

# Indian Journal of Modern Research and Reviews

This Journal is a member of the 'Committee on Publication Ethics'

Online ISSN:2584-184X



Research Article

## The Importance of Mental Health Among Students in Today's World

Dr. Purabi Talukdar

Assistant Professor, Department of Education, B.H.B. College, Sarupeta, Assam, India

Corresponding Author: \* Dr. Purabi Talukdar

DOI: <https://doi.org/10.5281/zenodo.20732074>

### Abstract

Today, mental health has become an important dimension of students' development and performance across education, training, and learning. The psychological health of students has been affected by rapid technological progress, a growing competitive academic environment, shifts in family structures, social pressures, and major changes brought about by social media. Mental health involves emotional, psychological, and social well-being and can affect the way a student knows himself, feels, learns, and behaves with others. When students have good mental health, they can manage their stress and make positive choices, healthy relationships and work effectively to reach their learning goals. An increasing problem of anxiety, depression, stress, loneliness and emotional instability among students is a serious concern. Concentration, learning capacity, self-esteem, physical health, and social adjustment can all be impacted by depression and other mental health conditions. Additionally, if left untreated, mental health issues can have a lasting impact, such as substance abuse, behavioral issues, and diminished productivity. Hence, educational settings, parents, and society should collaborate to provide a mental healthy environment for education, as well as, promote mental health through a positive, inclusive community. Having appropriate mental health awareness education and programs, counselling facility, life-skills training, mindfulness education programmes, and peer support and resources can be a major help in increasing the mental health resilience and stability of students. Learning about mental health could also enable students to learn ways in which to cope and help deepen their positive attitudes towards life. This presents a fresh challenge for the modern educational systems, with greater attention now needed to be paid to the mental well-being of students, not simply to increase academic output but also to develop responsible, confident and emotionally stable citizens. Therefore, a mental health of students should always be taken as a very essential factor in developing a healthy, productive and flourishing society.

### Manuscript Information

- ISSN No: 2584-184X
- Received: 07-05-2026
- Accepted: 14-06-2026
- Published: 17-06-2026
- IJCRM:4(6); 2026: 153-159
- ©2026, All Rights Reserved
- Plagiarism Checked: Yes
- Peer Review Process: Yes

### How to Cite this Article

Talukdar P. The Importance of mental health among students in today's world. Indian J Mod Res Rev. 2026;4(6):153-159.

### Access this Article Online



[www.mrrjournal.in](http://www.mrrjournal.in)

**KEYWORDS:** Mental Health, Students' Well-being, Academic Performance, Emotional Resilience, Psychological Development.

## 1. INTRODUCTION

Student mental health is a vital part of their wellness and related to their growth, development and academic achievement. Having good mental health is more important than ever, especially in our fast-paced technological society, in which strong academic achievement, social changes, and high expectations are emphasized. Mental health is a state of emotional, psychological and social well-being that results from mental states like thinking, feeling, behaving, and coping with life's daily demands. There are many academic, examination, job, parental and social pressures that students are experiencing today. These obstacles may trigger stress, anxiety, depression, and other mental health issues, which can result in a loss of self-esteem. These can have a detrimental impact on the ability to learn effectively, to focus on tasks, on decision making, on interpersonal interaction and on life in general if these needs are not met. It is therefore a need to ensure the positive mental health of the students as well as an educational and social responsibility. A state of good mental health will help learners build resilience, develop good relationships, regulate their emotions and do well in school. It assists them to fit in the changes, challenges and improves their confidence in their skills. A mentally healthy student is more active in educational activity, he/she is creative and active contributor to the society. Furthermore, developing positive mental health in Student years helps to build a robust adulthood to help students live a productive and balanced life. Greater awareness of mental health problems in young people has caught the attention of educators, parents and policy makers and health professionals around the world. Schools therefore, are realising the importance of establishing an environment that will promote emotional well-being, inclusive learning and to facilitate awareness creation, stress management and counselling services. The demands of modern life are ever increasing and the need for equal care given just as much as one is for physical health, as much as it is for academic success, should be towards mental health as well. Building mental health awareness among students is vital in developing responsible, confident and competent individuals who are able to tackle the challenges of the future. Therefore, studying, and addressing, the significance of mental health is an important area in the fields of education and child development.

## 2. OBJECTIVES OF THE STUDY

**The key aim of this study is:**

1. To understand the concept of mental health and role of mental health for students.
2. To discover what factors impact students' mental health today.
3. To discuss common mental health issues with students.
4. To understand the role of educational institutions in promoting mental health.
5. To suggest some ideas to ensure positive mental health of students.

