

## STUDY HABITS AND MENTAL HEALTH AMONG ADOLESCENTS

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### Abstract

*Study is the application of mind in books or similar material for the purpose of learning what is not known. Habit refers to the habitude, practice and custom, a routine way of responding or acting. Habits refer to a sense of behaving that has become more or less fixed. Habits signify a way of acting or thinking frequently enough leading to unconscious behaviour. Study habit implies a sort of more or less permanent modes or methods of studying. The turmoil in the mind affects the mental health of an individual. It is a way of developing effective responsibilities to live a balanced life. Mental Health is the person's overall emotional and psychological condition. In this age of rapid growth and development of industrial civilization, neglect of basic human values and cut throat competition for acquiring maximum wealth and material facilities, the thing which is mostly desired in almost all the societies of the world is the need of good mental health. Adolescents are most important assets of a country because they are tomorrow's human potential required for the country's development. It is therefore necessary that adolescents of today should be healthy i.e. both physically as well as mentally. They should be able to contribute their maximum to the national development. Without good mental health, adolescents and their future is nothing and aimless. Study habits are the sure outcome of full concentration. For achieving that concentration, good mental health is needed.*

*Key words – Study Habits, Mental Health, Adolescents, Progressivism, Turmoil.*

## INTRODUCTION

Modern age is the era of progressivism, which is full of competition. Everybody takes part in this race of competition to defeat others. Every person makes some goals and does his best to achieve those goals. Today everyone has developed a competitive zest to compete with others to achieve life's goals. The future of any country depends on the quality of its young people, their aspirations, their ambitions, their character, especially their sound mental health. With all such efforts, the nation achieves excellence. The efforts to develop such

qualities in young people start in their early childhood. Excellence in education is of prime importance for parents, teachers etc. To achieve excellence, the sound mind, sharp memory, keen observation etc. play very important role. But because of individual differences everyone has different abilities, potentialities, aspirations, personalities, I.Q. level, mental health etc. Everyone's performance is also different for the same task. Education plays an important role in the success of a person, in the development of a village, a city, a state and especially a country. It is the external process for progressive development of man's innate powers-physical, mental social, cultural, moral and spiritual. Education as in common usage is merely the delivery of knowledge, skills and information from teachers to the students. But it is inadequate to capture what is really important for becoming educated.

Human beings are known as the creatures of habits. It is rightly said that character is a bundle of habits. This reveals the importance of habits in character. Education helps the learners in the development of their personality with the attainment of knowledge by the way of good study habits. The word 'Study Habits' comprises of two words, which are study and habits. Study is application of mind for acquisition of knowledge. When someone concentrates on a particular subject to know and to understand, he studies. Study is a deep thought process. It is a detailed investigation and analysis of a subject or phenomenon. So, study is the application of mind in books or similar material for the purpose of learning what is not known. It is to be eager, diligent, a state of absorbed, contemplation. Sorenson (1993) "Effective methods of study consist basically in applying those fundamental principles which under line efficiency." Habit refers to the habitude, practice and custom, a routine way of responding or acting. Habits refer to a sense of behaving that has become more or less fixed. Habits signify a way of acting or thinking frequently enough leading to unconscious behaviour. Habits are sometimes compulsory. Habits spontaneously converted in memory. Habits are learnt by doing a thing over a number of times. So, we can say Study Habit is the sum total of all the habits, determined purposes and enforced practices that the individual has in order to learn." Onubugwn (1990) "Study Habits is the technique, a student employs to go about his or her studies which are consistent and have become stereotyped as a result of long application or practice." Study habit implies a sort of more or less permanent modes or methods of studying.

The present society is filled with competition, urbanization, population explosion, unemployment with uncertain future. The turmoil in the mind affects the mental health of an individual. It is a way of developing effective responsibilities to live a balanced life. Mental

Health is the person's overall emotional and psychological condition. In this age of rapid growth and development of industrial civilization, neglect of basic human values and cut throat competition for acquiring maximum wealth and material facilities, the thing which is mostly desired in almost all the societies of the world is the need of good mental health. It is very important part of life to secure proper mental health. Mental Health stands for the health of mind. It is the state of emotional and psychological well-being in which an individual is able to use his/her cognitive and emotional capabilities, function in society and meet the ordinary demands of everyday life. It is all about how we think, feel and behave. It reflects on how people view themselves and others and their own lives. Mental Health affects how we view and as a result, how we handle life's challenges and problems. It also impacts how we explore our surroundings and make choice in our life. Handling stress relating to others and decision-making are all functions of Mental Health. Knowing how everything in our lives is a reflection of our mental health. It is understandable why mental health is an integral part of one's overall health. Mental health is a balance between all aspects of life: social, physical, spiritual, emotional and economic. So, mental health functions in the same way as the physical health is supposed to concern with the health of physical organs and their functioning. It is the quality of the personality of a person. Mental Health is a factor for adjustment to the world in various difficult situations. A mentally healthy person knows that change is a part of life and he welcomes it. By planning for the future, he can make his own destiny. He takes his own decisions and then accepts responsibility for making them. When he makes a mistake, he acknowledges it. He resolves never to make the same error again and learn something new and try to improve his personality. Mental Health is also helpful in preventing various mental ailments and physical diseases.

