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A STUDY ON MENTAL HEALTH OF HIGHER SECONDARY STUDENTS  
ON ATTENDING CLASSES THROUGH ONLINE MODE

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## ABSTRACT

Mental health is a state of Wellness of human being where they cope with their stress, emotion, feelings. During covid-19 pandemic we have faced many difficult situations which affect our mental health. In this pandemic time of everything is dependent on online mode; the whole education system was shifted from traditional mode to online mode. As we were not ready to face the sudden changes in our educational field, so it has created a lot of challenges for both teachers as well as students. The main purpose of the study is to find out the students mental health condition during the period of covid-19 on attending online classes. What are the difficulties they have faced on attending online classes, what they felt, how much they were interested to attend online classes. Because it is not so much easy for all the students to manage everything like mobile, laptop, data package etc on time and not all the students are from rich background. They have faced many obstacles like money problem, network issues, tension, worry, fair of using new technology etc. To corporate with such sudden changes on educational field students should be mentally strong.

### 1. Introduction

Education is the creation of a sound mind in a sound body. Our experiences and experiments clearly delineate that a person with high intellect cannot be always successful in his life without proper education. So every person need to have minimum education. But our education system specially in higher secondary schools gives more important on bookish knowledge, highest mark

and examination rather shaping successful future, interaction between the teacher and the pupil, understanding, and handling the emotions in the right manner, at the right time in the right way which effects students' mental health. Mental health means the state of mind when it is free from any disorder. Basically it is the process of human self-realization, self-satisfaction and fully successful existence. It is the total sense of growth and development, adjustment and peace, success and happiness and effective membership of a group or community. It helps us to determine how we act, feel, think, handle stress. If a person is mentally emotionally and socially well then he is mentally a healthy person.

#### **Concept of mental health-**

The concept of mental health was developed after Clifford Beers wrote his book. Mental health has a very broad term, which includes physical, mental, emotional and social aspects of adjustment. A sound mental health develops mental stamina and enables a person to face the reality of life, however stressful they may be. Mental health is a combined outcome of five types of health (i) physical (ii) emotional (iii) moral (iv) spiritual and (v) social. It is an important aspect of the total health of a person because, it is, both cause and the effect of the other types of health. It means three things of an individual i.e. (i) Right thoughts (ii) Right attitudes (iii) Right actions.

#### **Definition-**

1. According to **Norma E. cuts and Nicholas Mosety**, "Mental health is the various strains of the environment we meet in life as the means we take to assure the adjustment."
2. According to **WHO** "Mental health is more than just the absence of mental disorders or disabilities."

#### **Characteristics of mentally healthy individual-**

There is no specific definition of a mentally healthy individual. But a mentally healthy person can balanced his personality from any kind of disorder, stress, emotional tension, nervousness and conflicts. Different psychologist has given different characteristics of a mentally healthy person. Some of the important characteristics are given below-

- 1) **Accept the reality-** One of the most important characteristics of a mentally healthy person is to accept the reality. When a person can accept the fact he can easily adjust with whatever the problem comes.
- 2) **A feeling of security-** A mentally healthy person always feels secure about his future and life. He has a self confident on himself and others that if he will be in any problem then he can overcome it by himself or with the help of others.

- 3) **A strong physical health-** It is said that a good physical health is very important for a sound mental health. A sound mind is existing in a healthy body.
- 4) **Emotional balance-** A mentally healthy person can control his emotion in a very tough situation and can behave normal. He is emotionally matured so he knows how to express his emotion in front of people.
- 5) **Learn from experience-** experience is a great teacher if you take it as a lesson. A mentally healthy person always takes a lesson from every experience he gains. He doesn't repeat his mistakes again and again but make his mind strong to overcome the challenge easily.
- 6) **Self enquiry-** A mentally healthy person always tries to judge his weakness. And try to find out the effective way change it and make a good habit. He knows his strong points so no other than himself can guide him better to generate good habits.

#### **Factors affect mental health-**

A healthy lifestyle can make our mental health more strong. There are some factors which can affect our mental health to work more. These are given below-

- 1) **Exercise and activity-** Regular exercise not only control our physical health but also protect our mental health. Exercise can help us to treat our mental problem, it help us to reduce our body pain also.
- 2) **Diet-** Research findings has proved that our diet directly affect physical health which can make our mental health poor. So having a healthy diet which includes protein, omega-3, green vegetables, milk etc are very necessary for a sound mental health.
- 3) **Family environment-** Mental health depends upon the family environment. If the family members are cooperative, loving, caring, understanding then the child will be mentally healthy.
- 4) **Provide freedom-** A child need freedom to live his life freely. Some time it is seen that some parents become over protective where child are bounded by so many restrictions. That hampers in child mental health. So there should be some freedoms where he can take his decision by own self but there should be a certain limit.
- 5) **Provide guidance-** A child need guidance to lead his life in a right direction. Where he is mentally prepared to face the realities of life so that they can easily handle stress without mental illness.