## 3. METHODOLOGY

The type of the present study is descriptive and analytical study. It is primarily based on secondary sources of data. Data has been gathered from books, research journals, educational reports, government reports, as well as authentic online resources and websites about (mental health) well-being of students. Arrived from data have been subjected to qualitative analysis to assess the importance of mental health in educational settings and determining factors for students' mental health. To arrive at meaningful conclusions and recommendations, the relevant literature has been reviewed and research results provided.

## 4. DISCUSSION AND ANALYSIS

### Concept of Mental Health

Mental health is a vital part of one's health and well-being. It shows up in a person's emotional, psychological, and social states and affects how they think, feel, behave, and interact with others. Mental health issues impact all age groups, whether children, adolescents or adults and seniors. World Health Organization (WHO) defines mental health as the state of 'well-being', which a person manages to sustain and fully engage into the productive life including accepting the normal stress of life, be able to contribute to society. Therefore, mental health is not just den of mental ill-health; it is a state of mental health, of positive functioning and well-being. A mentally healthy individual feels confident, emotionally stable and has healthy relationships. A person who can adapt to change, find a solution to problem, make rational decisions and manage stress in a constructive way. Dignity in mental health helps people to reach their peak and live happy and fulfilled lives. A myriad of biological, psychological, social, cultural and environmental factors impact mental health. Factors that influence mental health are important: genetic predisposition, brain chemistry, family environment, education, social assistance, and life experiences. Good mental health is linked to positive relationships, supportive environment, and healthy lives; factors that can negatively impact mental health include trauma, abuse, discrimination, poverty, and chronic stress. People with good mental health display the following characteristics: emotional maturity, self-awareness, self-control, adaptability, positive self-esteem, social competence and resilience. A mentally healthy person is able to express his feelings appropriately, accept his strength and weakness and be balanced between the personal needs and the social responsibilities. Good mental health is crucial for individual development, learning, work and peace. It improves productivity, creativity and ability to manage challenges. On the other hand, poor mental health can cause problems in learning, working, socializing and functioning well in society. Leveraging mental health needs takes a community of people from families, schools, communities and government. Mental health can be kept and promoted through awareness programmes, counselling services, stress management, healthy lifestyles and supportive social environments. The timely detection and treatment of mental health issues are also crucial

for the prevention of potentially severe mental health conditions. In summary, mental health is an integral aspect of well-being and encompasses all areas of life. It allows people to live a meaningful life, a productive life, a fulfilled life. Thus, people and society should regard good mental health as a vital objective for them.

#### **Role of Mental Health for students:**

The mental health component is an integral part of overall development and success of students. Students learn best when they have good mental health so they can have healthy relationships at school and in their lives, and can respond to academic and personal demands. The importance of Mental Health among the students can be illustrated by the following points:

#### **Enhances Academic Performance:**

Students' mental health is a key determinant in their academic achievement. Mental health allows students to focus better, remember things well and actively engage in schoolwork and class activities. One area where good mental health has a positive impact on students' learning is their memory, problem solving, and decision-making abilities which helps them reach their educational objectives. On the other hand, failing to maintain good mental health may mean that a person has a problem learning, doesn't feel motivated to study, is absent from school, or doesn't achieve well.

#### **Promotes Emotional Well-being:**

Good mental health enables students to comprehend, manage and communicate their feelings in a healthy manner. It helps them to manage stress, anxiety, disappointment or frustration, which can happen during a academic and personal challenge. This is because, when a student is emotionally healthy, they are better equipped to be resilient in adverse situations and to view them positively, making them happier and more satisfied with their lives.

#### **Improves Social Relationships:**

Good mental health promotes healthy interpersonal relationships with peers, teachers, and family. Positive mental health enables the students to communicate well, learn to cooperate, solve problems peaceably, and empathy. Good social arrangements offer emotional support, combat loneliness and helps develop a sense of belonging in the school community.

#### **Reduces stress and anxiety:**

Students can experience the pressures of the academic environment, exams, career worries, and social demands. When they are in good mental health, they have coping strategies to manage these stressors. It helps to curb any unnecessary stress, emotional fatigue and burnout in students, keeping them focused and productive. Therefore, with proper management of stress, students will excel in academics and be fit for the family.

