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RESEARCH ARTICLE

ACHIEVEMENT MOTIVATION AND POSITIVE MENTAL HEALTH AMONG HIGH SCHOOL STUDENTS

*Kavya, U. and Ankalesh, B.N.

Assistant Professors, Tumkur University, Tumakuru, Karnataka

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ABSTRACT

The present study is aimed to understand the gender difference in the level of achievement motivation and positive mental health among high school students and to identify the relationship between achievement motivation and positive mental health among high school students. The study is adopted sample survey design. A purposive sample of 120 high school students between 13-16 years of age is selected for the study. Achievement Motivation Scale by Prof. Pratibha Deo and Dr. Asha Mohan, and Positive Mental Health Scale by Dr. C D Agashe & Dr. R D Helode are used in the study. The result is analyzed using independent sample t-test and Pearson coefficient of correlation. The result indicated that there is a significant gender difference in the level of achievement motivation and there is no significant gender difference in the level of positive mental health among high school students. Relationship between achievement motivation and positive mental health is not significant among high school students.

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INTRODUCTION

Achievement motivation is an act of motivating individuals to reach realistic goals, receive personal rewards and experience the sense of accomplishment in what they do.

Characteristics of Achievement Motivation

- They like to undertake risks for personal accomplishment.
- They have high level of perseverance to attain their goal. They do not give up even failure after failure. But, they try again and again till the goal is not achieved. They follow the apt proverb: 'Fall seven times, stand up eighth.'
- They show courage and fortitude to keep on moving toward their goal instead of adversities.
- Entrepreneurs with high level of achievement motivation tend to be more creative and innovative.
- They tend to be more future-oriented.
- Such entrepreneurs are more adaptive and mobile. (DK Sinha)

Mental Health: Mental health is the level of psychological well-being or an absence of mental illness. It is the state of someone who is "functioning at a satisfactory level of emotional and behavioral adjustment".

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Positive Mental Health

According to the World Health Organization:

Positive mental health is defined as a state of well-being where individuals are able to:

- Realize their own potential
- Work productively
- Cope with the normal stresses of life
- Make a positive contribution to the community

Characteristics of Mental Health: Mental health is more than just the absence of mental illness. It includes how you feel about yourself and how you adjust to life events. However, the National Mental Health Association cites 10 characteristics of people who are mentally healthy.

- They feel good about themselves.
- They do not become overwhelmed by emotions, such as fear, anger, love, jealousy, guilt, or anxiety.
- They have lasting and satisfying personal relationships.
- They feel comfortable with other people.

*Corresponding author: Kavya, U.,
Assistant Professors, Tumkur University, Tumakuru, Karnataka.

- They can laugh at themselves and with others.
- They have respect for themselves and for others even if there are differences.
- They are able to accept life's disappointments.
- They can meet life's demands and handle their problems when they arise.
- They make their own decisions.

Review of literature

Studies on Achievement Motivation: D Kumar (2013) This study was aimed to study the achievement of secondary school students in relation to Academic Motivation. The findings of the present study show that there is positive correlation between the academic motivation and academic achievement. It means high academic motivation group have high achievement and low academic achievement have low academic achievement. S.Pawar (2016). This study reports about the academic achievement motivation differences among 9th standard students. The results revealed significant differences among rural and urban students and general and other caste students. However, no significant differences were obtained in the male and female students in the level of academic achievement motivation. P Rani and R. Geetha Reddy (2019) The study was carried out with the objectives to examine the gender related differences and differences across academic majors on achievement motivation among adolescent students. Significant difference was found between the achievement motivation of sciences and arts stream students and achievement motivation among male and female college students.

