



Study of Mental Health and Emotional Maturity of Boys and Girls

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Abstract: *The researcher conducted a study to find out the connection between emotional maturity and mental health of students. Conditions of locality of students. No significant differences were found between students' mental health in terms of school gender and locality. An important point was the relationship between emotional maturity and mental health of higher secondary students. Therefore, counselors and teachers should adopt intelligent strategies to create a supportive and conducive educational environment for students to develop emotional maturity and mental health, to cope with stress and challenges in all walks of life.*

Keywords: *Study, mental health, emotional maturity, boys, girls.*

Introduction:

Today it is education that makes the present sedentary society alive so that it can be committed towards development and change. Therefore, through education, we have to create such a learning society which is engaged in the process of learning throughout life. Education is the only means of transformation of a peaceful society, which by developing human resources affects the development of all other resources in a qualitative manner.

Therefore, "Education is that source of light which shows us the true path in various spheres of life. Through education we get happiness, prosperity and good luck in this world and salvation in the hereafter. That is why 'knowledge is called the third eye of man'. The light obtained by education removes our doubts and difficulties and generates the power to understand the real importance of life. Through education, we get such a meaningful approach, which increases intelligence, discretion and skill in us, because the person who has the power to think and understand is said to be developed. The person who shows sensitivity towards the happenings around him, that person can give something to the society. Such a person who does not have any difficulty in establishing adjustment in the changing society, he gets this condition only through education, so education helps in the development of the person.

Mental health describes either the level of cognitive or emotional well-being or refers to the absence of a mental disorder. From the perspective of positive psychology themes or holism, mental health includes a person's ability to enjoy life and the activities of life and psychological Efforts to achieve resilience may include cohesion between. Mental health is an expression of our emotions and marks a successful adaptation to a wide range of demands.

The World Health Organization defines mental health as "a state of well-being in which a person is able to realize one's own abilities, cope with the normal stresses of life, and function productively and productively." and is able to contribute to their society. It has been said previously that there is no single "official" definition of mental health. Cultural differences, subjective assessments and competing professional theories all influence this that's how "mental health" is defined. There are different types of mental health disorders, some of which are common, such as depression and anxiety disorders and some not as common, such as schizophrenia and bipolar disorder.

Most recently, the field of global mental health has emerged, which is defined as 'an area of study, research and practice that prioritizes improving mental health and achieving an equal level of mental health among all people worldwide.

Need and importance of study

That the show stage is a sign of moving towards luck and the students entering from the lower secondary level to the higher secondary stage make their debut in the show stage due to which they have a lot of emotions and they find it difficult to adjust themselves with the environment. In this stage, the child experiences difficulty in adjusting with his environment, social, economic status and family and shows various abnormal behaviors as he is mentally unbalanced whose effect is visible in his behavior. This behavior shows their mental ill-health. A mentally ill student loses his focus from education and lags behind in the field of education and fails to achieve academic achievements.



Adverse situations, not adapting to the environment, etc., create mental tension in the student, due to which anxiety, frustration, frustration arise in him and he starts taking interest in anti-social activities away from education, but if the child is emotionally mature and mentally If the person is physically healthy then he will be able to overcome these problems and adjust himself with the environment, but if the person exhibits abnormal behavior then there may be social, economic, mental and moral factors behind him, various mental states like Mental stress and unhealthy, personality imbalance, effect of polluted environment, anxiety, emotional immaturity, mental illness etc. Anomalies of person's behavior, behavior, mentality, academic achievement and ability to adjust are directly or indirectly reflected in his behavior and education. There are.

Therefore, it was considered necessary by the researcher that what will be the effect of the family environment, adjustment, mental health and emotional maturity of adolescent students on their academic achievement? Studying this research problem is justified and important. That is why this research study appears to be relevant.

Study Objectives

The proposed study has the following objectives:-

1. To determine the effect of family environment, adjustment, mental health and emotional maturity on academic achievement of noisy students.
2. To make a comparative study of the effect of family environment adjustment, mental health and emotional maturity on the academic achievement of students on the basis of educational class, (arts and sciences), area of residence (rural and urban) and gender differences (boys and girls).

Research method

Survey research method has been used in the present study. In social and educational fields, survey is an important tool and tool for collecting data related to a problem. Survey research is concerned with those general problems under which it is decided that which variable is related to which other variable to what extent. Thus the survey of the position of the variables is its basic objective. The nature of survey research being exploratory, it is very useful in the initial stage of research related to any problem.

Analysis

The difference in the mean between the urban arts class girls with high and low mental health is very small. Therefore, it is clear that the academic achievement of girls of arts class of urban area with high and low mental health is similar.

Emotions do not affect the academic achievement of students in urban areas, but the variable influencing their academic achievement is adjustment, because on the basis of the results achieved, higher adjusted students have higher academic achievement, while lower mental health and lower Students with family environment are conscious about their education. None of the variables taken (family environment, adjustment, mental health and emotional maturity) have any effect on academic achievement of rural students, but other variables affect education. Similarity was found in the academic achievement of adolescent girls in urban areas. Therefore, none of the variables taken has a clear effect on their educational achievement, but other variables affect their education.

Conclusion

The equipment used in the present research study has been arranged and explained in a table. As a result of which the conclusions which have been obtained on the basis of the results and interpretation of the study, the details of these findings are presented in the following lines. Students with low family environment have higher academic achievement than urban students with high family environment whereas urban girls with high and low family environment have similar academic achievement. Similarly, the academic achievement of rural students with high and low family environment is similar, whereas the academic achievement of rural girls with high family environment is higher than that of girls with low family environment.

There is a similarity in academic achievement of urban girls with high and low emotional maturity, whereas urban students with low emotional maturity have higher academic achievement than urban students with high emotional maturity. Similarly, the academic achievement of rural girl students with high and low emotional maturity is similar, whereas the academic achievement of rural girl students with high emotional maturity is higher than that of rural girl students with low emotional maturity.



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