



## ACHIEVEMENT IN ENVIRONMENTAL EDUCATION IN RELATION TO MENTAL HEALTH OF THE STUDENTS AT UNDER GRADUATE LEVEL

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**“By education, I mean an all-round drawing of the best in child and man in body, minds and spirit”- Gandhi**

### Abstract

Environment is a global concept today. Environmental education is a process that allows individuals to explore environmental issues, engage in problem solving, and take action to improve the environment. As a result, individuals develop a deeper understanding of environmental issues and have the skills to make informed and responsible decisions. Environmental Education is an approach to learning. Environmental education refers to organized efforts to teach how natural environments function, and particularly, how human beings can manage behavior and ecosystems to live sustainably. It is a multi-disciplinary field integrating disciplines such as biology, chemistry, physics, ecology, earth science, atmospheric science, mathematics, and geography. Today our environment is being destructed due to various factors. One of the major causes of environmental destruction is human activities. Man with his great skill and adaptive power has brought lot of changes. It is time to realize that our Earth has limited resources. Educators and environment specialists are stressing that solution to the environment crises will require environmental awareness and understanding. Environmental awareness means to help social groups and individuals to acquire an awareness and sensitivity to the total environment and its allied problems. The importance of environmental awareness cannot be overemphasized. We must understand that to improve the environment is to improve the quality of life. Environmental education programs need to be planned nationally as there is difference in the environmental priorities. Fast growing populations, high intensity agriculture, human settlements and slum improvement, introduction of modern transport systems, increasing demands for energy and industrialization are the environmental priorities for developing countries whereas over exploitation of resources, industrial pollution and waste disposal are the main environmental priorities for developed countries. The present paper discusses about achievement in Environmental Education in relation to Mental Health, Environmental Awareness and streams at students of under graduation level.

**Keywords:** Environmental Education, Environmental Awareness, Mental Health



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## INTRODUCTION

Environmental education is concerned with those aspects of human behavior which are more directly related to man's interaction with bio-physical environment and his ability to

understand this interaction. One of the most glaring problems which the world faces today is the environmental pollution. Man has exploited nature excessively at the cost of the environment. There is an immediate need to make people aware about environmental degradation. Education and public participation may change and improve the quality of environment.

Environment is defined as a surrounding or conditions influencing development or growth. It can be understood as a system which includes all living and non-living things, i.e., air, water, soil, vegetation, flora and fauna. The relationship between environment and human kind is indeed deep and has been recognized from the Vedic period. Furthermore, nonviolence towards both animate and inanimate components of biosphere has been ingrained as a guiding principle in the Indian psyche. Therefore, awareness and education of environment is the paramount concern of all the citizens of society. Environment protection starts by creating awareness among the people so that it becomes part of their lifestyle. The key to achieving this goal lies in Environmental Education and its related programs. The objective of Environmental Education includes awareness, knowledge, attitudes, skills and participation of people in protecting the environment. Today, environmental degradation and preservation have emerged as major issues in globalization studies. Our environment is deteriorating now and then due to serious factors like population explosion, uncontrolled consumption of precious environmental resources, industrialization, carbonization and exploitation of biotic components of environment; this resulted in the present day environment crises condition. The principle of Environmental Education is that it makes the pupils' education relevant to understanding the environment and hazards of pollution. The Environmental Education is socially relevant as it helps us understand how unchecked and unplanned development pollutes air, water and soil and thereby threatens our subsistence and existence.

Environmental education does not advocate a particular viewpoint or course of action. Rather, environmental education teaches individuals how to weigh various sides of an issue through critical thinking and it enhances their own problem-solving and decision-making skills.

The overall goal of environmental education can be expressed in another form as three principal objectives (UNESCO, 1977a).

- 1- To foster clear awareness and concern about economic, social, political and ecological interdependence in urban and rural areas.
- 2- To create new patterns of behaviors of individuals, groups and society as a whole towards the environment.
3. To provide every person with opportunities to acquire the knowledge, values, attitudes, commitment and skills needed to protect and improve the environment.

