



Topic : A study of Mental Attitude and Behaviors of students (Age Group 8–10 years)

Shila Karmokar
Supervisor Eng. Med. (Primary Std. 1 to 5th)

● Introduction :

The development of positive mental attitude and constructive behaviour in children is essential for their overall growth, academic performance, and emotional well-being. Between the ages of 6 to 12, children experience rapid cognitive and emotional changes that shape their personality, discipline, and learning motivation. This study focuses on understanding and assessing students' mental attitude and behavioural patterns using structured questionnaires.

● Mental Attitude :

A mental attitude is a habitual mindset that reflects how individuals think, feel, and respond to various life situations. It includes beliefs, emotions, and values influencing behaviour and performance. A positive mental attitude enables children to stay motivated, confident, and optimistic in learning and daily activities.

- Key Aspects of Mental Attitude
- Growth mindset and curiosity
- Resilience and coping skills
- Self-perception and confidence
- Positivity and optimism

● Sample Questions : (Responses : Always / Often / Sometimes / Never)

1. I believe I can do well in school.
2. I try again even if I make mistakes.
3. I feel proud when I achieve something.
4. I enjoy learning new things.
5. I stay calm when things go wrong.
6. I can find something good in every day.
7. I try to solve problems instead of getting angry.
8. I believe good things will happen.
9. I ask for help when I feel confused.
10. I keep trying even when the task is difficult.

● Scoring Suggestion : Always = 4, Often = 3, Sometimes = 2, Never = 1

(65–80 = Very Positive, 50–64 = Developing, Below 50 = Needs Support)

● Mental Behavior :

Mental behavior refers to the observable actions and reactions of an individual influenced by emotional and social well-being. It determines how a child adapts to rules, social interactions, and academic challenges.

- Key Aspects of Behavior
- Peer relationships and cooperation
- Emotional regulation and adaptability
- Classroom discipline and focus
- Responsibility and independence

● Sample Questions : (Responses : Always / Sometimes / Rarely / Never)

1. I follow classroom rules without reminders.
2. I complete my homework on time.
3. I listen carefully to my teachers.
4. I respect my teachers and classmates.
5. I work well with others in group activities.
6. I share and take turns fairly.
7. I stay calm when corrected or disciplined.
8. I take care of school and personal belongings.
9. I accept responsibility for my actions.
10. I try to improve when I make mistakes.

● Scoring Suggestion : Always = 4, Sometimes = 3, Rarely = 2, Never = 1

(68–84 = Strong Behavioral Skills, 52–67 = Developing, Below 52 = Needs Support)