Adolescence is very crucial period of one's life. The growth achieved, the experiences gained, responsibilities felt and the relationships developed at this stage destine the complete future of an individual. It is defined in the Dictionary as the period of life from puberty to maturity. For the biologist 'Adolescence' is a period of rapid growth. Adolescence is also a social phenomenon. The sociologist may describe adolescence as a period when society has ceased to regard the young individual as a child, but has not yet accorded him full adulthood status. Technically speaking a child is described as an adolescent when he achieves puberty that is when he has become sexually mature. He ceases to be an adolescent, when he has acquired maturity to play the role of an adult in his society or culture. Maturity as the term used here, does not mean mere physical maturity, it also implies mental, emotional and social

maturity. Adolescents are most important assets of a country because they are tomorrow's human potential required for the country's development. It is therefore necessary that adolescents of today should be healthy i.e. both physically as well as mentally. They should be able to contribute their maximum to the national development. Without good mental health, adolescents and their future is nothing and aimless. They are living in the era of modernization, westernization, privatization and globalization, which gives them a competition to be successful and be satisfied in life. In competition some get victory and some defeated. Defeat brings frustration which further leads to stress. Adolescence period is already known as period of stress and strain. They may not show good performance in study and also in life. This may lead towards destruction. So, to achieve success and satisfaction in life, good mental health is necessary. Study habits are the sure outcome of full concentration. For achieving that concentration, good mental health is needed. Specially adolescents suffer with lack of concentration due to various changes.

### **STATEMENT OF THE PROBLEM**

A COMPARATIVE STUDY OF STUDY HABITS AND MENTAL HEALTH AMONG ADOLESCENTS FROM CBSE AND PSEB AFFILIATED SCHOOLS

### **OBJECTIVES OF THE STUDY**

1. To find the difference between study habits of adolescents studying in PSEB affiliated schools and CBSE affiliated schools.
2. To find the difference between mental health of adolescents studying in PSEB affiliated schools and CBSE affiliated schools.
3. To find the relation between study habits and mental health of adolescents studying in PSEB affiliated schools.
4. To find the relation between study habits and mental health of adolescents studying in CBSE affiliated schools.
5. To find the relation between study habits and mental health of adolescents.

### **HYPOTHESES OF THE STUDY**

1. There will be no significant difference between study habits of adolescents studying in PSEB affiliated school and CBSE affiliated schools.
2. There will be no significant difference between mental health of adolescents studying in PSEB affiliated schools and CBSE affiliated schools.
3. There will be no significant relation between study habits and mental health of adolescents studying in PSEB affiliated schools.

4. There will be no significant relation between study habits and mental health of adolescents studying in CBSE affiliated schools.
5. There will be no significant relation between study habits and mental health of adolescents.

## METHOD AND PROCEDURE

The study is delimited to the sample of 200 adolescents studying in 9<sup>th</sup> to +2 class which will be equally divided into 100 adolescents from P.S.E.B. affiliated schools and 100 adolescents from C.B.S.C. affiliated schools of Hoshiarpur city of Punjab.

The following tools were used for the present study:

### 1. Study Habits Inventory (PSSHI) by Palsane and Sharma.

Procedure of scoring is quite simple. For 'Always' or 'Mostly' response, score of 2 is awarded, whereas 1 and 0 scores are to be given for 'Sometimes' and 'Never' response respectively.

In case of statement Nos. 6, 9, 13, 15, 24, 26, 34, 36, 37, 41 & 42 the weightage of scoring is reversed and it is as 0, 1 and 2 for 'always', 'sometimes' and 'never' responses respectively. The maximum obtainable score is 90. Higher score indicates good study habits

### 2. Mental Health Inventory (MHI) by Dr. Jagdish and Dr. A.K. Srivastava.

In the present scale, 4 alternative responses have been given to each statement i.e. 'Always', 'often', 'rarely' and 'never' 4 scores to 'Always', 3 scores to 'Often', 2 scores to 'Rarely', and 1 score to 'Never' marked responses as to be assigned for true keyed (positive) statements where as 1, 2, 3 and 4 scores for 'Always', 'Often', 'Rarely' and 'Never' respectively in case of false keyed (negative) statements. The over lined items are negative while remaining positive.

