Relationship of Mental Health and Academic Performance of University Students:

By

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Abstract:

The purpose of this study was to find out the "The relationship of mental health and the academic performance of university students. It was a descriptive study. The population of the study were the university students from two university of Quetta city University of Baluchistan and SBK Women university. Convenient and random sampling technique were used. Data was collected through questionnaire. For measuring the mental health of student's scale developed by Tabassum's (1997) was adapted and the academic performance of students was measured by taking their 2nd semesters GPA. Data was analyzed by SPSS and Pearson correlation and regression were applied. Results showed that mental health is non-significantly correlated with academic performance of students.

Keywords: Mental Health, Academic performance, University students.

Introduction:

Mental health being an essential element of health acting as a significant function in the overall health of individuals, families, communities and nations. Undeniably, health without mental health is useless. So it is very much imperative to take account of the mental health in all phase of human lives (Mental health in primary Care gideline). The time period between childhood and adulthood is known as youth period. It is measured as the most diverse phase of life concerning multifarious biological, psychological and social changes for adolescent (Coughlan, 2013). At this stage youth faced mental health problems. In fact, young people are at the maximum threat of a range of mental health situation throughout their evolution from childhood to adulthood.

Mental health prevalence not only in Baluchistan, Pakistan but also in world wide. Findings of world health organization reported that,10% to 20 % individuals suffer from mental health problems Globally, Mental health problems not only effect the academic performance of students but also their physical and social life. Mental

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Health problems like anxiety and depression had negative impacts on the ability to live productively and can severely affect their development and educational attainments. If not treated properly (WHO2016)

Objective of the Study:

To investigate the nature of relationship between mental health and academic performance.

Literature Review:

This section of the research purposes to outline the definitions of the two research variables and also highlights the previous research evidences.

Definition of Mental Health:

According to the World Health Organization, mental health "is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community'' (WHO 2010)

Mental health can be defined as "The capacities of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections, and personal dignity" (Government of Canada, 2006).

Mental health is a prosperous state in which an individual is aware of his own abilities, can handle pressure well, can work productively and able contribute to society, (Pua poh Heong, aprial 2015)

Definition of Academic Performance:

The academic performance of students can be measure through various ways for example CGPA, GPA and by the results of their tests. Mostly the researchers use GPA for measuring the academic achievements of the students (Sheykhjan et al.,2017) used GPA of semesters. And others use the results of the last academic year (Khan, 2012)

A study was conducted in Belgium by (Ronny Bruffaerts, 2018) using 40,000 students to investigate the mental health problems in college freshmen; prevalence and academic functioning. The result shows that one in three students had mental health problem and it affected their academic achievements.

(Haider, 2017) Argued that stress effects the academic functioning of students. It shows that there is relationship between stress and academic performance of students.

The findings obtained from the study of (B.Oswalt, 2013) highlights that mental health problems like stress had a negative impact on the academic achievements of students.

An Iranian study by (Mehdi Bostani, 2016) 200 students were selected form Islamic Azad university in order to know the relationship of mental health and academic performance. The results founded that there is significant relationship between mental health and academic performance of university students.

According to (Mahmood, 2013), a survey on 1850 university students in Pakistan on Mental Health of university students. The results showed that 31% students fall in the, sever and 16% in very sever category. The mental health problems were a like Dysfunctional, 17%, Loss of confidence 16%, Lack of self-regulation 14% and Anxiety proneness 12%.

A survey was conducted in Australia about the doctors and medical student's. The sample included 42,942 doctors and 6,658 students'. The findings showed that doctors and students showed greater rate of psychological distress and suicidal attempts as compare to general population (National mental health survy of doctors and mendical students, 2013)

A research was conducted at the university of Minnesota. Data was collected from 5,964 undergraduate and graduate students.32.7% students reported that they had experienced mental health problems in their lives. And 12.6 students reported that they are currently taking medication for mental health problems. (college students health survey, 2015)

16 In- depth interviews from Australian university student's results showed a significant increase in mental health of university students (Helen Forbes mewett, 2016).

