



A Study on Mental Health Of Senior Secondary School Students In Churachandpur District Of Manipur

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ABSTRACT

Mental health conditions significantly affect a person's quality of life. It encompasses the emotional, psychological and social well being, which is the totality of the person. Helping the young students in their mental health needs will enhance their growth, development and wellbeing. Students' mental health can hinder learning. Socio-economic status and gender as variables may impact the mental health of the students. Using the 'mental health battery' developed by Singh and Gupta (2005) the mental health conditions of senior secondary school students in Churachandpur district of Manipur was investigated. The study indicated rather a low mental health of the overall mean score while showing that socio-economic status does not have much of an influence on the mental health of the students. Male students are found to have better mental health than the female students. The high achievers are also found to have better mental health than that of the low achievers.

Key words: Mental health, senior secondary school students, socio-economic status, achievement.

Introduction

Mental health is an essential part of health and well-being that influences academic, social and economic throughout the life of a person. Mental health of the young has a significant influence on their development and well-being. Their mental health issues can have a long term impact in their functioning and quality of life later on as adults if they are left unattended. Children's Mental Health Report (Child Mind Institute, 2016) finds that the most common health issues faced by school students are mental health disorders. WHO (2018) states that 10-20% children and adolescents worldwide experience mental disorders and half of all mental illnesses begin by 14 years of age and three-quarters by mid-20s.

Every teacher or educator feels proud in knowing the needs and strengths of the students they serve. There are a variety of factors that affect the young learner, whether it be their background, health, behavior, interests and their learning capacities. Mental health is an important contributing factor towards the growth and development of the young people (SAMHSA). Mental wellness or mental illness affects the young whether positively or negatively in all the spectrums of their wellbeing. Researchers have found that the mental health of students can hinder their learning capacities (VanderLind, 2017). The mental health services of students not only support their psychological wellbeing but also play an important role in their academic success and retention. It is therefore imperative to understand how mental health affects the young and thereby assess the actual situation and provide the needed support required for their welfare.

Review of Literature

There are a large number of studies which have been conducted on mental health abroad and in India. Some of the significant studies on mental health and relevant variables are stated as follows:

Evans (2021) made a research on "the effects of mental health in students' academic and social success". It concluded that incorporating social emotional learning in the school curriculum may be the best approach to addressing students' mental health. VanderLind (2017) made significant research on how mental illness can negatively affect the success of students. According to the study, mental illness has been found significantly to

relate academic success and the completion of college degree. Elliot (2020) made a study on the importance of mental health awareness in schools. It was found that schools who openly advertise and promote mental health give better support to mental health services to the students. It was also found that the schools that lack resources are unable to provide support systems to the vulnerable students. Previous researchers have indicated a correlation between a students' poor academic achievement and mental health needs. Studies indicated the significant influence of the students' emotional wellness on the academic achievement of the students and the overall mental health (Sutherland, 2018).

According to a study on factors influencing mental illness among students of public universities, it was found that financial distress, health condition and social relation have a positive relationship towards mental illness (Kandasamy et al, 2020). A study was made on 760 students among the Narayana group of institutions by Reddy P.V. (2017) on the awareness of mental health problems and help seeking behavior among college students. It found that 58.4% have mental health problems and around 8% of the students tend to hurt themselves, while only 16.25% who needed help seek professional help. Parappagoudar et al (2023) study on mental health of university students has the following findings: 1. physical and mental health are interconnected, 2. mental health has an impact on work productivity, 3. mental health has a significant impact on personal connections and 4. Academic performance of students is also impacted by mental health.

Srivastava et al (2016), mental health service progress has been slow in most low and middle income countries. Mental health awareness campaigns have brought positive results, while the lack of knowledge about mental health illnesses places enormous challenges to mental health care. In Ahmedabad, Teachers' awareness about mental illness is insufficient as they have a lot of stigma on mental illnesses (Parikh et al (2016). In India, developing a reliable and effective mental health system is a long way ahead. The foremost step is to work with the existing setup and available resources by empowering school mental health activities (Gujar and Pingale, 2018).

Significance of the study

Mental health is integral to the individual's overall health. It focuses on the emotional, psychological and social wellbeing of the person. The success and wellbeing of the youth needs to take care of the mental health aspect very well during the formative period of life. Failing to understand the mental health needs of the young person will hinder the growth development toward their full potential. Even though mental health awareness and their services have been on the alert in India, it is far beyond satisfactory. Mental health awareness in Churachandpur district of Manipur seems to be very poor as there is so little or no literature available on it. Hence, the study on the mental health of senior secondary school students in Churachandpur district of Manipur is significant. On the one hand it will indicate the mental health status of the students and identify the mental illnesses, while on the other it will be helpful to frame policies and programs to provide mental health needs for the district and that of the state.

