

## A Comparison between happiness mental health and performance in boarding and day school students

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**Abstract: Background:** With the increasing importance of mental health and happiness on the increase of human mental abilities and enhance its effectiveness in coping with complexity, the view of researchers and scholars, and even ordinary people about it has changed. This article will look at comparing happiness and mental health and academic performance of students and schools are boarding. The research method so events or causal - are compared. The study population consisted of all students in middle and high schools in the academic year 1390-91 in Larijan and Amol were enrolled. Total of secondary school students were 8255 that among them, 325 people had a boarding student; also, all high school students enrolled in were 6083 that 203 people who were studying in boarding. A total of 13810 students in middle school and high school were studied, 514 students were selected randomly. From a total of 528 students in secondary school and studying at a boarding, a total of 240 subjects were selected by random cluster type. In order to collect data from the Oxford Happiness Questionnaire and Mental Health (GHQ-28) and the average of all courses in the semester (February-May) was used as academic performance. To ensure the accuracy of the response, the questionnaire between the three groups of students studying in different parts of the city that were distributed to segregated schools. Total of 193 questionnaires between poor schools and a total of 294 questionnaires among school students and half of the total of 267 questionnaires were distributed among high school students. The students aged were among 12-17 years old. In addition, at the secondary level of education was considered. Results showed that between happiness and mental health of students in boarding schools and that there are significant differences. Similarly, there was no significant difference between happiness and high school students, but between the welfare of poor students and a half and there is a significant difference. Contrary to the hypothesis, happiness, high school students are poor and more than half of the schools, as well as the academic performance of students in boarding schools and there is a significant difference.

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### Introduction

Nowadays, the most selling drugs used for psychiatric disorders, hypertension, cardiovascular diseases and ulcers. The most common causes of disability, psychiatric disorders, rheumatoid arthritis and diabetes are the most common cause of cancer mortality, and cardiovascular disease. The cause of all these diseases, stress has a prominent role. According to some scientists, all aspects of the disease in humans are associated with stress. This condition only involves mental illness or mental illness - but do not cover all diseases, physical tone, such as cancer and tuberculosis (Abolghasemi, 1999). Good health and longevity indicate physical strength, and there is direct evidence showing that positive emotions predict health and longevity (Seligman, 2010). An important factor in psychological health, personal life, social, familial and organizational measures necessary for a successful life in the fields of occupational, educational, familial, and behavioral (Shamlou, 1987). Today, with the advent of Hypochondriasis approach holistic view of health, the health of which centered on one hand, it is a disease

(and death) and on the other hand, health is not considered. It consists of a continuum of health is first and second is passive and does not require the development of individuals, groups, communities, the environment and society as a whole and contribute to the preservation and creation of active (Behzad, 2002).

In the complicated world that man has been able to capture the long steps in the field of science and nature, inventions and bring baggage to the stunning developments in the science of human life is leading, but despite all this progress is still not in the realm of self-mastery and freedom from internal pains, stress, mental fatigue, mood swings and mental illness have achieved significant success, It seems that nothing but moral support, but not positive thinking and inner transformation of humanity from all the chaos of mental disintegration and save disunity (Piell, 1992). Unlimited capacity to love people have come into the world, but the real growth warmth, kindness, compassion, optimism and happiness are just a safe, enjoyable events and intimate interpersonal relationships can be achieved,

there is no doubt that happiness is contagious condition (Rice, 2009). At present, progress and achievement of our students and their families and the community is very important, thus, understanding the psychological aspects of the students and their reactions in certain circumstances, can act as a powerful educational tool to help and may lead to an increased impact of educational tools for students, teachers and the education system is the most economically advantageous (Chowdhory & Amin, 2006; quoted by Atashrooz et al., 2008). In this study, mental health, happiness and academic performance as the dependent variable and the independent variables are defined, so the main question of this study was to compare the happiness and mental health and academic performance of students who attend boarding schools and, in fact, the main lines of follows:

- A) Training of happiness and mental health;
- B) Review their role in academic achievement.

