Chapter Six

SUMMARY OF THE WORK
6.0: Introduction

The present study was undertaken to find out the relation of home environment, mental health, emotional intelligence and procrastination with the academic achievement of higher secondary students. To achieve this end, the entire research study thus conducted, had been presented in seven chapters. In this section the researcher had summed up the contents of each chapter.

6.1: Summary of the Work

6.1.1: Chapter One: Introduction

The First Chapter described an introduction to the background of the study and discussed in detail the theoretical concepts of the variables viz., Home Environment, Mental Health, Emotional Intelligence, Procrastination and Academic Achievement. The Academic Achievement of students in the public examination, West Bengal Higher Secondary Examination (WBHSE) conducted by the West Bengal Council of Higher Secondary Education (WBCHSE) is very crucial for their career building and future prospects. The home environment of the students has a significant role to play in influencing their academic achievement. The kind of psychological environment the students perceive at home, the current status of their mental health and emotional intelligence and level of procrastination of students in their academic tasks especially during and before their Higher Secondary examination was a major concern of the study. Therefore to investigate whether all these factors influence the academic achievement of the students in their WBHSE (2014) was the primary objective of the present study. In the light of this scenario, the significance of the study, delimitations, definition of important terms used, and statement of the problem was stated in the first chapter. It also incorporated the purpose of the study on the basis of which the objectives and hypotheses of the study had been framed and formulated respectively to guide the current investigation. The chapter further presented an organization of the study to provide a vivid idea of how the study was to be conducted in the following chapters.

6.1.2: Chapter Two:

The Second Chapter depicted the review of highly relevant related literature of the past studies in accordance with the variables of the study since it was felt
essential to justify the efforts of the researcher to take up the present study. The Chapter also diagrammatically demonstrated the summary of the reviewed research studies, illustrating significant and insignificant relation of the Independent Variables with Dependent variable found in those past studies. It also threw light on the critical appraisal so as to focus on the research gap that was revealed while reviewing the related past studies. The chapter further portrayed a diagrammatic presentation of the research work to be conducted.

6.1.3: Chapter Three:

The Third Chapter focused on the design of the study, variables, sources of data, distribution of sample, description and administration of the tools of the study, the procedure of data collection and presentation of data. Descriptive Survey research method and Correlational research method had been conducted in the study. The Independent Variables of the study were Home Environment, Mental Health, Emotional Intelligence and Procrastination while Academic Achievement was the Dependent Variable in the study. All the students with age ranging from 17-19 years who have passed the public examination at the end of Standard XII viz., the West Bengal Higher Secondary Examination and have just taken admission in First year in the General Degree Colleges affiliated to the University of Calcutta and belonging to the Humanities Department constituted the population of the present study. The sample of the study comprised of 540 students randomly selected the students from the colleges of Kolkata and its suburbs. The data was gathered using the following tools: 1. Home Environment Inventory (2012) by Dr. Karuna Dhankar Misra, 2. Mental Health Battery (2012) by A. K. Singh and Alpana Sengupta, 3. Mangal Emotional Intelligence Inventory (2011) by Dr. S. K. Mangal and Mrs. Shubhra Mangal 4. Procrastination Scale developed by the researcher and 5. The Academic Achievement Score comprised the mark obtained by the students in the Standard XII public examination viz., the West Bengal Higher Secondary Examination (2014). The reliability and validity of all the standardized tools have been discussed in detail. Further the construction and validation of the Procrastination Scale have been thoroughly explained. The researcher has also described the procedure of data collection and administration of the above tools on the respondents of the study and finally demonstrated clearly the presentation of data in tabular and graphical form.
6.1.4: Chapter Four:

The Fourth Chapter presented the analysis and interpretation of the collected data which was analysed statistically using Mean, Standard Deviation, t test, ANOVA, Pearson r Correlation and Multiple Regression. The significance level of inferential statistics was set at 0.05 level. The analysis of the study was done using the computer software “Statistical Package for the Social Sciences” IBM SPSS Version 21.00. The analysis of the collected data was done as per the objectives stated in the study. Hypotheses were tested based on the findings of the study and the interpretations were reported respectively. The findings in this chapter had been supported by tables and diagrams to provide a clear perception of the analyses of the data.

