



Creativity Relation to Mental Health

Rajesh Kumar Kukkar

Research Scholar, NIMS University, Jaipur

Abstract:

Man is the unique product in the universe. Today the life and living condition of human being is completely different from that of the primitive days. In the early days of human development, man was slave to the nature of environment. But now he has been able to win the game and to control natural forces and natural environment. He has conquered the time and the distance, the sea and the sky. The atomic submarine can stay unlimited time and cover unlimited distance under water. The aircrafts can travel faster than sound. We have placed satellite and astronauts in orbit and we are on the selling at interplanetary level.

INTRODUCTION

We have bomb and missiles capable of the almost instantaneous destruction of the whole world. We are leading a qualitative life. All these accumulation of comforts, enhancement of quality of life and mastery over the nature have been possible due to continuous and age long contribution of the creative ability of the mankind of different ages. Importance of creativity for the development of society and individual that, "creativity is that force in human society which not only sustains the development of the society but also guarantees the self-realisation of the individual in a given society". The general notion is, what makes a man able to create is his creativity. Creative potentiality on the other hand has something to do with the mental health of an individual. Because often it is seen that mentally healthy individual participates in creative and constructive work actively. Anand (1984) says, Mental health in its practical implications embraces personality, character and behaviour all in one.

Creativity is the paramount importance particularly in the present dynamic society. Creativity is expected to be more possible in a harmonious, and sound state of mind where mental health might play a significant role to make a child creative. Keeping in view, the importance of creativity in school and to make the child creative, it is presumed that mental health plays an important role a correlation study of creativity and mental health, therefore can be undertaken, to suggest guidelines for the development of creative abilities in children. Since the creative individuals who are considered as the cream of the society may become good leader, writer, poet, author, scientist, painter, dramatist etc. in the future. Therefore, the literature reviewed about attracted the attention of the investigator to understand the correlation of creativity and mental health of the high school students

In a research study creativity in relation to mental health consisting 2 sample of 320 adolescent boys of class X found that, there was no significant difference in the areas of home, health, social, emotional and school adjustment among the high, moderate and low creative individuals. Passi (1971), conducted study on creativity and observed that male secured higher than female non-verbal creativity. In another study, findings show that, there is significant difference in mental health scores of pass and failed postgraduate students.

Please cite this Article as : Rajesh Kumar Kukkar , Creativity Relation to Mental Health : Indian Streams Research Journal (Aug. ; 2012)



OBJECTIVES

To findout the correlation between creativity score of high creative of high school students with their mental health.

2. To findout the correlation between creativity score of average creative of high school student with their mental health.

3. To findout the correlation between creativity score of low creativity score of low creative of high school.

Method**Sample**

The population of study was ail the class IX students reading in different school of Sundagarh district. The present study was confined to the student of class IX reading in five school of sundagarh district. A random sampling is used for the purpose. The sample size of 150 students compare of 75 boys and 75 girls are selected for the study.

Tools

1. Tripathy's Test of Creativity of S. Tripathy.
2. R.C. E. B. Mental Health Scale, of S.P Anand.

Statistical Analysis

Basing on the realization of objective and hypotheses and to generalize the results Quartile Deviation, Person's Product-Moment Cc"-elation were used.

Results

In result No significant relationship ($r = -0.18$) was found between high creative of students with their mental health. No significant relationship was found between low creative of students with their mental health.

The findings of the present study highlighted on the basic issues and classroom problems relating to development of creative activities, by the teacher by following different suitable methods and correlation curriculum with mental health of the student. The teacher therefore should assist the parents, peer and provide suitable guidance to the parent, peers in assisting the children in developing creative abilities of different level of mental health as it is not a precondition of creativity.

CONCLUSION

In our general situation most of the teacher have their view that, low mental health i.e. below 160, as suggested by the Dr. S.P. Anand, these students are not creative. These type of students are neglected by the teacher, parents, peers and the society at large. The teacher concentrates his efforts and encourages the student having sound mental health (above 160) in the general classroom situation to enhance their ability and potentiality and to develop their creative abilities. But on the other hand Vie present study provides a different concept and lays down the correlation between creativity and mental health does not exist. Further the study establishes that creativity and mental health are two independent dimensions of human personality. By this we can safely providing guideline to the teacher to overcome their misconception regarding mental health and creativity. Therefore the teacher pay equal attention to all the students mentally high or low. The teacher should also undertake some activities by which the parents, peers and other member of the society who are responsible in developing abilities and potentialities of the students would be convinced of the role of mental health. It is because, mental health either low or high in not necessarily a condition of creativity or creative abilities. Moreover, there should be provision of educational opportunities and facilities corresponding to their respective mental health, also such curricular activities are included in school syllabus that development of creative abilities is possible.

REFERENCES

- Anand, S.P. (1984). Guidance for Mental Health in school. Journal of Indian Education, ix (v) 4349.
Best J.W. (1977). Research in Education. Third Education, Prentice Hall of India, Pvt. Ltd. New Delhi.
Bloom, B.S. (1956). Taxonomy of Educational Objective - Hand book-1 cognitive domain, Mekay, New York.

- Blocher, D. H. (1982). Mental Health, Encyclopaedia of Educational Research, Vol. 3 New York. Buch
- Buch M. B. (1974) (Ed.) A Survey of Research in Education, Baroda, CASE.
- Choudhuri and Bedi (1974). Measurement of creativity of India, Indian Psychological reviews vol. 14 pp 59-62.
- Garrett, H. E. (1971). 'Statistics in Psychology and Education' (Sixth Indian Edition) Bombay Vakils, Ferrer Simons Pvt. Lt. 1971 pp. 293', 367-368.
- Guilford, J. P. (1956). Fundamental Statistics in Psychology and Education (Third Edition), New York London McGraw Hill Book Co. Inc.
- Guilford, J.P. (1961). Creativity in secondary school, Education Digest 31 Oct. pp-19-21.
- Gupta, S. M. (1979). Standardisation of a test of creativity in physical science, Ph.D. Thesis in Kurukshetra University.
- Pathak. P.P. (1977). Measurement of Creativity in India. Indian Psychological Review. Vol. - 14 pp-5962.
- Rogers, C.R. (1954). Towards a theory of creativity, A review of general semantics. 249, 226.