the students are selected or differentiated in the school on the being of their academic achievement. It is useful in evaluating the result of instructions and serve as means of educational progress in predicting educational success.

According to Trawl (1960) "Academic Achievement as the attain ability or degree of competence in tasks as measured by standardized test and expressed in age grade units based derived from a wide sampling of pupils performance."According to Kohle (1975) **"**Achievement is the level of proficiency attained in academic works as formally acquired knowledge in subjects, which is often expressed by % age of marks obtained by students in examination". Joshi (2000) conducted a study on neuroticism, extraversion and academic achievement as related to gender and culture. Results revealed a significant difference between boys and girls of rural areas on academic achievement. Devi and Mayuri (2003) carried out a study of family and school factors that affect the academic achievement of residential school children studying ninth and tenth classes.The result indicated significant gender difference in academic achievement and girls were found to be superior to boys in academic achievement. Saini (2005)studied home environment and academic achievement of adolescencechildren of working and non-working mothers. He found that home environment of adolescent children of working and non-working mothers were significantly different. In respect of academic achievement also adolescent children of working mother were much better than the adolescent children of non-working mothers.Singh et al. (2010)studied spiritual intelligence, altruism, school environment and academic achievement as predictor of mental health of adolescents. They found that type of school; spiritual intelligence, altruism, rejection and control were significant prediction of mental health. Gender location of residence, creative simulation cogitative encouragement, acceptance and academic achievement were not significant predictor of mental health. Qaisy (2011)studied the relation of depression and anxiety in academic achievement among group of university students and found that females are more anxious than males while males are more depressed than female. Results also indicate that there is a positive relationship between achievement and anxiety while a negative relationship is found with depression. Tokas (2015)conducted a comparative study of academic achievement and study habits of senior secondary students. The finding of the study reveals positive relationships between academic achievement and study habits. Yadav (2015) conducted a study on self-concept, study habits and academic achievement of high school students studying in government and public schools and found that there is a significant difference in academic achievement of government and public school students. The students of public school have higher academic achievement than the students of government school. Sekar (2016) conducted a study on relationship between metacognitive ability and academic achievement of IX standard students in mathematics and found positive relationship between Metacognitive ability and academic achievement of learners in Mathematics.

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MENTAL HEALTH

The idea of mental health is complex and comprehensive. Mental health consists of two words: 'Mental' and 'Health'. 'Health' generally means sound condition or well living or freedom from disease. 'Mental' means relating to the mind and psyche. Mental health is a condition of psychological maturity, means mental health is the ability of an individual to pursue reasonable, purposeful goals; use his capacities and talents fruitfully. Good health depends on the state of good mind and body. Each exerts a direct influence on the other, but owing to the power of mind over matter, good mental health is of great importance. It is a complex subject to which justice cannot be easily done in a chapter of limited view. The concept of mental health is as old as human beings. In recent years clinical psychologists as well as educationists have started giving proper attention to the study of mental health. Mental health is a term used to describe how well the individual is adjusted to the demands and opportunities of life. Thus the concept of mental health takes a 'Gestalt' view of the individual. It incorporates the concepts of personality characteristics and behavior all in one. It may also be understood as the behavioral characteristics of the person. A mentally healthy person shows a homogeneous organization of desirable attitudes, healthy values and righteous self-concept and a scientific perception of the world as a whole. Mental health is vital for individuals, families and communities and is more than simply the absence of a mental disorder.

According to Park (1995) "Mental health is thus the balanced development of the individual's personality and emotional attitude which enable him to live harmoniously with the fellow men."Princeton University (2007)"Mental Health is a term used to describe either a level of cognitive or emotional wellbeing or an absence of mental health."Kaur(2005)in her study level of aspiration as related to mental health of adolescents and found that there is a significant correlation between level of aspiration and mental health. Kaur (2005)conducted a study on mental health as related to teacher adjustment with sample of 100 students and found that there exist a significant relation between mental health and adjustment of teacher. Oddy et al. (2010) studied the effect of breastfeeding on child and adolescent mental health. The results indicate that a shorter duration of breastfeeding may be predictor of adverse mental health outcomes throughout the development trajectory of childhood and early adolescence. Bandhana and Sharma (2012)studied home environment, mental health and academic achievement among higher secondary school students and found that there will be no significant interaction among sex, home environment and academic achievement between secondary school students with mental health as dependent variable. Puri (2013**)** conducted study on mental health of pupil teachers as related to their value and creativity and found that creativity is not related to bear mental health of pupil teachers.Kumar (2016)conducted a study on mental health among rural and urban P.G. students and found that there is no significant difference between mental health of male and female P.G. students. The rural students have high mental health rather than urban students.

