



IMPORTANCE ON PERSON'S ACADEMIC PERFORMANCE AND IT'S MAJOR COMPONENTS

Rupinder Kaur ¹ Dr. Vikas Kumar Srivastava²
Research Scholar Shri Khushal Das University, Hanumangarh
Research Supervisor Shri Khushal Das University, Hanumangarh

ABSTRACT

The objective of this study is to investigate the relationship between the level of emotional maturity shown by secondary school students in Jalandhar, Punjab, and the psychological well-being and health of these students. The research was conducted using a correlational research approach, and it investigated the impact of emotional maturity on stress, anxiety, and depression among a diverse group of students. A large positive relationship was found between higher degrees of emotional maturity and improved mental health, and the findings indicate that there is a strong connection between the two conditions. There were obvious differences between the sexes, with female students demonstrating higher levels of emotional maturity and better mental health than their male counterparts. As students progressed through their schooling, there was a discernible rising trend in both their emotional maturity and their mental health. In light of these results, it is important to emphasize the value of effective counseling services, parental involvement in the emotional development of their children, and the implementation of emotional intelligence and maturity programs into the curriculum of schools. More research, the implementation of policies, and awareness campaigns are all recommendations that the study makes in order to enhance the overall growth and well-being of secondary school students' overall development.

Keywords: - Emotional Maturity, Government, Private, Secondary School Students.

Introduction

Knowledge has always been an integral component of the history of humanity. Since the dawn of recorded history, it has been universally acknowledged as an essential component of each and every human group. In light of this, it needs to be altered in order to satisfy the requirements of both people and society. It's possible that the educational system of today doesn't provide much of a guarantee of a successful life going forward. The secondary school education that is provided in

our nation is about more than simply completing a test and receiving excellent marks; it is also about developing connections between instructors and students, learning to regulate one's emotions, and preparing oneself for a successful future. The lessons that we have learned from our own experiences have shown us that no one, regardless of how clever they are, can guarantee success in every attempt. But the issue that has to be answered is: why is that?

Throughout the course of the year, this hole is progressively filled. Since the beginning of time, psychologists and educators have been baffled by the disparity that exists between the comfort and pain that is brought about by logical reasoning and emotional reaction. Over the course of many years, this line of thinking has been maintained in countries all over the world, even developing countries such as India. One option was to include teachings on emotional intelligence and mental health into our curriculum. This allowed us to address the problem.

There is no question that we are now living in a period of globalization, which is marked by the dominant presence of science and technology. In our day-to-day lives, science and technology have an impact on every single facet of our life. In order to meet the requirements of a global society, our educational procedures have undergone significant changes. Students in today's schools and universities are thus subject to a great deal of social duties. All of this has led to a rise in the number of courses and extracurricular activities that are available. Students end up being angry and overwhelmed as a consequence of this. They display a lack of integrated development in all aspects of their being, including their physical, social, emotional, cognitive, and mental health, which is a result of the total stress that they are experiencing. Educating students about their mental and emotional well-being ought to be a mandatory component of our existing educational system. In order for these components to have an impact on future generations, they need to become integrated into our educational system as a matter of course.

Since society is in a constant state of change, our educational system ought to be able to adjust appropriately. Our brain processes, as well as our social mores, cultural practices, traditions, customs, beliefs, and lifestyle choices, are all influenced by the new knowledge that we are exposed to. Because of this, new educational aims are absolutely necessary for our increasingly mobilized society. Our educational system ought to have as its primary objective the assistance of each and every student in reaching his or her full potential. The education that a person receives need to be oriented on their life and pertinent to the conditions that they are now facing in order to assist them in developing their inner potential in all aspects of their lives. The education that a person receives should be able to assist in the assimilation of a range of values, including those that are personal, communal, national, and international in nature. Additionally, it assists one in being more aware of global concerns and better ready to cope with them. Our objective is that the strategies that we use in the classroom will assist kids in reaching their maximum potential in all three areas of growth: cognitive development, emotional development, and motor development.