Studies on Positive Mental Health: S. Chellamuthu&S. Kadiravan (2017) This study was conducted to explore the academic stress and its relationship with mental health among high school students. The results revealed that students from private school experienced higher academic stress than that of government school students, and private school students have higher mental health status than their counterpart. It was also found that academic stress had a significant relationship with the mental health of high school students. A. Verma & N. Sahu (2018) The present study was aimed to perceive the difference between sports person and non-sports person on positive mental health. It was concluded that positive mental health of sportsperson who involved in some sports and physical activity do significantly higher than non-sportsperson who was not involved in any games and physical activity. S. Y. Bhat & Y. Shrivastava (2019) The objective of this study was to compare positive mental health of physically active and sedentary elderly females. It was concluded that elderly females engaged in regular physical activity possesses more magnitude of positive mental health as compared to sedentary elderly females.

METHODOLOGY

Research Questions

- What is the level of Achievement motivation and Positive mental health among high school students?
- What is the gender difference in Achievement motivation and Positive mental health among high school students?
- What is the relationship between Achievement motivation and Positive mental health among high school students?

Objectives

- To assess the level of Achievement motivation and Positive mental health among high school boys and girls.
- To study gender difference in the level of Achievement motivation and Positive mental health among high school boys and girls.
- To study the relationship between Achievement motivation and Positive mental health among high school students.

Hypotheses

Ho1-There is no significant gender difference in the level of Achievement motivation among high school students.

Ho2 -There is no significant gender difference in the level of Positive mental health among high school students.

Ho3-There is no significant relationship between Achievement motivation and positive mental health among high school students.

Sample

A purposive sample of 60 girls and 60 boys from the high school students are selected.

Gender	Sample Size
Girls	60
Boys	60
Total	120

Tools

Two measures were used in this study. Achievement Motivation scale by Prof. Pratibha Deo & Dr. Asha Mohan The Achievement Motivation scale by Prof. Pratibha Deo & Dr. Asha Mohan. Achievement motivation scale and questionnaires that are available, measure achievement motivation in particular fields, such as, academic motivation at the high/higher secondary, college or university level. The scale consists of 50 items each to be rated on the 5-point scale (Always, Frequently, Sometimes, Rarely, Never). Out of 50 items, 37 are positive items and the rest 13 are negative items are provided.

This scale is divided into 15 sub scales such as academic motivation, need for achievement, academic challenge, achievement anxiety, importance of grades/marks, meaningfulness of task, relevance of school/college to future goals, attitude towards education, work methods, attitude towards teachers, interpersonal relations, individual concern, general interests, dramatics and sports. Positive Mental Health inventory by Dr. C. D. Agashe & Dr. R. D. Helode The Positive Mental Health inventory by Dr. C. D. Agashe & Dr. R. D. Helode. The Positive mental health inventory is measuring the components of Self-acceptance, Ego-strength and Philosophies of human nature. The scale consists of 36 items, answer were given in two options i.e 'yes' or 'no'. children/subject were asked to tick on 'yes' in case of positive response and 'no' for negative response. For each correct answer was given weightage by giving marks '1'. There were 36 marks as the maximum possible score and minimum was zero.

Procedure: The Purpose of the study was explained to the participants. The participant's willingness to participate in the study was ascertained after the establishment of rapport. The socio-demographic details were collected. The participants were briefed about the two inventories separately and were provided with clear instructions. After the completion of the administration of forgiveness questionnaire, a five-minute break was given for the purpose of relaxation and then Oxford happiness Questionnaire was administered, later both the inventories were collected back.

Variables:

Independent variable

Girls and Boys
 Achievement Motivation and Positive Mental Health not Happiness and Forgiveness.
 Happiness and forgiveness

RESULTS AND DISCUSSION

The main objective of the study was to study the relationship between achievement motivation and positive mental health among the high school students. To meet the objectives of the research null hypotheses were formulated. The obtained results were analyzed using Pearson Coefficient of Correlation and Independent Sample t Test.

