

MENTAL HEALTH AND ACADEMIC ACHIEVEMENT OF HIGH SCHOOL STUDENTS

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ABSTRACT

Mental health is the full and harmonious functioning of whole personality. Mental health refers to the functioning of a well integrated personality and this phrase is used to describe either a level of cognitive or emotional well being or absence of mental illness. The major objective of the present study is to find out the level of mental health of the high school students. The sample of the study was 720 students of standard IX and X in Dindigul district. The investigator developed a mental health scale to measure the level of mental health of high school students. The data was analyzed using 't' test and Pearson coefficient r. The major findings of the study revealed that the i) girl students had greater mental health than the boy students, ii) the urban students had greater mental health than the rural students and iii) Self financing school students had greater mental health than the government and government aided school students.

KEYWORDS: Mental Health, Academic Achievement