## ANALYSIS AND INTERPRETATION

### HYPOTHESIS – I

“There will be no significant difference between Study Habits of Adolescents studying in PSEB affiliated Schools and CBSE affiliated Schools.”

Category	N	$\bar{X}$	$\sigma$	S.E <sub>D</sub>	t-ratio	Remarks
CBSE	100	63.09	13.52	1.67	6.30	Significant
PSEB	100	52.55	9.86			

From the table it is clear that the mean of adolescents studying in CBSE affiliated schools is 63.09 and mean of adolescents studying in PSEB affiliated schools is 52.55. Standard Deviation of adolescents studying in CBSE affiliated schools is 13.52 and of

adolescents studying in PSEB affiliated schools is 9.86. T-ratio is 6.30, which is highly significant even at 0.05 level of confidence. Hence the hypothesis, “There will be no significant difference between Study Habits of Adolescents studying in PSEB affiliated Schools and CBSE affiliated Schools” is rejected.

So there is highly significant difference between study habits of adolescents studying in PSEB affiliated schools and CBSE affiliated schools.

### **HYPOTHESIS – II**

“There will be no significant difference between Mental Health of Adolescents studying in PSEB affiliated Schools and CBSE affiliated Schools.”

Category	N	$\bar{X}$	$\sigma$	S.E <sub>D</sub>	t-ratio	Remarks
CBSE	100	164.17	23.42	2.56	7.85	<b>Significant</b>
PSEB	100	144.10	10.27			

From the table it is clear that the mean of adolescents studying in CBSE affiliated schools is 167.17 and mean of adolescents studying in PSEB affiliated schools is 164.10. Standard Deviation of adolescents studying in CBSE affiliated schools is 23.42 and of adolescents studying in PSEB affiliated schools is 10.27. T-ratio is 7.85, which is highly significant even at 0.05 level of confidence. Hence the hypothesis, “There will be no significant difference between Mental Health of Adolescents studying in PSEB affiliated Schools and CBSE affiliated Schools” is rejected.

So there is highly significant difference between mental health of adolescents studying in PSEB affiliated schools and CBSE affiliated schools.

### **HYPOTHESIS – III**

“There will be no significant relation between Study Habits and Mental Health of Adolescents Studying in PSEB affiliated School”

Category	N	r	Remarks
Study Habits	50	0.99	<b>Highly Significant</b>
Mental Health	50		

From the table it is clear that the correlation between study habits and mental health of adolescents studying in PSEB affiliated schools is 0.99 and this relationship is highly significant. Hence the hypothesis, “There will be no significant relation between Study Habits and Mental Health of Adolescents studying in PSEB affiliated Schools” is rejected.

So there is highly significant relation between study habits and mental health of adolescents studying in PSEB affiliated schools.

**HYPOTHESIS – IV**

“There will be no significant relation between Study Habits and Mental Health of Adolescents Studying in CBSE affiliated School”

Category	N	r	Remarks
Study Habits	<b>50</b>	<b>0.98</b>	<b>Highly Significant</b>
Mental Health	<b>50</b>		

From the table it is clear that the correlation between study habits and mental health of adolescents studying in CBSE affiliated schools is 0.98 and this relationship is highly significant. Hence the hypothesis, “There will be no significant relation between Study Habits and Mental Health of Adolescents studying in PSEB affiliated Schools” is rejected.

So there is highly significant relation between study habits and mental health of adolescents studying in CBSE affiliated schools.

**HYPOTHESIS – V**

“There will be no significant relation between Study Habits and Mental Health of Adolescents”

Category	N	r	Remarks
Study Habits	<b>100</b>	<b>0.98</b>	<b>Highly Significant</b>
Mental Health	<b>100</b>		

From the table it is clear that the correlation between study habits and mental health of adolescents is 0.98 and this highly significant. Hence the hypothesis, “There will be no significant relation between Study Habits and Mental Health of Adolescents” is rejected.

So there is highly significant relation between study habits and mental health of adolescents.

**EDUCATIONAL IMPLICATIONS**

1. The study will help teachers to know the difference between the study habits of adolescents studying in PSEB affiliated and CBSE affiliated schools.
2. The study will help teachers to know the difference between the mental health of adolescents studying in PSEB affiliated and CBSE affiliated schools.
3. The study will help teaches to understand the correlation between study habits and mental health of adolescents studying in PSEB affiliated schools.
4. The study will help teachers to understand the correlation between study habits and mental health of adolescents studying inn CBSE affiliated schools.

5. The study will help teachers to understand the correlation between study habits and mental health of adolescents.

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