Objectives of the Study

1. To find out the status of mental health of senior secondary school students in Churachandpur district of Manipur.
2. To investigate the difference between the mental health mean scores of male and female senior secondary school students in Churachandpur district of Manipur.
3. To investigate the difference between the mental health mean scores of high and low socio-economic status of senior secondary school students in Churachandpur district of Manipur
4. To investigate the difference between mental health mean scores of high and low achieving senior secondary school students in Churachandpur district of Manipur.

Hypotheses of the study

1. There is no significant difference between the mental health mean scores of male and female senior secondary school students in Churachandpur district of Manipur.
2. There is no significant difference between the mental health of high and low socio-economic status of senior secondary school students in Churachandpur district of Manipur.
3. There is no significant difference between the Mental Health mean scores of high and low achieving senior secondary school students of Churachandpur district.

Methodology

I. Method: Methodology plays a vital role in the completion of any piece of research work. In view of the nature of present study, the investigators thought appropriately to adopt the descriptive cum normative survey method of educational research with special reference to cross-sectional research design.

II. Population of the study: The population of the study was taken from the district of Churachandpur in Manipur. 3 senior secondary schools were selected from 14 schools and the sample of the study was drawn from this population.

III. Sample: Using the simple random sampling technique 200 senior secondary students are selected for the purpose of sample of which 100 are male and 100 are female.

IV. Tool used: The tool used for the purpose of this study is Mental Health Battery developed and standardized by Singh and Gupta (2005). It has 130 items with six dimensions – emotional stability, overall-adjustment, autonomy, security-insecurity, self-concept and intelligence.

Delimitation

The study has been delimited to senior secondary students in Churachandpur district of Manipur and variables that includes gender, economic status and academic achievement.

Analysis and Interpretation of Data

For achieving the objective -1 of the study, the investigators collected the relevant data from the selected sample of senior secondary school going students in Churachandpur district of Manipur and the collected data have been put in table-1 and table-2.

Table 1: Frequency Table of the overall mental health scores of 200 of senior secondary school-going students in Churachandpur district are shown:

Cl	56-60	61-65	66-70	71-75	76-80	81-85	86-90	91-95	Total N
F	2	9	45	40	53	29	15	7	200

Computation of Mean is 75.87 (58.36 %) and SD is 7.5

Range of Mental Health = 68.37 to 83.37

= 52.37 % to 64.13 %

Computation of percentile values of P_{33} is 71.85 (55.27 %) and P_{66} is 82.9 (63.77%)

In view of the computed values of P_{33} and P_{66} , the researchers divided the selected sample of the senior secondary school-going students of Churachandpur district of Manipur into High level, Moderate Level and Lower level of mental health. These three categories have been shown in table-2.

Table 2: Table showing levels of Mental Health of senior secondary school students in the four districts of Manipur.

High Level	Moderate Level	Lower level	Total
37	93	70	200
18.5 %	46.5 %	35 %	100 %

Interpretation: the computed mean score of mental health of senior secondary school students of Churachandpur district came out to be 75.87 (58.36% of total score of the test) which is not very high and satisfactory in nature. The computed SD (σ) was found 7.5, hence, range of mental health of these young students can be read 68.37 (52.37%) to 83.37 (64.13%) and it indicates that there need to improve the mental health of the senior secondary students in Churachandpur district of Manipur. Further the table-2 shows that 35% of the students possessed very low mental health and only 18.5% students possessed a little good mental health and 46.5% students were found just having moderate levels of mental health. From this, it is concluded that the senior secondary school students need to be cared for in relation to their mental health in Churachandpur district of the state of Manipur. Similarly Reddy (2017) highlights the prevalence of mental health problems at 58.4%. Parikh et al (2016) has found that teachers of secondary school have major lacunae in their knowledge of and attitude toward mental health.

For the purpose of objectives – 2, 3 and 4 of the study and testing their respective hypotheses, the investigators computed the collected data in tables – 3, 4 and 5 and those tables with computed results and interpretations are as under:

Table 3: Showing the mental health Mean Scores, SDs, SE_D, df, and t – value of the Mental Health scores of 200 Male and Female senior secondary school students in Churachandpur District of Manipur:

Groups	N	Mean	SD	SE _D	df	t - value
Male senior secondary school students of Churachandpur district	100	77.3 (59.46%)	7.25	1.04	198	3.69
Female senior secondary school students of Churachandpur district	100	73.45 (56.5%)	7.4			

Computed t-value 3.69 is significant at 0.01 level of significance.