## **OBJECTIVES**

The main objectives of the study are as follows:

1. To find out the Achievement in Environmental Education among Under Graduate students.
2. To find out whether students of Science, Arts and Commerce differ in Achievement of Environmental Education.
3. To find out relation between Achievement in Environmental Education and Mental Health.
4. To find out the relation between Achievement in Environmental Education and Environmental Awareness

## **NULL HYPOTHESYS**

- H1: There will be no significant Mean difference in Environmental Achievement with respect to Mental Health.
- H2: There will be no significant Mean difference in Environmental Achievement with respect to Environmental Awareness.
- H3: There will be no significant Mean difference in Environmental Achievement with respect to different Streams at under graduation level.

## **POPULATION AND SAMPLE**

Students of East Godavari district under graduate colleges are the population of the study. The population was divided into three streams. The colleges were selected and from each selected college students were selected by stratified random sampling techniques. During selection, more or less uniform representation of students belonging to Arts, Science and Commerce streams were considered. In this way, 204 students were selected.

## **VARIABLES**

Four variables have been selected for the study.

1. Mental Health

2. Environmental Awareness
3. Streams —Arts, Science and Commerce
4. Achievement in Environmental Education.

**TOOLS**

1. Environmental Awareness scale develops by Dr. Praveen Kumar Jha, Professor P.G. Delt of Psychology, T.P. College, Madhipur (B.N. Mandal University, Madhipur, Bihar).
2. The Mental Health Questionnaire (HMHQ) for measuring the Mental Health of the students.
3. Achievement test in Environmental Education developed by the investigator.

**ANALYSIS**

**Table-1: Mean, Standard Deviation and t-value of Environmental Achievement and Mental Health.**

VARIABLE	N	MEAN	S.D	df	t	SIGNIFICANT LEVEL
Achievement	210	36.3039	5.9115	406	3.69	Significant
Mental Health	210	38.4216	5.6471			

The 't' value = 3.69 for df 406 is found significant at 0.05 level (1.97). It means that the Achievement Score and Mental Health of students are not uniformly same.

**Table-2: Mean, Standard Deviation and t-value of Environmental Achievement in Arts and Science Stream**

VARIABLE	N	MEAN	S.D	df	t	SIGNIFICANT LEVEL
Arts	70	36.3382	5.7423	134	2.42	Significant
Science	70	38.6618	5.3799			

The 't' value = 2.42 for df 134 is found significant at 0.05 level (1.98). It means that the Achievement Scores of Arts group and Science group students are not uniformly same. Science group is more positive than Arts group towards Environmental Achievement.

**Table-3: Mean, Standard Deviation and t-value of Environmental Achievement between Science and Commerce Students**

VARIABLE	N	MEAN	S.D	df	t	SIGNIFICANT LEVEL
Science	70	36.6618	5.3799	134	1.56	In Significant
Commerce	70	37.0882	6.2766			

The 't' value = 1.56 for df 134 is found insignificant at 0.05 level (1.98). It means that the Science group and Commerce group students did not vary significantly.

**Table-4: Mean, Standard Deviation and t-value of Environmental Achievement between Arts and Commerce Students**

VARIABLE	N	MEAN	S.D	df	t	SIGNIFICANT LEVEL
Arts	70	36.3382	5.7423	134	0.72	In Significant
Commerce	70	37.0882	6.766			

The 't' value = 0.72 for df 134 is found insignificant at 0.05 level (1.98). It means that the Arts group and Commerce group students did not vary significantly.

**Table-5: Mean, Standard Deviation and t-value of Environmental Achievement and Environmental Awareness of students**

VARIABLE	N	MEAN	S.D	df	t	SIGNIFICANT LEVEL
Achievement	210	36.3039	5.9115	406	0.96	In Significant
Environment Awareness	210	35.7000	6.7333			

The 't' value = 0.96 for df 406 is found insignificant at 0.05 level (1.97). It means that the Achievement Scores and Environmental Awareness of students did not vary significantly.

### MAJOR FINDINGS

1. Achievement in Environmental Education and Mental Health is not uniformly same i.e significant.
2. Students belonging to Arts, Science and Commerce stream expressed different Achievement in Environmental Education; Science students had greater position on Environmental Achievement.
3. Achievement in Environmental Education and Environmental Awareness is not significant.

## CONCLUSIONS

1. Achievement in Environmental Education has significant relation with the Mental Health of students.
2. Achievement in Environmental Education has no significant relation with respect to the Environmental Awareness.
3. The three streams of under graduate students [Arts, Science and Commerce] differed in Environmental Achievement.

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