

## STUDY HABITS OF HIGHER SECONDARY SCHOOL STUDENTS IN REACTION TO THEIR MENTAL HEALTH

**K. Aswini**

*Guest Faculty, Gandhigram Rural Institute – Deemed to be University  
Gandhigram, Dindigul, Tamil Nadu, India*

**Prof. M. Soundararajan**

*Dean of Faculty, Professor and Head, Department of Value Education  
Tamilnadu Teachers Education University, Chennai, Tamil Nadu, India*

### **Abstract**

*The main objective of this study was to find out the significant relationship between study habits and mental health of higher secondary school students in Erode district. Descriptive research method was adopted for this study. The population of the study includes the accessible higher secondary school students of Erode District. Out of them, only 388 higher secondary school students from government and private schools were taken for the study by the random sampling technique. The statistical techniques of percentage analysis, differential analysis and correlation analysis were used for data analysis. The major findings of the study revealed that there exists a significantly positive relationship between study habits and mental health of higher secondary school students in Erode District.*

**Keywords:** *Study Habits, Mental Health and Higher Secondary School Students.*

### **Introduction**

Every parent strives to provide the best education possible for their children. Most of our Indian parents spend their hard-earned money for this purpose. Still the evidences show us only few students are labelled best among others when it comes to learning assessment and evaluation. What could be the major factor or reason behind such outcomes? This question could be answered in many perspectives as it has a wide scope in the field of education. But the ultimate reason behind such impact is the study habits of the children. That study habits of children are influenced by various other factors. One such important factor that influence the study habits of children is their mental health. This study focuses on the relationship between study habits and mental health of higher secondary school students.

### **Need and Significance of the Study**

Many researchers have found that study habits as a significant factor which can be affected by various other factors like home environment, school climate and mental health as well. Study habits cover all related aspects of study such as reading, note-taking,

comprehending, planning for revision and preparing for examination. If a student has to concentrate on his or her study, here mental well-being is very much importance as it may directly affect the study capacity as well as concentration level. Since mental health is not a visible factor as like the climate of school or family, the parents and teachers has to give more importance on individual's daily routine and their progress and development in all curricular, co-curricular and extracurricular activities. These are the considerable factor which motivated the investigator to conduct this study which in turn would throw light on the influencing factors behind students study habits and also to bring some useful suggestions and recommendations.

### **Objectives of the Study**

The following are the objectives of the study:

1. To find out the level of study habits of higher secondary school students
2. To find out the level of mental health of higher secondary school students
3. To find out the relationship between study habits and mental health of higher secondary school students

### **Hypotheses of the Study**

The following are the hypothesis of the study:

1. To study the level of study habits of higher secondary school students is moderate.
2. To study the level of metal health of higher secondary school students is moderate.
3. There is no significant relationship between study habits and mental health of higher secondary school students.

### **Methodology**

Methodology describes the overall procedure and analysis used in the present study.

### **Method**

The identified problem is to be studied by following normative survey method of research which is non-experimental and comes under descriptive research method. Surveys are useful when a researcher wants to collect data on phenomena that cannot be directly observed.

### **Population and Sample of the Study**

The population of the study includes the accessible higher secondary school students in Erode district. The investigator has taken 388 sample through random sampling technique from various government and private schools in Erode district.

### Tools used for the Study

1. Study Habits Scale - Constructed by the investigator under the guidance of research supervisor
2. Mental Health Scale - Constructed by the investigator under the guidance of research supervisor

### Statistical Techniques used in the Study

The investigator used percentage analysis, differential analysis and correlation analysis for analyzing and interpreting the collected data.

### Analysis and Interpretation of the Collected Data Hypothesis - 1

To study the level of study habits of higher secondary school students is moderate.

