



A Study on the Impact of Mental Health and Social Adjustment on Senior Secondary School Students Dhar District

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Abstract

The purpose of this research is to examine senior secondary school students in the Dhar District are affected by their mental health and social adjustment. It seeks to examine how these elements interact and support student's overall growth on the academic and personal development of students as well. Through questionnaires and interviews with instructors and students in secondary school, a mixed-method approach was used to gather both qualitative and quantitative data. The results show that students who have strong mental health adjust to social situations and perform better academically. The study emphasizes how critical it is to support student's emotional growth and manage mental health issues in order to ensure their overall wellbeing

Keywords: Mental Health, Social Adjustment, Senior Secondary School Students, Dhar District, Academic Performance, Adolescent Development.

Introduction

An important time in an individual's life is adolescence, and senior secondary school students are more susceptible to emotional instability, social pressures, and mental health issues. Student stress, anxiety, and sadness are common in today's fast-paced, competitive society. These emotions can have a negative effect on student's social and academic performance. Student's social and stress-reduction strategies are greatly influenced by their capacity to control their emotions and respond to difficult circumstances. In order to better understand how these elements affect students' overall

achievement and well-being, this study examines the relationship between mental health and social adjustment in senior secondary school students in Dhar District.

In order to handle things in a matured way the mental health plays an important role not only in the lives of individual but also in the lives of societies. Mental Health refers to the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. It is the ability to maintain an even temper, an alert intelligence, socially considerate behavior and a happy disposition. Mental Health is a condition of psychological maturity – a relatively constant and enduring function of personality. A person may experience many positive feelings, attitudes and behavior patterns. Among them, five are the primary ones in the attainment of satisfactory personal and social adjustment. Positive emotion, Engagement, Relationships, Meaning and Accomplishment (PERMA by Martin Seligman). People do not possess these primary characteristics to the same degree. It can be assumed that the greater the degree of these attitudes and behavior patterns, the better Mental Health will the individual have. It is this quality that constitutes the mature individual. Such a person is both predominantly independent and responsible and also in giving and productive. He is also able to relax and receive normally is in relative harmony with one's conscience that easily integrates with one's nature, feeling and behavior. The individual's group of reality is clear and unimpaired by the emotional estimations of child hood. The person is discriminating and highly adaptable.

Needs and Significance of the Study

A more thorough understanding of how mental health difficulties impact student's lives is essential as evidenced by the rising incidence of mental health issues among adolescents. Students may face emotional and social difficulties as a result of peer pressure, academic pressure, and societal expectations, which can hinder their capacity to adapt to and succeed in school environments. The significance of this study lies in its insights into the role that mental health play in influencing social adjustment, which in turn affects academic achievement and personal growth. Addressing these issues is crucial to establishing learning environments that promote student's development and well-being.

Personal Mental Health is important if you want to build your self-esteem and confidence. Personal Mental Health guides towards happiness and success.

Schools are dealing with substantial challenges posed by the changing Mental Health needs of today's higher secondary school students. It is important for administrators, faculty and staff to understand the profound impact that mental health problems can

have on all aspects of campus life and to treat mental health issues as an institutional responsibility and priority.

I hoped that this study and investigation will throw light on the nature of mental health and social adjustment and its impact on academic achievement of senior secondary school students. This study is need for all the people. Many studies were done in the field of social adjustment and mental health in various levels. Hence, I also attempt one more time to find results of social adjustment, mental health among senior secondary school students in Dhar district.

Review of Related Literature

A Study conducted by Thomas, D., and Rao, M. (2021) on the topic "A Comparative Analysis of Rural and Urban Schools with Regard to Adolescent Mental Health and Social Adjustment." This study includes 200 secondary school students as a sample. According to the study, metropolitan pupils showed more socialization—possibly as a result of having easier access to mental health services. Student's social adjustment was influenced by the availability of mental health resources in urban schools.