#### **Promotes Positive Behaviour/Discipline:**

Mental health plays a considerable role in students' behaviour and attitude. Good mental health is correlated with students' behaviour of self-control, responsibility, respect for others and obeying rules at school. They are less likely to have disruptive behaviour, drug or alcohol misuse, aggression or engage in other risky behaviours. So, does positive mental health make a safe and caring learning environment?

#### **Supports Physical Health:**

There is a strong connection between physical and emotional well-being. Pupils with good mental health are more likely to have healthy habits, such as being active, eating well, getting a good amount of sleep and self-care. Good mental health will help boost the immune system and minimize chances of several health issues. Emotional stress can have a detrimental impact on physical health and functioning, on the other hand, if it is experienced over extended periods.

#### **Develops Self-Confidence and Self-Esteem:**

Students with healthy mental functioning develop a positive self-image and confidence with their abilities. A student's self-esteem is a factor that influences his or her willingness to participate in schoolwork, accept challenges, voice opinions, and strive to attain goals. The ability to stand up to dumps and pick up the pieces.

#### **Supports Personal Growth and Development:**

Students' mental health is a critical aspect of their overall development. It encourages creative thinking, critical thinking, self-awareness and emotional intelligence. Positively mental health students are able to identify their strengths and weaknesses, setting realistic goals and decisions for their future. This helps in developing their personality as well as prepares them for their adult life.

#### **Reduces Mental Health Disorders:**

Pupils' mental health is fostered which helps the early detection and prevention of mental health disorders including depression, anxiety disorders and emotional disturbances. Creating awareness, counselling facilities and supportive environment can mitigate the intensity of psychological problems, motivate pupils and urge them to seek assistance when it is required. Early intervention increases success in adulthood and enriches student's lives.

#### **Lays foundations for Success and Well-being in the future:**

A student's mental health during these years is critical to success in his or her personal, social and professional life. Students who are taught healthy coping, emotional regulation and resilience are better prepared for the challenges of college and work, and for life. Positive mental health allows people to live and participate in productive, fulfilled and meaningful lives and positively affect the world around them.

## Factors that influence Pupils' Mental Health Today:

### 1. The academic challenge and rivalry:

The overload of academic stress is one of the prime reasons influencing the psychological well-being of the students in the present day. The pupils should receive good grades, good exam results and be successful in securing places in prestigious schools. Monotony of similar careers and fear of failure can foster feelings of anxiety and inadequacy or stress. Students may lack self-esteem and have emotional distress when they fail to achieve these expectations.

### 2. Social Media and Digital Technology:

Social media usage has had a significant impact on pupils' mental health. Too much exposure to the images, achievements and lifestyles that we would like to emulate may result in unhealthy comparisons, and instill in us the idea of inferiority. In addition, cyberbullying, online harassment, and the drive for maintaining positive online identities are significant factors that add to anxiety, depression and social isolation for students.

### 3. Family Expectations and Parental Pressure:

Many students have a tremendous number of expectations that their family has placed on them with regards to academic and professional achievement. Parents and their expectations of their children's education and career choices is often high. If students have the struggle to meet these expectations, they might feel guilty, stressed or burdened emotionally. Poor families' mental health is further compromised by the absence of understanding and communication.

**4. Financial Problems:** Financial hardship can have a big effect on students' well-being. Worry about tuition costs, school costs, and the financial insecurity of the family can cause stress and uncertainty. Students from disadvantaged backgrounds may be additionally burdened with studying and working part time which can cause fatigue, anxiety and poorer academic attainments.

### 5. People and social relationships:

Influences of wanting to firm into the social groups and fit in with peers can reach a lot of learning students' mental well-being. Rejecting/ excluding others, bullying, and peer pressure can lead to emotional distress and loneliness. Since students' friendships and social interaction are challenging to maintain, these can factor into anxiety and depression.

**6. Poor exercise and lifestyle habits** Modern students typically study and/or use digital devices during significant periods of time with little time left for physical activity. A sedentary lifestyle, poor dietary habits and lack of sleep are bad for the physical and mental well-being of individuals. Exercise is one of the most important ways to ease anxiety and boost your mood; if you don't exercise, you may be at a higher risk for having mental health challenges.

**7. Pool of Uncertain Future Career Prospects** Job market is undergoing constant change with the competition for jobs. Job uncertainty due to job market change and competition for jobs. Career development and employability concerns, financial independence concerns, commonly experienced by students. These issues can elicit chronic stress, anxiety, and hinder motivation in students close to finishing school, in particular.

