



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research
Vol. 16, Issue, 01, pp.26904-26906, January, 2024
DOI: <https://doi.org/10.24941/ijcr.46527.01.2024>

INTERNATIONAL JOURNAL
OF CURRENT RESEARCH

RESEARCH ARTICLE

A STUDY OF MENTAL HEALTH OF UPPER PRIMARY STUDENTS

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ARTICLE INFO

Article History:

Received 19th October, 2023
Received in revised form
18th November, 2023
Accepted 15th December, 2023
Published online 19th January, 2024

ABSTRACT

Unless children understand the importance of mental health, it cannot develop to a desirable extent. It is an important objective to enable them to solve the problems of their future life efficiently. Therefore, the immediate benefits are immediate and large for upper primary students, but the long-term disadvantages are not. A student at this age has developed the emotional brain in mental health development, but the thinking part of the whole is still developing. Because of this, children are easily motivated to take dangerous actions. So it is very important to have good and healthy mental health.

Key words:

Personal & Family Mental health,
Positive & Negative
approach, Genetic & Physical &
Circumstantial factors.

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Citation: Thorat Sangita Ashokrao and Dr. Pathak, S.S. 2023. "A study of mental health of upper primary students". International Journal of Current Research, 16, (01), 26904-26906.

INTRODUCTION

In school life there are different kinds of experiences, depending on which experiences the student behaves. Instead, their concept is formed. As their thinking process changes with age, the upper primary students are in the adolescent stage. They change his physical and mental be aware. Accordingly they make some of their rules and principles. Accordingly they follow him. In this state the students are a bit confused in their mental state. As he is developing physically, he is under stress mentally, he is trying to solve his problems. Those students are mentally unstable which means their mental health is not good. Following is what is mental health of upper primary students.

According to

Watson: The process when a person uses his adaptive capacity to make his life more efficient and successful is called mental health.

According to Handfield: Mental health is the balance and integrated development of personality. From the above definition, it is understood that there are many people around us who have some kind of deficiency in terms of mental health, and also there are many students of such environment in the school. Students can study well only if their mental health is good.

Types of Mental health

Personal Mental Health: Personal mental health includes the student's behavior and well-adjusted thinking. So the student knows his own strength or ability. The student has faith in self-experience. He lacks vindictiveness and ego. Respect yourself, as well as respect others. Admitting one's mistakes, having social awareness and behaving appropriately in situations. Proper control of sexual emotions are all signs of mental health.

Family Mental Health: Family mental health involves reconciliation of the student's satisfied family relationships. Students should behave respectfully towards the elderly person in the family. Students should strive to develop a sense of security, acceptance and self-respect While bringing up the student by the head of the family, he should be brought up with a view to his well-adjustment pect.

There are two ways to achieve mental health

- Positive approach (meliorative)
- Negative approach (Preventive)

Positive approach: In a positive approach, students should know their own strengths and weaknesses, should clearly

acknowledge their own faults and shortcomings, and should also create goodwill, achieve emotional balance, try to learn new things, and parents should have real expectations from students or parents. And must have a limited habit of daydreaming. A positive outlook is very much needed to distance oneself from the desire for mastery, students to know the reality of their surroundings etc. for mental health.

Negative approach: Good habits must be consciously cultivated by students to achieve mental health. Parents should create a sense of security in their children. Consciously Enhancing Healing Emotions Efforts are made to allow students to express their emotions and to ensure that interpersonal relationships are not strained. and the goal is to avoid anti-reward regulations. of utmost importance is that students acquire communication skills.

Factors affecting mental health

Genetic factors: An essential factor for the development of a student is heredity. This factor is transfer from generation to generation.

Physical Factors: In students, there are physical skills such as running, walking, talking, acting, writing, reading, etc., which have a positive and negative impact on student's mental health.

Circumstantial factors: Just as genetic factors affect mental health, so do environmental factors. Factors contributing to the adjustment of agricultural students to urban environments affect mental health.

Importance of Mental health in upper primary students

It is said that the school life of children is a golden period of opportunity in terms of nurturing their mental health. It is very true. The school environment and programs for students are to make the mental health of all the children healthy and to destroy the harmful habits and thoughts and to constantly and carefully look at these matters. Paying attention is a very important aspect of mental health. For this, it is necessary to think about the personal life problems of each student, it will be important to provide him with personal guidance and help from experts to reduce the pressure on his mind and create an environment that will help him in life. In the current situation, it is imperative to restructure the entire education sector from the point of view of mental health.

By doing all-round development of upper primary students, makes them responsible and responsible citizens of the society. Citizens can do their daily personal and social affairs efficiently and it is not a burdensome interest to the society. To enable them to solve the problems of their future life efficiently should be considered as an important purpose of modern education, so it is necessary to plan education in such a way that habits, attitudes, loyalties and ideologies that are useful for mental health promotion are rooted in their minds. Mental health approach must be considered important while planning various competitions, Yogasana, school program.

CONCLUSION

In today's time, life of the students have become very stressful and unstable they are suffering from the fear of failure which ultimately leads to frustration. Confusion and anxiety also make a home in children's minds and make them uncomfortable. In such a situation, as the children have to live their future life, they should be given the necessary guidance in the school itself Educating children not only means teaching them different subjects but also developing their overall personality, health and confidence in them.

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