#### Literature review:

In modern terms, the main concern of every person's life, his way of thinking and approach to issues and events. In modern terms, the main concern of every person's life, his way of thinking and approach to issues and events. We have a good community to promote positive thinking and vision needed to be happy, that's why did system of beliefs and expectations that a man can keep his illness (Mitus, 2006). From the very beginning of human thought, the great thinkers to talk about human life and have a good life, Some people perfect their wealth, some in meaningful relationships and others are helping those in need, They all differ in terms of external appearance, but have a sense of shared mental health (Eddington & Shoman, 2005). Lama believes happiness is our main goal, whether religious or not, and the man believed to be religious, human activity and movement to achieve happiness (Sadeghian, 2007). Meanwhile, the science of psychology in recent year's great importance to the role of coping strategies and quality of life of people believe it is their physical and mental health status (Sadeghi, 2009).

With the increasing importance of mental health and happiness in the happiness and the impact of the strengthening mental powers to deal with the complexities and challenges of today's world, the attention of researchers and scholars have even ordinary people to change, In fact, each person has different ways of facing up leads him to happiness and health, to regulate their emotions and behavior can identify things and situations that can cause pain and problems and are in distress or in peace and comfort and analysis of motives and their capabilities

can be a verb rather than accept whatever comes to hand select Enabled (Atkinson et al, 2010). Important indicators of quality of life is joy, so that the interests and desire of the human propensity to joy, because the person has a special status due to the nature of love and self-preservation instinct of what is exhilarating and relaxing would be welcome (Sharafi, 2009). It is important to note that you should always brush once or contempt against raising thoughts of their own grief alarm lucky we live or the major (Nisans, 1939) and know that whatever is in the heavens, is in the earth achievable (Dyer, 2001). According to Salovay et al. studies, among two thousand emotions, especially joy, activity improve cardiovascular and immune systems (Salovay et al, 2000).

Happiness is a positive sense of satisfaction and happiness is expressed with words such as the word in various sources such words as happiness, life satisfaction, positive emotions, meaningful life and is expressed in such terms, one of the words that frequently "used in the literature of happiness is a term well-being, Throughout the literature, the two terms are used as alternatives to each other, general welfare "as a cause of mental and physical server and an internal high as it goes, prosperity can be fully included in the life of the balance between the various components, such as components of emotional, physical, religious, and as a result, happiness and the good life that can be the person (Easterlin, 2002). In addition, we have full faith that human health is one of the great blessings and favors can not be denied mental health is highest among people who one way or another with the mentally ill, mentally retarded and addicted to drugs to deal It has full belief (Milanifar, 1997). In any case, social and economic factors have significant impact on health and health services for the people. The World Health Organization (WHO) defines health as: the welfare state of complete physical, mental and social, and not merely the absence of disease (Kaplan, 1997).

All experts agree that mental health is a fundamental role in the development of character, imagination harmonious human development is impossible without mental health is one of the main goals of education is to fulfill the moral virtues in human. As far as ethics is to improve the integrity of the Prophet, in fact, all the elements and principles of Islam, including branches in all aspects of life, social and worldly and otherworldly is manifested in ethics (Karimi, 1999). But on the basis of health and mental illness can be said of Islam: Islam is a normal character, soul and body be balanced character that needs to be satisfied either, normal human character and strong body and healthy it is important, holy law

considered valid to the extent it needs to meet and at the same time believes in God, worship and doing things that are God's satisfaction and the things that are God's wrath is avoided (Sharqhavi, 1987). Imam Ali (PBUH) about the positive emotions of joy and happiness, which is stated: happiness causes expanding confidence and vitality (Khodaei, 2010). The main issue at present is whether happiness, mental health and academic performance of students and ordinary boarding schools different?

- 1- Happiness is different from the normal boarding school.
- 2- Mental health is different from the normal boarding school.
- 3- Boarding schools and academic performance of students is different from normal.
- 4- Happy students vary depending on school and academic courses.
- 5- Depending on the mental health of students attending different schools.
- 6- Depending on the academic performance of students attending different schools.

#### Methods of data analysis:

As already mentioned, the aim of this study was to investigate the relationship between happiness, mental health and academic performance of students in secondary school. The data collected in this study were collected and analyzed. Statistical methods of data analysis, descriptive statistics and inferential statistics are presented in two parts. In descriptive statistics, measures of dispersion and central tendency estimates and statistics in order to answer the research questions, each question of appropriate statistical techniques are used. Statistical methods for analyzing and interpreting the data in this study are as follows:

- One group Kalmogorov- Smiranov Test in order to determine the normality or non-normality of the variable distribution of the one group Kolmogorov - Smirnov test was used.
- Spearman correlation test: To investigate the functional significance of the relationship between education, health and welfare of eligible non-parametric tests, Spearman correlation test was used.
- One-way analysis of variance (ANOVA) with Scheffe test: To test the hypothesis, a comparison of the condition of school facilities (high, mid and low importance) on the happiness variable was eligible parametric tests were used for one-way analysis of variance. For this reason, the results of this test indicate that the mean difference is significant. The comparison of unequal size, the Scheffe test for significant differences in follow-up analysis of a group is used.

