



A Study of Student Mental Health and Its Impact on Exam Performance

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ABSTRACT:

Adolescence & young adulthood stage is the most important phase of life where students are facing physical, social, mental, family, educational and personal problems. At this stage mental health plays a vital role and helps to deal with these types of problems in a very effective way. Mental stress of academics plays a huge impact on exam performance of students. Therefore, the paper shows significance data of mental stress or mental health of students and its effect on their academic performances. The present paper is a review paper and based on some research studies of student mental health. Thus, the finding of the present study will be very useful for teachers, parents, administrator, to make necessary efforts for mental well beings of students.

Keywords: Mental health, Students, Exam, Academic performance

INTRODUCTION

Mental health plays a very important role in performing any human activities. Different person has different mental health according to their respective scenario & environment. Unstable mental health leads to improper performance.

Nowadays, in young country like India, students are facing major mental health related issues which impactfully hampers their performance in examination & career. Various factors like lifestyle, habits, family, friends, peer group, social media usage, career stress etc. affects mental health of students. This may lead to negative impact like depression, stress, anxiety, fatigue etc. Due to this student are facing various problems like sleeplessness, social disorder, emotional instability, suicidal attitude, fear of deteriorating social status.

In India about 41% to 53% is between age group of 16 to 25 (Kumar, Nayar, Bhat 2020). Around 27.3% of total population are student in India. Wherein 12-13 % of student population are suffering from psychological, emotional, behavioural conditions (INDIAN COUNCIL OF MEDICAL RESEARCH). This creates a huge negative impact on student academic performances/performances in examination.

There are various internal & external factors which affects students mental well beings. After pandemic, education scenario has been changed. New learning methods are introduced post covid. Adaptability of new learning methods, increased competition, family or peer pressure might be the reasons of mental stress in student community. Due to this unnecessary stress, students find it difficult to perform their actual potential in examination.

This paper signifies the genuine efforts to study the student mental health and its impact on their exams and career. The following research may help the students, parents, teachers, administrators to look after with possible solutions.

LITERATURE REVIEW

Kumari, A. and Jain, J. Examination Stress and Anxiety: A Study of College Students

In the study, they have concluded the level of stress of students of different streams. They found that the Art students feels higher level of examination stress & anxiety followed by Commerce students. The least amount of examination stress & anxiety found among students of science stream.

Kumari, B. and Kumar, P. 2022. Mental Health of Secondary School Students: Issues and Challenges

In the study, they have found that the Secondary school students are facing various mental health related issues like lack of awareness, social dilemmas, personal mental conflicts. They have also suggested some remedial measures such as proper diagnosis of the mental health problems, proper orientation and awareness about mental health issues, adequate guidance services for mental hygiene etc.

Mohapatra, S., Panigrahi, S. and Rath, D. 2014. Examination Stress in Adolescents

In their study, they came with the fact that some students handle stressful situation coolly before or during exam while some students get panicked even with the small problem at the hand. They suggested that students keep themselves busy with extracurricular activities like music, dance, sports etc. in stressful environment.

Singh, M. 2022. A Study of Impact of Examination Stress on Academic Achievement of Students of Higher Education

In the study, they found that stress scores equal effect among male and female in the secondary school education. Findings in their study show that the teacher can plays a vital role in removing student's academic stress. Similarly, parents also play a huge role in mental well beings of students. They should set realistic role for future practical as well as domestic life in order to be successful and well train individual.

RESEARCH METHODOLOGY

The Rationale of the Study:

The study intends to find out the factors affecting students mental well beings and its role in their examination. This research made the investigator very curious to find the major causes of poor academics of students due to their unbalanced mental stability. After the detailed analysis and comparative study, we can aim to find out the possible & implementable solutions & suggestions to overcome its problems. This made researcher to intends the study on this particular topic.

Objectives of the study:

1. To understand the current era's mental health scenario of students.
2. To find out the challenges & issues faced by students in their studies due to mental stress.
3. To understand the factors affecting youth mental health.
4. To try to find the possible solutions of mental health issues.
5. To study the role of environment & surrounding in exam performance.

Data Collection Method:

Primary data collection method: Primary data was collected by the researcher in form of a survey. In this survey data was collected with help of questionnaire floated in google form. In sampling design "snowball sampling" method was used to collect the data from targeted audience.

