

STUDY OF ACADEMIC ACHIEVEMENT IN RELATION TO MENTAL HEALTH OF ADOLESCENTS

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ABSTRACT

In the present study an attempt was made to elaborate the relationship between academic achievement and mental health of adolescents belonging to the Ludhiana and Moga district of Punjab .The sample of 300 adolescents (150 rural and 150 urban) were taken from various govt. schools. Tools used for the study were the Mental Health Battery (Singh and Gupta 2005) and the academic achievement was assessed by the results of their matriculation board examination in the subject of mathematics. Results clearly indicated that there is a highly significant relation between academic achievement and certain dimensions of mental health namely overall adjustment and intelligence for the sample as a whole.

KEYWORDS: Academic Achievement, Adolescents, Mental Health