

## MENTAL HEALTH AND ACADEMIC ACHIEVEMENT OF ADOLESCENTS IN RELATION TO PARENTS' SOCIO-ECONOMIC STATUS

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### ABSTRACT

*Adolescence is that span of years during which boys and girls move from childhood to adulthood mentally, emotionally, socially and physically. It is the most important period of human life. The study of adolescents' mental health is very important in order to preserve, cure and prevent incidents of mal adjustment. By measuring the academic achievement and factors influencing it the educators will be able to know the potential of adolescents and which method will be the best for their development. Researches have proved that SES is a very dominant variable. This study was an attempt to know its relation with mental health and academic achievement for taking effective steps for adolescents. In the present study population was the adolescents of Mathura District between the age group of 14-18, and out of the population sample of 1010 adolescents was collected by using stratified random sampling. Findings of the study show that mental health of low socio-economic status adolescents is poor in comparison to high socio-economic status Adolescents. On comparing the academic achievement of adolescents it was found that high socio economic status students showed greater academic achievement in comparison to low socio-economic status adolescents.*

**Keywords: Mental health, Academic Achievement, Adolescents**

### INTRODUCTION

Among all the phases of development adolescence is the most important period of human life. Poets have described it as the spring of life of human being and an important era in the total life span. The word, adolescence comes from a Greek word, 'adolescere' which means to 'grow to maturity'. The child experiences a number of changes in this transitional period. The period runs between childhood and adulthood and is sometimes called the period of teenage. The progress of a country depends on the maximum exploitation of its human resources. Sound mental health is one of the first requisite conditions of development. Adolescence is marked with a number of problems which affect the mental health. The study of adolescence is very important in order to preserve, cure and prevent incidences of mal-adjustment.

Academic achievement also counts a lot. Academic achievement is the outcome of *education*-the extent to which a student, teacher or institution has achieved educational goals. In our mind academic achievement is completing all of your academic goals for yourself. Parents put a lot of pressure on kids to do well in school, but in our opinion academic achievement should be what you want for yourself, instead of what others want for you.

'Socio-Economic Status' would, therefore, be a ranking of an individual by the society he lives in, in terms of his material belonging and cultural possessions along with the degree of respect, power and influence he wields. 'Socio-Economic Status' is a very dominant variable. It shows intimate relationship with other variables. The reciprocal linkage between the social-economic status and education is very important.

### **Need and Significance of the Problem:**

Adolescence is that span of years during which boys and girls move from childhood to adulthood mentally, emotionally, socially and physically. It is the most important period of human life. A major part of a country's population ranges between the ages 13 to 21 years. The country's success in various fields of life depends on the proper guidance of adolescents. Every teacher and parent must know about the nature and changes emerging in transition period from childhood to adulthood. Sound mental health is the first requisite condition of development. All studies on the mental growth have reported that mental abilities increase with age. Mental development during adolescence accelerates on many intellectual fronts. The study of adolescents' mental health is

very important in order to preserve, cure and prevent incidents of mal adjustment. By measuring the academic achievement and factors influencing it the educators will be able to know the potential of adolescents and which method will be the best for their development. Researches have proved that SES is a very dominant variable. This study was an attempt to know its relation with mental health and academic achievement for taking effective steps for adolescents. As all knowledge is subject to later refinement in the face of additional evidences.

### **Statement of the Problem:**

A Study of Mental Health and Academic Achievement of Adolescents in Relation to Parents' Socio-Economic Status.

### **Defining the Operational Terms:**

#### **Mental Health:**

The definition of mental health highlights emotional well being, the capacity to live a full and creative life and the flexibility to deal with life's inevitable challenges. In the present study the researchers examined the mental health through six health indices-emotional stability, over all adjustment, autonomy, security-insecurity, self concept and intelligence.

#### **Academic Achievement:**

Achievement means act of achieving or something achieved, so academic achievement means achievement in the field of education. In the present study it was to be measured by annual exam marks of previous year.

#### **Adolescents:**

Chronologically, adolescence comes roughly in between the years from 12 to the early 20s. In the present study it covered the age group 14 to 18.

### **Socio-Economic Status:**

In the words of Marshal- “Socio-economic status is an index that consider a person, occupation, education and income as a measure of social status.”

In the present study High SES means the group that attains high scores on SES scale. Low SES means the group that attains low scores on Socio-Economic Status Scale.

### **Objectives:**

- 1- To study the mental health of adolescents in relation to the socio-economic status.
- 2- To study the academic achievements of the adolescents of high and low socio-economic status.
- 3- To compare the mental health of the adolescents of high and low SES
- 4- To compare the academic achievement of the adolescents of high and low SES.

### **Assumptions:**

- 1- In order to achieve objective 1 of the study an assumption is made that there is a measurable and identifiable variation in mental health of adolescents on the basis of high & low socio-economic status.
- 2- In order to achieve objective 2 of the study an assumption is made that there is a measurable and identifiable variation in academic achievement of adolescents on the basis of high & low socio-economic status.

### **Hypotheses:**

For rest of the objectives the following null (Ho) hypotheses were framed.

- 1- There is no significant difference in mental health of adolescents on the basis of high and low SES.
- 2- There is no significant difference in academic achievement of adolescents on the basis of high and low SES.

