

Effect Of Mental Health on Academic Performance of School Students: An Analytical Study

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Abstract

Mental health problems are a potentially essential but little-examined factor in explaining how human capital develops in college. To our knowledge, we carry out the first research on how a student population drawn at random over time can predict their academic success in college. After accounting for prior academic performance and other factors, We discover that depression significantly increases the risk of dropping out and is a significant predictor of poorer GPA. The relationship between depression and academic performance is most strongly correlated among students who test positive for an anxiety condition. We first create a complex conception of academic success at the level of specific individuals and schools. Then we review observational and intervention research demonstrating the reciprocal relationship between student mental health and intellectual accomplishment.

Keywords: Mental health, academic performance, student performance

Introduction

One of the best developmental processes is education. There are competitions and races all over the educational landscape in the twenty-first century. Since academic success is crucial for making decisions about the future, students constantly experience pressure and tension in their academic fields to survive this competition. Academic anxiety is the uncontrollable nervousness, stress, and fear that students experience due to this kind of pressure and tension in the classroom. Academic anxiety is similar to other types of anxiety in that a small amount is an average for students. However, when it becomes extreme, the adrenal glands become more active, and a biochemical change occurs in the body and mind. Students' anxiety about their academic performance can lead to psycho-physiological conditions like headaches,

hypertension, insomnia, and other issues. Another definition of academic achievement includes the capacity for reading, writing, and problem-solving in mathematics.

Consequently, stress-free learning is crucial for achieving academic success. Parents and teachers agree that students are under much pressure to measure their academic success through standardized testing. A significant academic worry is usually bad for the kids' surroundings. Therefore, there will be some connection between academic stress and success.

Eisenberg et al. (2009) Found that Depression has become the most prevalent mental health problem during adolescence, and depression may predict more severe adult illness. Depression has been shown to negatively correlate with academic achievement in children, with higher levels of depression being associated with typically lower academic performance. Cross-sectional research has shown that children's academic success is negatively correlated with depression, with higher levels of depression being associated with lower academic performance. On the other hand, students may experience more stress and depression if educational objectives or results are not met. Despite widespread agreement that physical fitness is crucial for improving mental health and issues like depression and academic performance, little is known about how this effect operates.

Suldo et al. (2013) Say that A person's mental health may affect their growth and productivity, eventually affecting their quality of life at home, work, and social situations. Due to academic demands, including entering university, being expected to complete numerous duties by instructors, and learning necessary skills, a student may develop mental health problems. The student may not be able to bear the burden of these expectations. Even if it is challenging to argue that mental health can be measured, it would be helpful to understand the relationship between mental health issues and academic success since this would reveal how important mental health is to students' performance.

Singh &Barmola (2015) Found that Daily living is hampered by depression, which hurts the sad person and others around him. Although widespread, depression is a dangerous condition.

The difficulties faced by university students such as being away from their families, adjusting to a new environment, and adjusting to academic standards—can lead to severe depression. A student would become melancholy if they worried excessively about their exam results. His or her academic achievement would suffer if this depression persisted.

(Kuan, 2018) Says that For students, university years are exciting and hard; it is crucial for them to overcome these difficulties and stress-inducing elements in order to prepare the route for their own academic success. As one of the most vulnerable groups in society—many of whom will serve as administrators and planners in the future—university students must take special care to maintain their mental health. Having good mental health is one of the traits of a normal personality.

Literature review

Xiang et al., (2017) commented Academic accomplishment in the current educational system refers to how well students perform in class as determined by grade reports, teachers' observations, and students' own perceptions. The results of education influence how far a student or institution may advance in their academic endeavours. High academic accomplishment is essential for kids in secondary school since it will determine their access to greater education opportunities and their quality of life after graduation. Academic success is a measure of a student's knowledge and proficiency in academic topics. academic success is determined by how much a student is learning from their teachers in a certain subject. Academic achievement, which is often measured by a percentage of marks, is the level of aptitude for academic work or acquired knowledge in a subject. Berger et al., (2015) Academic success is a symbol of intellectual development and the ability to contribute to the greatest possible production of knowledge. According to these criteria, academic success in a student's life is "Educational Growth." Researchers in the academic sector have shown that pupils who succeed academically have more self-confidence and self-esteem. Therefore, creating a supportive environment for the students is essential for their academic performance, yet academic anxiety works against this. Students' test performance suffer as a result of test

anxiety, which leads in "achievement stress" throughout their academic careers. Students focus and memory, which are essential for academic achievement, are hampered by high levels of academic worry. The impact of anxiety on learning and academic achievement is significant. Anxiety hinders young students' academic success. Researchers believe that there is a negative relationship between academic anxiety and academic achievement based on the psychologists' findings stated above (Bostani, Nadri, & Nasab.2014).

