

## A study of mental health and academic achievement of potential delinquents and non-delinquents

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**Abstract:** The present paper examines the mental health and academic achievement of potential delinquents and non-delinquents of District Kulgam in Kashmir. The sample for this study was 50 delinquents and 50 non-delinquents, identified on the basis of 75<sup>th</sup> percentile and 25<sup>th</sup> percentile after the administration of delinquency proneness scale. The results revealed that there is a significant mean difference between delinquents and non-delinquents on various dimensions of mental health and academic achievement.

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### 1. Introduction

Among God's creation man is supposed to occupy the pride position at the top. Man holds a unique and most significant place in creation of nature among all other living beings. The very reason that makes him distinct and unique is his intellect. Other living beings while mostly depend upon nature for their survival and are bound to live in conditions they find man in most of the circumstances controls them with the help of his intelligence virtually, the present state of advancement reveals the story of man's unbroken efforts of man to overcome the odds of nature. In the scale of evolution, Birds and animals are left for behind. How does it happen? The possession of mind and its manifestation demarcates the homo-sapiens from the sub human species. However mastery of mind alone contributes to well being of human beings. Man and animals share common needs that are basic but man is not satisfied with fulfillment of basic needs. His mind permits him to go beyond the four walls of basic needs and to think about the fulfillment of other needs. There are five levels of needs that is physiological need, safety need, belongingness need, and self actualization need. During satisfying these needs man finds himself in stress and strain which contributes the imbalance of mental health. Therefore in order to avoid imbalance of mental health one needs guidance how to face the problems of life. This emphasizes the need of mental hygiene. Mental health is the ability which helps us to seek adjustment in difficult situations of our life. A mentally healthy person is one who is happy himself, lives peacefully with his neighbours, makes his children healthy citizens and does something for the welfare of society according to his capacity. In fact a mentally healthy person is able to adjust himself with his environment and attempts for progress of himself,

his family and society. So adjustment with environment is the chief characteristic of mental health. More adjusted a person is more mentally healthy he would be considered. A healthy person is able to understand every new situation to adopt himself to it or he can make the situation adopt to him. Thus mental health is such a method of leading life in which person's adjustment with environment is complete. Mental health is the adjustment of individual to themselves and world at large with maximum effectiveness, satisfaction, cheerfulness, and ability of facing and accepting the realities of life. The highest degree of mental health might, therefore, be described as that which permits an individual to realize the greatest success which his capabilities will permit, with a maximum of satisfaction to himself and the social order, and a minimum of friction and tension. A mentally healthy person is characterized by: self evaluation, adjustment, maturity, regular life. Mental health is the full and harmonious functions of whole personality. Mental health is a relatively enduring state where in the person is well adjusted, has a zest for living. And is attaining self realization. It is a positive state and not mere absence of mental disorder. Mental health is the terminus as well as starting point. We may say mental health is momentum of life. A mentally healthy person is one who actively masters his environment, demonstrates a considerable unity or consistency of personality and is able to perceive self and world realistically. Such a person is also able to function effectively without making undue demands upon others. Mental hygiene is a separate discipline and is relatively new, having originated in the present century. This branch of science deals with the attainment and preservation of mental health it emphasizes build up rather than down another's ego it

stresses tolerance and praise as opposed to blame and punishment. A mentally healthy individual is that, who adjusts to new situation with a new way with least disturbance and delay. He makes the fullest possible use of existing opportunities and adjusts to every new situation that presents itself, is a cool individual who deals coolly and patiently in every novel circumstance. Mental health which today is recognized is an important aspect of one's total health status, is as basic factor that contributes to maintenance of physical health. It is normative status of well being and it is the condition which is characteristic of average person who meets the demands on the basis of his own capacities and limitations.

John Suttton and Webster define "Mental health as positive but relative quality of life. It is a condition which characterize of the average person who meets the demands of life on the basis of his capacities and limitations."1

Maintaining mental health over time is extremely important however, risk factor exists for mental illness. Preserving mental health can be accompanied by three characteristics. First, having a low risk of disease or disability, second functioning well, both mentally and physically and finally being fully engaged with life(Qualls,2002)2

Compton, smith, cormsh and Qualls(1996) believes that mental health is divided into three areas; personal growth, subjective well being, and the stress- resistance personality. Personal growth refers to the development of a person's psychological quality and potentials. Subjective well being refers to positive emotions and the outlook one has on life. Stress resistant personality refers to the factors that increase psychological health outcomes. Since the drawn of the human history human beings get birth with the most capacious thing known as mind. This mind associated with five sense organs. The coordination of mind and five sense organs of the body give man a special highness among all the

living creatures of the earth. After the birth of an individual these sense organs are continuously stimulated either by external stimuli or by internal stimuli, mind reacts to these stimuli and thereby comes into existence the core of the personality known as self.

### 1.1 Statement of the Problem

The problem for the present investigation has been taken as under:

**"A study of mental health and academic achievement of Delinquents and non Delinquents".**

### 1.2 Objectives for the Present Study:

The following objectives have been formulated for the proposed investigation.