**8. The impact of global and society changes:** Students today are being brought face to face with global problems like economic uncertainty, climate change, political strife and health epidemics. A decline in positive news or worries about the world can trigger anxiety, pessimism and emotional fatigue. The concerns tend to impact students' mental stability, as well as their sense of security.

**9. Emotional support and counselling services are not available/accessible:** Various students are not getting the emotional assistance they require from their family, friends, or educational institutions. Sometimes, mental health problems are taboo and cause students to forgo access to help. Then, emotional issues may languish because of the lack of easy access to counseling or mental health awareness and availability, which can negatively impact elapsed students' school and personal life.

### 10. Acting on ideas for personal and psychological challenges:

Students themselves may be experiencing a number of difficulties, including low self-confidence, feelings of identity crisis, emotional imbalance, inability to handle stress etc. Adolescence and young adulthood are a period of psychological development and often students will have moments of confusion, self-doubt, heightened emotions etc. These challenges can have a profound impact on their mental well-being and development if they don't have health strategies to cope.

### Common Mental Health Issues with Students:

As part of the whole child, mental health is crucial to student success. The contemporary society, on the other hand, experiences significant changes, educational competition, technological progress, and lifestyle changes; all of these have brought forth students' mental health issues. Some of the common mental health problems are discussed below:

**1. Anxiety Disorders:** Anxiety is one of the most common of student mental health problems. Anxiety frequently results from undue concerns in regards to exams, grades, career opportunities, and social interactions. The symptoms are restlessness, nervousness, problems with attention and sleep.

**2. Depression:** Many students are suffering from depression these days. Sadness, hopelessness and an absence of interest in daily activities can be caused by academic failures, family issues, loneliness, and societal norms. Depression may be so

crippling that it might lead to suicidal thoughts if it is not adequately addressed.

**3. Academic Stress:** High grade expectations, parental expectations, and competition among themselves puts a great amount of stress on the academics of young children. Ongoing stress may have a negative impact on concentration, memory, physical health and ultimately academic achievement.

**4. Social Media Addiction:** Given the ubiquity of the use of the social networking, the issue of social networking addiction among student has also risen wherewith. Due to the widespread use of the social network the problem of a social networking addiction among students has also grown. Having too much time on screen can give rise to low self-esteem, social comparison with others, poor productivity, sleep issues and emotional distress.

**5. Low Self-Esteem:** Low self-esteem and anxieties about too strong an expectation of others may result from academic failure, too poor a sense of body image, bullying or continual comparisons to others. If you feel low in self-esteem, you may lose some confidence, have a hard time developing yourself, and suffer with anxiety and depression.

**6. Isolation and loneliness:** Although Connectivity has grown, many students feel lonely and not connected socially. Anticipating adulthood alone, moved to attend school for study and restricted social integration can have a detrimental effect on emotional development and on the development of mental health problems.

**7. Attention and Concentration Problems:** Today's students may struggle to focus because of the constant bombardment of digital devices and multi-tasking. Lack of concentration can impact learning, grades, and cognitive growth.

**8. Sleep Disorders:** Teens often have trouble sleeping because of their irregular sleep patterns, screen time, and stress. When people don't get enough sleep, it can affect their memory, focus, emotions, and physical health.

**9. Substance Abuse:** Each year, some students engage in alcohol, tobacco or drug use as a way to deal with stress and emotional needs. The effects of substance abuse can be damaging to the physical, academic, and mental health.

**10. Fear of Failure and Uncertainty of the Future:** Students often have anxiety about exams, jobs and prospects. The insecurities of the economy and competitive job market contribute further to these concerns which culminate in chronic stress and anxiety and lower motivation.

### **Role of Educational Institutions in Promoting Mental Health:**

Schools are a critical environment in child and youth development that have the potential to influence children's mental health and well-being. They were not only an academic resource but also an emotional, social and psychological asset to students. Educational institutions play an important role in kindling mental health in detail, below are that explanation outlined:

#### **1. Establish and manage a positive and supportive environment:**

Schools need to be safe and supportive places with respect to children's feelings of value and respect. Fostering a positive school climate lowers stress, anxiety and isolation. If the students feel in a safe and accepted space, they will grow in their self-esteem and emotional health.

#### **2. Mental Health Education and Awareness provision :**

Awareness programmes and workshops on mental health problem can be organized by the school by the college and student associations. Awareness programmes, workshops, seminars and campaigns can be organized in college/school addressing mental health problem. Raising students' awareness of stress management, emotional regulation, depression, anxiety, and coping mechanisms can ease the taboo around this mental health area and prompt students to use available services if they need them.