Part 01 – Percentage Analysis

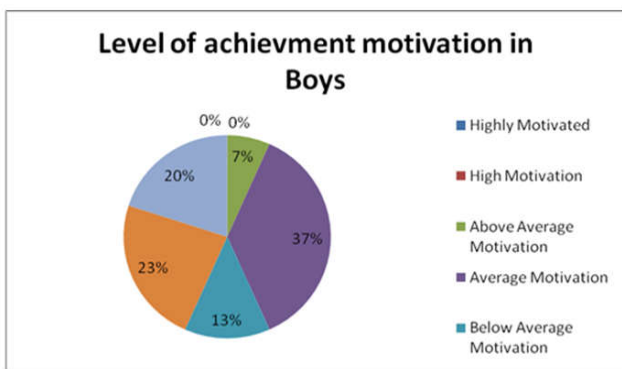


Figure 4.1

Mean score of high school students on the level of achievement motivation in boys.

Pie Chart of boy's achievement motivation reveals that 6.66% of boys have above average motivation, 36.66% of boys have average motivation, 13.33% of boys have below average motivation, 23.33% of boys have low motivation, 20% of boys have lowest motivation.

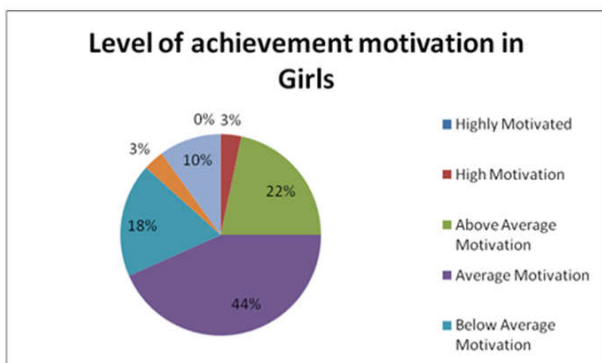
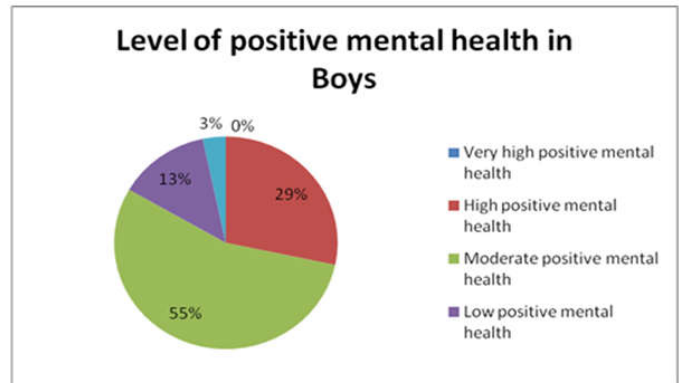


Figure 4.2

Mean score of high school students on the level of achievement motivation in girls.

Pie chart of girl's achievement motivation reveals that 3.33% of girls have high motivation, 21.66% of girls have above average motivation, 43.33% of girls have average motivation, 18.33% of girls have below average motivation, 3.33% of girls have low motivation, 10% of girls have lowest motivation.



Pie chart of boy's positive mental health reveals that 28.33% of the boys have high level of positive mental health, 55% of the boys have moderate level of positive mental health, 13.33% of the boys have low level of positive mental health, 3.33% of the boys have very low level of positive mental health.

