



THE ROLE OF MENTAL HEALTH AND HYGIENE IN EDUCATION

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ABSTRACT

This study explores into the significant impact of mental health and hygiene within the educational sphere, focusing on how these factors shape students' personal experiences, comfort levels, and overall well-being. It addresses the mental health challenges that students encounter, including issues of discrimination and the effectiveness of available support systems. The analysis covers the connection between mental health and academic achievement, demonstrating how mental well-being can enhance or impede educational performance. Additionally, the importance of creating a supportive environment that encourages healthy behaviours and well-being is discussed, emphasizing its role in students' comprehensive development. The paper highlights the essential role of maintaining mental hygiene for both academic success and long-term personal growth.

KEYWORDS

Mental health, Environmental Hygiene, Overall Development, Academic Success.

INTRODUCTION

The importance of mental health and hygiene in education is increasingly acknowledged as fundamental to student success and well-being. As schools and universities strive to create environments that support learning, the mental and emotional health of students is crucial. Mental health includes emotional, psychological, and social well-being, which affects how people think, feel, and behave. Mental hygiene involves practices and activities that enhance emotional health, resilience, and overall psychological wellness.

Recently, there has been growing recognition of the challenges students face in maintaining good mental health. These challenges, such as academic pressure, social issues, and discrimination, can significantly impact a student's educational experience and personal growth. The presence and effectiveness of mental health support systems in educational settings are vital to addressing these challenges.

Understanding the role of mental health and hygiene in education requires examining students' personal experiences. To gain insight into this, a survey was conducted with 48 respondents, asking if they had experienced benefits from practicing mental health and hygiene in their academic lives. The response options were "yes," "no," "sometimes," and "often."

The survey responses provide valuable insights into the real-world impact of mental health practices among students. They show how mental well-being can affect academic performance, comfort in the educational environment, and overall development. These experiences can guide strategies to improve mental health support in educational settings, contributing to the comprehensive development of students.

This paper aims to explore the role of mental health and hygiene in education in greater depth, examining the challenges students face, the benefits they experience, and the importance of creating a supportive environment. By analysing the survey responses and existing literature, this research seeks to emphasize the crucial role of mental health in achieving academic success and personal growth.

OBJECTIVES OF THE STUDY

To Investigate the Impact of Mental Health on Holistic Development.

To Identify Methods to Create a Supportive Environment.

To Understand How Discrimination Affects Mental Health.

To Analyse the Connection Between Mental Health and Comfort in Educational Settings.

To Assess the Influence of Mental Health on Academic Achievement.

METHODOLOGY:- SURVEY METHOD.

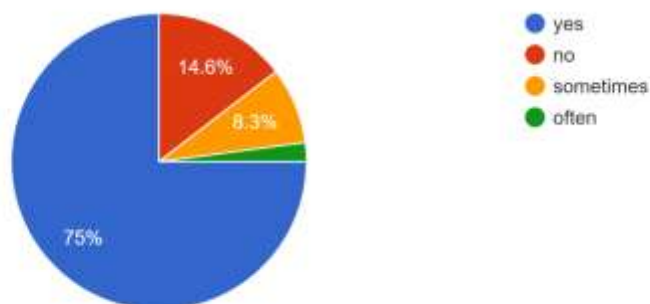
SAMPLE

There were 48 respondents from various universities and hospitals.

ANALYSIS:

have you personally experienced any benefits from practicing mental-health and hygiene in your academic life?

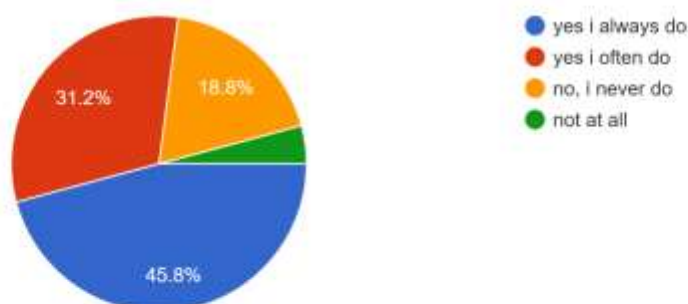
48 responses



Analysis: The majority of students (85%) reported experiencing benefits from practicing mental health and hygiene, either frequently or occasionally. This indicates a strong correlation between mental health practices and perceived improvements in academic life.