SIGNIFICANCE OF THE STUDY

Academic achievement helps in shaping the career of the individual and planning for future education. It forms the mean basis of admission and promotion in a class . Academic achievement is useful in evaluating the results of instructions and serves as measure of educational progress in predicting educational success. Success in the

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academic field plays an important role in the development of the child. The thing, which is mostly desired in all the societies of the world, is the need of preserving mental health of the individual. Mental health is a potential determinant of one's integrated personality and balanced behavior identified on the basis of the level of his/her adjustment to own self, others and environment. The acquisition of such personality is indeed essential for a normal individual. The present era is competition. In this rapidly changing society, students are conscious about their achievements. In modern age of competition, high academic achievement is considered to be a passport for future success of the child.So the present study wants to know the impact of academic achievement on mental health of college students as academic achievement affect mental health plays an important role on academic achievement and other personality traits.

OBJECTIVES

1. To study the academic achievement of College students.
2. To study the mental health of college students.
3. To Study the relationship between Academic achievement and mental health of college students.
4. To study and compare the academic achievement and mental health of male and female students.

HYPOTHESES

1. There exists no significant relationship between academic achievement and mental health of college students of Moga District.
2. There exists no significant difference between the academic achievement of male and female students of Moga district.
3. There exists no significant difference between mental health of male and female students of Moga district.

METHODOLOGY

The descriptive method was used in the present study.

SAMPLE

Samples of 100 college students were selected from different colleges situated in Moga district. The sample was selected by using simple random sampling. The sample represents the entire population. There were 50 male and 50 female college students were randomly selected for study.

TOOLS USED

The following tools were administered uniformly to all the participants:

1. Mental Health checks List (Kumar,1992)

   This checklist was prepared by Mr. Pramod Kumar in 1992. The checklist consists of 11 items with 6 mental and 5 somatic, presented in a four point rating format. The split half reliability correlating the odd-even items has been found to be .70(By Spearman brown

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formula) with an index of reliability of .83(Garrett, 1961). Its test retest reliability was found to be .65 with an index of reliability of .81.Its face and content validity was measured which was found to be fairly high.

2. Academic Achievement: -In the present investigation academic achievement constitutes the aggregate marks obtained by the subjects in their class examination.

RESULTS AND DISCUSSION

The data were analyzed by coefficients of correlation and t test. The results are given in Tables (Table 1-3).

Table-1 Co-efficient of correlation between academic achievement and mental health

Using product moment method of coefficients of correlation, to explore the relationship of academic achievement with mental health.

N	r-value	P value	Inference
200	0.584	0.05	Significant

Results revealed (Table-1) that the relation between academic achievement and mental health was significant(r = 0.584). This indicates that there is significant and positive relation in mental health and academic achievement. This indicated that person with having high academic achievement tends to high scores and low academic achievement tends to low scores . Thus the hypothesis that there is no significant relationship between academic achievement and mental health is rejected (not accepted).

Table-2Mean, S.D, SE_D and t-ratio of academic achievement of male and female

Variable	N	Category	Mean	S.D	SE_D	t- ratio	Inference
Academic achievement	50	Male	54.36	3.48	8.55	3.26	Significant
	50	Female	64.34	8.58			

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Table-3 Mean, S.D, SE_D and t-ratio of mental health of male and female college students

Variable	N	Category	Mean	S.D	SE_D	t- ratio	Inference
Mental Health	50	Male	15.02	2.37	5.23	3.66	Significant
	50	Female	20.92	5.21			

When the academic achievement scores of male and female were compared (Table 2) it was found that the difference is significant. Similarly, the male and female also differ in their mental health scores (Table 3).There was a significant difference between the mental health scores of male and female students (t= 5.23, df=98, P< .05). The mean scores of female is higher (Mean= 20.92, SD= 5.21) than the male (Mean= 15.02, SD= 2.37).It shows that good mental health of female leads to better academic achievement.

CONCLUSION

The findings of the study are generalized cautiously owing to its small sample and that too selected on the basis of purposive sampling.In this research, significant relations were found between academic or educational performance and mental health.

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