
International Multidisciplinary Research Journal

Golden Research Thoughts

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RNI MAHMUL/2011/38595

ISSN No.2231-5063

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GRT MENTAL HEALTH AND ACADEMIC ACHIEVEMENT AMONG SRILANKAN YOUTHS.

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Abstract:-This research is an attempt made to assess the relationship between mental health and academic achievement among Srilankan youths. This study also explores the role of demographic variables on mental health. The sample size for this study comprised of 236 students randomly selected from Ampara district, Srilanka. The samples were between the age groups of 17 to 25 years. (Mean age = 21). The tools used for data collections were : (1) Mental Health scale by Dr.Kamlesh Sharma (2002), (2) Academic Achievement was assessed based on recent exam results of the students who participated in the study, and (3) the personal information schedule used, was developed by the researcher to relevant demographic information. 't'-test, 'f' test, Pearson product moment correlation were this statistical analysis done. The result revealed that there is a positive correlation between Mental Health and Academic Achievement.

Keywords:Mental health, Academic achievement.

INTRODUCTION

Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people and the ability to adapt to change and to cope with adversity. It is indispensable to personal well-being, family, interpersonal relationships and contribution to community or society. All the successful performance of an individual rests on the foundation of the individual's mental health.

Mental health describes either a level of cognitive or emotional, well-being or an absence of a mental disorder. World health organization defines.

According to Cutts and Moseley, "mental health is the ability to adjust satisfactorily to the various strains of the environment we meet in life".

In the words of Menninger "mental health is the adjustment of human being to the world and to each other with maximum of effectiveness and happiness. It is the ability to maintain uneven temper, an alert intelligence, socially considerable behavior and a happy disposition."

Mental health has been a subject for a long time. Psychologists have advanced several approaches to explain the concept of mental health. Psychoanalytic theory, unitary theory, analytical theory, behaviourism, humanism, social learning theory, the existential approach and the interpersonal approach are such theories to explain the mental health. The basic forces that shape mental health include biological, psychological and socio-economic and cultural factors. The causes of mental health and disease are generally viewed as a product of the interaction between these factors. Academic achievement

OBJECTIVES OF THE STUDY

The study has the following objectives:

- 1.To find out the relationship of mental health and academic achievement in youths.
- 2.To explore the influence of demographical variables on the mental health of youths.

METHOD

Sample of the study

Sample size for the study comprised of 236 youths (male - 109, female - 127) selected from Ampara district of Srilanka. The sample was in the age group of 17-25 years. Random sampling method was adopted for sample selection.

Material used

1.Mental health scale

To assess the mental health of the youth, Manual for Mental Health Scale developed by Dr.Kamlesh Sharma is used. The scale contains 60 statements.

Description of the material

Manual for mental health scale developed by Dr.Kamlesh Sharma contains 60 statements. Each statement has three alternative responses – “yes”, “indefinite” and “no”, the subject has to choose only one alternative response. The scheme of scoring it as below: on positive statements 2 marks for “yes”, 1 mark for “indefinite” and 0 mark for “no” and for negative statements adopt just reverse making 2 marks for “no”, 1 mark for “indefinite” and 0 marks for “yes”.

2.Examination marks list : Academic Achievement was assessed based on recent exam marks list of the students who participated in the study.

3.Personal information schedule : The demographical data was obtained using a personal information schedule developed by the research. They are Gender, Age, Course of study, Parental education, Parental income and Religion.

ANALYSIS OF DATA INTERPRETATION

Result and Discussion

Here we aim to analyze and interpret the collected data. The analysis of data, the testing of hypotheses and conclusion are given below.

Table No-1: shows the correlation between mental health and academic achievement of youth.

| | Academic achievement |
|-----------------|----------------------|
| Mental health | 0 .205** |
| Sig. (2-tailed) | 0. 002 |
| N | 236 |

** . Correlation is significant at the 0.01 level (2-tailed).

From the table it is found that mental health and academic achievement are positively correlated. Hence the hypothesis is not accepted.

Table No-2: shows the mean, SD, t & f- ratio and level of significance of mental health and sub sample (gender, age, course of study, parental education, parental income and religion)

| Gender | | N | Mean | SD | "t" | Sig | | |
|--------------------|-----------------|-------|--------|--------|-------|------|-------|------|
| | Male | 109 | 73.59 | 12.659 | | | 5.162 | 0.05 |
| Female | 127 | 69.50 | 14.691 | | | | | |
| Age | | N | Mean | SD | "f" | Sig | | |
| | 17 - 19 | 99 | 70.08 | 11.979 | | | 2.469 | NS |
| | 20- 22 | 48 | 69.35 | 15.114 | | | | |
| 23- 25 | 89 | 73.93 | 14.976 | | | | | |
| Course of study | | N | Mean | SD | 0.484 | NS | | |
| | Sci & Maths | 95 | 72.23 | 14.920 | | | | |
| | Com & Magmt | 57 | 70.46 | 11.702 | | | | |
| Arts & Cultr | | N | Mean | SD | 0.123 | NS | | |
| | PG | 2 | 71.50 | 36.062 | | | | |
| | UG | 29 | 71.66 | 13.254 | | | | |
| Parental education | | N | Mean | SD | 0.925 | NS | | |
| | O/L | 107 | 71.65 | 13.308 | | | | |
| | A/L | 64 | 71.48 | 15.244 | | | | |
| Parental income | | N | Mean | SD | 0.925 | NS | | |
| | 6 – 10 | 28 | 70.71 | 13.325 | | | | |
| | 1 – 5 | 6 | 67.33 | 13.677 | | | | |
| | Illiterate | 0 | 0 | 0 | | | | |
| | >40000 SLR | 19 | 72.18 | 13.424 | | | | |
| Parental income | | N | Mean | SD | 0.925 | NS | | |
| | 39000-30000 SLR | 26 | 72.42 | 15.960 | | | | |
| | 29000-20000 SLR | 51 | 73.67 | 13.150 | | | | |
| | 19000-10000 SLR | 58 | 72.15 | 15.046 | | | | |
| Religion | | N | Mean | SD | 4.620 | 0.05 | | |
| | <10000 SLR | 82 | 68.99 | 13.106 | | | | |
| | Islam | 66 | 72.89 | 12.821 | | | | |
| | Hindu | 59 | 68.17 | 14.547 | | | | |
| Religion | | N | Mean | SD | 4.620 | 0.05 | | |
| | Christianity | 56 | 68.29 | 13.528 | | | | |
| Religion | | N | Mean | SD | 4.620 | 0.05 | | |
| | Buddhism | 55 | 76.18 | 13.536 | | | | |

From table 2, it is found that gender is significant in their mental health. Boys have secured higher mean score than Girls.

It is also found that religion is significant for the tested youth. Mental health mean for Buddhist youth is highest among others. And rest of the demographic variables (age, course of study, parental education, parental income) are not significant.

CONCLUSION

Mental health has been found to be a determinant factor for academic achievement. Mental health and academic achievement are positively correlated. So that High achievers are found to be mentally healthier than those of low achievers. Mental health is the measure of one's ability to shape ones environment and to make necessary adjustment to fare life and live successfully and effectively. It plays an important role and every effort is to be made to improve the mental health of college and university students specially the low achievers.

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