Do you feel comfortable in discussing about the your mental health and hygiene with your teacher?

48 responses



Analysis: A mixed response was observed, with approximately 52% of students feeling comfortable discussing mental health with teachers to varying degrees, while 48% did not feel comfortable. This suggests the need for creating a more open and supportive environment for mental health discussions.

do you think your faculty are well trained to recognize your mental health challenges and supports their students to tackle?

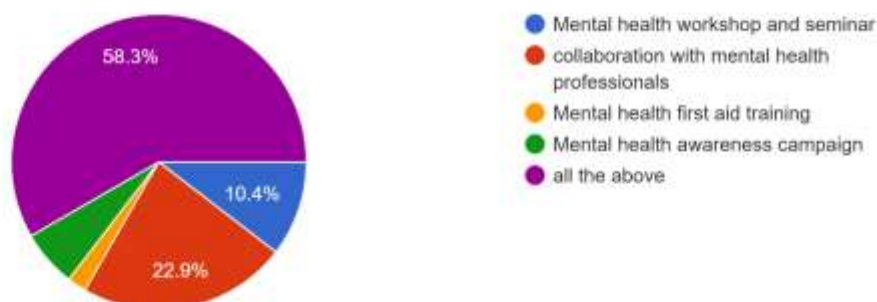
48 responses



Analysis: While 25% of students believe their faculty can recognize and address mental health challenges, 31% feel otherwise, and another 31% are unsure. This highlights a potential gap in faculty training and awareness regarding mental health.

which type of additional support/resources would you like to be implemented in your college to address mental health concerns?

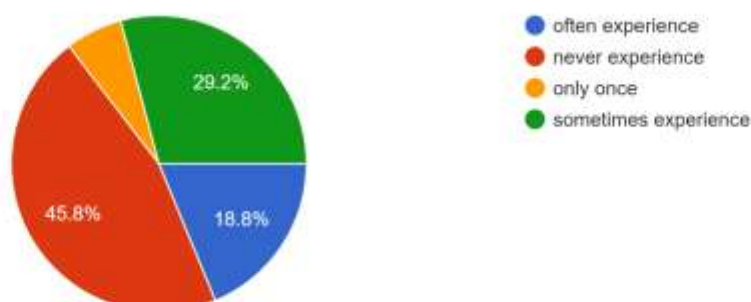
48 responses



Analysis: The majority of students (31%) desire comprehensive support, including workshops, professional collaboration, first aid training, and awareness campaigns, indicating a need for a multifaceted approach to mental health support.

have your ever experienced any kind of discrimination based on mental health issues within your educational institutions?

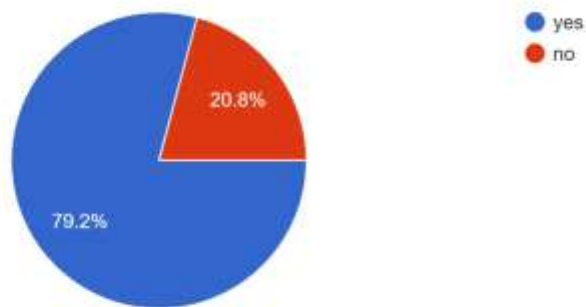
48 responses



Analysis: Discrimination based on mental health is a concern, with 69% of students reporting some level of experience. This underscores the need for anti-discrimination policies and supportive measures in educational institutions.

have you ever felt any connection between your mental health and academic performance?