6.1.5: Chapter Five:

The Fifth Chapter reported the major findings of the study. To display a clear and quick view, the summary of the findings was presented diagrammatically. The chapter further explained in detail the discussion of the findings of the study with reference to the existing and past research studies on concerned variables. Some necessary suggestions derived from the present findings of the study were put up in this chapter. Furthermore, the chapter also offered a list of suggestions to guide future research studies.

6.1.6: Chapter Six:

The Sixth Chapter portrayed the summary of the work representing the whole study in retrospect. It depicted how the study was conducted through each consecutive stage.

6.1.7: Chapter Seven:

The Seventh Chapter summarized the concluding observations of the whole research work throwing light on the theoretical, practical and educational implications of the study.

To acknowledge the authors of various source materials the Bibliography section was added at the end of the study.
The Appendices (A-E) contained in the study included all the standardized tools used in the study for collection of data from the respondents both in English and Bengali versions.

6.2: Conclusion

The present chapter thus provides an overall view of the research work conducted. The following chapter will provide an insight into the concluding observations of the researcher and discuss the educational implications of the study.
We cannot always build the future for our youth, but we can build our youth for the future.

— President Franklin D. Roosevelt
Chapter Seven

CONCLUDING OBSERVATIONS AND EDUCATIONAL IMPLICATIONS
7.0: Introduction

The present study was undertaken to examine the relation of Home Environment, Mental Health, Emotional Intelligence and Procrastination in relation to the Academic Achievement of the Higher Secondary students. The study after being conducted has presented some concluding observations in this section based on the overall findings of the study. It is to be remembered that these observations stands for the students who belong exclusively to the Humanities Discipline which implies that it refers to those students who had taken Humanities oriented subjects in their Higher Secondary level after passing their Madhyamik Examination and have taken admission in First year in Humanities Department of General Degree Colleges.

7.1: Concluding Observations of the Study

The West Bengal Higher Secondary Examination is a very important examination for the students of West Bengal especially at the Higher Secondary level. The Academic Achievement of the students in this examination is crucial as this is the decision making stage for the students to choose their career. The Home Environment, Mental Health, Emotional Intelligence and Procrastination are found to be very important factors for influencing the Academic Achievement of the Higher Secondary students.

It is observed that the parents in our societal nature of West Bengal were found to expect more from their male children during their school days. The male children on the other hand cannot always meet the expectations of their parents. The parents were found to reject their male children, exert control on them, and deprive them of their deserved privileges. They are found to behave differently with their children of different genders. The parents were found to be more permissive and protective about their female children. From the findings of the study it is felt that the parents should not make differences among their children and endow them with equal love, care, affection, protectiveness and privileges and provide them a healthy home environment.

It is further asserted with respect to the findings of the study that the mental health of the female students belonging to the age group of 17-19 years is not at par with the mental health of the male students. The impact of the poor mental health of the female students might affect their family and service life in future.
It is also noted that the female students need to be given added social freedom and less restrictions at home to enhance their interpersonal and intrapersonal relationships since emotional intelligence of the female students was found to be significantly low than the male students. The parents need to lessen such practice of confining their female children and encourage more social participation for developing the emotional intelligence of their female wards. However this cannot be done easily due to the factor of social security of the females in our society. This calls for social awareness and progressiveness in society so that the females can move safely and mix freely with the outer world even from their childhood stage.

The findings of the study further throws light on the fact that the male students are indulging themselves more in procrastination than the female students. The researcher considered the background factors which might be leading them to such procrastinating tendencies. The male students from their adolescents experience a cultural change which creeps into their lives as soon as they start mixing with the outer world. This social participation has a better effect on the students as it helps in socialising them. However at the same time due to too much outgoing and extroversion, spending ample time with friends, on video games, in social networking and messaging, watching movies, other amusements etc., their minds are getting diverted from studies. They are gradually losing interest in academic work and quite naturally are engaging themselves in procrastinating important academic tasks and expending time in wasteful and less important activities. This might be making the parents concerned and their style of interaction gets changed and some aggressiveness also develops in them. Their mode of handling their children also gets changed leading to rejection and deprivation of privileges or exerting greater control on their children sometimes even to the extent of corporal punishments. The parents should try to modify their behaviour on their part with their children as this might lower their self efficacy, lead to the development of poor personality, who on the other hand may prone to fail in achieving their target in future and can develop problems of maladjustments with themselves and with their family, academic, service and social life.