1. To identify Delinquents and Non Delinquents adolescents.
2. To study mental health and academic achievement of Delinquents and Non Delinquent adolescents.
3. To compare Delinquents and Non Delinquents adolescents on mental health.
4. To compare Delinquents and Non Delinquents adolescents on academic achievement.

### 1.3 Hypothesis for the Present Study:

Following hypothesis have been formulated for the proposed investigations.

1. Delinquents and Non Delinquent adolescents differ significantly on mental health.
2. Delinquents and Non Delinquents adolescents differ significantly on academic achievement.

## 2.METHODOLOGY AND PROCEDURE

### 2.1 SAMPLE:

For the present study, the sample consisted of 5 high schools (50 male and 50 female )drawn randomly through chit system of Govt schools of district Kulgam

The Breakup of the sample is shown as under:

S.No.	SCHOOL SYSTEM	Delinquents	Non delinquents	TOTAL
1	Govt boys High school – Sopat	10	10	20
2.	Govt boys High school- Devsar	10	10	20
3.	Govt boys High school- Pahloo	10	10	20
4.	Govt boys High school- Kilam	10	10	20
5	Govt boys High school- Choogam	10	10	20

### 2.2. Tools used:

1. For the identification of delinquents and non-delinquents, Lidhoo's delinquency prones scale was used.

2. For studying mental health, Alpna Sen Gupta's mental health battery was employed

### 3. Analysis And Interpretation

**Table 3.1 Showing the Significance of the mean difference between delinquents (N=50) and non-delinquents (N=50) on emotional stability (ES) dimension of mental health scale**

Dimension	Group	Mean	S.D.	t-value	Significance
Emotional Stability	Delinquents	5.36	1.95	13.62	Sig at .01 level
	Non-Delinquents	10.36	1.73		

**Table 3.2 Showing the Significance of the mean difference between delinquents (N=50) and non-delinquents (N=50) on overall adjustment (OA) dimension of mental health scale**

Dimension	Group	Mean	S.D.	t-value	Significance
overall adjustment	Delinquents	12.5	3.15	16.69	Sig at .01 level
	Non-Delinquents	23.82	3.62		

**Table 3.3 Showing the Significance of the mean difference between delinquents (N=50) and non-delinquents (N=50) on autonomy (AY) dimension of mental health scale**

Dimension	Group	Mean	S.D.	t-value	Significance
Autonomy	Delinquents	6.28	3.03	9.57	Sig at .01 level
	Non-Delinquents	10.84	1.48		

**Table 3.4 Showing the Significance of the mean difference between delinquents (N=50) and non-delinquents (N=50) on security-in security (SI) dimension of mental health scale**

Dimension	Group	Mean	S.D.	t-value	Significance
security-in security (SI)	Delinquents	6.06	2.66	10.64	Sig at .01 level
	Non-Delinquents	10.88	1.79		

**Table 3.5. Showing the Significance of the mean difference between delinquents (N=50) and non-delinquents (N=50) on self concept dimension of mental health scale**

Dimension	Group	Mean	S.D.	t-value	Significance
Self concept	Delinquents	5.32	2.54	13.82	Sig at .01 level
	Non-Delinquents	10.96	1.399		

**Table 3.6 Showing the Significance of the mean difference between delinquents (N=50) and non-delinquents (N=50) on general intelligence dimension of mental health scale**

Dimension	Group	Mean	S.D.	t-value	Significance
General intelligence	Delinquents	8.64	2.50	14.88	Sig at .01 level
	Non-Delinquents	16.96	3.07		

**Table 3.7 Showing the Significance of the mean difference between delinquents (N=50) and non-delinquents (N=50) on academic achievement**

Dimension	Group	Mean	S.D.	t-value	Significance
Total	Delinquents	48.76	10.73	6.23	Sig at .01 level
	Non-Delinquents	61.48	9.72		

**4. RESULT**

- I. There is a significant mean difference between delinquents and non-delinquents on emotional stability (ES) dimension of mental health scale and the mean difference favors non delinquents
- II. There is a significant mean difference between delinquents and non-delinquents on overall adjustment (OA) dimension of

mental health scale and the mean difference favors non -delinquents

- III. There is a significant mean difference between delinquents and non-delinquents on autonomy (AY) dimension of mental health scale and the mean difference favors non -delinquents
- IV. There is a significant mean difference between delinquents and non-delinquents on

- security-in security(SI) dimension of mental health scale and the mean difference favors non -delinquents
- V. There is a significant mean difference between delinquents and non-delinquents on self concept dimension of mental health scale and the mean difference favors non -delinquents
- VI. There is a significant mean difference between delinquents and non-delinquents on general intelligence dimension of mental health scale and the mean difference favors non -delinquents
- VII. There is a significant mean difference between delinquents and non-delinquents on academic achievement and the mean difference favors non -delinquents

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