



# A Study on Mental Health and Academic Performance Of High School Students

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## ARTICLE INFO

## ABSTRACT

Mental Health is the way of individuals to adjust and adapt to different aspects in their atmosphere and also maintain good condition of their mind and psychological well being. Mental Health promotes a variety of positive effects on school students in terms of learning, decisions making, problem solving, interest in learning, emotional development, self esteem and other academic outcomes and it is also influencing learning efficacy, quality of learning and achievement, personality and overall behaviour of school students. The findings demonstrate that significant difference is prevailed in Mental Health amongst profile of High School Students. Besides, Mental Health of High School Students has positive, substantial and significant relation with Academic Performance of High School Students. Hence, High School Teachers should adopt various and efficient practices and techniques to improve Mental Health of their High School Students. High School Teachers must introduce collaborative and innovating learning methods for their High School Students to enhance their Mental Health. High School Teachers should organize programmes and conduct activities to their High School Students for improving their Mental Health. Besides, parents must interact freely in regular intervals and give adequate mental support to their High School Students for strengthening their Mental Health and family members should encourage their High School Students effectively for enhancing their Mental Health.

**Key Words:** Academic Performance, High School Students, Mental Health

## 1. INTRODUCTION.

Mental Health is the condition of individuals pertaining to their function, activities and development optimally which allows them to realize their ambitions and satisfy requirements and capabilities to adopt with changing atmosphere (Aldiabat et al 2014). Mental Health is also described as an adjustment of individuals with needs and chances of their life (Yorgason et al 2008) and it needs holistic development of social, emotional and cognitive skills in the educational environment (Halpern-Manners et al 2016). Mental Health is the way of individuals to adjust and adapt to different aspects in their atmosphere and also maintain good condition of their mind and psychological well being (Gulliver et al 2015).

Maintaining good Mental Health is not only depending individuals but also other related factors in their environment and it also generates pleasant feelings and mind-set for individuals and also on others (Shoshani and Steinmetz, 2014) and it is playing a significant role in life of school students. Mental Health promotes a variety of positive effects on school students in terms of learning, decisions making, problem solving, interest in learning (Larson et al 2017), emotional development, self esteem and other academic outcomes and it is also influencing learning efficacy, quality of learning and achievement (Brannlund et al 2017), personality and overall behaviour of school students (McLeod et al 2012). Besides, Mental Health is highly contributing to performance of school students in their academic activities (Cloney et al 2019). The relation among Mental Health and Achievement of school students in their academics is vital as it is having considerable effects on their success of school and personal life and also largely important for schools and society and it is essential for them flourish in terms of their emotions and academics and it is also related with their engagement in learning and other academic activities. Consequently, it is imperative to study mental health and academic performance of high school students

## 2. REVIEW OF RELATED LITERATURE

Chauhan (2024) found that mental health had positive and significant effect on academic achievement of higher secondary school students and it was differing among gender of higher secondary school students significantly.

Velagapaly and Bolla(2023) concluded that mental health of students of higher education was positively and significantly related with their academic performance and it had also significantly related with their social, self and mental health recovery.

Siddique et al (2022) revealed that majority of students in university were having higher degree of knowledge on their mental health and female students had higher degree of mental health as compared to their counterpart and it was differing among their socio-economic features and it was positively related with their performance.

Rao and Rao (2021) indicated that high school students had poor mental health during the covid-19 period and online learning was significantly contributing to degradation in their mental health and it had increased stress among them and poor mental health was negatively influenced their performance.

Shakeel et al (2020) showed that the covid-19 had affected mental health of most of the students and female students were having low mental health as compared to male. Poor mental health of students had negatively impacted their academic performance and its impact was differing among gender of students.

Grotan et al (2019) found that mental health issues were significantly and negatively affecting self efficacy and study progress of college students. Besides, good mental health had also increased their performance significantly.

Mohamad et al (2018) concluded that mental health had negatively and significantly related with stress and it had also significantly and positively related with performance of college students and it was differing among their gender and disciplines.

