

EVALUATION ON MENTAL HEALTH AND ACADEMIC ACHIEVEMENT AMONG LIFE STYLE OF COLLEGE STUDENTS WITH SPECIAL REFERENCE TO MURSHIDABAD DISTRICT, WEST BENGAL

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Abstract:

The success of students in a classroom environment is directly related to the amount of knowledge they acquire. Academic success is the result of students performing well in their classes. A student's academic performance determines how actively they participate in class. Through this curriculum, students can improve their abilities, boost their grades, and prepare for future academic challenges. Being mentally healthy means you can adjust to your surroundings and relationships in a way that makes you happy and productive. Positivity, kindness, intelligence, and composure under fire are the hallmarks of an upbeat and successful person. For a person's mental health to be considered optimal, they must not exhibit any symptoms, however mild, of an adjustment disorder. A psychologically healthy individual does not experience any form of adjustment issue. In this article, evaluation on mental health and academic achievement among life style of college students with special reference to Murshidabad District, West Bengal has been discussed.

Keywords: Mental, Health, Academic, Achievement, Lifestyle, Students.

INTRODUCTION:

Quality of performance is increasingly the deciding factor for individual growth. Most parents really want their children to succeed in school. Everyone involved in the educational system—schools, teachers, and students—is feeling the heat to deliver results that are up to par or better. Academic achievement appears to be the focal point of the educational system as a whole, despite the fact that many other outcomes are also expected from the system. [1] In order to help pupils do better in school, many schools invest a lot of money and time. The value of academic success is a topic that educational researchers and practitioners are deeply divided. [2] The National Association for Mental Health lists a feeling of purpose in life, a strong sense of community, and confidence in one's ability to deal with adversity as characteristics shared by people who are mentally well. To do these, one must first become well-versed in or adapt to their environment. Maintaining a healthy mind is as important as maintaining a healthy body. [3] A person's mental, emotional, and physical well-being determine how well they can handle life's obstacles. A sign of a psychologically sound individual is their capacity to not only survive but flourish when faced with hardship. A sense of completeness and a strong belief in the worth and dignity of every individual make up this state of mind. [4]

RESEARCH METHODOLOGY:

Study Area: Murshidabad District, West Bengal.

Hypothesis:

Hypothesis 1 (H_1): It is hypothesized that the life style correlated to the college students.

Hypothesis 2 (H_2): It is hypothesized that the mental health correlated to the college students.

Hypothesis 3 (H_3): It is hypothesized that the academic achievement correlated to the college students.

Research Design:

Qualitative and quantitative research design has been used.

Sampling Plan and Sample Size:

Simple random sampling has been used.

Sample Size:

College Code	Initial Sample	Final Sample
1	Boys: 25; Girls: 25	Boys: 20; Girls: 20
2	Boys: 25; Girls: 25	Boys: 19; Girls: 20
3	Boys: 25; Girls: 25	Boys: 20; Girls: 20
4	Boys: 25; Girls: 25	Boys: 20; Girls: 20
5	Boys: 25; Girls: 25	Boys: 20; Girls: 20
6	Boys: 25; Girls: 25	Boys: 20; Girls: 19
7	Boys: 25; Girls: 25	Boys: 20; Girls: 20
8	Boys: 25; Girls: 25	Boys: 20; Girls: 20
9	Boys: 25; Girls: 25	Boys: 20; Girls: 20
10	Boys: 25; Girls: 25	Boys: 20; Girls: 20
Total	Boys: 250; Girls: 250	Boys: 199; Girls: 199
Grand Total	500	398

Primary and Secondary Source:

In this research, primary and secondary data source has been used.

Methodology:

The ten colleges were selected within the Murshidabad district, West Bengal for sample collection. I have been selected the final respondents from each college. The student's selection age was between 18-30 years. After clearing the research objectives, the questionnaire sheet was provided in favor of each respondent. Sufficient time was given in favor of all respondents. After completion of the sheet, I was collected and preserved all sheets for data analysis and interpretation.