### **Research Method:**

In the present study the investigator has used the descriptive survey method to collect the sample.

### **Variables:**

In the present study dependent and independent variables are as given below:

Independent variable - Socio-economic status

Dependent variables - Mental Health and  
Academic Achievement

### **Population and Sample of the Study:**

In the present study population is the adolescents of Mathura District between the age group of 14-18, and out of the population sample of 1010 adolescents is collected by using stratified random sampling.

### **Research Tools:**

The following tools were used-

#### **Socio-Economic Status Scale by Rajeev L. Bhardwaj-**

The present scale of socio economic status has been developed for literate people. It can be administered on illiterate people also, but only by personal interviews. In the present study this test is applied on the adolescents of 14-18 years of age.

#### **Mental Health Battery by Dr. A.K. Singh & Alpna Sen Gupta-**

MHB intends to assess the status of mental health of persons in the age range of 13 to 22 years.

### **Used Statistical Techniques:**

For the sake of analysis of data the researcher used the following statistical techniques -

Mean

Standard Deviation

Critical Ratio

### **Analysis and Interpretation of Data:**

**Table 1**

**Mean Values of High and Low Socio Economic Status Adolescents on Mental Health Battery**

<b>High SES</b>	<b>Low SES</b>
<b>No. of Adolescents-500</b>	<b>No. of Adolescents- 510</b>
<b>Mean</b>	<b>Mean</b>
99.24	88.66

Table cited above shows the mean value of adolescents of high and low SES on Mental Health Battery. The mean value of the adolescents of high SES is 99.24 and of the adolescents of low SES is 88.66. This table shows a difference in their scores on Mental Health Battery. There is an identifiable and measurable variation in the mental health of adolescents' of both the status

**Table- 2**

**Mean Values of Adolescents' Academic Achievement on the basis of Previous Year's Examination Performance**

<b>High SES</b>	<b>Low SES</b>
<b>No. of adolescents 500</b>	<b>No. of adolescents 510</b>
<b>Mean</b>	<b>Mean</b>
<b>75.31%</b>	<b>63.79%</b>

As the above table shows the mean value of adolescents' academic achievement on the basis of the % they got in last examination. The mean value of high SES adolescents' percentage is 75.31 and mean value of low SES adolescents' % is 63.79.

The first hypothesis stated that there is no significant difference in mental health of adolescents on the basis of high and low SES. To verify this hypothesis CR was calculated to know whether the difference between the scores of high and low SES adolescents on mental health battery is significant or not.

Table No. 3 shows the mean, standard deviation and critical ratio of high and low SES adolescents' scores on Mental Health Battery.

**Table-3**

**Comparative Study of High and Low SES Adolescents' Performance on Mental Health Battery**

<b>High SES</b>		<b>Low SES</b>		<b>CR</b>	<b>Level of Significance</b>
<b>No. 500</b>		<b>No. 510</b>			
<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>		
<b>99.24</b>	<b>13.31</b>	<b>88.66</b>	<b>12.49</b>	<b>13.22</b>	<b>&lt;.01</b>

Table no 3 shows that the mean of the high SES adolescents' score on Mental Health Battery is 99.24 and SD is 13.31. Mean of low socio-economic status adolescents' score is 88.66 and SD is

12.49. CR is 13.22 that has been checked at .01 level of significance. The difference is significant. So the null hypothesis is rejected.

The second hypothesis stated there is no significant difference in academic achievement of adolescents on the basis of high and low SES. To verify this hypothesis CR was calculated to know the effect of difference in socio-economic status on the academic achievement of adolescents. .

**Table -4**

**Comparative study of Academic Achievement of High & Low SES Adolescents on the basis of Previous Year's Examination Performance**

<b>High SES</b>		<b>Low SES</b>		<b>CR</b>	<b>Level of Significance</b>
<b>No. of Adolescents 500</b>		<b>No. of Adolescents</b>			
<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>		
<b>75.31</b>	<b>9.40</b>	<b>63.79</b>	<b>6.68</b>	<b>23.04</b>	<b>P&lt;.01</b>

Table no 4 shows that mean value of High socio economic status adolescents is 75.31 and SD is 9.40 Mean values of the adolescents of low SES is 63.79 and SD is 6.68. CR on this dimension is 23.04 that have been checked at .01 level. The difference is significant, so the null hypothesis is rejected.

**Findings:**

The mental health of low socio-economic status adolescents is poor in comparison to high socio-economic status Adolescents. The reason for this is obvious adolescents belonging to low socio-economic status receive less care overall. The adolescents who are from high socio economic status have good mental health. It may be due to this fact that the children of high socio-



economic status families have spontaneous and comfortable relations with their parents. They are provided with an atmosphere which is suitable for emotional development of the children.

When the researchers compared the academic achievement of adolescents it was found that high socio economic status students showed greater academic achievement in comparison to low socio-economic status adolescents. The reason is obvious parental income has a strong effect on student's performance due to the economic resources at home. Parents belonging to low SES are commonly illiterate and semi illiterate with feeling of inadequacy may not be able to keep their children out of different academic problems. Thus the academic performance of such children is greatly or significantly hindered.

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