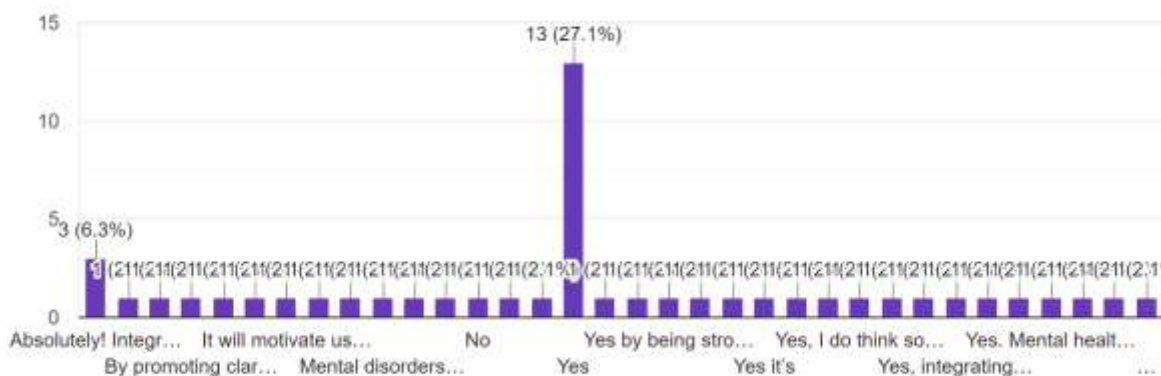
48 responses



Analysis: A significant majority (73%) acknowledge a link between their mental health and academic performance, highlighting the importance of addressing mental health to improve educational outcomes.

do u think integrating mental health education into our curriculum can play a vital role for our overall development? how

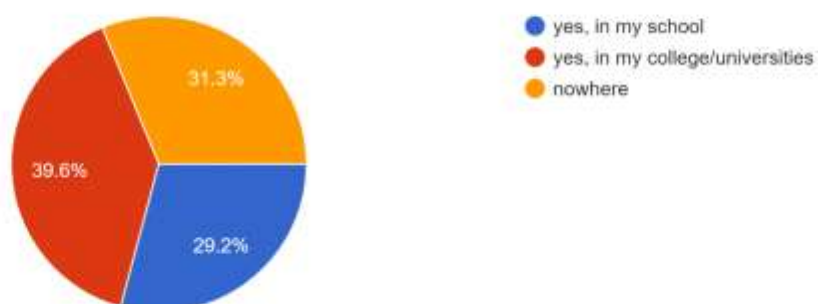
48 responses



Analysis: Most students (83%) support integrating mental health education into the curriculum, citing benefits such as increased clarity of thought, motivation, and emotional stability.

have you ever received any kind of education/guidance related to our mental health and hygiene in your educational institutions?

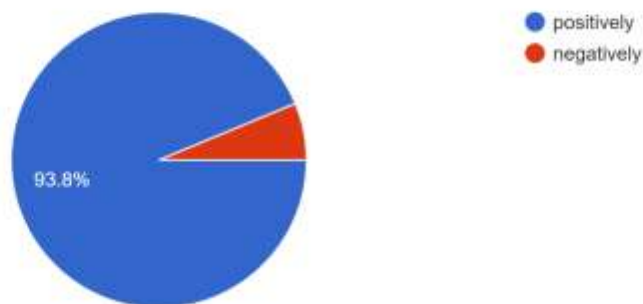
48 responses



Analysis: A majority (73%) have received some form of mental health education, indicating progress, but there remains a portion (27%) who have not, highlighting the need for broader implementation.

Integration of mental health and hygiene into your curriculum can impact—— the well-being of student/teachers.

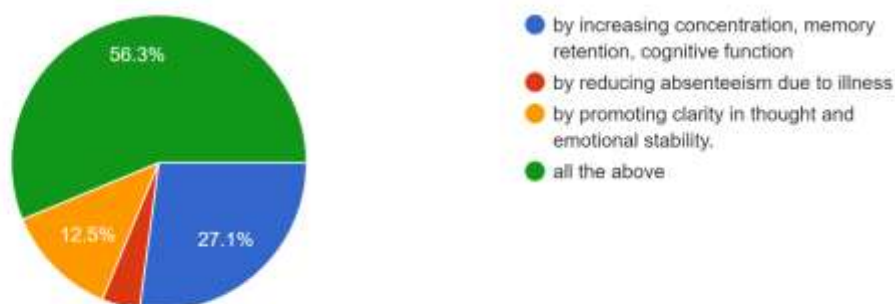
48 responses



Analysis: Most of the respondents (93.8%) believe that integrating mental health and hygiene into the curriculum would positively impact the well-being of students and teachers, emphasizing strong support for such initiatives.

How does Maintaining good mental health and hygiene practices plays a crucial role in education?