Kruskal - Wallis and Mann-Whitney U post hoc test: To test the hypothesis, a comparison of the condition of school facilities (high, mid and low importance) the public health and academic performance variables that were not eligible parametric test of Kruskal - Wallis, nonparametric equivalent of a one-way ANOVA was used. For this reason, the results of this test indicate that the mean difference is significant compared to the lack of parametric test conditions Whitney U test was used to compare binary.

Independent t-test: To test the hypothesis, a comparison of the degree (and high schools) and school type (normal clock) on the happiness variable parametric tests were qualified independent t-test was used.

Mann - whitney U Test: To test the hypothesis, a comparison of the degree (and high schools) and school type (normal clock) variable in public health and the academic performance of parametric tests were not eligible Mann - whitney U Test was used.

#### Statistical analysis of data

This section will examine each of the research hypotheses. All research hypotheses at a significance level of  $P \leq 0.05$  were assessed.

#### Results

The results of the survey findings related to each research hypothesis are as follows:

1 - First hypothesis: Happiness is different from the normal boarding school:

The results indicate that there is a significant difference between happiness and ordinary boarding school students are significant, we conclude that happiness is different from the ordinary boarding school students.

This result clearly demonstrates the important role of families in the child welfare, direct research in this direction can be found, but these findings is consistent with researches of Kisha et al. (2009) and Nikoogofar (2009) and Sabatz and Hammond (2008) and Shakiba et al. (2011).

They were shown the influence of family relationships on happiness and a warm and friendly environment that nurtures family and emotional ties between members of happy people with good mental health and good character and social and high academic performance. Because children in intact families lap learn many useful lessons. This may result, in part, the findings is consistent with Bahmani et al (2010) studies. The study showed that the activity of study, how to study and how to spend leisure time with family members, including areas that will cause tension. This stresses not only the

physical and mental health, learning and academic achievement, but also puts at risk.

The findings Jafari (2003) is also consistent when it came consequently the feelings that contribute most to the happiness of students, as well as develop a healthy personality, anxiety and joy away from the delight of students.

2 - Second hypothesis: Mental Health and ordinary boarding school students are different.

Based on the results of psychological and physical symptoms and impairment in social functioning subscales and depression and normal boarding school, there are significant differences. The findings of the study, Cunningham (2006), and patient and colleagues (2011), which was quite comparable between the two groups under Welfare and girls high school girls in Zahedan University, which showed a significant difference in mental health. Girls High School girls headed towards the welfare-scale summarization, interpersonal sensitivity, depression, anxiety, aggression, phobias and psychoses, respectively, had higher grades and were in a worse situation. The findings Mirsamiei (2008) and Ahadi & Banijamal (1993) also found that people who suffer from anxiety have lower levels of mental health.

3- The third hypothesis: ordinary boarding schools and academic performance of students is different.

Boarding schools, and general academic performance is significantly better performance of students and schools that are open to role of the family as the center of October for the Advancement of the revealed that Chen et al. (2003); Kisha et al. (2009) and Bahmani et al. (2010). Their research showed that on the academic achievement of students, Appropriate to conclude that parents and how to deal with their significantly predicts academic achievement, and stress for students who live with their parents are less than the average, Also, with the race of Soleiman Nezhad (2002) and Mousavi (2012) also found along the dimensions of anxiety and social issues can affect academic performance.

4- The fourth hypothesis: Happiness students vary depending on school and academic courses.

The welfare of poor students, and a significant part of its case directly to the point it can not be found, but this assumption can be aligned with the research Desai et al. (1982); Hartovi and Estarbik (1997); Verse and Quince (2005), Jafari (2003) and Taherdoost (2011). The study found that a variety of factors, including recreation facilities, and can cause feelings of happiness of students, and the largest in the cultivation their spouses would be personality healthy of the all and happiness to be more away. However, Desai et al. (1982); Hartovi and Estarbik (1997) and Verse and Quince (2005) as the happiness

and success of the scientific study several experiments demonstrated that the relationship between success in school and life is good.