The teaching of students on mental health is, unfortunately, not getting the emphasis that it should be receiving in our public schools. When it comes to developing into a well-rounded human being, it is very necessary to have a good mental state. The social status of a person is a factor that has a role in the emotional and mental health of that individual.

The Mental Health

The Vedic period of the educational system in ancient India was characterized by a very low level of pressure placed on students. The ancient Gurukul system used procedures that were effective in reducing stress and releasing tension. It is feasible that these techniques might be beneficial in today's environment. It's possible that the ancient educational system has the answer to the problem we face today. Throughout the course of human history, the Ashramas, or phases, of the human lifetime were usually divided into four distinct stages. At this approach, students would often reside at the homes of their instructors while they were engaged in academic pursuits. It is possible that we will implement the successful methods that are a part of the Gurukul system in order to decrease the impact on the mental health of the children. It is important that the interests of the students serve as the foundation for our teaching. The process of selecting a major ought not to be a source of happiness for parents. Political figures and members of society should avoid entering the classroom. This should not include any instances of corruption. With the implementation of a strategy that teaches students, starting at a young age, how to deal with difficult situations without compromising their mental health, it is vital that our educational system executes this method. Classes in yoga, meditation, and counseling programs, as well as other comparable programs, should be made available to students of all educational levels. This would be a significant step in the right direction that might help people equip themselves with superior mental health.

The concept of mental health

When an individual demonstrates the following traits, it is thought that they are in excellent mental health: strong emotional stability, social adjustment, an accurate perception of reality, a self-concept, an integrated personality, and competence in their surroundings. In other words, it is everything about a person's ideas, emotions, and behaviors when we speak about their mental health. When we talk about someone's mental health, we are referring to the degree to which they are emotionally or cognitively balanced. Taking joy in one's life, striking a good balance between one's numerous activities, and developing resilience within oneself are all aspects that are considered to be part of one's mental health, according to positive psychology and holism. "Mental hygiene is the means to assure the adjustment" and equally important "mental health is the ability to adjust satisfactorily to the various strains of the environment that we meet in life." Emotions are communicated via mental health, which also indicates a good ability to adjust to a variety of tasks and responsibilities.

OBJECTIVE

1. To study on mental health of students.
2. To study on Importance on a person's academic performance

Emotional Stability

It is possible for a "emotion" to refer to both a physical sensation and the independent mental state that is connected with it. Additionally, this phrase may be used to refer to a person's mental and physical health, as well as the behavioral alternatives that they have available to them. Emotional stability is characterized by the fact that an individual is in a state of balance, that they are not readily upset or disturbed, that they are well-established or fixed, and that they are able to sustain this position for a period of time. One of the many beneficial concepts that help to stable emotional conduct at all levels is emotional stability, which is itself an expression of correctly formed emotions. Emotional stability is only one of many valuable concepts! When an individual's emotional development is healthy, they will exhibit consistent emotional behaviors regardless of the circumstances. Even if a person is able to keep their emotions stable in the face of hardship, this does not always mean that they will never behave in a naïve manner or exhibit indications of being emotionally shocked. This is due to the fact that when confronted with challenging circumstances, people have a tendency to approach their emotional breaking points.

Emotional Maturity

Having the ability to control your feelings rather than allowing them to dictate your behavior is an indication of emotional maturity. A person is considered emotionally mature when they are able to make responsible judgments at the right times and in the suitable situations. It is possible to determine a person's degree of emotional maturity by observing their capacity to manage and regulate their own emotions, as well as their capacity to evaluate the emotional state of others and to exert influence on their choices and actions. A person's emotional maturity is shaped by the experiences they have had throughout the course of their relationships. Once again, the emotional balance is disrupted throughout the years when a person is in their teenage years. An individual goes through the tremendous and powerful rush of emotions once again when it comes to the experiences that they have with their emotions. Teenagers have a difficult time controlling their feelings despite their best efforts. There is a high incidence of moodiness as a consequence of the sudden and significant shifts in emotion that take place throughout this period. Because they are self-aware, compassionate, hopeful, responsible, and self-controlled, people who have acquired emotional maturity are able to face the problems that life throws at them with grace and flexibility. An individual who has attained the level of emotional maturity is able to adjust to challenging situations in a calm and sensible manner, and they are able to make choices that are suitable each and every time.