#### **3. Providing Counseling and Guidance Services:**

Students may face academic pressure, problems, emotional issues and concerns regarding their career paths, all of which are addressed by professional Counselors and Psychologists. Counselling services are offered regularly, arguably providing students with a safe environment to express any emotions and to be supported and guided appropriately.

#### **4. Early Identification and Intervention:**

The importance of early intervention will be evident because teachers and staff members often come in close contact with students and may observe changes in behavior, signs of withdrawal, decline in school performance, and/or emotional distress. Very early detection enables intervention to be made timely and help to avert small issues from becoming serious mental illness.

#### **5. Providing Promotion for Life Skills Development:**

New life skills can be shared in education to build communication, decision-making, problem-solving, emotional intelligence, and resilience. The skills they learn will help them to effectively meet challenges, manage stress and support a positive mental health in other parts of their lives.

#### **6. Decrease the Academic Stress and Pressure:**

Overachieving students can cause anxiety and have no time for relaxation or play. Institutions need to use fair assessment practices, establish healthy study habits and foster an environment for learning that emphasizes understanding and

growth, not just grades and GPA. Helps to alleviate student anxiety and student burnout.

### **7. Promoting Physical Activities and Recreation:**

Going to the gym, sport, doing yoga, meditating, and playing recreational activities play an important role in mental health. Students should be given the opportunity to engage in such activities as they offer stress relief, boost mood and are good for psychological health.

### **8. Foster peer support and social connections:**

Group activities, peer mentoring, school clubs and team learning opportunities are encouraged in schools and colleges. Good social relationships foster pupils' sense of belonging and being cared for which prevents pupils from being lonely and keeps them emotionally well.

### **9. Engaging parents and the community:**

Educational institutions are more effective in promoting mental health when they work in partnership with parents and community groups. Frequent parent-teacher conferences, awareness programs, and collaborations with the community foster an environment of students inside and outside the school.

### **10. Ensure inclusiveness and prevent discrimination:**

Schools should work towards equal opportunities among students of all socio-economic status, disabilities, religion and culture, and gender. Whole-school policies regarding bullying, harassment and discrimination enable pupils to be considered in an inclusive environment in which they are respected and feel safe.

### **Suggestions for Promoting Positive Mental Health Among Students:**

A student's mental health has an impact on his success in learning, his emotional state and his personality development in general. It is the responsibility of all stakeholders in education; governmental on one side and school personnel, parents and students on the other, to build the support for the environment.

### **There are a variety of ways to contribute to positive student mental health:**

#### **1. Establish a supportive and inclusive school environment:**

Schools and colleges should promote and create a climate of respect, acceptance and belonging. Students should feel safe, valued and respecting without facing discrimination/bullying/harassment. School atmosphere fosters "school climate" which in turn promotes healthy relationships and emotional security.

#### **2. Deliver Mental Health Education and Awareness:**

Conducting mental health awareness sessions, work-shop and seminars periodically will help students gain awareness on stress and anxiety, depression and coping skills. Students are empowered to seek support when required and the stigma

associated with mental health is lowered with mental health literacy.

### **3. Improve Guidance and Counselling support:**

Academies and schools need to have a trained counsellor on hand to help students with academic, personal and emotional issues. Counselling can be provided from an early stage, to prevent small problem becoming a mental health issue.

### **4. Promote a healthy lifestyle:**

Pupils should be encouraged to take a balanced diet, to get adequate amounts of sleep and to have regular physical exercise, as well as avoiding harmful substances. Well-being and emotional balance are closely interconnected with good physical health.

### **5. Encourage stress management skills:**

Helping students to master relaxation exercises, mindfulness, meditation, yoga and time-management techniques can equip them to respond in a healthy and effective way when experiencing academic stress and/or related pressures in everyday life. Such practices are beneficial for focusing attention and enhancing emotional stability.

### **6. Create a constructive teacher/ student relationship:**

Staff to be approachable, empathetic and supportive. A caring teacher can help to recognize pupils experiencing emotional problems and give advice or referrals if appropriate. Student-teacher positive interactions are associated with increased student self-confidence and motivation.

### **7. Aim to hold students accountable for greater involvement in co-curricular opportunities:**

There are opportunities for self-expression, for creativity and social interaction in a variety of sports, cultural programmes, debates and in music, arts and community service activities. These activities are considered to lower stress levels as well as providing a sense of accomplishment for feeling like you're part of a community.