Khurshid et al.(2015) Said that Teenagers are pushed to utilize the internet more and more since it is the medium that is now the easiest for them to access for academic and other purposes. This medium has developed into a reliable resource of knowledge for a variety of uses, including social interaction, gaming, entertainment, and more. Internet usage has risen as a result of people's generally more leisure-oriented lifestyle. It appears intriguing at first, then becomes a habit, and finally it may become an addiction. And when it comes to teenagers, who are more likely to fall victim to such distractions, it might cause problems for their academic performance. One of the main reasons people spend so much time using e-mail, discussion forums, chat rooms, and online games for real-time interactions is the Internet's ability for socialising. Although there is no one description for the disease described in the caption, researchers generally concur that it entails time-consuming, problematic computer use that upsets people or hinders functioning in crucial areas of daily life. Internet addiction may also be detrimental to students' mental health. (Das, Halder & Mishra.2014) Founded that Internet users in Taiwanese high schools, both addicted and not. The analysis's findings showed that, on average, Internet addicts spend nearly twice as much time online as non-addicts. Notably, The act of surfing for social or entertainment purposes was highly associated with internet addiction. Additionally, Internet addicts outperformed non-addicts on four subscales and had significantly higher overall PIUST scores than non-addicts (tolerance; compulsive use and withdrawal; related problems, including family, school, health, and other problems; interpersonal and financial problems). Both Internet addicts and nonaddicts stated that using the Internet improved peer connections, despite the fact that Internet addicts believed the Internet had a far more detrimental impact on daily activities, academic success, teacher, and

parental relationships than nonaddicts. One of the key topics in psychology and psychiatry that receives a significant amount of research each year is mental health, and variables impacting it have long been taken into account by sceptic psychologists. Mental wellbeing is a prerequisite for leading a successful and pleasant life. (Bashir & Puja. 2018) There are two types of mental states: healthy and unhealthy. One component of mental wellbeing is the absence of mental illness. Aspects of mental health include life satisfaction, resilience, equilibrium, adaptation, and self-actualization. Positive mental health includes all of the following: defence, growth, satisfying relationships with others, and the reduction of hostile tensions in both people and groups. Mental wellbeing is influenced by joyful feelings, a pleasant outlook, and constructive behavior. Figure 1 presents the different aspects of Mental Health. A mentally healthy individual typically approaches their work with tremendous interest. They take pleasure in what they do. He or she does it in a way that produces excellent results. On the other hand, discontent will arise from a lack of talent and excitement in one's work. He or she cannot take any significant action unless they are aware of their own special life circumstances and regularly live in community with others. Mental health is a state of being and level of social functioning that is both socially beneficial and personally rewarding. demonstrates that there is a negative and statistically significant association between the need for social and emotional development and the signs of mental illness.