SAMPLING METHOD: Convenience Sampling method

SOURCES OF DATA: Internet

SAMPLE SIZE: 100 Students

INSTRUMENTS: Questionnaires

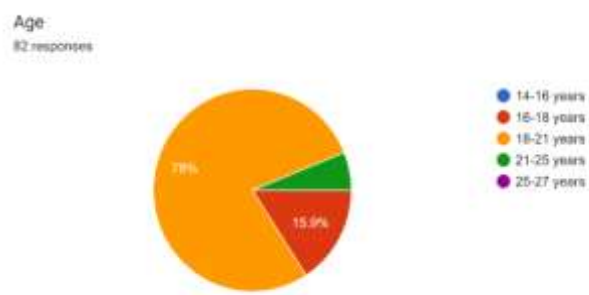
Limitations:

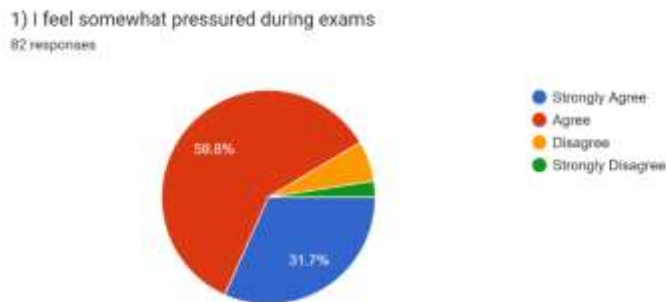
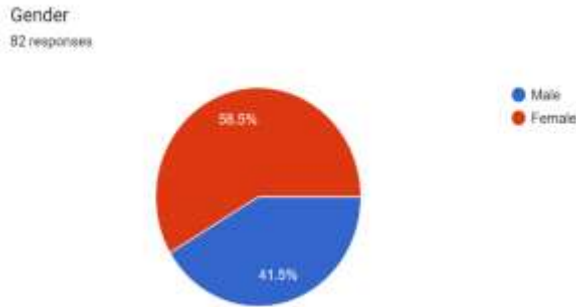
- Sample size was small.
- Students may or may not be honest in giving opinions.

DATA ANALYSIS/INTERPRETATION

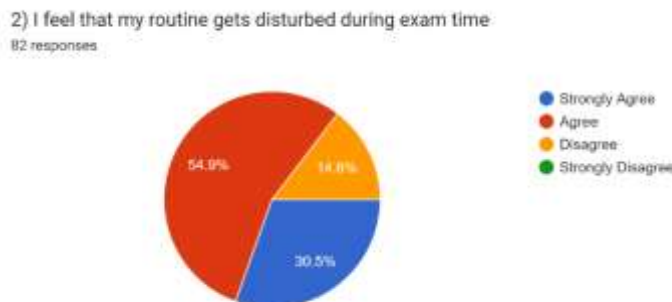
E-questionnaire in google form was circulated through different social media. Sample size was 100 students of different schools/colleges of different streams and age groups. From this sample of 100 students, 82 students have responded. In our survey, some questions which were circulated and analysis of collected data are as follows:

Demography factors:

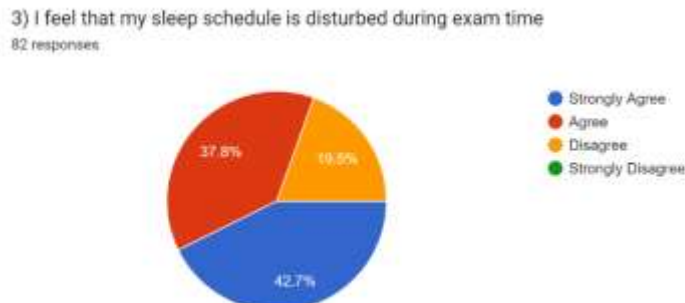




Here, the responses show that due to certain reasons students feel more pressurized during examination period. This factor may lead to the poor performance.

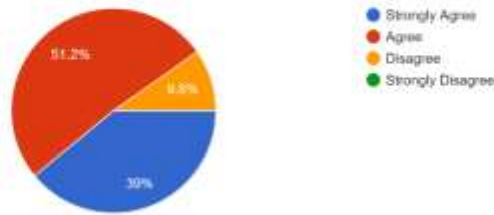


In the above data, it can be seen that a greater number of students feel that their routine gets disturbed during exam time. This may be because of the active involvement in exam preparation or the exam stress.



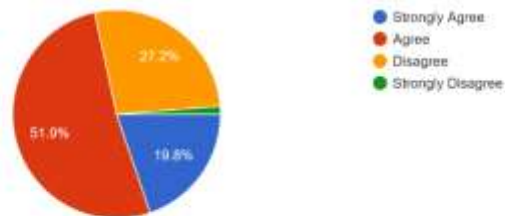
In the above pie chart, it can be seen that due to the disturbed routine, sleep schedule is also hampers. This may be resulted into the poor exam preparation.

4) I Feel conscious about my exam result
82 responses



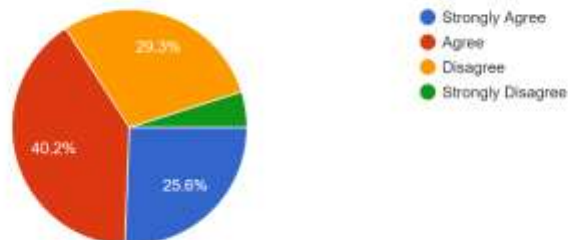
In the above data, it can be seen that students are more conscious about their exam results. It can impact both positively & negative, depending on the students how they take it.