With regards to the Academic Achievement it is opined that the achievement scores of students is generally found to be lower in the Humanities discipline in comparison to other disciplines viz., Science and Commerce at the higher secondary
level in the West Bengal Higher Secondary Examination. This might be a cause for lower grades in the academic achievement of the male students. On top of that, they are also found to remain occupied with their outer world engagements and amusements. They get easily tempted by the colourful world around them and remain enticed to television, social networking and messaging and other activities than studies. Hence, lot of their time needed for studies are wasted. Conversely the female students are less distracted since they are spending more time at home due to their restricted life and are less engaged in such activities than their male counterparts. As a result the female students are found to have better academic achievement than the male students. The parents need to take good care of their male children so that they do not waste their study time much since this is the time for preparation for their future. The parents should be cautious and try to identify those avenues to which their children are getting attracted which are causing distraction from their studies and make special effort to prevent them.

The educational implications are further discussed in the following paragraphs to highlight the significant contribution of the study in the field of education and research and also bring to light the beneficent impact of the study on the stake holders of education.

**7.2: Educational Implications of the Study**

The study can be regarded to have significant contribution to the field of education-

The study is important and beneficial as it deals with the higher secondary students who are at the verge of their adolescence and beginning of their adulthood. The parents need to understand the emotional turmoil that their children go through at this stage. The study will help the parents to comprehend the need to provide a conducive, comfortable and healthier psychological climate at home. It might facilitate the parents to realize that providing the right and the most favourable home environment to children can improve their persona and enhance their school performance. Parents should make home environment learning stimulatory and study friendly for children. The study will enable parents to understand the need to develop strong emotional attachment with their children, provide them unconditional love and affection and offer them with opportunities to freely express their thoughts, feelings
Chapter VII/ Concluding Observations and Educational Implications

and desires. It will also guide the parents to understand the fact that denying children of love, respect and care from parents, depriving them from their demands and privileges and giving them corporal punishment for trivial mistakes or wrongdoings can affect their mental health. The parents must be their role models and help them learn positive discipline at home. They should not make differences among siblings or between male and female children rather provide them equal facilities and privileges for learning and other aspects. They also should not compare their children with other students instead respect their individuality, recognize their achievements and encourage them for better results next time. They should provide such environment at home where the children will feel secured. This will help them to be confident and less apprehensive and also help to develop better self concept. The parents must involve their adolescent children while making decisions and guide them to take their own decisions to enhance their self confidence. The parents should themselves realize the strengths and weaknesses of their children and also direct their children to learn to make realistic assessments of their abilities. They should make their children to have faith on their own ability to organize, plan ahead and aspire for success. This will encourage the students to set rational goals for them and strive for their improvement. The parents should not impose their desires on them and keep too many expectations from them or burden them with lots of responsibilities especially on their male children. The parents should understand that controlling or corporally punishing children or depriving them from rights and privileges only welcomes undesired behaviour. The children might lose motivation and interest and develop test anxiety. It thus can have a detrimental effect on their academic achievement. The parents need to encourage the development of conscientiousness and self-efficacy to do away with procrastination. The study further recommended the parents might also acquaint themselves with the factors contributing to create better home environment so that they can provide the same values to their children. They should understand the significance of the effect of warm behaviour and cognitive stimulation on the academic achievement of the students. The study further recommends that the parents need to be aware of the importance of their role in children’s academic performance and make provision of learning facilities. A healthy and disciplined psychological climate in the home is essential as it poses a great influence in moulding positive behaviour in children which also has an effect on their academic life. The parents
should also be vigorously involved in the policy making process for the educational system as the parental awareness has a strong effect on the academic achievement of the students.