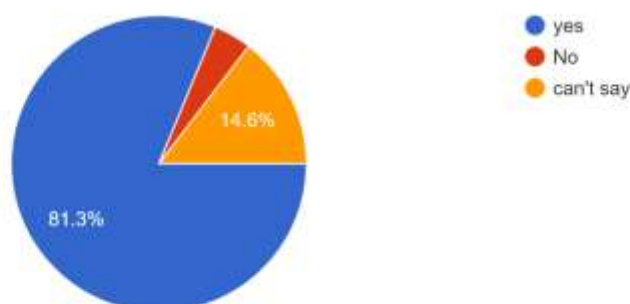
48 responses



Analysis: Students recognize multiple benefits of good mental health and hygiene practices, with a substantial portion (21%) acknowledging all listed benefits, underscoring their critical role in education.

can we change the student's knowledge, attitude, and behavior regarding personal and environmental hygiene by integrating/implementing...iene Education" as a subject into our curriculum?

48 responses



CONCLUSION:

This study provides valuable insights into the critical role of mental health and hygiene in education. The results underscore the necessity for robust support structures, improved faculty preparation, measures against discrimination, and the incorporation of mental health education into the curriculum. These initiatives are pivotal in fostering student well-being, boosting academic achievement, and nurturing comprehensive personal growth within educational settings. By implementing these measures, educational institutions can cultivate a more nurturing and impactful environment that supports students effectively.

APPENDIXES

The screenshot displays a Google Form titled "THE ROLE OF MENTAL-HEALTH AND HYGIENE IN EDUCATION". The form is dated 7/3/24, 7:20 PM. It includes a confidentiality statement: "All the information that will be shared by you will be confidential". A legend indicates that an asterisk (*) denotes a required question.

1. Email *

2. have you personally experienced any benefits from practicing mental-health and hygiene in your academic life? *

Mark only one oval.

☐ yes

☐ no

☐ sometimes

☐ often

3. Do you feel comfortable in discussing about the your mental health and hygiene with your teacher? *

Mark only one oval.

☐ yes i always do

☐ yes i often do

☐ no, i never do

☐ not at all

4. do you think your faculty are well trained to recognize your mental health challenges and supports their students to tackle? *

Mark only one oval.

☐ yes, they often recognize about our mental health and help us to tackle from challenges

☐ no, they are unable to recognize our mental health conditions

☐ i haven't faced such situations to recognize whether they are well-trained or not about mental health of students

☐ none of the above

5. which type of additional support/resources would you like to be implemented in your college to address mental health concerns? *

Mark only one oval.

☐ Mental health workshop and seminar

☐ all the above

6. have your ever experienced any kind of discrimination based on mental health issues within your educational institutions? *

Mark only one oval.

- ☐ often experience
☐ never experience
☐ only once
☐ sometimes experience

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THE ROLE OF MENTAL-HEALTH AND HYGIENE IN EDUCATION

7. have you ever felt any connection between your mental health and academic performance? *

Mark only one oval.

- ☐ yes
☐ no

8. do u think integrating mental health education into our curriculum can play a vital role for our overall development? how *

9. have you ever received any kind of education/guidance related to our mental health and hygiene in your educational institutions? *

Mark only one oval.

- ☐ yes, in my school
☐ yes, in my college/universities
☐ nowhere

10. Integration of mental health and hygiene into your curriculum can impact----- the well-being of student/teachers. *

Mark only one oval.

- ☐ positively
☐ negatively

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THE ROLE OF MENTAL-HEALTH AND HYGIENE IN EDUCATION

11. How does Maintaining good mental health and hygiene practices plays a crucial role in education? *

Mark only one oval.

- ☐ by increasing concentration, memory retention, cognitive function
- ☐ by reducing absenteeism due to illness
- ☐ by promoting clarity in thought and emotional stability.
- ☐ all the above

12. can we change the student's knowledge, attitude, and behavior regarding personal and environmental hygiene by integrating/implementing "Hygiene Education" as a subject into our curriculum? *

Mark only one oval.

- ☐ yes
- ☐ No
- ☐ can't say

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Google Forms

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THE ROLE OF MENTAL-HEALTH AND HYGIENE IN EDUCATION