Research Tools:

Structured Questionnaire (5 Point Likert Scale):

The five-point Likert scale, a rating system, and respondents can express a variety of opinions. For example, Strongly Agree-SA (5 points), Agree-A (4 points), Neutral-N (3 points), Disagree-D (2 points), Strongly Disagree-SD (1 point). The researcher has been prepared self-structured questionnaire scales which are as follows:

- LIFE STYLE OF THE COLLEGE STUDENTS SCALE.
- MENTAL HEALTH OF THE COLLEGE STUDENTS SCALE.
- ACADEMIC ACHIEVEMENT OF THE COLLEGE STUDENTS SCALE.

In this research, structured questionnaire (5 point Likert Scale) has been used.

Data Analysis and Interpretation:

Data analysis involves modeling, cleaning, transforming, and inspecting data to get insights and assist with decision-making. Data interpretation is the process of analyzing data using various research approaches and drawing suitable conclusions. Pie charts are a common way to visually depict data. In this research, pie chart has been used.

DATA ANALYSIS, INTERPRETATION, RESULTS AND DISCUSSION:

PART A: LIFE STYLE OF THE COLLEGE STUDENTS SCALE

Table 1. Proper exercise on daily basis

Opinions	Respondents	% of respondents
SA	106	26.63
A	137	34.42
N	15	3.78

D	96	24.12
SD	44	11.05
Total	398	100

Source: Primary Data, Survey

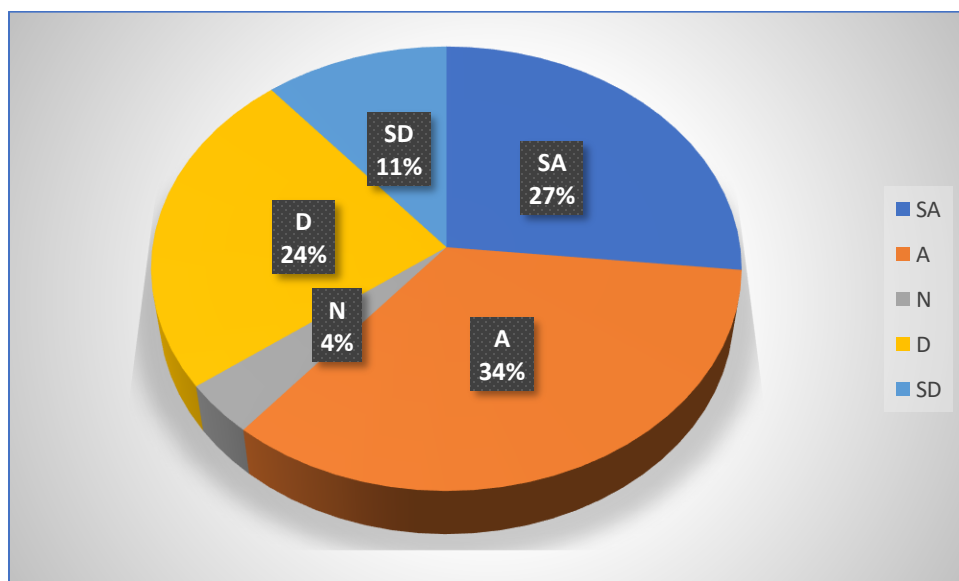


Figure 1. Proper exercise on daily basis

From the above table & figure, the percentage of respondents were:

SA: 26.63%

A: 34.42%

N: 3.78%

D: 24.12%

SD: 11.05%

Table 2. Regular specified food intake

Opinions	Respondents	% of respondents
SA	74	18.59
A	121	30.40
N	25	6.28
D	96	24.12
SD	82	20.61
Total	398	100

