MENTAL HEALTH IN RELATION TO SCHOLASTIC ACHIEVEMENT OF MUSLIM HIGH SCHOOL STUDENTS - A CORRELATIONAL STUDY

Sayanika Deka   **Prof. Kaberi Saha**

Research Scholar   **Dept. of Education**

Department of Education,   **Gauhati University,Assam**

Gauhati University, Assam   **Email: drsahakaberi@gmail.com**

Email: sayanikadaka12@gmail.com

Abstract:
Mental health is 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 (WHO). Mental health is an inseparable part of education. In this competitive age Scholastic achievement is one of the most important goals of education. Scholastic achievement can be defined as the degree or level of competence attained in some specific area to promote a wholesome scholastic development of pupil. Scholastic achievement often depends on many factors; mental health can be considered as one of the important factor in predicting Scholastic achievement of Students. The present study sought to examine the relationship between mental health and Scholastic achievement among Muslim High School students of Morigaon District, Assam. The Researcher had selected 297 students (111 male & 186 female) as sample from ten schools of Morigaon District, Assam. Descriptive survey method was used to collect data. The adopted version of Mental Health Battery developed and validated by Arun Kumar Singh and Alpana Sen Gupta was used as tool for collecting data. To find out the relationship between Scholastic achievement and mental health Pearson's coefficient of correlation method was computed as statistical technique. The study revealed that there is a positive relationship between Mental health and Scholastic achievement of Muslim High school students of Morigaon District, Assam.

Keywords- Mental Health, Scholastic Achievement, Muslim, High School students

INTRODUCTION:

In the era of science and technology, the modern society has become more competitive and everyone is competing with each other to achieve their goals. In this competitive world, scholastic achievement is become an indicator of child's future. Scholastic achievement plays a vital role in the learning process. For the development of quality achievement among learners some effective factors like motivation, personality, adjustment, study habits etc. are very important. But these factors can be fully utilized by the students when they are mentally healthy. Mental health is 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 (WHO). Mental health of individual is a significant aspect in the development of each phases of life. In the complex and challenging world, students are becoming the victims of globalization. The desire for high level of achievement puts a lot of pressure on students. Available literature indicates that high school students are increasing beleaguered with poor mental health. High school stage is an important milestone of students' success. Academic burden is the major cause of stress among students. Low academic achievement of students has a great impact on their mental health which leads to anxiety and depression. According to mental health survey, today's students are the most anxious ever. To excel in the competition parents tend to pressurize children to the core. When students are burdened with high expectations, they develop negative self esteem and lead a traumatic life. Thus excessive levels of academic stress can result in poor mental health which in turn affects their academic achievement. Here, in this study an attempt was made to assess mental health in relation to scholastic achievement of Muslim high school students.

SIGNIFICANCE OF THE STUDY:

High School stage is the most important stage of education because a good quality of education at this level will help to raise the standards of higher education. High school students are adolescents between 12 to 18 years of age. At this stage, they are characterized by acceleration of physical growth and behavioural changes. It is a transitional period of physical and mental human development that occurs between childhood and adulthood and as a result adolescents have to confront with various types of hindrances. Mental health is a very important factor for high school students. Poor Mental Health can affect school performance of students. Therefore, problems related to mental health should be recognized, otherwise students may not able to reach their academic potential. Teachers are in a key position to provide interventions to address mental health to achieve their goals. Therefore, the present study makes an attempt to trace the relationship between mental health and scholastic achievement of Muslim high school students. A perusal of the related literature further reveals that in Assam only countable number of studies had been conducted on Mental Health. However, no researcher has focused on the relationship between scholastic achievement and mental health of Muslim students. Morigaon District of Assam has the focus of attention of researcher from the sociological point of view. In Morigaon district, education is an area of grave concern among Muslim Community. Educational development of Muslims of Morigaon District is much lower compared to the national as well as State level (Ahmed S.). The main reason for educational backwardness may be poor mental health of students. The investigator being a local person of Morigaon district is naturally interested to study on the Muslim group of this District. This study helps to know about mental health and educational status of Muslim students. The present study will be useful for educators

and teachers because the knowledge of the mental health will enable them to plan their educational programme for the improvement of education. This study will also provide an insight to the parents to deal effectively with their children so that they will be able to develop an understanding of the importance of mental health.