5) I Feel my friends/ peers performance makes me conscious
81 responses



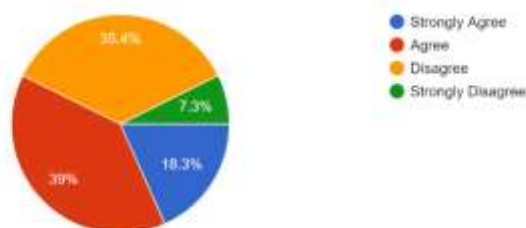
Here, ratio of students in more who agree/strongly agree that due the comparison to peer performance they get more conscious. But there is also good number of students who denied this fact that peer performance hampers them in anyway.

6) I get frustrated & forget things easily during exam
82 responses



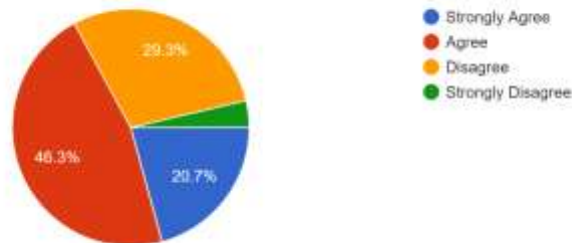
From the above data, we can analyse that the number of students who get frustrated during exam is slightly more than the number of students who doesn't get frustrated or anything like this.

7) I feel that due to exam stress my physical health gets affected
82 responses



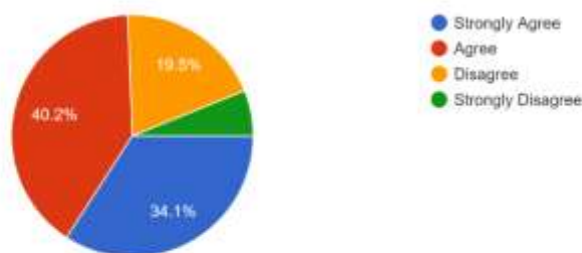
In the above data, we can see that the students who believe that their physical health get affected due to the exam stress and the students who don't is almost equal. It means stress level of exam doesn't hamper the physical health of most of the students.

8) I feel that due exam stress my food habits/ food consumption pattern get affected
82 responses



In the above collected data, we can analyse that the most of the students feel that their diet, food habits or food consumption pattern get affected due exam stress. But some of the students also denied this fact that their food consumption disturbs due to exam.

9) I feel pressurized due to parents expectations for my performance
82 responses



In the above data, we can see that a greater number of students agree or strongly agree with the fact that they feel pressurized due to the parent's expectation about their exam performance or exam result. This may be a major reason of generating more stress to students during the examination period. Whereas the number of students is quite less who disagree with this fact.

FINDINGS & CONCLUSION

In our study, we tried to understand the factors affecting the mental health of students and its impact on their exam performances/academic performance. Due to the limited sample size, we are bounded with the responses. According to our survey, we came with the interpretation that the stress level due to exam is almost equal in males and females both, we noticed that female students have slightly more stress level than male students.

In our research, we categorized the age group between 14-16 years, 16-18 years, 18-21 years and 21-25 years. Where we came across with the fact that the age group of 16 to 18 and 18 to 21 has more burden of studies and has more stress of exams.

While conducting research, we analysed that 74.3% of students are agreed/strongly agreed that their parent's expectations make them more stressful. While 71.7% of students feel pressurized due to peer comparisons. In this survey, 90.2% of students responded that they are becoming more result conscious. Where 91.5% of students become stressful during exams. In resulting with this, 66.8% of students responded that they are becoming more frustrated and due to all these things students found that their routine, sleeping schedule and food/diet consumption disturbed during the exam period. Wherein their physical health is also getting affected somehow. All these factors may be responsible for their poor exam result.

Here, we conclude that due to certain reasons students are taking more stress and all their activities are negatively hampered. This resulted into the poor performance in their examinations. Because of some unnecessary stressful factors, students are lacking their actual potential. During our research, we came across with the fact that students are inconsistent in studying. Due to spending more time on social media, bad habits, needless activities, emotional things student's mind are getting diverted and they are off-focused from studies.

SUGGESTIONS

While dealing with all the problems due to examination, one can overcome it with a few points as follows;

- ✓ MEDITATION: meditation is a very useful and effective mind exercise which make you more relax, calm & help you to concentrate.
- ✓ Consistency in studying and revision.
- ✓ Reading books, novels, journals etc.
- ✓ More physical activities such as playing sports, Gym etc.
- ✓ One should have clean healthy diet.
- ✓ One should follow scheduled routine.

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