Source: Primary Data, Survey

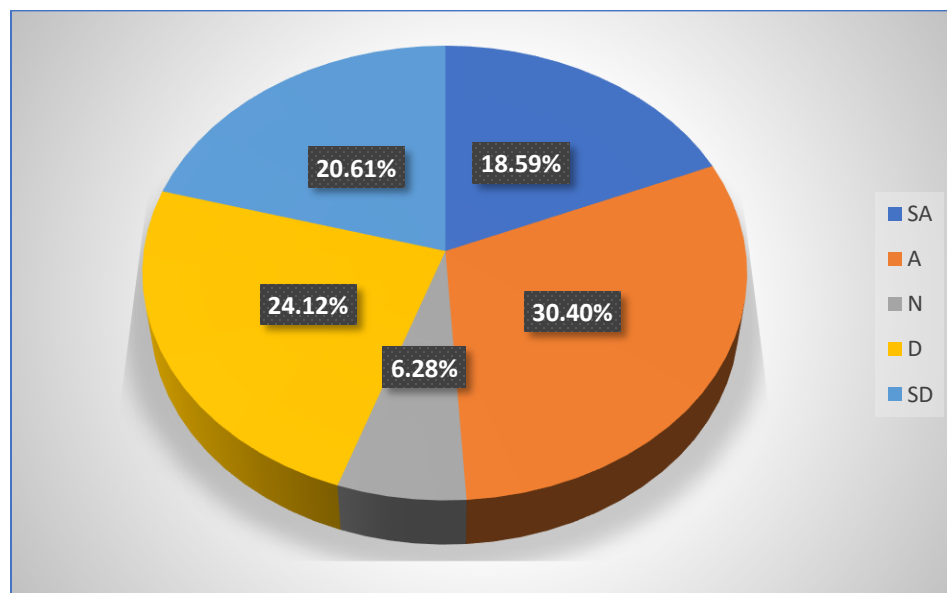


Figure 2.Regular specified food intake

From the above table & figure, the percentage of respondents were:

SA: 18.59%

A: 30.40%

N: 6.28%

D: 24.12%

SD: 20.61%

Table 3. Enough sleep on daily basis

Opinions	Respondents	% of respondents
SA	98	24.62
A	187	46.98
N	21	5.28
D	49	12.32
SD	43	10.80
Total	398	100

Source: Primary Data, Survey

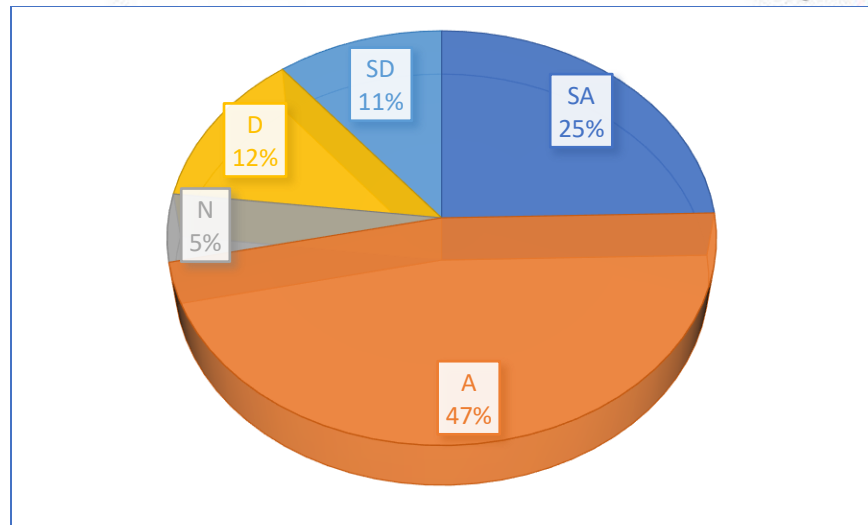


Figure 3. Enough sleep on daily basis

From the above table & figure, the percentage of respondents were:

SA: 24.62%

A: 46.98%

N: 5.28%

Testing of Hypothesis:

So, from the above discussion, it was stated that the “Hypothesis 1 (H_1): It is hypothesized that the life style correlated to the college students” has been accepted.