Wyatt et al (2017) revealed that mental health was significantly varying among gender of first year college students and it had negative and significant impact on anxiety, depression and stress and it was positively and significantly affected performance of first year in their academics.

Gilavand and Shooriabi (2016) indicated that mental health of dental students were positively and significantly related to performance in their academic activities, while, it had negative and significant relation with their stress.

Murphy et al (2015) showed that mental health was varying among gender of elementary school students and it had significant and positive related to their academic performance and it was also predictor of their academic outcomes.

## 3. OBJECTIVES OF THE STUDY

1. To study difference in Mental Health amongst gender, type of school and kind of school of High School Students.
2. To examine difference in Mental Health amongst locality of school, medium of instruction and father's education of High School Students.
3. To study relation amongst Mental Health and Academic Performance of High School Students.

## 4. HYPOTHESES OF THE STUDY

1. There is no significant difference in Mental Health amongst gender, type of school and kind of school of High School Students.
2. There is no significant difference in Mental Health amongst locality of school, medium of instruction and father's education of High School Students.
3. There is no significant relation amongst Mental Health and Academic Performance of High School Students.

## 5. RESEARCH METHODOLOGY

Tiruvannamalai district in Tamil Nadu state is selected for conducting this study. High School Students are chosen by adopting random sampling method and data are received from 850 High School Students through structured questionnaire. Percentages, t and ANOVA tests and correlation analysis are applied to study objectives and testing hypotheses.

## 6. RESULTS

### 6.1. PROFILE OF HIGH SCHOOL STUDENTS

The profile of High School Students is shown in Table-1. The results elucidate that 57.06% of High School Students are males, whilst, 42.94% of them are females, 39.30% of them are studying in Government schools, whilst, 24.82 % of them are studying in Government Aided schools and 44.94% of them are studying in Co-education schools, whilst, 25.29% of them are studying in Girls schools.

The results also explicate that 58.47% of them are studying in Urban schools, whilst, 41.53% of them are studying in Rural schools, 61.06% of them are in Tamil Medium, whilst, 38.94% of them are in English Medium and 40.94% of their fathers are having school Education, whilst, 26.47% of their fathers are having college Education.

**Table-1. Profile of High School Students**

Profile	Frequency(N=850)	%
<b>Gender</b>		
Male	485	57.06
Female	365	42.94
<b>Type of School</b>		
Government	334	39.30
Government Aided	211	24.82
Private	305	35.88
<b>Kind of School</b>		
Boys	253	29.77
Girls	215	25.29
Co-education	382	44.94
<b>Locality of School</b>		
Urban	497	58.47
Rural	353	41.53
<b>Medium of Instruction</b>		
Tamil	519	61.06
English	331	38.94
<b>Father's Education</b>		
Informal	277	32.59
School	348	40.94
College	225	26.47

## 6.2. MENTAL HEALTH AND PROFILE OF HIGH SCHOOL STUDENTS

### 6.2.1. Gender and Mental Health

The difference amongst Gender of High School Students and Mental Health is shown in Table-2.

**Table-2. Gender and Mental Health**

Gender	N	Mean	SD	t-value	Significance
Male	485	170.38	28.59	8.011	.000
Female	365	186.08	27.87		

High School Students in Female category (Mean=186.08) are having higher level of Mental Health than Male category (Mean=170.38). Significant difference is prevailed amongst Gender of High School Students and Mental Health since t-value of 8.011 is significant in 1% level.

### 6.2.2. Type of School and Mental Health

The difference amongst Type of School of High School Students and Mental Health is shown in Table-3.

**Table-3. Type of School and Mental Health**

Type of School	N	Mean	SD	F-Value	Significance
Government	334	174.82	29.57	6.342	.002
Government Aided	211	183.30	25.49		
Private	305	175.37	30.95		

High School Students studying in Government Aided Schools (Mean=183.30) are having higher level of Mental Health than Private (Mean =175.37) and Government (Mean =174.82) Schools. Significant difference is prevailed amongst Type of School of High School Students and Mental Health since F-value of 6.342 is significant in 1% level.