Stanley, Y., and Li, H. (2021) investigated a study on the topic "Peer relationships and adolescents' social adjustment". The present study investigated the impact of peer interactions on social adjustment utilizing a sample of 400 high school students in China. The findings demonstrated the improved social adjustment of adolescents who kept up good peer interactions in school settings. For secondary school children, having supportive peer relationships is crucial and helps them adjust to social situations.

According to P. Clarke & J. Williams (2020) a study on "The relationship of Adolescents' Social Behavior and Academic Achievement". This study looked into the relationship between social conduct and academic achievement. A substantial relationship between improved social relationships and academic achievement was discovered by the researchers using a sample of 250 American secondary school students. The correlation between enhanced social conduct and academic achievement is positive, indicating that programs promoting social relationship development can help pupils succeed in the classroom.

Ahmed, S., and Bano, Z. (2019) wrote this study. This study examines the relationship between social adjustment and mental health in Indian high school students. In this study, 300 secondary school students in metropolitan India were asked about their mental health and social adjustment. The results showed that children who were in better mental health had better social adjustment. The writers emphasized how hard it was for children who were stressed out or anxious to fit in with their school's social settings. The

capacity for social adjustment is strongly influenced by one's mental health, and mental health therapies enhance school socialization.

Patel, M., and Kaur, R. (2018) are the authors. Conducted a study on "The Role of Mental Health in the Social Adjustment of Adolescents in Indian Schools". This study looked at how 150 students in rural India adjusted socially and whether they had mental health conditions including anxiety and despair. This study indicated that undertreatment of mental health disorders increased the likelihood of peer troubles and isolation for students, and that poor mental health was linked to poor social adaption. In order to successfully integrate into peer groups, adolescents who struggle with mental health issues must first address their mental health.

Objective of this study

The principal aim of this study is to explore and understand the ways in which mental health, social adjustment impact the general well-being, and social interactions and academic performance of senior secondary school students in the Dhar District.

Hypotheses

There is no significant relationship between mental health, social adjustment and the academic performance or overall well-being of high school students in the Dhar district.

Methodology

This study used both quantitative and qualitative research methodologies, utilizing a mixed-methods approach. A stratified random sampling technique was used to choose 250 senior secondary school students from Dhar District's government and private institutions.

Instruments Used

Mental Health Inventory: A standardized tool designed to evaluate students' general well-being, stress, anxiety, and depression.

Social Adjustment Scale: a method of assessing students' social skills in terms of teachers, peers, and the larger school setting.

Sampling Criteria

To ensure statistical power and the generalizability of the results, 250 students were selected for the quantitative survey. In order to ensure a diversity of backgrounds and experiences, 50 students were selected to engage in in-depth interviews for the qualitative interviews. Students in several secondary schools in the Dhar district, are the study's target population. To ensure representation from both urban and rural areas, students from government and private schools were selected by stratified random sampling in the quantitative phase. In the qualitative phase, participants from the survey phase were

selected through purposive sampling according to predetermined standards, like varying degrees of mental health, social adjustment.

Procedure

This study uses a mixed-method approach to look at how high school students in the Dhar area are affected by their social adjustment, and mental health. To guarantee a thorough comprehension of the research issues, both quantitative and qualitative approaches were integrated into the study. There are two stages to the study's executed.

Phase 1 (Quantitative):

Using standardized instruments, a survey was conducted to collect information on mental health, social adjustment. Students were given questionnaires to complete in order to gauge their social adjustment, and mental health. In cooperation with the school administration, the surveys were given out in a classroom during regular school hours. With the help of the teachers the students answered the surveys. The students were taken 30 to 45 minutes to complete. We guaranteed to students that their answers will remain private, and they won't have to write their names on the questionnaires. We will gather completed surveys in order to analyze the data.

Phase 2 (Qualitative):

To obtain a deeper understanding of the experiences of a subset of survey participants, semi-structured interviews were held with high school students. To gain a deeper understanding of student's behavior and coping mechanisms, semi-structured interviews with teachers and counselors were undertaken. The interview was happened in a private area with the participants' permission.