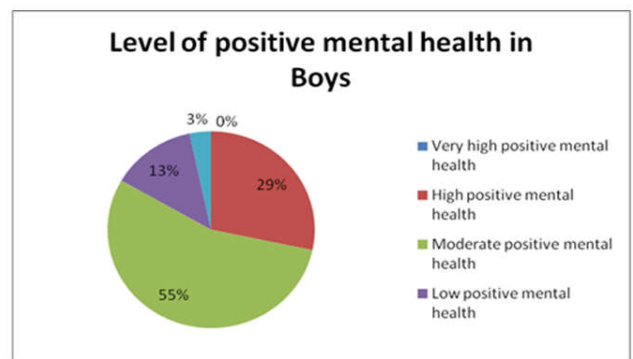


Figure 4.4

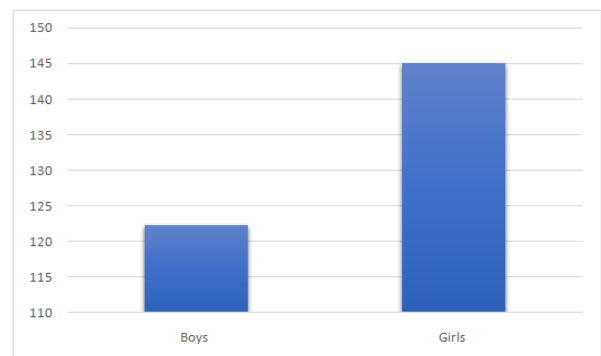


Figure 4.5

Mean score of high school students on the level of positive mental health in girls

Table 4.3. Mean, Standard deviation and P value of boys and girls on achievement motivation among high school students

Area	Gender	N	Mean	SD	t value	P value
Achievement motivation	Boys	60	122.2500	35.23414	5.617	.019
	Girls	60	145.0500	26.29714		

Table 4.4. Mean, Standard deviation and P value of boys and girls on positive mental health among high school students

Area	Gender	N	Mean	SD	t value	P value
Positive mental health	Boys	60	18.6333	2.77987	.525	.470
	Girls	60	19.1500	2.96205		

Table 4.5. Pearson coefficient correlation achievement motivation and positive mental health

	Achievement motivation	Positive mental health
Achievement motivation	1	.146
Positive mental health	.146	1

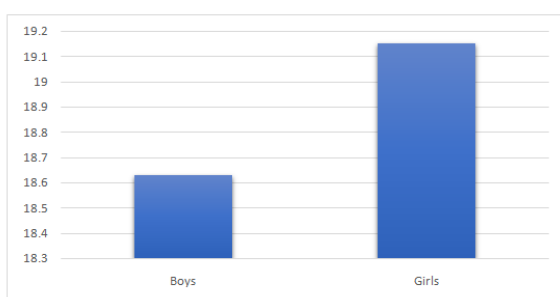
Pie chart of girl's positive mental health reveals that 36.66% of girls have high level of positive mental health, 45% of the girls have moderate level of positive mental health, 8.33% of the girls have low level of positive mental health, 8.33% of the girls have very low level of positive mental health.

Mean score of boys and girls on achievement motivation:

The hypothesis stating that there is no significant gender difference in the level of achievement motivation among high school students was tested using independent sample t test. The p value for achievement motivation is 0.019 which is significant.

Mean scores indicate that girls have higher achievement motivation compared to boys. Hence, the null hypothesis which states there is no significant difference in the level of achievement motivation among high school students is rejected.

Mean score of boys and girls on positive mental health: The hypothesis stating that there is no significant gender difference in the level of positive mental health among high school students was tested using independent sample t test. The p value for positive mental health is 0.470 which is not significant. Hence, the null hypothesis which states there is no significant difference in the level of positive mental health among high school students is accepted.



Part 03 – Pearson Coefficient of Correlation

The hypothesis which states there is no significant relationship between achievement motivation and positive mental health among high school boys and girls was tested using Pearson Coefficient of correlation. The result indicates positive relationship between achievement motivation and positive mental health among high school students.

Conclusion

Major findings of the study are

- There is a significant gender difference in the level of achievement motivation among high school students.
- There is no significant gender difference in the level of positive mental health among high school students.
- There is a positive correlation between achievement motivation and positive mental health among high school boys and girls.

Implications

- Special programs can be conducted for boys to improve their level of achievement motivation.
- Special classes can be conducted for teachers to train students on achievement motivation and positive mental health.

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Conflict

The author(s) declared no conflict of interest.

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