Social Maturity

When individuals have reached a certain degree of social maturity, they are able to conduct themselves in a manner that enables them to blend in with their contemporaries and make contributions that are valuable to society. The capacity to behave in a reasonable manner in all social and cultural settings is what we mean when we talk about the social maturity of adolescents. This includes the ability to cultivate good connections with one's family, friends, neighbors, and other individual members of society. When an adolescent does not possess the maturity to behave effectively in social circumstances, it is possible that they are deemed to be socially immature. A person who is not socially mature and who has difficulty managing their relationships within their own family may not be a good fit for the position. On the other side, a person who is socially mature is able to get along with everyone and maintain good connections. When a person is able to develop and retain friendships, it is a clear indication of the level of social maturity they possess. One of the benefits of having strong connections with other people is the development of good social skills, which include the capacity to interact with other people in a manner that is both considerate and thoughtful. Being self-aware, being conscious of one's own worth, and being grateful of one's achievements are all qualities that a person ought to possess.

Intelligence

In order to live a life that is meaningful, having a high IQ is very necessary. The fact that there are so many different categories that are used to assess intelligence is another indication of how challenging the job at hand is. The degree to which a person is able to efficiently acquire new knowledge is one way to characterize their level of intellect. According to this working definition, individuals who have a high IQ in a certain function are able to take up new behaviors in that area with relative ease, while those who have a low IQ have a difficult time doing the same. When we are having informal talks, we often bring up the remarkable intellect of another person. The foundation for all of these statements is determined by our observations of the individual's behaviors or performance in comparison to those of other members of his group.

When we speak about intelligence, we are referring to the capacity to perceive, think about, and formulate rational arguments on various topics. There is just one characteristic that sets humans apart from other creatures, and that is intellect. A set of cognitive capabilities has been bestowed to man by God in order to facilitate his development into a rational being. "Intelligence is the sum or overall ability of a person to behave intentionally, to reason logically, and to cope well with his surroundings." It is only via intelligence that we are able to acquire knowledge and engage in thought. With the assistance of this organization, a person is able to display the important mental control and activity in problem-solving. These abilities include the ability to be prepared, to be correct, and to grasp issues that are both difficult and abstract. In this context, "intelligence" refers to a mental aptitude or talents. It is possible for the term "intelligence" to have several meanings

depending on the context in which it is used. Some examples of these meanings include the capacity to think abstractly, understand, communicate, reason, learn, plan, possess emotional intelligence, and solve problems. Although it has been shown that plants and animals possess intelligence, the research that has been conducted on humans has been more thorough.

For one to be successful, intellect is an absolute must. To achieve success, it is necessary to possess corresponding intellect, which is comprised of mental skills. The capacity of a person to carry out a certain task is the foundation upon which their success in that effort is built.

The attainment of success fostered the development of one's intelligence. I am certain that intelligence is the consequence of a complicated interaction between intrinsic skill, cultural norms and expectations, and the opportunities that society provides. The growth of individual talents is emphasized in this comment, which highlights the fact that intelligence in a certain social situation is suggested by the setting. When a person's unique life experiences and the environment in which they were nurtured are taken into consideration, the individual's intelligence develops in parallel with the skill set that they possess. A significant personal experience that demonstrates one's competence improvement in a plain manner is reached when one is successful in achieving their objectives.

A demonstration of intelligence is the ability to anticipate future accomplishments based on previous and current accomplishments that may be used to make predictions. When it comes to success, intelligence is the foundation upon which it is constructed. Success requires not just an intelligence that is commensurate with the person's, but also an academic environment that is favorable to success and that motivates and supports the individual to achieve their goals.

