

RELATIONSHIP BETWEEN ACADEMIC ANXIETY AND MENTAL HEALTH AMONG ADOLESCENTS

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ABSTRACT

The present study tries to explain the relationship between Academic Anxiety and Mental Health among adolescents. Descriptive survey method of research was adopted for the study. A sample of 100 adolescents with equal number of boys and girls of 13 to 16 years of age was taken through purposive sampling technique. The tools for data collection were Academic Anxiety' Scale for Children (AASC) and Mental Health Battery (MHB) developed by Dr. Arun Kumar Singh and Dr. Alpana Sengupta. The data were analyzed using t-test and Product Moment method of correlation. Findings revealed that, Academic Anxiety is significantly but negatively correlated with Mental Health, for both male and female adolescents. Gender difference on Academic Anxiety among adolescents was found significant. Gender difference on Mental Health among adolescents was not found significant. The present study has implications in education as well as in social settings, because it provides an understanding into the manifestation of academic anxiety as related to mental health.

KEYWORDS: Academic Anxiety, Mental Health, Adolescents