In USA the prevalence of mental health is increasing day by day 66,159 students from US universities were asked questions about their mental health and academic performance. Descriptive results indicated that mostly students reported Anxiety, Depression and stress and all had a great impact on their mental health (Tummy J0rdan Wyatt, 2017)

A Study was conducted in Pakistan on the impacts of anxiety on the academic performance of university students. There were 97 respondents the results of this paper shows anxiety highly effects the academic performance of students. The increase in anxiety decreases the academic performance of students (Mohammad Nadeem, 2012)

A report by (Margaret Murphy, 2012) shares the results that 1 in 10 people at the age of 16 had identified mental health problems which is impacting their academic achievements

A research in literature generally indicates that depression is a significant predictor of low GPA and cause of dropout (Daniel Eisenbery, 2009)

(Francesca Cornaglia, 2012) And (The state of students mental health on college and university, 2016) both Claimed that poor mental health results poor academic achievements the main aim of his study was to associate mental health with educational performance of students. Mental health is strongly associated with lower grade point average of students. Mental illness are barriers to academic achievements of students.

The survey results revealed that there are many mental health problems faced by the students but anxiety is very common among those. Anxiety negatively impact the students during their examination (J.Afolayan, 2013)

According to (B.oswalt, 2013) mental health diseases and anxiety had great effects on students' academic achievements. 27,387 clinically depressed students had poorer academic performance than undepressed students.

(PUA POH KEONG2015) conducted a research the results showed that mental health problems have a deep influence on students' academic performances as well as on their daily life.

Another research finding also proved that mental health problems not only affects the academic performance of students but also their physical, emotional and intellectual wellbeing.

Methodology:

Research Design:

It was a quantitative study and the participants were the university students from Quetta city. The students were selected randomly from university of Baluchistan and Sardar bahadur khan Women's University. The sample size of the study was 300 from both universities. 150 (50%) were from university of Baluchistan and 150(50%) from Sardar bahadur khan women's university.188 (62.7%) students were female and the remaining 112(37.3%) were male. Out of the total 300 students, 90(30%) students were from faculty of natural sciences, 73(24.3%) were from social sciences, 74(24.7%) from management sciences and the remaining 63 students (21.0%) were from faculty of languages. The age range was from 19 to 30 (M=22.36   SD=2.260) 128(42.7%) of them were of MA level and 172(57.3%) were from BS level.

Procedure:

A survey was conducted to obtain information from the university students. The students   were selected randomly. The questionnaires were distributed among the students who were willing to participate in this survey. The questionnaire was explained for the students and they were given 30 minutes to complete the questionnaires.

Measurements:

The questionnaire used for data collection had 2 parts. First part asked the demographic information of students. 2nd gathered the information about their academic background. For measuring the Mental Health of student's scale developed by (Tabbassum, S.1997) was used. It was an 11 item scale which is a clinic measure to evaluate mental health of adults. The students were required to rate themselves on 5 point Likert scale like: Strongly disagree=0, Disagree=1, Neutral=2, Strongly agree=3, Agree =4) low scores shows low mental health and high scores shows high level of mental health. Academic performance of students was obtained from the grade point average (GPA) of their second semester at universities.

Data Analysis:

The study used a correlation design for Investigative the relationship between two variables. The first variable of the study was mental health, which was measured by the scores on mental health scale, a 5-point Likert scale containing of 11 item going from strongly disagree to agree. And the second variable of the study was academic performance which was measured by their 2nd semesters (GPA). Statistically analysis of data was carried out using SPSS-19. And Pearson correlation coefficient was use to analyses the variables relationship.

Results:

Table 1.

Descriptive statistics of the sample (N =300)

Variables	M	SD	Skew	Kurt

	a			
MHS	27.45	7.01	-436	-108 681

Note MHS = Mental Health Scale

Table 2.

Descriptive Statistic of the sample and correlation between study variables (N= 300)

Variables	AP	MHS	M	SD	Skew Kurt a
AP		0.03	69.54	12.16	.088 - 675
MHS			27.45	7.02	-436 - 108 681

NOTE AP= Academic Performance; MHS=Mental Health Scale; p> 0.05

Table 3.

Linear Regression analysis on Mental health as predicator and Academic Performance as outcome Variable (N = 300)

Academic Performance

Predicator	R^2	β	SE	B	t
Mental Health	.23	.465	.110	.23	4.23

Discussion:

This study was intended to Investigate the nature of relationship of mental health on the academic performance of university students. According to the findings of this study it was proved that mental health of university student is non-significant correlated with academic performance of students. Mental Health of the students has very low correlation with the academic performance of university student. Moreover, Mental health is non- significantly predicting the academic performance of university students

On the other hand, findings of this study are not favoring various research's on mental health and academic performance results showed that are correlated with one another. The findings of (Ronny Bruffaerts 2018, Haider 2017, Mehdi Bostani 2016, Berihun Assefa Dachew 2015, Nasab 2014, B, oswatt. According to the finding of this study Academic performance of the students is effected on the mental health level of students.

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