STATEMENT OF THE PROBLEM: On the basis of the need and significance, the present study has been titled as "*Mental Health in Relation to Scholastic Achievement of Muslim High School Students - A Correlational Study."*

OBJECTIVES OF THE STUDY:

1. To study the level of mental health of the Muslim high school students.
2. To study the level of Scholastic Achievement of the Muslim high school students.
3. To find out the relationship between mental health and Scholastic achievement of Muslim high school students.

HYPOTHESIS OF THE STUDY
1. **$H0_1$-** There is no significant relationship between the mental health and scholastic achievement of Muslim high school students.

DELIMITATION OF THE STUDY:
1. The study is delimited to the Morigaon District of Assam.
2. The study is delimited to only the provincialised high schools of Morigaon District of Assam.
3. The study is delimited to only Muslim high school students of Morigaon District.
4. The study is delimited to the students of class X (both male and female) of high schools of Morigaon District.

METHODOLOGY OF THE STUDY:

METHOD: For the present study the investigator has adopted descriptive survey method to collect data.

POPULATION AND SAMPLE: The population of the present study comprises of 91 co-educational provincialized high schools with 4480 (1670 male and 2810 female) Muslim students studying in class X of Morigaon District of Assam. The information regarding number of schools and number of students are collected from office of Inspector of Schools (2019) and U- Dise Report 2018-19.

In the present study, 10 co-educational Provincialized high schools have been selected as sample by taking 50% of total population through **Simple Random Sampling Technique**. A sample of 297(111 male and 186 female) Muslim High school students studying in class X has selected by taking 30% (from both males and females) from student population**.** The sample has been selected through **Proportionate Stratified Random Sampling Technique**. The stratification has been done on the basis of gender (male and female).

TOOLS USED FOR DATA COLLECTION:
In order to meet the needs and objectives of the present study, the following tool has been adopted:

1. Mental Health Battery (MHB) - In the study the investigator employed the adopted version of Mental Health Battery which was developed by Arun Kumar Singh and Alpana Sen Gupta (2008). Mental Health Battery intends to assess the status of mental health of persons in the age range of 13 to 22 years. There are set of 130 items in the Mental Health Battery with six dimensions- emotional stability (ES), over all adjustment (OA), Autonomy (AY), security – Insecurity (SI), self -concept (SC) and Intelligence (IE). In the present study the sub scale of Intelligence has been dropped since it does not directly related to the study.

The reliability of Mental Health Battery was determined by Test Re-Test method. The reliability coefficient was found to be .76 (with an interval of 3 weeks) on a sample of 200 students of Class X. The tool was found to be reliable to proceed for the main study. Content Validity was used to assess the validity of the scale.

2. Scholastic Achievement: The aggregate marks obtained by the students in their 9th class examination were taken as the indicator of Scholastic Achievement.

STATISTICAL TECHNIQUES USED
Keeping in view the objectives as well as design of the study, Means and SD were calculated for Mental Health Battery Score. To find out the relationship between scholastic achievement and mental health Pearson's coefficient of correlation method was computed.

ANALYSIS AND INTERPRTATION OF DATA
In order to present the result systematically the collected data was tabulated and was analyzed in the light of objective framed.
Objective: 1
To study the level of mental health of the Muslim high school students

