

# MENTAL HEALTH OF SECONDARY SCHOOL TEACHERS

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## ABSTRACT

This research paper has been designed to investigate the mental health of secondary school teachers concerning their gender, locality and management. The researcher selected 150 Secondary school teachers from Krishna District of Andhra Pradesh. Mental Health Inventory was developed and standardized by Dr. Jagadish and Dr. A. K. Srivastava was used for this study. The inventory consists of 56 items of which 32 are positive and 24 are negative statements. Test-retest reliability was found to be 0.77, according to test constructors. There is no significant difference in the mental health among Male and Female Secondary school teachers. There is no significant difference in the Mental Health among rural and urban Secondary school teachers. There is a significant difference in the mental health among Govt. and Private Secondary school teachers.

## Introduction

The teacher is a very important part of the education system. Teaching-the mental health of teachers plays an important role in the learning process. Teachers need to be mentally alert and consistent to develop alertness and consistency in students. In the present situation, teachers have to deal with a large number of students, job satisfaction, leadership, stress, etc. So, the environment can lead to psychological conflict and disorders. If the teacher is not in good mental health, he/she can do innumerable harm to the country in terms of proper guidance to the students so that the teacher can maintain good mental health and only the future learners will benefit. According to the World Health Organization (WHO), "mental health is the ability of an individual to perceive his or her abilities and cope with the normal stresses of life, to work productively and fruitfully, and to contribute to his or her community". In this positive sense, mental health is the foundation for the well-being and effective functioning of an individual and society. Mental health refers to the complete and harmonious functioning of our entire personality as well as our bio-social-mental and spiritual well-being. Mental health is so much more than the absence of mental illness. Happiness, peace of mind, contentment in achieving and enjoying life are all aspects of mental health. A person with good mental health adapts well to himself and his environment. These are the positive aspects of mental health analyzed in the present study. Kornhauser (1965) connotes that mental health includes those behaviours, perceptions, and feelings that determine a person's overall level of personal effectiveness, success, happiness, and excellence of functioning as a person. It depends on the development and retention of goals that are neither too high nor too low to permit realistic successful maintenance of belief in one's

self as a worthy, effective human being. So, a mentally healthy person is firm in his intentions and is least disturbed by strains and stresses in day-to-day life (as cited in Singh, A. K., and Gupta, A. S., 1983). According to Bhagi and Sharma (1992), "Mental health to a state of mind characterized by emotional well-being, relative freedom from anxiety and disabling symptoms, a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life."

### **Statement of the Problem**

The title of the present investigation is "*A Study on Mental Health of Secondary school teachers*".

### **Objectives of present investigation**

- To find whether there is any significant difference in the mental health among Male and Female Secondary school teachers.
- To find whether there is any significant difference in the mental health among rural and urban Secondary school teachers.
- To find whether there is any significant difference in the mental health among Govt. and Private Secondary school teachers.

### **Hypotheses**

- There is no significant difference in the mental health among Male and Female Secondary school teachers.
- There is no significant difference in the mental health among rural and urban Secondary school teachers.
- There is no significant difference in the mental health among Govt. and Private Secondary school teachers.

### **Methodology**

#### **Sample**

A random sampling technique was used to select the sample. The researcher selected 150 Secondary school teachers from Krishna districts of Andhra Pradesh.

#### **Tool used**

Mental Health Inventory was developed and standardized by Dr. Jagadish (Department of Psychology, R. B. S. College, Agra), and Dr. A. K. Srivastava (Department of Psychology, Banaras Hindu University, Varanasi) was used for this investigation. The inventory consists of 56 items of which 24 are positive and 32 are negative statements. The items given in this inventory have been designed to measure six dimensions of mental health. They are positive self-evaluation, perception of reality, integration of personality, autonomy, group-oriented attitudes and environmental mastery. This inventory is a four-point scale. Each statement is provided with four alternative responses viz., always, often, rarely, and never. For positive statements, the scores range 4 to 1 and for negative statements, the scores range 1 to 4. Thus, on the total inventory, the maximum score is 224 and the minimum score is 56. Test-retest reliability was found to be 0.77, according to test constructors.

#### **Statistical Techniques Used**

Mean, Standard Deviation, Percentage, Critical Ratio were used in the study to analyze the data.

**Data Analysis****Table 1: Mental Health among Secondary school teachers - Gender - Mean - SD - C.R.**

Variable	Sample	Sample size (N)	Mean	S.D.	C.R.
Gender	Male	75	150.61	13.55	0.95 #
	Female	75	152.80	14.73	

# Not Significant at 0.05 level

The C.R. value (0.95) is lower than 1.96 at 0.05 level of significance. Therefore, the null hypothesis is accepted. Gender of Secondary school teachers does not make a significant difference in their mental health.

**Table 2: Mental Health among Secondary school teachers – Locality– Mean – SD – Critical Ratio**

Variable	Sample	Sample size (N)	Mean	S.D.	C.R.
Locality	Rural	75	146.26	12.45	0.47 #
	Urban	75	145.25	13.45	

# Not Significant at 0.05 level

The C.R. value (0.47) is lower than 1.96 at 0.05 level of significance. Therefore, the null hypothesis is accepted. The locality of secondary school teachers does not make a significant difference in their mental health.

**Table 3: Mental Health among Secondary school teachers – Management– Mean – SD – Critical Ratio**

Variable	Sample	Sample size (N)	Mean	S.D.	C.R.
Management	Govt.	75	148.62	13.51	5.20 *
	Private	75	137.52	12.57	

\* Significant at 0.0 level

The C.R. value (5.20) is greater than 1.96 at 0.05 level of significance. Therefore, the null hypothesis is rejected. The management of Secondary school teachers make a significant difference in their mental health. Govt. teachers have better mental health than the private school teachers.

**Results of the study**

- There is no significant difference in the mental health among Male and Female Secondary school teacher trainees.
- There is no significant difference in the mental health among rural and urban Secondary school teachers.
- There is a significant difference in the mental health among Govt. and Private Secondary school teachers.

## Implications

The sound mind in the body of sound has been recognized as a social ideal for many centuries. Health generally means good conditions, or well-being, or freedom from disease. A person is said to be physically healthy when his body is functioning well and he is freed from pains and troubles. Mental health describes how well a person adjusts to the demands and opportunities of life. It is a very broad term that includes the physical, mental, emotional, and social aspects of adjustment. So, for a healthy country, there are a lot of needs for physically and mentally healthy teachers. Teaching has been considered one of the great professions since ancient times. With the changing socio-economic setting and rising unemployment, their professional fears with teachers' values and employment will inevitably change drastically, which will adversely affect their mental health. The level of mental health of the teacher is affected by many personal and professional demands. Teachers' health, social, physical, and mental health domains enhance their ability not only for professional growth and development but also for their personality. The main concern of education today is to produce mentally healthy individuals and thus a well-adjusted personality because mentally healthy people are real assets to society for the twenty-first century. When anything shocking happens, the immediate focus is on the need to do something about mental health in our schools. Therefore, a teacher who can teach mental hygiene to the children in the development class of the society will maintain balanced mental health. The mental health of teachers and students was an important aspect of the day. Therefore, the teacher maintains good mental health.

## References

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