Actions of violent vengeance, actions of self-defense, and acts of violence performed for the sake of retribution, profit, or coercion are some instances of the contrasts that exist between these types of acts. In spite of this, there are two primary approaches that researchers use when attempting to categorize aggressive behavior in human subjects: a) Aggression that is the result of bad feelings or anger The use of aggression for the aim of achieving a certain goal. In its most comprehensive sense, aggressiveness comprises not only hostile or aggressive conduct toward another individual, but also the willingness to attack or the actual act of assaulting when provoked. Both of these aspects are included in the definition of aggression. It is possible for an aggressive individual to express themselves in a variety of ways, including not just verbal but also physical and non-verbal forms of aggressiveness. Aggression is a pattern of conduct with the specific purpose of inflicting pain or injury on another living thing that is attempting to escape from receiving the same treatment. Although the terms are often used interchangeably by the general public (think: aggressive salesman), aggression is truly a pattern of behavior. The term "aggression" refers to "the use of power" by one or more individuals with the intention of causing bodily damage or having a detrimental effect on the rights and requirements of another individual or individuals. The

pattern of conduct known as aggression is characterized by the infliction or threat of physical injury on other individuals. Aggression is described as a pattern of behavior. Skills for the Regulation of Emotions and Their Development As our emotional development progresses, we acquire the ability to respond in a healthy manner to circumstances that are stressful, dangerous, or annoying. Developing techniques for coping with and avoiding uncomfortable feelings is one way to describe emotional maturity. This is one of the ways that emotional maturity may be defined.

Intellectual and interpersonal intelligence, emotional intelligence

The extent to which and the timing of one's capacity to express one's whole spectrum of emotions, including both positive and negative feelings, is one sign of the level of emotional maturity among individuals. People who are emotionally mature are able to deliberately regulate their feelings, as opposed to allowing their feelings to govern how they behave. In addition to intellectual and interpersonal intelligence, emotional intelligence is a necessary component for a person to acquire in order to live a life that is rich and significance. The use of this kind of intelligence makes it possible to evaluate the level of emotional growth and independence that an individual has. The degree to which we are able to successfully manage each and every connection is a significant observable component that may be applied to evaluate our level of emotional maturity. Individuals who have attained the point of emotional maturity are emotionally intelligent, mentally sound, and well suited to their social environment. When it comes to emotional maturity, one of the most important characteristics is the capacity to control one's feelings and behave correctly in social settings, as stated by When a person achieves a particular degree of emotional maturity, they are able to accomplish things on their own, act as an agent and an affiliate, and develop and sustain love relationships without interference from other sources on their own.

Importance on a person's academic performance

Our society places a significant amount of importance on a person's academic performance as a key indication of their overall capabilities and potential. As a consequence of this, academic achievement is the most important factor in both the teaching and learning processes. Education is all about achieving success in one's academic endeavors. The responders, the instructors, and the institutions all place a main priority on the accomplishment of educational goals. Despite the fact that it differs from school to school, the most common methods of quantifying it are examinations and continuing assessments. Academic achievement is the term used to describe the academic performance of the respondents. Academic success may be described as "the extent to which a learner is profiting from instructions in the given area of learning i.e. achievement is reflected by the level to which skill and knowledge has been imparted to him". This definition was provided by Crow and Crow at the time of its publication. Test scores are often used as a measurement of academic achievement, and hence, knowledge and competence obtained in a subject area are markers of academic performance.

CONCLUSION

Some significant discoveries were made as a result of a study that was conducted in Jalandhar, Punjab, with the purpose of gaining an understanding of the relationship between emotional maturity and mental health among secondary school students. It was shown that higher levels of emotional maturity were connected with stronger mental health, which was defined as less occurrences of stress, anxiety, and depression. This suggests that these qualities contribute to the general well-being of students. There is a significant gender disparity, as shown by the fact that female students reported higher levels of emotional maturity and better mental health than their male counterparts. One further piece of evidence that pointed to a developmental tendency was the fact that the mental health and maturity levels of the students enhanced with increasing age. The findings of this study show the importance of parental involvement, the provision of robust counseling services, and educational programs that prioritize the development of emotional maturity and intelligence in order to facilitate the emotional development of children. It is necessary to be able to offer areas for additional research, new legislation, and public education programs in order to promote the overall development and pleasure of students. The development of emotional maturity in secondary school students is something that should be a collaborative effort by educators, lawmakers, and parents. This will have a beneficial effect on the mental health of these students.

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