

A STUDY ON MENTAL HEALTH AND ACADEMIC ACHIEVEMENT IN MATHEMATICS AMONG XI STANDARD STUDENTS

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Abstract

Education is one of the most powerful agencies in molding the character and determining the future of individuals mental health is the state of relatively good adjustment, feelings of well being and actualization of one's potentialities and capacities. Academic achievement is the knowledge attained or skills developed in the school subjects, usually designated by test scores or by teacher and students. The aim of this study is to find the level of mental health and academic achievement in mathematics among XI standard students. The attitude of the students at this stage depend many reasons such as family, residence, socio-economic status and mental health. Right attitude of an individual helps the learners become more enthusiastic in all of his activities. The researcher selected normative survey method for 250 higher secondary school XI standard students as a sample by stratified random sampling technique. The major findings of the study that represents there is a significant in mental health whereas there is no significant difference in academic achievement in mathematics.

Key Words: *Mental health, study skills, Academic achievement, confidential, intelligence.*

Introduction

Mental health decides the quality of the personality of the individual. It is a science that deals with human welfare and pervades all fields of hygienic information and techniques called from sciences of psychology, child study, education, sociology, psychiatry, medicine and biology for the purpose of observation and improvement of mental health of the individual and the community. Achievement means accomplishment or proficiency of performance in a given skill or body of knowledge. Revealed that school achievement scores as the best predictive of future success of the students.

Need for the Study

Today's students are tomorrow citizens of the country therefore it is responsibility of teachers, society and government to see that they are physically, mentally, emotionally and educationally healthy. The needful steps taken at this ensures a healthy democracy in the country.

Statement of the Problem

The present study is entitled as "A study on mental health and academic Achievement in mathematics among XI standard students".

Objectives of the Study

Find out the level of mental health and mathematics achievement of XI standard students.

Hypotheses of the Study

Mental Health

1. There is no significant difference between male and female students in their mental health.
2. There is no significant difference between rural and urban students in their mental health.
3. There is no significant difference between parent's income and mental health of XI standard students.

Achievement in Mathematics

1. There is no significant difference between male and female students in their achievement in mathematics.
2. There is no significant difference between rural and urban students in their achievement in mathematics.
3. There is no significant difference between parent's income and achievement in mathematics of XI standard students.

Delimitation of the Study

1. This study is limited to XI standard students only.
2. Only 250 students from 5 schools only were selected as the sample for this study.
3. All dimension of mental health are not included in this study.

Method Used in Present Study

The researchers have selected normative survey method for the present study based on the problem selected for the present study.

Tools Used

In order to assess the mental health and achievement in mathematics of XI standard students following tools were used for the present study.

1. The scale of mental health which was developed and standardized by the investigator.
2. Achievement test in mathematics which was prepared and standardized by investigates.

Population and Sample

The population for the study includes higher secondary students at thanjavur district. The study has been used 250 XI standard students as a sample.

Sampling Technique

The investigator has used random sampling technique for selecting the sample from the population.

Statistical Techniques Used

1. Mean
2. Standard deviation
3. 't'-test

Analysis and Interpretation of Data

Mental Health

Variables		N	Mean	S.D	't'-Value	Level of Significance
Gender	Male	123	57.6992	4.5842	4.206	Significant at 0.05 level
	Female	127	60.2832	4.9122		
Residence	Rural	168	59.8869	4.7745	4.305	Significant at 0.05 level
	Urban	82	57.1341	4.6872		
Parent Income	Low	134	59.7463	5.0392	2.670	Significant at 0.05 level
	High	116	58.1034	4.6239		

Academic Achievement

Variables		N	Mean	S.D	't'-Value	Level of Significance
Gender	Male	123	28.6992	1.2006	0.317	Not Significant
	Female	127	28.7480	1.2343		
Residence	Rural	168	28.7381	1.2099	0.262	Not Significant
	Urban	82	28.6951	1.2343		
Parent Income	Low	134	28.7463	1.2182	0.311	Not Significant
	High	116	28.6983	1.2173		

Major Finding of the Study

1. There is significant difference between male and female students in their mental health. It is found that mean value of female students (60.2) is greater than mean value of male students(57.6) with respect to their mental health.
2. There is significant difference between rural and urban students in their mental health. It is found that mean value of urban student(59.8) is greater than the mean value of rural students(57.1) with respect to their mental health.
3. There is significant difference between parent's income and mental health of XIstandard students. It is found that mean value of low income parent's students (59.74) is greater than the mean value of high level income parent's students (58.10) with respect to their mental health.
4. There is no significant difference between male and female students in their achievement in mathematics.
5. There is no significant difference between urban and rural students in their achievement in mathematics.

6. There is no significant difference between parent's income and achievement in mathematics of XI standard students.

Recommendation of the Study

The investigator recommends the following for the development of good mental health and academic achievements.

1. Mathematics activities may be organized for encouraging the students to develop the achievement in mathematics.
2. Giving academic freedom for students may reduce the stress.
3. Parent-teacher association meeting should be organized periodically.
4. Promote the students to participating in sports and games.
5. Introducing the new technologies in class room, will increase the academic achievement of students.
6. It is recommended to conduct value education classes, meditation and yoga training.

Conclusion

Mathematics subject is the basis of all subjects. In the study, the researcher has made an attempt to study the relationship between mental health and academic achievement. The result of the present study shows that these are a positive relationship between mental health and academic achievement. Therefore, when mental health of the students increases the mathematics achievement of the students will also increase.

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