

**EFFECT OF MENTAL HEALTH ON DISCIPLINE AND  
ACADEMIC ACHIEVEMENT OF SECONDARY SCHOOL  
STUDENTS WITH SPECIAL REFERENCE TO DHANBAD DISTRICT OF  
JHARKHAND**

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**Abstract**

*The present study attempted to find out the effect of discipline and mental health on the academic achievement of the students. The study was conducted on a sample of 100 students studying of class XII<sup>th</sup> from different schools of Dhanbad town. Mental Health Battery (1971) was administered for the collection of data and percentage of marks obtained in the last examination was taken as an academic achievement score. Findings revealed that there were significant differences between the high and low achiever students in their mental health. High achiever students were found more mentally healthy. It was found that mental health and academic achievement was positively correlated.*

**Keywords:** *Discipline, Mental Health, Knowledge and Individuals.*



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**Introduction**

Discipline is aimed to correct or train; to teach to obey rules or accept authority; to punish in order to gain control or enforce obedience; to impose order on; and a state of order based on submission to rules and authority (Dupper, 2010). This definition was not considered apt and appropriate for healthy personality development. The other views of discipline described it as the strategies that can be used to teach, train, coordinate, regulate and organize individuals and their activities in the school (Thornberg, 2008). This definition focused on development of self-control through teaching the problem solving skills and learning more productive ways to express feelings. The training in this definition expected to produce specific character or pattern of behaviour, especially training that produces moral or mental improvement (Dupper, 2010). This definition is comprehensive, nurturing, liberating (Bechuke & Debeila, 2012) and democratic. Discipline in school is a very important aspect towards academic excellence, while lack of it usually gives rise to a lot of problems such as lack of vision and mission, poor time management, irregular attendance and punishment. It also plays a vital role in the acquisition

of sense of responsibility in learners as well as educators. Effective discipline helps in the achievement of goals, expectation and expectation and responsibility in students. Disruptive behavior amongst learners eliminated if there is good discipline at school. The implementation of effective discipline at school is a key for the learner in his journey to adulthood. By definition discipline refers to the ability to carry out reasonable instructions or orders to reach appropriate standards of behaviors. It is understood to be that abstract quality in a human being which is associated with and manifested by a person's ability to do things well at the right time, in the right circumstance, without or with minimum supervision. Discipline is not only necessary for students, it is used in every sphere of life but it can be practiced more easily at a young age. It can be said that if the student gets used to following the rules from his life, then the path of the rest of life becomes smooth.

### **Mental Health**

Mental health describes a level of psychological well-being, or an absence of mental disorder. From the perspective of 'Holism', mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Mental health can also be defined as an expression of emotions, and as signifying a successful adaptation to a range of demands. The term mental health is so common in the daily usage that psychologists are facing difficulties in defining it more accurately from the stand point of their science. Mental health is a psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment .Mental health is emotional, behavioral, and social maturity or normality; the absence of a mental or behavioral disorder; a state of psychological well-being in which one has achieved a satisfactory integration of one's instinctual drives acceptable to both oneself and one's social milieu; an appropriate balance of love, work, and leisure pursuits. Mental Health is the balanced development of the individual's personality and emotional attitudes which enable him to live harmoniously with his/her fellow men/women. Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community.

### **Academic Achievement**

The educational institutions have an important role to play in the social progress of any country. Academic achievement has been considered as an important factor in the educational life of students. It encourages the students to work hard and learn more. It is the status or level of a

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person's learning and his ability to apply what he has learned. Academic achievement or (academic) performance is the outcome of education the extent to which a student, teacher or institution has achieved their educational goals. Academic achievement is the basic concern in the field of education and research. Academic achievement is associated with educational development and plays an important role in the educational life of a child. High academic achievement enhances self-esteem and self-confidence among the students which leads to better adjustment and mental health with the group. Academic achievement is an intellectual development and ability to participate in the enhancement of knowledge.

### **Objectives of the Study**

- The main purpose this study was to examine the mental health of the students of high and low academic achievement.
- The aim of this study was to find out relationship between mental health and academic achievement.

### **Hypotheses of the Study**

In the light of the relevant literature and previous studies the following hypotheses were formulated:

- There would be significant difference in mental health among students with high and low academic achiever.
- There would be positive correlation between Mental Health and Academic Achievement.

### **Methodology**

#### **Sample**

A sample of 100 students of class XII<sup>th</sup> from different school of Dhanbad town were selected on stratified random basis for the present study. Students who obtained marks above 65% were categorized high achievers and low achievers who obtained marks below 50% in their last class examination.

#### **Tools & Tests**

English version of Mental Health Battery developed and validated by Arun Kumar Singh and Alpana Sen Gupta (1971) was administered on the which consists of 130 items with six dimensions-emotional stability (ES), over all adjustment (OA), Autonomy (AY), security – Insecurity (SI), self - concept (SC) and Intelligence (IG). Academic Achievement was

determined on the aggregate marks obtained by the subjects in their previous class of 11<sup>th</sup> examination.

### **Result and Discussion**

The result of the present study showed that high and low achiever group differed significantly from each other in the six dimensions and total mental health battery i.e. Total Mental Health Mean value of High Achiever = 72.2, SD= 8.80 & N=50 similarly Total Mental Health Mean value of Low Achiever = 66.7, SD= 10.08 & N=50 't'= 5.58 & P value =0.01. All categories of high achieving group secured higher mean scores on mental health battery than low achieving group, which indicate that high achievers were mentally healthier than low. All the 't's were highly significant at 0.01 level. According to the findings of this research, it can be concluded that the higher the mental health of the students the better their academic performance.

It is obvious from the available data that the correlation between mental health and academic achievement were found positive and significant at 0.01 levels. Mental health N= 100 & Academic achievement N= 100 but the correlation between the two  $r = 0.2983$  & P value=0.01. This indicated that a person with having high academic achievement tend to score high and person having low academic achievement tend to scores low on the scale of mental health. Mental health is a very important proctor that student have good mental health his/her academic achievement has well and when his or her mental health was not good his or her academic achievement was poor.

### **Findings**

It was found that disciplined students were more motivated and concentrated to their studies and learning. Their performances were better than those students who were not disciplined in their behaviour and activities. Disciplined students equally found sincere in their performance of academic activities. High achievers were found mentally healthy in comparison to Low achievers and similarly mentally healthy students showed high motivation and good academic performance in comparison to less mentally healthy students who were low on motivation level. High achiever students were more mentally healthy than low achiever students. There was a positive relationship between Mental Health and Academic achievement.

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