PART B: MENTAL HEALTH OF THE COLLEGE STUDENTS SCALE

Table 4. I don't have any examination stress

Opinions	Respondents	% of respondents
SA	89	22.36
A	128	32.16

N	33	8.29
D	91	22.86
SD	57	14.33
Total	398	100

Source: Primary Data, Survey

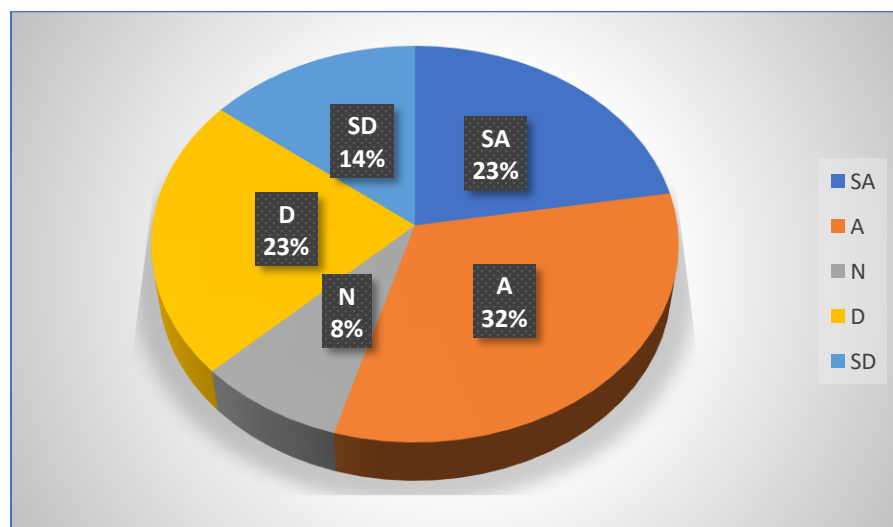


Figure 4. I don't have any examination stress

From the above table & figure, the percentage of respondents were:

SA: 22.36%

A: 32.16%

N: 8.29%

D: 22.86%

SD: 14.33%

Table 5. I always feel examination anxiety

Opinions	Respondents	% of respondents
SA	101	25.38
A	143	35.93
N	37	9.30
D	61	15.33
SD	56	14.06
Total	398	100

Source: Primary Data, Survey

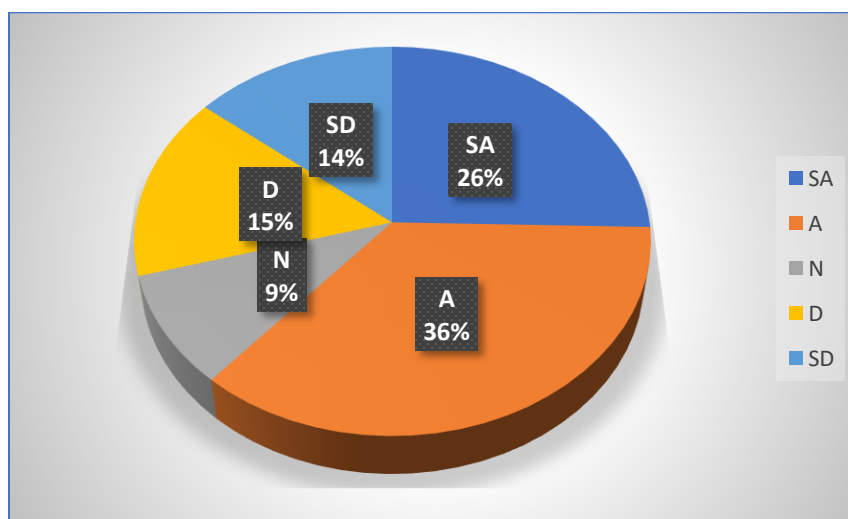


Figure 5.I always feel examination anxiety

From the above table & figure, the percentage of respondents were:

SA: 25.38%

A: 35.93%

N: 9.30%

D: 15.33%

SD: 14.06%

Table 6. I have enough emotional stability to overcome difficulties of day to day life without becoming anxious, nervous, tense and upset

Opinions	Respondents	% of respondents
SA	60	15.07
A	80	20.10
N	24	6.03
D	136	34.17
SD	98	24.63
Total	398	100

Source: Primary Data, Survey

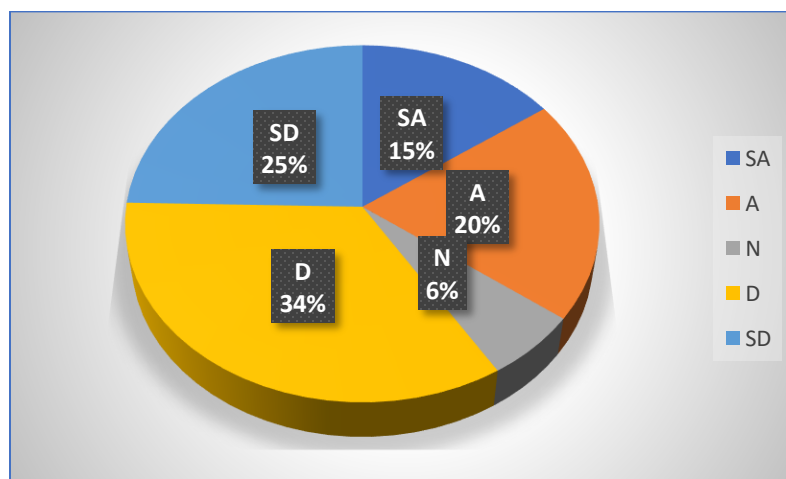


Figure 6. I have enough emotional stability to overcome difficulties of day to day life without becoming anxious, nervous, tense and upset

From the above table & figure, the percentage of respondents were:

SA: 15.07%

A: 20.10%

N: 6.03%

D: 34.17%

SD: 24.63%

Testing of Hypothesis:

So, from the above discussion, it was stated that the “**Hypothesis 2 (H₂): It is hypothesized that the mental health correlated to the college students**” has been accepted.

PART C: ACADEMIC ACHIEVEMENT OF THE COLLEGE STUDENTS SCALE

Table 7. I made myself ready in all my subjects

Opinions	Respondents	% of respondents
SA	112	28.14
A	127	31.91
N	26	6.53
D	86	21.61
SD	47	11.81

Total	398	100
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Source: Primary Data, Survey

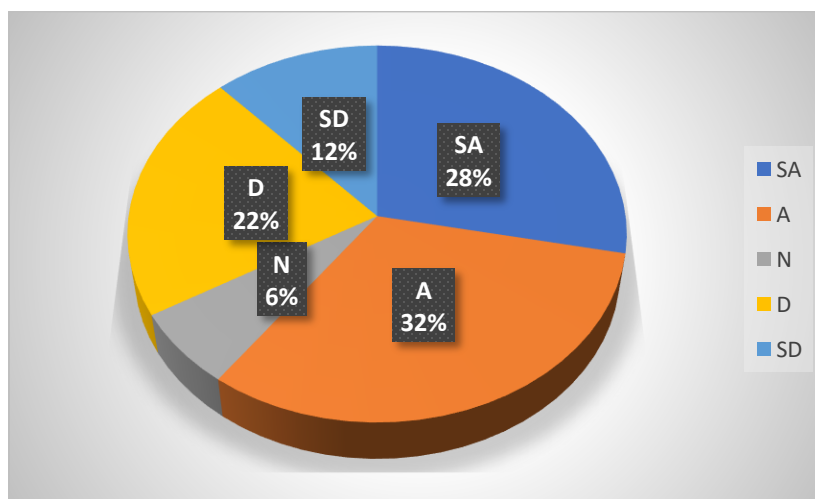


Figure 7. I made myself ready in all my subjects

From the above table & figure, the percentage of respondents were:

SA: 28.14%

A: 31.91%

N: 6.53%

D: 21.61%

SD: 11.81%

Table 8. I pay attention and listen during every discussion

Opinions	Respondents	% of respondents
SA	107	26.88
A	136	34.17

N	58	14.57
D	45	11.31
SD	52	13.06
Total	398	100

Source: Primary Data, Survey

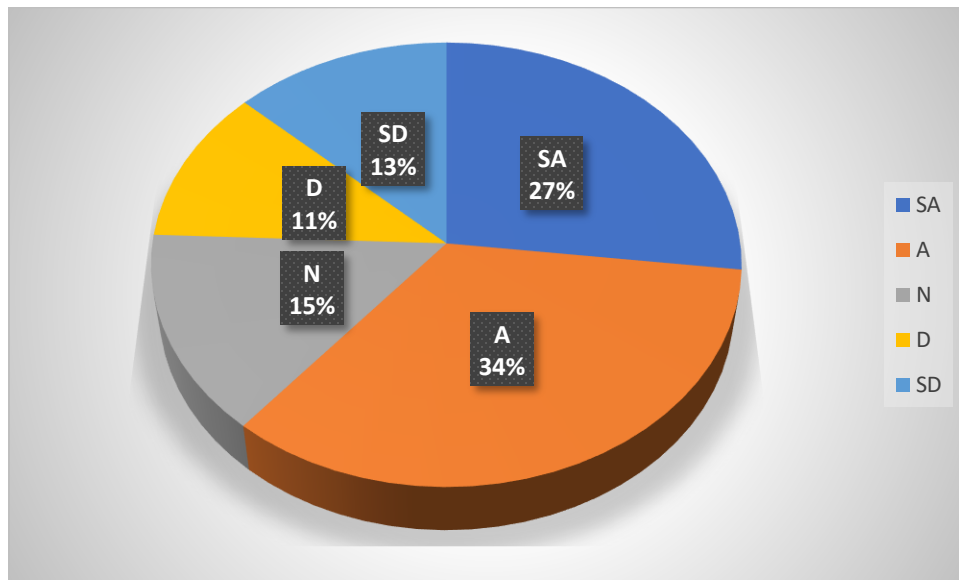


Figure 8.I pay attention and listen during every discussion

From the above table & figure, the percentage of respondents were:

SA: 26.88%

A: 34.17%

N: 14.57%

D: 11.31%

SD: 13.06%

Table 9. I want to get good grades in every subject

Opinions	Respondents	% of respondents
SA	59	14.82
A	106	26.63
N	61	15.33
D	123	30.90
SD	49	12.31
Total	398	100