Home is the first institution where child learn first. His mother is the first guru for him. A mentally healthy child brought up in a healthy environment. So the family environment must be free from anxiety, tension, bullying and fights.

The child should provide an environment where he gets ample, love, cooperation, appreciation and mental support. The family member should give him moral knowledge and should fulfill all the important needs which can help the child to develop a great personality. At home the child must be feels secure to think, do, talks his words. He should feel secure that behind him his family is always there to give him support. The behavior of the parents should neither be so strict nor so rigid. Parents should maintain a mutual understanding among themselves, so they can get to know what is happening in his child's life. The parents must try to maintain a cordial relationship with affection, mutual respect for each other and co-operation in solving problems. This will help in creating a conducting atmosphere at home which will help in proper mental growth.

### **Online mode of learning-**

Education that takes place over the internet is known as online mode of learning. Now a days online mode learning become more popular than traditional learning. It provides courses by virtually. It is the newest development in the field of education by which learners get effective courses easily from anywhere and anytime. During covid-19 pandemic online learning become blessings to the students for their knowledge enhancement and self development. Teachers also used online mode leaning for their professional development.

As we know that covid-19 pandemic has changed everything. Teaching learning process has also changed from traditional to online mode where ICT has helped a lot to the students to contact with their teachers. It helps students to continue their education whatever the situation. Earlier online mode of learning was popular among the students who are attending distance or correspondence courses. But now a days it become useful and very well know among primary school children to higher education level students.

### **Rational-**

Mental health is one of the most important factor of every individual. As we all are going through the covid-19 pandemic we have seen that everything has changed. Now a day we are trying to co-operate with situation needs. This pandemic has affected a lot of individual's mental health. Along with elders, students have also faced many challenges in their educational institution. Teachers had tried their best in the pandemic also. But the question is how many secondary school students are interested to continue education over online mode and how much they are satisfied with this online mode of education system. Because In our country teaching learning process is mainly

based on traditional mode. But these days teaching learning process has converted from traditional mode to online mode. Along with teachers, students are also facing many challenges to attend online classes. Earlier in our education system, the use of technology was very less. Most of the teachers are from old school so they face many problems to provide education to students through online mode. On the other hand a number of students are from village area where the network connection is also very poor. So they are facing many difficulties in attaining online mode learning. The main purpose of the researcher is to find out the level of mental health of higher secondary students on attending classes through online mode on the basis of their stream and socio-economic background.

## 2. Objectives-

- 1) find out the level of mental health of higher secondary students on attending classes through online mode.
- 2) To investigate the number of higher secondary students from different stream on attending classes through online mode in different streams.
- 3) To find out the number of higher secondary students on attending classes through online mode with reference to their socio-economic status.

## 3. Methodology-

The nature of the study is purely descriptive. The present study has been conducted based on the primary data with the help of a self made questionnaire. 90 higher secondary students were taken as a sample. For conducting the study the investigator applied random sampling technique. Collected data were analyzed with the help of graphical representation and percentage analysis.

## Analysis and discussion-

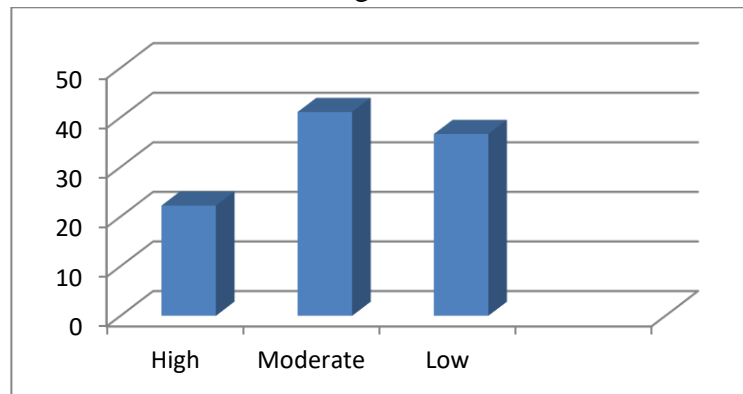
### Objective-1

To find out the level of mental health of higher secondary students on attending classes through online mode.

Table-1

Level	No of students	Percentage %
High	20	22.22%
Moderate	37	41.11%
Low	33	36.66%

Figure-1



### Interpretation and discussion related to objective-1

In the table-1 and figure-1, we can see that 22.22% students are under high level of mental health category, 41.11% students are in moderate level of mental health category and 36.66% students are in low level of mental health category.

The present study reveals that most of the higher secondary school student mental health level towards attending classes through online mode was moderate. Only 22.22% students were ready to attend classes through online mode and 36.66% students mental health level towards attending classes through online mode was low. The main reason of the moderate and low mental health of students towards attending online classes was that they were used to traditional teaching learning process, but suddenly for covid-19 pandemic the whole education system has changed. So it is difficult for the students to attend online classed more than 3 to 5 hours. Another reason is found that there is lack of creating continuous connection, sometimes students become clueless what teachers are teaching because of network issues.