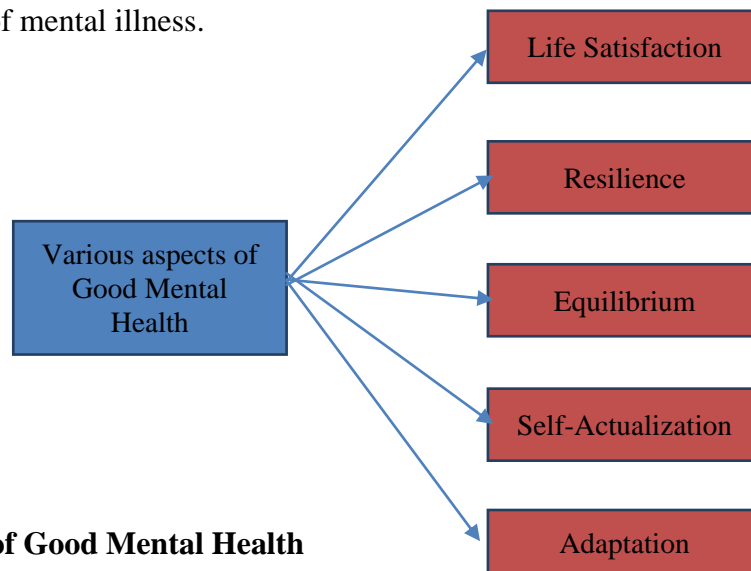


Figure 1 Various Aspects of Good Mental Health

Source: Author

Nath Babu, (2011) Students tested negative for mental disorders and were doing well. Both among students who had mental illness screening and those who did not, suicidal behavior and poor academic performance were lowest in children with thriving mental health, higher in children with average mental health, and highest in children with declining mental health. Socialization, improved communication, educational opportunities, and access to health information are a few of the good benefits of social media on teen mental health that have been studied along with its negative implications. Some of the negative effects include sexting, depression, cyberbullying, online harassment, tiredness, stress, emotional repression, and a reduction in mental ability. Teaching them life skills, improving their psychological and physiological symptoms of anxiety and physical impairment. Life skills instruction is beneficial for lowering the symptoms of mental illness, especially in students who may be at risk for such conditions. This study demonstrated that imparting life skills to children is a successful means of reducing the signs of mental illness in pupils who may be suffering from a mental disease. examined the connection between female students' self-efficacy and mental health and academic achievement. The results showed a correlation between self-efficacy and mental health, with depression having the highest association. indicated a significant link between self-efficacy and general health. revealed that self-efficacy and religious faith are important determinants of mental health in diabetes patients, explaining 35% of variation in mental health.

Deora, 2015) Found that One of the mental disorders is depression, and helplessness and lack of hope are its major causes. Around the world, depression is a common issue among college students, and it has an impact on their capacity to carry out everyday tasks. Many students first experience the symptoms of depression during their time in college. Depression is regarded as a frequent mental condition and is characterized by gloomy sentiments among college students. Depressed Sadness and declines in academic performance are common among students. Depression that is left untreated typically lasts a long time and interferes with daily tasks. People who are depressed magnify their flaws and shortcomings while ignoring their own accomplishments and positive features. Students' academic success, which is required of all

individuals in all cultures, has emerged as a major goal of the educational process. Academic success is also influenced by a student's personality, education, motivation, mental health, and training. College may be considered a moment of considerable transition for students as they encounter a variety of new things for the first time, including a new way of life, exposure to foreign cultures, friends, roommates, and other ways of thinking, as well as a particular degree of stress. Many students find their first two years of college to be quite stressful. Students feel depression when they are unable to handle these novel initial encounters. Depression has a detrimental impact on student's academic progress. Success among students is inversely correlated with depression, and sad kids do less academically and devote less time to their assignments.

A condition of balance between one's emotional, social, and psychological well-being is known as mental health. The World Health Organization defines mental health as a condition of wellbeing in which people use their potential to carry out their responsibilities effectively, develop coping mechanisms to deal with life's stresses, and establish themselves as significant members of their communities. Therefore, mental wellness goes beyond simply being free of mental disease. According to the World Health Organization, one in four young people between the ages of 12 and 24 has a mental health issue like depression or schizophrenia every year. Numerous additional research also supported the idea that people often experience mental health problems later in life. Unfortunately, these individuals receive less attention and are overlooked when they need mental health treatment. University students in particular made up the greatest population of young people with mental health issues such as depression, anxiety, suicide thoughts, and non-suicidal self-injury.

Pawar, (2017) Found that Students were more susceptible to these mental health disorders due to academic stress, financial concerns, dependency on others and professional aspirations, as well as the competitive atmosphere, which led to morbidity and psychological tiredness. Students' personal and professional life are impacted by mental health issues including suicide thoughts, intent, and behaviours. Poor academic performance, dishonesty, a lack of compassion, and morality are some examples on the professional front. On the personal front, students

experience tense relationships, drug usage, and poor physical health. Numerous studies have shown that adolescents who have mental health issues frequently experience physical, emotional, and social difficulties. Low self-esteem, poor sleep, poor time management, lack of appetite, and other issues all contribute to subpar academic performance.

Conclusion

Students can overcome these challenges in life with the aid of life skill education and life skill training. Since it enables the students to live better lives, life skill education can help to solve the issues. The society therefore needs life skill education, and every educational system should include it in its curricula as it may result in beneficial health behaviors, interpersonal interactions, and personal wellbeing. Self-efficacy is essential for navigating life's challenges. Higher self-efficacy makes people more steady when confronted with unsolved problems. Self-efficacy is based on people's belief in their own capacity to manage their thoughts, feelings, and behaviors as well as actual performance, individual enthusiasm, and choice, and ultimately the amount of effort put into a task. Students who scored lower on the mental health questionnaire and hence appear to have better mental health status also appear to do better academically. Academic success and mental health, including some of its elements like despair and anxiety.

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