Data Analysis

Descriptive Analysis: The descriptive analysis revealed that approximately 60% of the students reported moderate to high levels of social adjustment, while 40% displayed challenges in social adjustment. Approximately 80% of the students reported moderate to high levels of Mental Health, while 20% displayed challenges in Mental Health.

Correlation Analysis: Pearson's correlation coefficient indicated a significant positive relationship between social adjustment and academic performance ($r = 0.62$, $p < 0.01$). A positive correlation between Mental health and academic performance ($r = 0.65$, $p < 0.01$).

Regression Analysis: The results from the regression analysis showed that mental health and social adjustment collectively explained 55% of the variance in academic performance ($R^2 = 0.55$).

Data Interpretation

Mental Health Scores:

Student's mental health scores showed that 20% of them had mild to moderate anxiety symptoms. 10% of the individuals exhibited depressive symptoms. Significant stress levels linked to parental expectations and academic pressure were displayed by 20% of the students.

It was discovered that students with higher levels of stress and anxiety also performed worse academically (correlation coefficient: -0.42 , $p < 0.01$). Gender differences were evident, with female students showing slightly higher levels of anxiety and stress compared to male students.

Social Adjustment Scores

Students who had supportive families and positive peer interactions performed better academically and behaved better. Lower academic achievement was connected with around 40% of pupils from economically disadvantaged homes reporting difficulty adjusting to the school environment. Student's academic and emotional well-being is significantly impacted by social adjustment. Pearson's correlation coefficient indicated a significant positive relationship between social adjustment and academic performance ($r = 0.62$, $p < 0.01$). A positive correlation between Mental health and academic performance ($r = 0.65$, $p < 0.01$). Better academic achievement was found to be strongly correlated with higher social adjustment scores. Students with behavioral problems and greater dropout rates were those who struggled with peer connections or family conflicts.

Key Findings

The study discovered a significant correlation between social adjustment, and mental health and academic performance. Students who possessed both high social adjustment and good mental health were better able to excel academically. Students who were socially maladjusted were more likely to have mental health concerns such as stress, anxiety, and depression, which could result in behavioral problems and lower academic performance.

Challenges Identified

Academic Pressure: The competitive nature of education, together with the high expectations placed on students by both families and institutions, greatly increased students' stress and anxiety levels.

Family Conflict: There were more difficulties with mental health and social adjustment for students from households where there was parental divorce, family strife, or unpredictable finances.

Lack of Emotional Support: Many students, especially those from poorer socioeconomic backgrounds, indicated that their families and schools did not provide them with

adequate emotional support, which exacerbated their emotional immaturity and social maladjustment.

Gender-Specific Findings

The study revealed that female students exhibited greater levels of tension and anxiety, which could be attributed to family and cultural expectations regarding their future responsibilities and academic achievements. Compared to female students, male students showed slightly more stable mental health, but they also reported having more problems with social adjustment, especially in terms of peer interactions and the school environment.

Conclusion of Key Findings:

The general well-being and academic achievement of senior secondary school pupils in the Dhar District are significantly influenced by mental health, and social adjustment. These characteristics are closely interconnected.

Interventions aimed at enhancing emotional intelligence, social skills, and mental health support in schools is critical to addressing these issues. Students who struggle with mental health, poor social adjustment are more likely to experience behavioral issues, academic underperformance, and higher dropout rates.

Educational Implications:

Integration of Mental Health Programs: To assist students in understanding and dealing with stress, anxiety, and depression, schools should incorporate mental health awareness programs into the curriculum. Workshops on stress reduction, mindfulness, and emotional control may fall under this category. Counselors or psychologists should be assigned by schools to offer one-on-one assistance to pupils who are struggling with mental health issues.

Frequent Evaluations for Mental Health: Regular student's mental health screenings can assist in early detection of individuals who may be at risk of developing anxiety, depression, or other mental health issues. Then, in a timely manner, schools can provide interventions like guidance, counseling, and peer support.