### **8. Increase Family Support and Parental Involvement;**

Parents' role is crucial in supporting their children's mental health. Any open communication, financial assistance, comprehension, and expectations from parents can substantially minimize students' anxiety and emotional anguish. Establish peer support systems

**9. Peer mentoring/supports help students to share and get help from other friends:** Positive peer relationships help minimize feelings of isolation and form a solid peer support network at school.

### **10. Boosts self-esteem and positive thinking:**

Pupils should be encouraged to see their strengths, make realistic aims and to have a positive image of themselves. Students are confident, resilient and proficient problem solvers

tackling objectives with optimism and determination are supported by activities that develop these skills.

## 5. CONCLUSION

To conclude, it can be said that one of the most significant factors is students' mental health in the current times. Students are reaping the benefits of the rapidly evolving technology, but at the same time academic demands have risen, as have the pressures of society, the family and the impact of social media, leading to a significant rise in stress, anxiety and emotional difficulties. Learners will use good mental health to stay emotionally balanced, be able to establish positive relationships, focus better, perform at their best academically, and be resilient when things get tough. At the same time, poor mental health can have a negative impact on learning, behaviour, self-confidence and future prospects for children and young people. Hence, the concept of mental health is not limited to the responsibilities of students but also of parents, teachers, the educational institutions of parents and students and the society in general. Schools and colleges must provide prevention strategies and supportive environments, counselling services, open discussions about mental health and stress reduction and activities and emotional development. Life-skill education and healthy lifestyle practices are additional strategies that can help students deal with challenges in a positive manner via awareness programs. The well-being of students is paramount to a future productive, compassionate and progressive nation as they will be the social leaders and human resources needed in the future. Therefore, in today's world, mental health is to be treated at par to any other ailment and should be given the care and empathy it deserves, so that each student can be helped to lead a fruitful and pleasant life and develop him/herself as a wholesome person.

## REFERENCES

1. Aggarwal JC. *Educational Psychology*. 4th ed. New Delhi: Vikas Publishing House; 2015.
2. Bhola P, Raguram A, editors. *Mental Health and Well-Being in the Workplace: A Practical Guide for Organizations*. New Delhi: Sage Publications; 2016.
3. Balamurugan G, Sevak S, Gurung K, Vijayarani M. Mental health issues among school children and adolescents in India: A systematic review. *Cureus*. 2024;16(5). doi:10.7759/cureus.61035.
4. Bhatia HR. *A Textbook of Educational Psychology*. New Delhi: Macmillan Publishers; 2018.
5. Chauhan SS. *Advanced Educational Psychology*. New Delhi: Vikas Publishing House; 2017.
6. Kochhar SK. *Educational and Vocational Guidance in Secondary Schools*. New Delhi: Sterling Publishers; 2016.
7. Mangal SK. *Advanced Educational Psychology*. 3rd ed. New Delhi: PHI Learning; 2019.
8. Mangal SK, Mangal U. *Psychology of Learning and Development*. New Delhi: PHI Learning; 2017.
9. Mohanty J. *Educational Psychology*. New Delhi: Deep & Deep Publications; 2018.
10. Mehrotra S. Indian higher education and youth mental health: Challenges and opportunities. *Journal of Global Health*. 2020;10(2):020307. doi:10.7189/jogh.10.020307.
11. Panda KC. *Elements of Child Development and Educational Psychology*. New Delhi: Kalyani Publishers; 2016.
12. Sharma RA. *Fundamentals of Educational Psychology*. Meerut: R. Lall Book Depot; 2017.
13. Singh AK. *Tests, Measurements and Research Methods in Behavioural Sciences*. New Delhi: Bharati Bhawan Publishers; 2019.

### Creative Commons License

This article is an open-access article distributed under the terms and conditions of the Creative Commons Attribution–Non-commercial–No Derivatives 4.0 International (CC BY-NC-ND 4.0) License. This license permits users to copy and redistribute the material in any medium or format for non-commercial purposes only, provided that appropriate credit is given to the original author(s) and the source. No modifications, adaptations, or derivative works are permitted.

### About the Author



**Dr. Purabi Talukdar** is an Assistant Professor in the Department of Education at B.H.B. College, Sarupeta, Assam, India. She is actively engaged in teaching, research, and academic mentoring. Her areas of interest include teacher education, educational psychology, curriculum studies, and contemporary educational issues, contributing to the advancement of quality education and scholarly research.