In fourth hypothesis, Happiness is different from middle school and high school students. Significant differences between middle school and high school students, there is happiness, that the research Miciez (1999) is aligned with research and Kastriano, Sabatz and Hammond (2008) found the opposite, that higher education levels are lower happiness.

5- The fifth hypothesis: students' mental health education courses vary depending on the type of school.

Its subscale between mental health and school, semi-weak, there are significant differences. This hypothesis is in line with results of Mirzaei (2007); Karshki (2008), Nikoogofar (2009), and Shakiba et al. (2011) and Walker (2010). They concluded their investigation into the social fabric of the school or non-profit of the normal component of the positive impact on health. Component of spiritual intelligence and education and health centers in schools with a high-quality education and health, the components of spiritual intelligence students on their general health. The social and emotional skills leads to a complex situation regarding the education of children and youth, social, health and citizenship are in line with increasingly faced with, are considered. In fifth hypothesis, Mental and secondary school students are different.

Subscales between mental health and physical symptoms, anxiety and insomnia and high school students, there are significant differences, however, between the subscales of social dysfunction and depression in middle school and high school students, there is no significant difference in scores mental Health schools have over students from other schools is clear.

The findings are consistent of the Tat study (2011) and Masoudzadeh et al (2005) and Omidi et al (2003). They found the mean educational level of the components are different mental health disorders increased with age between basic education and some aspects of mental health including the patient's own negligence, there was a significant correlation between anxiety and depression.

It also has is not in line with Mousavi's study (2012) that found that the economic situation - is it the same amount of social anxiety is lower, because individuals with high socioeconomic status are more recreational activities and facilities he has less anxiety and depression.

6 - The sixth hypothesis: academic performance will vary depending on school and academic courses.

The poor academic performance of school students, half of importance and there is a significant difference. The findings are aligned with the research of Ali Bakhshi (2010), Mamghani (1995); Saeidi et al (2010); Kisha et al (2009); Hinoshik (2008) and Rio (1998). The educational facilities and teachers' self-regulated learning skills and study skills and academic performance, social and economic context of effective. Also is one of the most important aspects of the general and specific social context of the

school and the district of residence of the person that can affect perceptions of the environment and goals different effects progress social fabric, and the requirements task, undeniable effects of the goals of environmental perception and development.

This study also opposed to Bosatou et al. study (2000) found that academic research is only the consequence of individual intelligence or hardware features not found in the psychological aspects of learning are also important.

First hypothesis: Happiness level is different in the normal and boarding school. (Table 1)

T test			Levene's Test		No.	Groups	Variable
Sig Level	df	t	Sig Level	F			
*0.004	402.088	2.924	0.114	8.271	240	boarding	Happiness
					514	Normal	

It's significant in  $P \leq 0.05$  level.

Second hypothesis: Mental Health is different in the normal and boarding school.

Sig level	t Table	t	Average rating	No.	Groups	Variable
0.005	1.96	-2.824	410.12	240	Boarding	Physical symptoms
			362.27	514	Normal	
0.067	1.96	-1.832	398.70	240	Boarding	Anxiety and insomnia
			367.60	514	Normal	
0.034	1.96	-2.125	402.08	240	Boarding	Impairment in social functioning
			366.02	514	Normal	
0.002	1.96	-3.075	412.16	240	Boarding	Depression
			360.55	514	Normal	
0.001	1.96	-3.251	415.22	240	Boarding	Mental Health
			359.89	514	Normal	

It's significant in  $P \leq 0.05$  level.

Third hypothesis: ordinary boarding schools and academic performance of students is different.

Sig Level	t Table	t	Average rating	No.	Groups	Variable
0.0001	1.96	-10.321	394.45	240	boarding	Academic Performance
			242.20	514	Normal	

It's significant in  $P \leq 0.05$  level.

Fourth Hypothesis: Happiness poor students, half of importance and different.

ANOVA			Levene's Test				No.	Groups	Variable
Sig Level	df	F	Sig Level	df2	df1	F			
0.0001	2	16.374	0.071	751	2	2.661	193	Weak	Happiness
							294	Average	
							267	Strong	

It's significant in  $P \leq 0.05$  level.

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