

Golden Research Thoughts

ABSTRACT:-

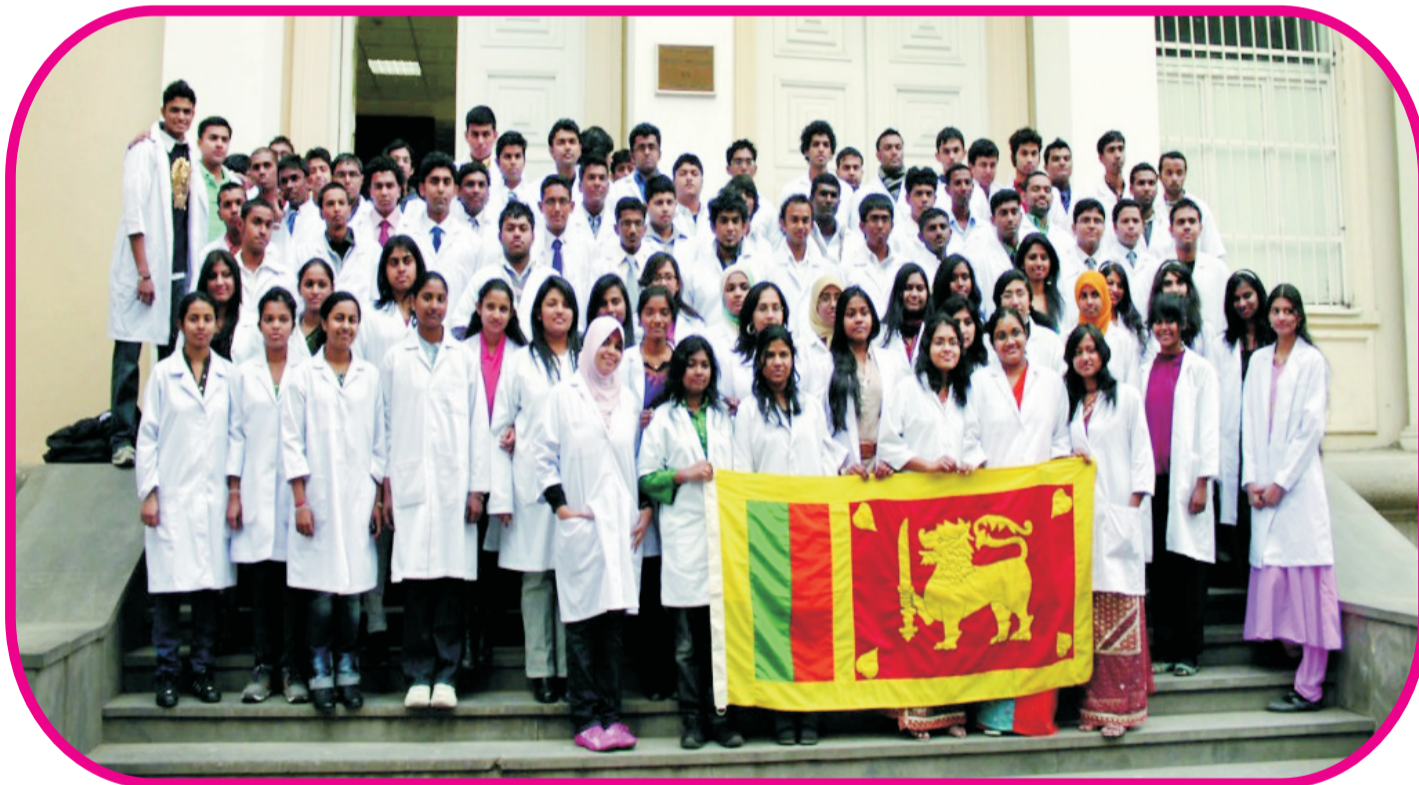
This research is an attempt made to assess the relationship between mental health and academic achievement among Srilankan youths. This study also explores the role of demographic variables on mental health. The sample size for this study comprised of 236 students randomly selected from Ampara district, 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.

MENTAL HEALTH AND ACADEMIC ACHIEVEMENT AMONG SRILANKAN YOUTHS.

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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 mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

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 is the outcome of education, the extent to which a student, teacher or institution has achieved their educational goal. Academic achievement is commonly measured by examinations or continuous assessment but there is no general agreement on how it is best tested or which aspects are most important.

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		

Parental education		N	Mean	SD	0.123	NS
	PG	2	71.50	36.062		
	UG	29	71.66	13.254		
	O/L	107	71.65	13.308		
	A/L	64	71.48	15.244		
	6 - 10	28	70.71	13.325		
	1 - 5	6	67.33	13.677		

Parental income		N	Mean	SD	0.925	NS
	>40000 SLR	19	72.18	13.424		
	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
	Islam	66	72.89	12.821		
	Hindu	59	68.17	14.547		
	Christianity	56	68.29	13.528		

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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