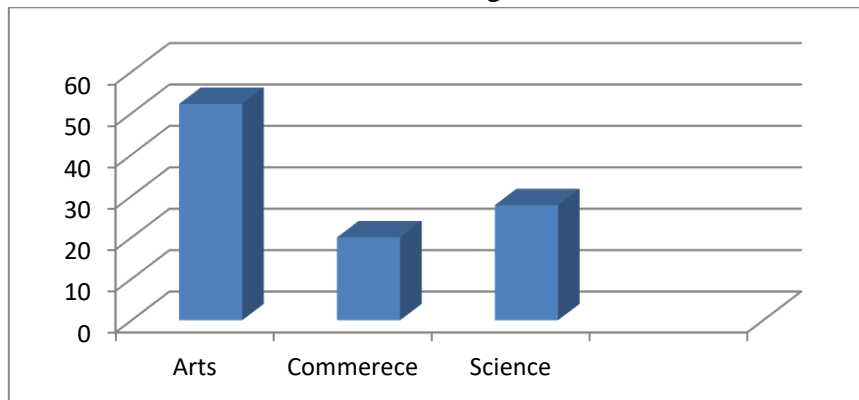
### Objective-2

To investigate the number of higher secondary students from different stream on attending classes through online mode in different streams.

Table-2

Stream	No of students	Percentage %
Arts	47	52.22%
Commerce	18	20%
Science	25	27.78%

Figure-2



### Interpretation and discussion related to objective-2

In the table-2 and figure-2, we can see that 52.22% students are from Arts, 20% students from Commerce and 27.78% students from Science stream.

The present study reveals that more than 50% students from arts stream are attending classes through online mode. And less than 50% students from other stream are attending online classes. The main reason of this may be science stream students have more practical classes in comparison to other streams. But it is impossible for the science stream students to do practical classes through online mode so they prefer traditional mode to attend their classes. Number of commerce students is also very less. They also prefer traditional mode more than online mode. On the other hand the number of arts stream students on attending online classes is high in comparison to other stream. Arts stream students are satisfied with this new method of teaching because they get notes, materials and other necessary things. They can download all their notes and can study whenever they want.

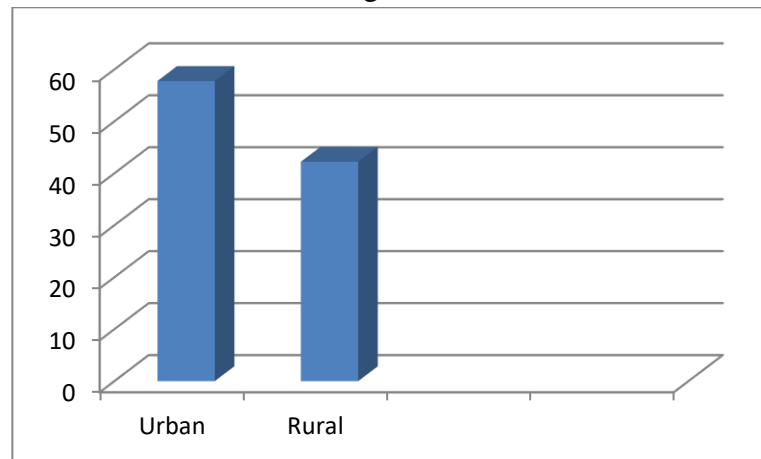
### Objective-3

To find out the no of higher secondary students on attending classes through online mode with reference to their social status.

Table-3

Social Status	No of students	Percentage %
Urban	52	57.77%
Rural	38	42.22%

Figure-3



### Interpretation and discussion related to objective-3

From the table-3 and figure-3 it has found that 57.77% students belong from urban area and 42.22% students are from rural area.

The present study reveals that more than 50% students belong from urban area and below 45% students from rural area attend online mode classes. That shows that more no of urban students are attending online classes in comparison to rural students. The reason of less attendance from rural students is that most of the rural area places may not fully network coverage area. Most of the students has faced network problem to attend live classes. And the recharge package also costly for the village people. It is seen that in rural area many family has only one phone so students are not getting phone all the time to attend all classes. So it creates a gap with others students. On the other hand urban people have no or less network issue so they can attend classes from their home at anytime.

### 4. Suggestion-

1. The present study has been conducted only on 90 students. Further study can be done with a larger sample size.
2. This study is limited to check the mental health of students on attending online classes but in further it can do study a wider aspect.
3. In further study researcher can check mental health of students on levels of aspiration, achievement motivation, sense of satisfaction, in-security, anxiety, adjustment, creativity, intelligence etc as variable.
4. Further a comparative study on the mental health can be conducted in different classes along with their gender in school.
5. A comparative study on the mental health of different school, college and university students may also be undertaken.



## 5. Conclusion-

We are living in the era of science and technology or an age of globalization. Science and technology spread their tentacles in every walk of our daily life. So as the future generation we need to cooperate with all changes with a positive attitude. And a positive attitude will help us to stay mentally healthy. As we have seen above that mental health does not merely limit itself to the prevention and treatment of mental disorders or illness. It takes all the care for the prevention and promotion of mental health of the organism.

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