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Impact of Students' Mental Health on their Creativity

Fouzia[1], Dr. Gaytri Gautam[2]

[1]Research Scholar, Bharti Vishwavidyalaya, Durg (C.G)
[2]Supervisor, Assistant Professor (Education), Bharti Vishwavidyalaya, Durg (C.G)

Abstract
This research examines the impact of mental health on the creativity of Class-11th students from rural and urban areas of Durg district. A total sample of 200 students—male and female from arts and science streams—was selected through random sampling. Standardized tools were used to measure mental health and creativity levels. Based on their mental health scores, students were divided into two groups: high and low mental health. A t-test was conducted to determine the difference in creativity scores between the two groups. The findings showed a significant difference, establishing a positive relationship between students' mental health and their creative abilities.

Introduction

Creativity plays a crucial role in student development, especially in an ever-changing academic and social environment. Mental health, a major psychological factor, greatly influences how students express and utilize their creativity. A balanced mental state can help students engage in problem-solving, ideation, and expression, while poor mental health may restrict cognitive flexibility and innovation. This study investigates how students' mental health impacts their creativity, especially focusing on 11th-grade students in urban and rural higher secondary schools of Durg district.

Objectives of the Study

- To assess the mental health levels of Class-11th students.
- To measure the creativity levels among these students.
- To examine the impact of mental health on students' creativity using the t-test.

Hypothesis

H_0: There is no significant difference in creativity between students with high and low mental health.

Methodology

Sample:

- 200 students of Class-11th from higher secondary schools of Durg district
- Students represented both rural and urban areas
- Included male and female students from arts and science streams

Sampling Method:

- Random sampling

Tools Used:

- Mental Health Battery by Arun Kumar Singh & Dr. Alpana Sengupta (2019)
- Verbal Test of Creative Thinking by Dr. Baakar Mehandi (2018)

Design: Comparative survey method
Statistical Technique: Independent sample t-test

Data Analysis and Interpretation
Grouping:

- Students with mental health scores above the median were grouped as "High Mental Health"
- Students with mental health scores below the median were grouped as "Low Mental Health"

Table 1: Creativity between students with high and low mental health.

Group	N	Mean	SD	t value
High Mental Health	100	147.60	12.34	7.69
Low Mental Health	100	133.45	14.10	

Result and Interpretation
Since the p-value (0.000) is less than 0.05, the null hypothesis is rejected. Hence, there is a significant difference in creativity between students with high and low mental health. Students with better mental health demonstrated higher creativity levels.

Findings

- Students with good mental health scored significantly higher on creativity measures.
- Mental health positively influences students' ability to think creatively and perform innovative tasks.

Conclusion
The study confirms that mental health significantly affects students' creativity. Enhancing mental well-being through supportive school environments, counseling, and stress-reduction practices can foster creativity in students, especially during crucial academic years.

Educational Implications

- Schools should integrate mental health programs to support creative thinking.
- Encourage peer bonding, mindfulness, and stress management in daily routines.
- Teachers should identify signs of poor mental health early and offer guidance.
- Creative activities should be linked with emotional well-being in the curriculum.

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