The study will help the teachers to understand the necessity of encouraging students to develop the feeling of self-assurance, self-determination, optimism, enthusiasm, freedom from anxiety, and help them for better adjustment to their present and future life. The study might make the teachers realize the importance of identifying negative values in students and modifying them immediately to positive ones. They should constantly encourage students to instil positive values in them. They must treat all students equally without giving undue preference to any particular student. They must introduce the same values to the students thus helping them to make a harmonious balance and adjustment with their environment. The teachers should give enough reinforcement, rewards and recognition to their achievements. This might help to build confidence and motivate them towards improving future accomplishments. The teachers should promote self learning and self study and give them ample freedom for brainstorming in classrooms. This can help them in inculcating sense of independence and rational thinking. The teachers should respect every child in his/ her class to grow their self esteem and give credit, reward and recognition to students as and when required. Previous studies have ascertained that teachers who give out stricter deadline have greater possibility for preventing procrastination, while teachers who do not have strict deadline might cause students to procrastinate. As Ryan and Deci (2000) ascertained that externally motivated students can be encouraged to remain motivated and perform well via three options. First, because externally motivated students look for external sources of support, teachers could play an active role by mentoring such students and providing external rewards for hard work. Second, because competent students are more likely to take an intrinsic interest in course activities, training students to develop successful learning strategies may increase their confidence in their abilities. Finally, as students are more likely to internalize actions in contexts that encourage feelings of autonomy and freedom to follow through on plans; providing students with multiple learning and assignment options may also facilitate motivation (Komarraju, et al., 2009). The study will also help teachers to understand the need to take regular tests and assignments with grades and with strict deadlines to avoid procrastination of students. The teachers
should moreover make effort to build up self regulation of students since it is certain that higher the self regulation in students lesser is their procrastination. The teachers should as well strive towards building in students a strong character so that they might learn to adjust themselves in the constantly changing complex society.

The study will further assist the students to understand the importance of love and affection they receive from their parents and appreciate the value of emotional attachment with their loved ones in the family and also understand how much it is essential for a balanced development of their personality and improvement of their academic achievement. The study will help to facilitate the students to be aware of the fact that there are many procrastinators amongst them but due to inexperience they are unable to realize themselves that they are actually procrastinating necessary tasks and keeping themselves engaged in less important things. Here lies the responsibility of the teachers and the parents to support students to reflect on their behaviour, cognition, and affect with regards to procrastination. This will help students to identify their level of procrastination, and modify their engagement accordingly. Furthermore the students will understand that the significance of developing a healthy and whole some personality and striving for accomplishment can lead them towards improved academic achievement and enable them to become better human beings.

The present study is significant and has its educational implications in that it will enable the stakeholders of education chiefly the parents and teachers to provide a better home and classroom environment, take care of the mental well being and emotional intelligence of these students to help them enhance their self determination, courage, independent thinking, and high-level processes regarding their attitudes to feelings, clarity of feelings, ability to discriminate among feelings, and mood-regulating strategies (Brackett and Mayers, 2003) to help them become aware and motivated and capable to manage their interpersonal and intrapersonal relation with themselves and others, and finish necessary tasks in time without delay, thus paving the way for their better academic achievement.

Lastly, the results of the present study would help to add further knowledge to the existing literature of Home Environment, Mental health, Emotional Intelligence and Procrastination in relation to the Academic Achievement of the Higher Secondary students.
7.3: Conclusion

To conclude, the present study thus provides a clear picture to the parents, teachers and students and other stakeholders of education to identify the factors which might affect the academic achievement of students. The study strongly recommends that the parents and teachers must provide love, care, affection, respect, support, rewards and encouragement to students not only to enhance their academic achievement but also to assist them to develop into a better emotionally and socially adjusted human being with positive mental health, confidence, integrated and harmonious personality so that they can become a responsible and contributing citizens of tomorrow.
The only important thing in a book is the meaning that it has for you.

— W. Somerset Maugham