



Mental Health of Secondary School Students

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Abstract:

Given the current time of covid, the incidence of mental illness has risen sharply and posed serious problem for the whole world. In such time, it has a serious effect on the children of adolescence. Mental health is essential for a child of adolescence and for their future success and well-being. The sample of the research consisted of 700 students of 9th standards of kendriya vidyalaya secondary schools of Gujarat state. In the present research, the survey research method was used. The kendriya vidyalaya secondary schools was selected through random sampling method and 9th standards students was selected through cluster sampling method. The result found that there is higher level of Mental health in High Academic achievement students than Low Academic achievement. This result is useful for the kendriya vidyalaya schools Principal, teacher, counselor to develop their student's future.

Keywords: *Mental health, Academic achievement*

1. Introduction

Mental health is a fundamental factor that maintains physical health as well as social effectiveness. It is a positive connection of quality of life, in which a healthy person meets all the demands of life based on their own abilities and limitations. Change is a law of nature, every moment of our life changes from time to time. A mentally healthy person enjoys the change in their life, they will shine effectively in the society. Mental health helps a adolescent children become self-conscious and stable. It is very important for the children of adolescence to be stable in today's fast changing time. Taking this type of situation into consideration, the researcher has tried to check the mental health of the students.

2. Statement of the problem

“Mental health of Secondary School students”

3. Objectives of the study

1. To study the Mental health of of secondary school students of kendriya vidyalaya students in relation to Gender.
2. To study the Mental health of of secondary school students of kendriya vidyalaya students in relation to Academic Achievement.

4. Hypothesis of the study

Ho₁: There will be no significant difference between the mean score of Mental health of kendriya vidyalaya secondary school students of Boys and Girls.

Ho₂: There will be no significant difference between the mean score of Mental health of kendriya vidyalaya secondary school students of High Academic achievement and Low Academic achievement.

5. Variables of the study

5.1 Independent Variables

5.1.1 Gender

- 1.Boys
- 2.Girls

5.1.2 Academic achievement

- 1.High Academic achievement
- 2.Low Academic achievement

5.2 Dependent Variables

- 1.Mental health

6. Limitations

This study includes only ten districts of Gujarat State. The present study is for Std. 9th of kendriya vidyalaya school's students of Gujarat.

7. Research method

The Survey method was used in the present research.

8. Sample

Kendriya vidyalaya secondary schools were selected by Random sampling method and Students had been selected by the Cluster sampling method.

9. Research Tool

The Mental health Scale constructed and standardized by the researcher has been used in the present research. This Mental health scale was made up of five components and This was a Nine-point scale. There were totally 70 statements in this scale.

10. Reliability of the scale

Sr.	Reliability	Reliable Value
1	Test-retest method	0.95
2	Cronnach's Alpha	0.79
3	Split-Half (Odd-even) Correlation	0.67
4	Spearman-Brown Prophecy	0.83

11. Validity of the Scale

The measurement of Validity was found by Factorial validity.

12. Data Analysis method

In the present research Critical ratio had been calculated for checking the Mean, Standard Deviation, Standard Error and Hypothesis.

13. Testing of Hypothesis

Ho₁: There will be no significant between the mean score of Mental health of kendriya vidyalaya secondary school students of Boys and Girls.

Table 1

Gender	N	Mean	SD	SD2	SED	M. Diff	t-Value
Boys	430	243.26	28.36	588.56	1.68	2.68	1.51
Girls	370	239.46	25.60	456.23			

As per shown in table No. 1, Mean scores of achieved on the for standard IX by of Mental health Boys student is 243.26, Mental health Girl's student is 239.46, Standard deviation is 28.36, and 25.60, Standard error of mean difference is 1.68, and t-Value is 1.51, it can be said that calculated t-value is less than table value 1.96 at 0.05 level.

So, Null hypothesis (H_{01}) There will be no significant between the mean score of Mental health of kendriya vidyalaya secondary school students of Boys and Girls is accepted.

Thus, it can be said that there is no significant difference found between Mental health of Boys student and Mental health of Girls student.

H₀₂: There will be no significant between the mean score of Mental health of kendriya vidyalaya secondary school students of High Academic achievement and Low Academic achievement.

Table 2

Achievement	N	Mean	SD	SD2	SED	M. Diff	t-Value
High Ach.	360	266.35	25.98	470.28	2.69	8.56	3.58
Low Ach.	340	258.66	27.29	524.60			

As per shown in table No. 2, Mean scores of achieved on the for standard IX by of High Academic achievement student is 266.35, Low Academic achievement student is 258.66, Standard deviation is 25.98, and 27.29, Standard error of mean difference is 2.69, and t-Value is 3.58, it can be said that calculated t-value is more than table value 2.58 at 0.01 level.

So, Null hypothesis (H_{02}) There will be no significant between the mean score of Mental health of kendriya vidyalaya secondary school students of High Academic achievement and Low Academic achievement is rejected.

Thus, it can be said that there is significant difference found between Mental health of High Academic achievement student and Mental health of Low Academic achievement student. High Academic achievement students were found higher level of Mental health than Mental health Low Academic achievement students.

14. Findings

1. The Gender difference does not effect on Mental health of kendriya vidyalaya secondary school students.
2. The Academic achievement does effect on Mental health of kendriya vidyalaya secondary school students.

15. Educational Implications

The findings of the present research indicate that there is no effect of Gender on Mental health of students.

- To conduct Yoga, Meditation, Concentration Programs time to time in the kendriya vidyalaya schools.
- A counselor can be hired in the school who can understand student's psychological problems and confusion and resolve it.

16. Conclusion

With the help of Child Mental Health Policy and School Mental Health Programmes have provided excellent opportunity to increase Mental health programmes for children and adolescents that every school should take advantage to help students.

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