### 6.2.3. Kind of School and Mental Health

The difference amongst Kind of School of High School Students and Mental Health is shown in Table-4.

**Table-4. Kind of School and Mental Health**

Kind of School	N	Mean	SD	F-Value	Significance
Boys	253	168.08	27.33	25.180	.000
Girls	215	175.12	27.14		
Co-education	382	184.25	30.00		

High School Students studying in Co-Education Schools (Mean=184.25) are having higher level of Mental Health than Girls (Mean =175.12) and Boys (Mean =168.08) Schools. Significant difference is prevailed amongst Kind of School of High School Students and Mental Health since F-value of 25.180 is significant in 1% level.

#### 6.2.4. Locality of School and Mental Health

The difference amongst Locality of School of High School Students and Mental Health is shown in Table-5.

**Table-5. Locality of School and Mental Health**

Locality of School	N	Mean	SD	t-Value	Significance
Urban	497	172.05	27.93	6.110	.000
Rural	353	184.26	29.76		

High School Students in Rural Schools (Mean=184.26) are having higher level of Mental Health than Urban Schools (Mean=172.05). Significant difference is prevailed amongst Locality of School of High School Students and Mental Health since t-value of 6.110 is significant in 1% level.

#### 6.2.5. Medium of Instruction and Mental Health

The difference amongst Medium of Instruction of High School Students and Mental Health is shown in Table-6.

**Table-6. Medium of Instruction and Mental Health**

Medium of Instruction	N	Mean	SD	t-Value	Significance
Tamil	519	179.71	29.17	3.236	.001
English	331	173.07	29.12		

High School Students in Tamil Medium (Mean=179.71) are having higher level of Mental Health than English Medium (Mean=173.07). Significant difference is prevailed amongst Medium of Instruction of High School Students and Mental Health since t-value of 3.236 is significant in 1% level.

#### 6.2.6. Father's Education and Mental Health

The difference amongst Father's Education of High School Students and Mental Health is shown in Table-7.

**Table-7. Father's Education and Mental Health**

Father's Education	N	Mean	SD	F-Value	Significance
Informal	277	172.04	24.63	31.795	.000
School	348	186.33	29.65		
College	225	169.15	30.34		

High School Students with Father's Education of School Education (Mean=186.33) are having higher level of Mental Health than Informal (Mean=172.04) and College Educations (Mean=169.15). Significant difference is prevailed amongst Father's Education of High School Students and Mental Health since F-value of 31.795 is significant in 1% level.

### 6.3. RELATION AMONGST MENTAL HEALTH AND ACADEMIC PERFORMANCE OF HIGH SCHOOL STUDENTS

The correlation analysis is used to study relation amongst Mental Health and Academic Performance of High School Students and the result is shown in Table-8.

**Table-8. Relation amongst Mental Health and Academic Performance of High School Students**

Particulars	Coefficient of Correlation
Mental Health and Academic Performance of High School Students	0.464**

\*\* Significant in 1% level

The coefficient of correlation amongst Mental Health and Academic Performance of High School Students is 0.464 and it shows that they are positively, substantially and significantly related with each other in 1% level.

## 7. CONCLUSION

The findings of this study demonstrate that significant difference is prevailed in Mental Health amongst profile of High School Students. Besides, Mental Health of High School Students has positive, substantial and significant relation with Academic Performance of High School Students. Hence, High School Teachers should adopt various and efficient practices and techniques to improve Mental Health of their High School Students. High School Teachers must introduce collaborative and innovating learning methods for their High School Students to enhance their Mental Health. High School Teachers should organize programmes and conduct activities to their High School Students for improving their Mental Health. Besides, parents must interact freely in regular intervals and give adequate mental support to their High School Students for strengthening their Mental Health and family members should encourage their High School Students effectively for enhancing their Mental Health.

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