Source: Primary Data, Survey

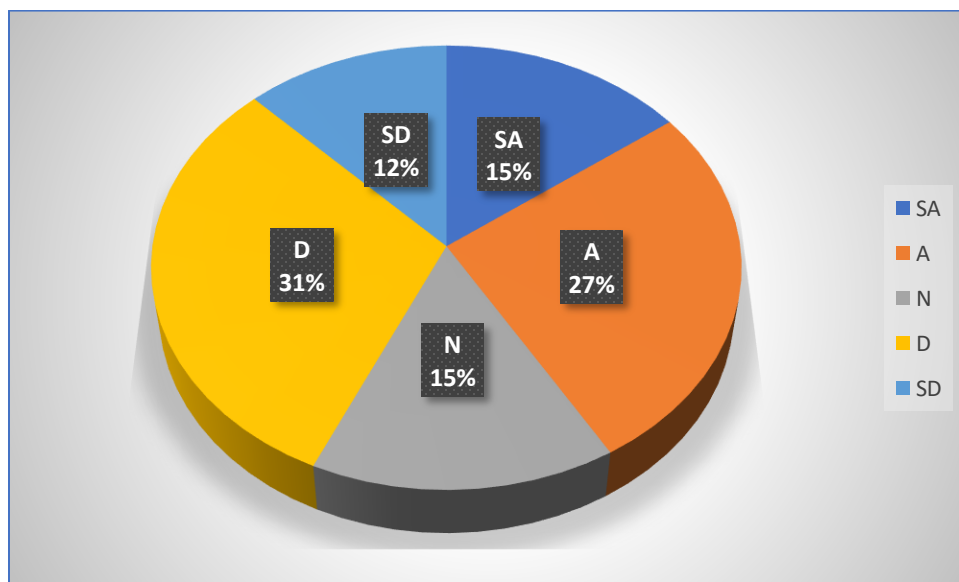


Figure 9.I want to get good grades in every subject

From the above table & figure, the percentage of respondents were:

SA: 14.82%

A: 26.63%

N: 15.33%

D: 30.90%

SD: 12.31%

Testing of Hypothesis:

So, from the above discussion, it was stated that the **“Hypothesis 3 (H₃): It is hypothesized that the academic achievement correlated to the college students”** has been accepted.

CONCLUSION:

The mental and physical well-being of humanity is progressively declining. Even though studies on physical health are taking place all over the world, the issue of mental health is getting worse every day. [5] A person's mental health includes their emotions, thoughts, and actions in response to various life events. Improving one's mental health can be as simple as taking stock of one's views on life, the universe, and oneself; assessing one's difficulties; and considering one's options. This includes the ability to manage stress, interact with others, and make decisions. Without psychopathology, adolescents and young adults lead full, productive lives devoid of debilitating symptoms. [6] They succeed in all aspects of life, from family to classroom to community. Age, gender, caste, religion, paternal education and occupation, neighborhood, neighborhood schools, socioeconomic level, and college are just a few of the many elements to think about. Many now consider a student's grades to be the best measure of their future success. [7] As a result, academic success is critical to both the educational system and education itself. What defines a student's academic performance is the degree to which class attendance leads to the acquisition of new knowledge and the enhancement of existing skills. [8] Academic achievements also include the development of subject-specific knowledge and skills, as measured by performance on standardized tests. Governments at all levels have responded to mounting pressure to raise student achievement by establishing legislation for grade-level promotion. Some have called for a return to grade retention and the "end of social promotion"

due to students' poor performance. People often mistakenly believe that allowing a pupil to stay in the same grade for an additional year will provide them with grade-level content and aid in their skill development. However, there is little evidence from education studies that grade retention is a useful strategy. On the contrary, studies have linked grade retention to several unsavory consequences. Think about whether teachers are addressing students' emotional, behavioral, and intellectual needs before suggesting they keep their grades. In today's highly competitive society, a youngster's academic performance directly determines their success or failure. These days, students are showing a lot of interest in potential careers. [9] They are increasingly focusing on their academic performance as a means of determining their social status. There are a variety of factors that influence student's academic achievement, including gender, parental education, occupation, family composition, and socioeconomic situation. A student's self-perception and the quality of their relationship with their parents strongly correlate with academic success. The decision to pursue a certain line of work during adolescence is formative. Potentially relevant social, psychological, and educational factors include an individual's goals, interests, needs, and abilities in connection to their chosen profession, as well as the influence of their parents and other close relationships. [10] Their success in high school and college also plays a significant role. Due to the abundance of possibilities, modern students struggle to make mature choices. There is a lot of pressure on students to study science or business in college, even if they don't have a genuine passion for such subjects. The reason for this is that parents often hold engineering and medical professions in higher regard than the arts. In addition to academic pressure, a lengthy list of demands, and intense competition, there's an additional burden of social guilt and condemnation if the intended outcomes fail to materialize. In today's highly competitive society, a youngster's academic performance directly determines their success or failure. These days, students are showing a lot of interest in potential careers. They are increasingly focusing on their academic performance as a means of determining their social status. Gender, parental education, occupation, family makeup, socioeconomic situation, parental connection, and self-perception are only a few of the numerous factors that contribute to students' diverse academic achievements.

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