**Table 1 The Level of Study Habits of Higher Secondary School Students**

Variable	Frequency	Low		Moderate		High		Mean	Standard Deviation
		No	%	No	%	No.	%		
<b>Study Habits</b>	388	32	8	<b>284</b>	<b>73</b>	72	19	37.71	5.304

The Table-1 reveals that the study habits of 8% of students fall under low level; 73% of students fall under moderate level and 19% of students fall under high level. Therefore the study habits of higher secondary school students in Erode District is found to be **moderate**. Therefore, the hypothesis that, 'to study the level of study habits of higher secondary school students is moderate' **is accepted**.

### Hypothesis - 2

To study the level of mental health of higher secondary school students is moderate.

**Table 2 The Level of Mental Health of Higher Secondary School Students**

Variable	Frequency	Low		Moderate		High		Mean	Standard Deviation
		No	%	No	%	No.	%		
<b>Mental Health</b>	388	80	21	<b>228</b>	<b>59</b>	80	20	31.4	4.709

The Table-2 reveals that the mental health of 21% of students fall under low level; 59% of students fall under moderate level and 20% of students fall under high level. Therefore the mental health of higher secondary school students in Erode District is found to be moderate. Therefore, the hypothesis that, 'to study the level of mental health of higher secondary school students is moderate' is accepted.

### Hypothesis - 3

There is no significant relationship between study habits and mental health of higher secondary school students.

**Table 3 The Relationship between Study Habits and Mental Health**

Pairs	N	Calculated value of 'r'	Table 'r' value	Level of Significance	Result
<b>Study Habits and Mental Health</b>	388	0.929	0.061	0.05	S

The Table-3 shows the obtained 'r' value is 0.929 which is higher than the table value (0.061) at 0.05 significance level which reveals that there exists a positive high correlation between study habits and mental health of higher secondary school students in Erode district.

Therefore, the hypothesis that, 'There is no significant relationship between study habits and mental health of higher secondary school students in Erode district' **is not accepted.**

### Major Findings of the Study

The following are the major findings of the study:

1. The study habits of higher secondary school students is moderate.
2. The mental health of higher secondary school students is moderate.
3. There exists a positive high correlation between study habits and mental health of higher secondary school students.

### Educational Implications of the Study

The investigator would like to suggest the following educations implications of the present study:

1. The government may take necessary steps like allocating mentor to the higher secondary students to follow up their study habits and mental health.
2. The teacher could design special study plans after assessing the students' strength and weaknesses, which outlines the specific needs of the students to develop appropriate learning activities which can build the students' strength.
3. It may be recommended that every higher secondary school should have their own guidance and counseling cell which is run by qualified and trained counselor.

### Conclusion

Learning can be immensely gratifying, but studying usually involves hard work. Learning how to study is really a long-term process. Good study skills can increase the students' confidence, competence, and self-esteem. They can also reduce anxiety about tests

and deadlines. By having good mental health, the students can be able to cut down on the numbers of hours spend studying, leaving more time for other things in their life. Good mental health can improve the study habits and retain knowledge. Students who use effective study habits may feel their work and effort is more worthwhile.

## References

1. Verma, A. (2016). A study of academic achievement among high school students in relation to their study habits. *International Journal of Research in Humanities, Arts and Literature*, 4(3), 75-88.
2. Beames, J. R., Johnston, L., O'Dea, B., Torok, M., Boydell, K., Christensen, H., & Werner-Seidler, A. (2022). Addressing the mental health of school students: Perspectives of secondary school teachers and counselors. *International Journal of School & Educational Psychology*, 10(1), 128-143.
3. Capuno, R., & Necesario, R. (2019). Attitudes, study habits, and academic performance of junior high school students in mathematics. *International Electronic Journal of Mathematics Education*, 14(3), 547-561.
4. Danowitz, A., & Beddoes, K. (2022). Mental health in engineering education: Identifying population and intersectional variation. *IEEE Transactions on Education*, 65(3), 257-266.
5. Gahir, S. (2022). Relationship between study habits and academic achievements of secondary school students. *Contemporary Research in Education and English Language Teaching*, 4(9), 1-9.