Interpretation: The table-3 reveals that the computed t-value was found to be 3.69 which is greater than the criterion table t-value (2.60) at .01 level of significance for 198 df, hence, the computed t-value (3.69) has been considered significant and the formulated hypothesis: “There is no significant difference between the mental health mean scores of male and female senior secondary school students in Churachandpur district of Manipur” got rejected. From this it is interpreted that the male and female senior secondary school students

do differ in their mental health mean scores in Churachandpur district of Manipur. Further it has been marked that the male students have shown better mental health than the female students. The female students thus need to be given more attention for improving their mental health in Churachandpur district of Manipur.

Table 4: : Showing the computed results of mental health Mean Scores, SDs, SE_D, df, and t – value of high and low socio-economic status of senior secondary school students of Churachandpur District in Manipur:

Groups	N	Mean	SD	SE _D	df	t - value
High socio-economic-status students of Churachandpur district	100	76.77	7.35	1.05	198	0.49
Low socio-economic-status students of Churachandpur district	100	76.25	7.55			

Computed t-value 0.49 is not significant at 0.05 level of significance.

Interpretation: The table – 4 indicates that the computed t-value was found to be 0.49 which is lesser than the criterion (table) t-value for 198 df at .05 level of significance. Therefore, the computed t-value (0.49) has not been considered significant and the formulated hypothesis: “*There is no significant difference between the mental health of high and low socio-economic status of senior secondary school students in Churachandpur district of Manipur,*” got retained. It means that the high and low socio-economic status of senior secondary school students do not differ much in their mental health. It means that the socio-economic status as a variable does not have any influence on the mental health issues of senior secondary school students in Churachandpur district of Manipur. Kandasamy (2020) also finds that financial distress has a positive relationship towards mental health illness.

Table 5: Showing the computed results of Mean Scores, SDs, SE_D, df, and t – value of high and low achieving senior secondary school students in Churachandpur District of Manipur:

Groups	N	Mean	SD	SE _D	df	t-value
High Achieving students of Churachandpur district	62	77.78	7.75	1.40	122	2.74
Low Achieving students of Churachandpur district	62	75	7.7			

Computed t-value 2.74 is significant at 0.01 level of significance.

Interpretation: The table-5 shows that the computed t-value was found to be 2.74 and is significant at .01 level of significance for 122 df. Hence, the formulated hypothesis: “*There is no significant difference between the Mental Health mean scores of high and low achieving senior secondary school students of Churachandpur district,*” got rejected. It has been found that there is a significant difference between high achievers and low achievers of senior secondary school students in their mental health. The high achievers are found to have better mental health than that of the low achievers. Similar studies have shown that academic achievements of students are impacted by their mental health (Parappagoudar et al 2023). According to Das and Dhar (2023), Mental health importantly plays a role in forming cognitive functioning, emotional wellbeing and overall engagement which are pillars of academic success.

Major findings of the study

The following points are the findings of the mental health study of the senior higher secondary students in Churachandpur district of Manipur after analysis and interpretation of data:

1. The mean score of the overall mental health at 58.36% is not very satisfactory in nature.
2. The wide range of mental health 52.37 % to 64.13 % indicates that there is a need to improve the mental health of senior secondary students in Churachandpur district of Manipur.
3. The students having moderate levels of mental health were found to be 46.5% and only 18.5% of students possessed a little good mental health. However, 35% of the students possessed very low mental health.
4. The male students have shown better mental health than the female students of senior secondary.
5. The socio-economic status as a variable does not have an influence on the mental health issues of senior secondary school students.
6. The academic achievement as a variable has a favorable influence on the mental health of senior secondary school students. The high achievers are found to have better mental health than that of the low achievers.

Conclusion

When it is established that mental health is vital for the overall growth and wellbeing of a person, the research finding of a low mental health among the student population is of great concern. Lack of awareness is not an excuse to remain oblivious to the possibility of giving a better life to the young people. As indicated, very few of the student population have better mental health. A considerable number of the student population have low

mental health which needs immediate attention of the society and the stakeholders. Even the average group of students with moderate mental health is not satisfactory and needs to be facilitated to improve their wellbeing. It has been established that students with better mental health have better academic performance. Researchers have found mostly that socio-economic-status does influence one's mental health. However, in the study socio-economic status has very little influence on mental health which needs attention. The male students are shown to have better health than the female students and this indicates that the female students need more attention in their mental health needs.

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