Table 1
Level of Mental Health of Muslim High School students

Level	Number of Students	Percentage
Excellent	25	8.42%
Good	65	21.90%
Average	113	38.04%
Poor	52	17.50%
Very Poor	42	14.14%
Total	297	100%
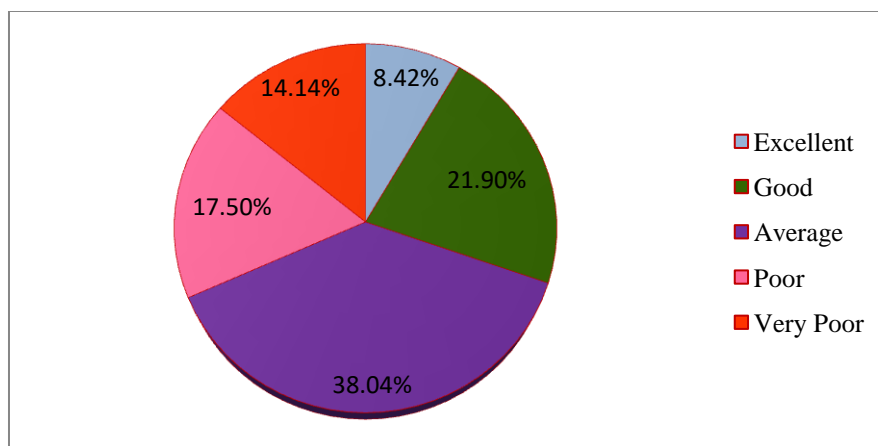
Figure: 1 Percentage of respondents falling on each level of Mental Health

Interpretation

The above table and figure shows the level of Mental Health of Muslim High school students. It is inferred from the table and figure 1, out of 297 tenth standard Muslim students, 42 students (14.14%) have very poor level of mental health, 52 students (17.50%) have poor level of mental health, 113 students (38.04%) have average level of mental health, 65 students (21.90%) have good level of mental health and 25 students (8.42%) have excellent level of mental health. So, it can be stated that majority of Muslim high school students have average level of mental health.
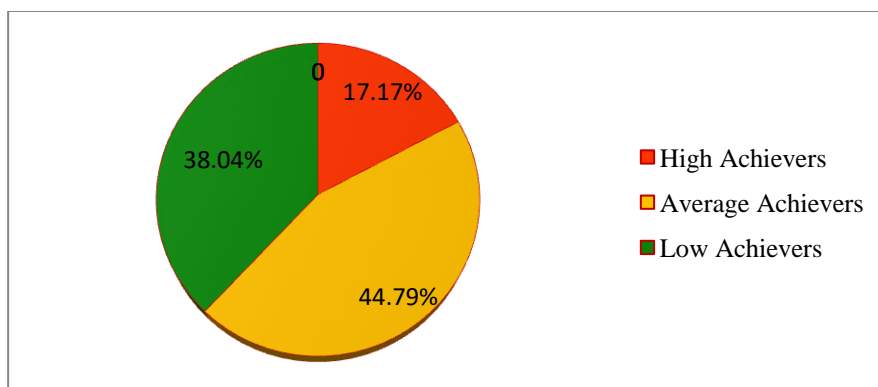
Objective: 2
To study the level of Scholastic Achievement of the Muslim high school students

Table 2

Level of Scholastic Achievement of Muslim High School students

Levels	Number of Students	Percentage
High Achievers (60% and Above)	51	17.17%
Average Achievers (45%-59%)	133	44.79%
Low Achievers (Below 45%)	113	38.04%
Total	297	100%

Figure: 2 Percentage of respondents falling on each level of Scholastic Achievement

The above table and figure shows that majority of 44.79% of the total sample are average achievers, a good number of 38.04% are low achievers and high achievers are fewer in number which is 17.17% of the total population. The findings indicate that majority of students are average achievers and high achievers are lesser in number.

As per the objective 3, the Researcher framed the following hypothesis:

$H0_1$: There is no significant relationship between Mental Health and Scholastic Achievement of Muslim High School students.
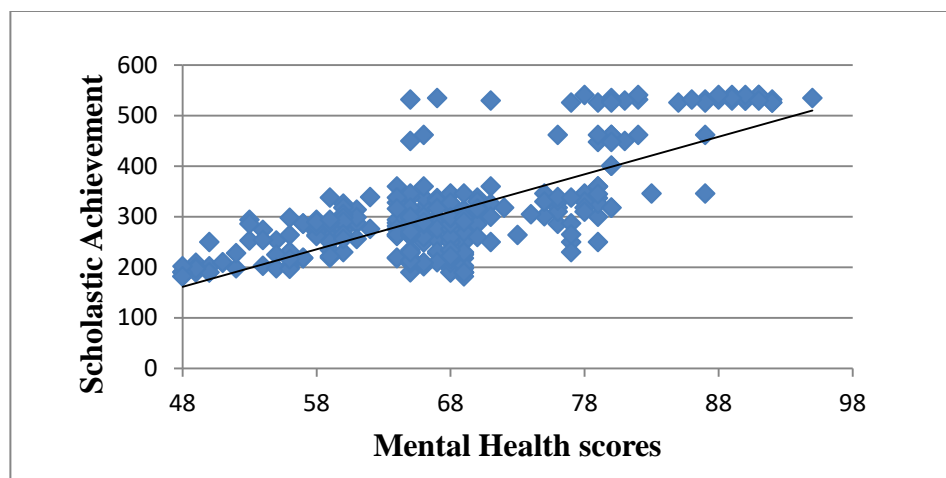
To test $H0_1$- 'There is no significant relationship between Mental Health and Scholastic Achievement of Muslim High School students ', Pearson's Co efficient of Correlation is applied.

Table: 3 Coefficient of Correlation between Mental Health and Scholastic Achievement

Variables	N	df	Coefficient of correlation (r)	Level of Significance
Mental health	297	295	0.7602	0.01 level
Scholastic Achievement	297			

Significant at 0.01 level

The Correlation of Mental Health with Scholastic Achievement of Muslim students is graphically presented with scatter diagram Fig.3

Fig. 3 Scatter diagram representing the Correlation between Mental Health and Scholastic Achievement of Muslim High School students

Interpretation

The above table and fig. depicts the correlation between mental Health and Scholastic Achievement of Muslim high school students. The calculated co-efficient of correlation values is found to be positive. Significance of r value has been test at 0.01 level. The obtained 'r' value 0.7602 are greater than the critical value 0.181(df=295) at 0.01 level which shows positive and significant relationship between Mental Health and Scholastic Achievement. Hence, the stated null hypothesis 'there is no significant relationship between Mental Health and Scholastic Achievement of Muslim High school students' is **rejected**. It can be concluded that students with better mental health perform higher in their scholastic achievement. It can be inferred that students with good Mental Health do possess better scholastic achievement.

FINDINGS OF THE STUDY:

On the basis of the analysis and interpretations, following findings were revealed by this study:-
Based on Objective 1:

1. From the study, it has been found that majority of students that is 38.04 % fall in average level of Mental Health. 21.90% students have good level of mental health. A few numbers of students i.e. 8.42% fall in excellent level of Mental Health. And rest of the students i.e. 17.50% and 14.14% fall under the level of poor and very poor mental health.

Based on Objective 2:

2. Regarding Scholastic achievement, it has been found that, majority of students are under the category of average achievers .High achievers are lesser in number.

Based on Objective 3:

3. It has been found that, there is a significant relationship between Mental Health and Scholastic Achievement among Muslim High School students. Thus, it indicated that a student with having high scholastic achievement tend to score high and having low

scholastic achievement tend to scores low on the scale of Mental Health. Thus, it is clear that there is an influence of mental health on scholastic achievement among Muslim high school students.

DISCUSSION AND CONCLUSION:

Today, mental health is recognized as an important aspect of one's total health condition. Mental health affects student's performance in all academic activities. Mentally healthy students are more productive in their academic activities. From the study it has been observed that, the level of mental health of Muslim high school students is average. This result is consistent with the study conducted by Bezbaruah N. (2015), Joseph (2015).Moreover, the result of the study showed a positive and significant relationship between mental health and scholastic achievement which is with consonance with the result of the study carried by Manchri et al (2017), Sharma et al (2016), Jafri (2012).

To conclude, it can be said that, students with better mental health do possess better scholastic achievement. Since Mental health found correlated with Scholastic Achievement of students, it is essential that parents, teachers, educational planners should be conscious on mental health and should make every effort to develop a healthy mental status of children/students by providing necessary supports and guidance.

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