Reducing Academic Pressure: High academic pressure is a major cause of mental health problems for many kids. Schools can stress a more holistic educational approach that emphasizes not only academic performance but also personal growth, creativity, and well-being, and they can employ different assessment methodologies.

Building Inclusive School Environments: Educational institutions need to work on establishing a more welcoming, encouraging atmosphere where students can feel

included in society. Establishing anti-bullying initiatives and encouraging a compassionate and understanding society are two ways to achieve this.

Peer Support Systems: Students who have trouble adjusting socially can benefit from the establishment of peer mentorship programs. Younger or socially isolated children can benefit from the advice and assistance of older peers or pupils to help them adjust to school life more successfully.

Making Family-School Collaboration Stronger: In order to provide supportive settings for pupils, schools must actively involve parents and guardians. Resolving family-related difficulties that impact children's social adjustment can be addressed through improved parent-teacher relationships.

Education for Life Skills: To assist students in acquiring communication skills, conflict resolution strategies, and problem-solving talents, schools must incorporate life skills instruction. These abilities will help children become more emotionally mature and ready for life after school, both personally and professionally.

Techniques for Mindfulness and Relaxation: To assist students in developing their emotional stability, lowering stress levels, and sharpening their focus, schools might include mindfulness exercises like yoga or meditation into the curriculum.

Training for Teachers on Emotional Development and Mental Health: Teachers to receive training in identifying indicators of social maladjustment, and mental health disorders. Teachers can be better prepared to help struggling children, successfully control classroom conduct, and encourage students' emotional development by participating in professional development programs.

Addressing Socioeconomic Disparities: It has been discovered that students from poorer socioeconomic origins have greater difficulties with emotional maturity, social adjustment, and mental health. To help these students overcome their social and intellectual obstacles, schools can provide extra assistance like mentorship programs, scholarship opportunities, and tutoring beyond school hours.

Family Conflict Counseling: Students who come from unstable, conflict-ridden, or financially struggling families are more likely to suffer from mental health problems. To help children overcome these obstacles and have more supportive homes, schools can collaborate with local groups or offer family counseling services.

Support Specifically for Female Students: According to the study, female students had higher levels of stress and anxiety, probably as a result of expectations from their families and society. To address these difficulties, schools need to provide gender specific mental

health care. Girl's mental wellbeing may be enhanced by initiatives that lessen gender-based stressors and empower them.

Helping Male Students Adjust to Society: Male pupils had greater difficulties adjusting to social situations. Programs for social skills that are geared toward men and that prioritize cooperation, emotional expression, and healthy peer interactions can be implemented in schools. **Balanced School Schedules:** By creating timetables that strike a balance between academics, extracurricular activities, and personal time, schools can lower stress levels. Burnout can be decreased by having flexible schedules and making time for socializing and rest.

Conclusion

The results of this investigation underscore the vital function that emotional development and mental well-being perform in the social integration of Dhar District senior secondary school students. Academic and social success is more likely for students who are socially adjusted and in good mental health. Comprehensive mental health and social development programs must be implemented in schools in order to support adolescents as they navigate the difficulties of puberty. According to the study's findings, academic performance is facilitated by addressing mental health concerns and encouraging social adjustment, both of which have a good effect on academic performance and general well-being. As a result, for students' holistic development, parents, legislators, and educators must collaborate to provide supportive environments that promote mental and emotional wellness. Future research could look into the effects of various familial situations, socioeconomic backgrounds, and cultural backgrounds on students' mental health, social adjustment, and emotional development. An in-depth understanding of how external variables shape these traits could be obtained by comparing pupils from different socioeconomic levels or from urban and rural locations in Dhar, given the cities diversity. More focused interventions may be guided by this method, which may also highlight shortages in mental health resources and support networks among various populations. Research may look at the effects of various instructional strategies, school environments (e.g. supporting vs. competitive), or the availability of counseling services on students' general wellbeing. Furthermore, researching the effects of extracurricular activities on students' mental and emotional development like involvement in sports, the arts, or social clubs may yield insightful information about the holistic development of education.

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