



# A Study On The Impact Of Physical And Mental Health On The Academic Performance Of Students.

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## ABSTRACT

**Aim :** The present study has been able to analyse the effect of physical health and mental health on the academic performance of university students.

Nowadays there is a huge demand and need to develop a positive attitude towards the mental and physical health of students. It is the right time to increase our efforts to create a positive attitude towards the physical health and the mental health of students. For the present day this is an immediate requirement. The following paper reports a relationship between the physical health and the academic performance of university students and mental health and academic performance of university students.

It is aimed at determining the significant relationship between the physical health and academic performance of university student along with the relationship between mental health and academic performance of university students. The sample consist of total 60 students of Amity University, Noida. Two questionnaires related to physical health and mental health were used to get the desired data from the students. Karl Pearson correlation, standard deviation were used for analysing the data. The results showed that there is a significant relation between physical health and the academic performance of university students and mental health and academic performance of university students.

## KEYWORDS

Academic performance, Mental Health, Physical Health

## INTRODUCTION

According to WHO, health consists of overall physical, mental, emotional aspect of a human being and not just absence of diseases. While growing up we all have heard , that “Health is wealth”, but still the idea of this fact isn’t clear to majority of population. Generally , many people confuse good physical health with free of all the type of illness. It may be considered as a part of it, but not entirely what good health is all about in total. Health is one of the important element for a person’s success. There are many ways to keep one’s health on track. Health is priceless assets , which is higher than money or property. There is no point of having money if we don’t have good health. If we wish to live a healthy life, we must take some efforts in considerations. We should make some modification in one’s lifestyle. These modifications include good food habits, sleep patterns.

A good health is the luxury which everyone wants to afford, but not everyone can afford. This line itself states the significance of a healthy lifestyle and schedule. When a person is living a healthy lifestyle, he or she will be free from any tension of any acute or chronic disease. On the other hand, if a person is living a poor health lifestyle, he or she will spend most of his time in hospital and the bills will take always mental peace too.

Similarly, if a person is having a relaxed mind set, it all the time he will be able to keep his or her loved ones happy. A healthy person is more likely to fulfil all of his dreams and goals as he can focus on them and also he'll be having the energy to complete them on time. That is why the proverb health is wealth carries a lot of weight.

### **Physical Health And Education**

There is a well-established, significant, and ongoing relationship between education and physical health. This has been seen for a wide range of health metrics in many different nations and historical times. Good education leads to knowledge of good physical health, as the person who is getting educated regarded, health will be focusing on things which are good for physical health such as exercises, yoga, good food, healthy schedule and good sleep pattern.

Moreover, health can be divided into two aspects, physical health and mental health. To succeed in one's life, one needs to prioritise both his physical and mental health. physical health is critical in the overall well-being and can be affected by lifestyle diet level of physical activities.

### **Mental Health And Education**

Education plays a very significant role in developing mental fitness of a person who is well educated are well aware of the ways to cope up with various mental illness and stress. Mental health is important for development of the country. World health Organisation (WHO) defines health as “a state of physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity”. WHO defines mental health as mental well-being in which an individual realises 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.

### **Health and Academic performance**

The correlation between academic success and health is statistically significant. Children who are healthy have a lower likelihood of experiencing issues at school than pupils who are unwell, according to research. Students who are in good health typically perform better academically than those who are not. Poor focus, grade retention, and an increased likelihood of failing out of school are all issues that stem from poor health. However, health is a vague and difficult notion whose definition is frequently obscured by presumptions and constraints. As a result, the relationship between health and student accomplishment is frequently complicated. The concept of health has evolved over time, spanning different professions. Recently, there has been a focus on obtaining entire well-being rather than just health. Schools have been tasked with promoting student health through creating positive environments, policies, support services, and information-based interventions.

Academic performance is one of the important component which is necessary in academic success. Many factors such as physical health, mental health, peer support, parent and support. Social economic background of students family affects the academic performance of the child.

Academic performance is the estimated measurement of a students performance across various academic subjects. The education institution and the teachers measures the achievement using various methods such as graduation rates, results from standardised test to measure the academic performance of the child.

### **DISCUSSION AND FINDINGS**

From the present study , it was found that 68% of the sample has higher score in physical health assessment tool. 32% of respondents has average score and 0% respondents had below average score. The correlation method was implied to test the relationship between physical health and academic performance of university students. The researcher found that there was a significant relationship between physical health and the academic performance of the university students . Students who were having the higher rate in physical assessment tool were performing well in their academic performance as their CGPA was on the higher note. Whereas on the other hand students who are facing some physical illness we're having their CGPA on the lower note . So it was found out that there was a significant relationship between physical health of the student and his or her academic performance which means if a student is doing good in physical health that is he is fit with no or little bit of physical illness then he will be able to perform good in his academics.

From the present study , it was found that 56.7% of the sample has higher score in physical health assessment tool. 43.3% of respondents has average score and 0% respondents had below average score.

The correlation method was implied to test the relationship between mental health and academic performance of university students. The researcher found that there was a significant relationship between mental health and the academic performance of the university students. Students who were having the higher rate in mental assessment tool were performing well in their academic performance as their CGPA was on the higher note. Whereas on the other hand students who are facing some mental illness we're having their CGPA on the lower note. So it was found out that there was a significant relationship between mental health of the student and his or her academic performance which means if a student is doing good in mental health that is he is fit with no or little bit of mental illness then he will be able to perform good in his academics.

## CONCLUSION

The researcher feels that physical health as well as mental health are very useful and significant component in the journey of students life. As both the factor are equally significant, they do effect the academic achievement of a child. So it is important to take a good care of mental health as well as physical health to perform good academically. Physical health is an important factor in its self when we talk about the academic achievement of a student. The student should be physically fit without any critical disease then only he will be able to form good academically.

Also talking about mental health as individual factor affecting Academic achievement of a child, is a growing concern in the schools as well as in universities. A good mental health is very essential for the overall well-being of a child as it can contribute to the ability of a student to find the success around the globe. it can also contribute and help us to develop and maintain good relationship with his peers good mental health also allows a student to deal with the different challenges in the life and overcome stress. mental health issues can affect anyone at any age. By creating awareness of this particular issue. The researcher tries to reflect the significance of mental health in the academic success of a student. This is also very important to know that mental health issues. Often treatable. There are number of effective and efficient treatments which are available with the right guidance and support. Hereby the author concludes that there is a direct and significant relation between the physical health and academic performance of university students and mental health and academic performance of university students.

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