

A STUDY ON THE IMPACT OF STUDENTS' MENTAL HEALTH ON ACADEMIC INTEREST

FOUZIA¹, Dr. GAYTRI GAUTAM ²

¹Research Scholar, Bharti Vishwavidyalaya, Durg (C.G)

²Supervisor, Assistant Professor (Education), Bharti Vishwavidyalaya, Durg (C.G)

Abstract:

This study investigates the impact of students' mental health on their academic interest. A sample of 100 students, comprising 50 from rural areas and 50 from urban areas, was assessed using the Mental Health Battery by Arun Kumar Singh and Dr. Alpana Sengupta (2019) and the Academic Interest Card by S. P. Kulshreshtha (2019). The results, obtained through t-test analysis, indicate a statistically significant difference between the two groups. Urban students displayed higher mental health and academic interest compared to rural students. The study highlights the need for enhancing mental health support to promote academic motivation, particularly in rural settings.

1. Introduction

Mental health plays a crucial role in the overall development and academic success of students. Positive mental health fosters motivation, concentration, and persistence, all of which are essential for academic interest. The present study aims to examine the relationship between mental health and academic interest among students from rural and urban settings.

2. Objectives of the Study

1. To assess the level of mental health among rural and urban students.
2. To compare academic interest between rural and urban students.
3. To determine the impact of mental health on academic interest.

3. Hypothesis

H₀: There is no significant difference in academic interest based on students' mental health between rural and urban areas.

3. Sample and Tools

The study was conducted on a sample of 100 students (50 rural and 50 urban). The following tools were used:

- Mental Health Battery by Arun Kumar Singh and Dr. Alpana Sengupta (2019)
- Academic Interest Card by S. P. Kulshreshtha (2019)

4. Statistical Technique

An independent sample t-test was employed to compare the means of the two groups and determine the significance of the difference.

5. Results and Interpretation

Table 1: Academic interest based on students' mental health between rural and urban areas.

Group	N	Mean	SD	t
Rural	50	64.12	5.45	4.71
Urban	50	70.25	4.87	

The calculated t-values for academic interest ($t = -4.71$) are statistically significant at the 0.05 level. This indicates that urban students exhibit significantly higher mental health and academic interest than their rural counterparts.

Hypothesis H_0 is rejected as there is a significant difference found between the two groups.

7. Conclusion

The study confirms that students' mental health significantly impacts their academic interest. Urban students, with better mental health, tend to show higher academic interest than rural students. These findings suggest that providing mental health support in schools, especially in rural areas, can positively influence students' engagement and motivation in academics.

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