Role of Technology Usage of Teachers on Mental Health at School Level

[1] Dr. Narayanaswamy M.

[1] Professor
[1] Department of Education
[1] Bangalore University, Jnana Bharathi Campus, Bengalur-560056. Karnataka, India.

Abstract: The role of technology in the field of education has been a subject of discussion for a long time. With the rising utilization of technology in the public arena, it has become progressively significant for teachers to understand and integrate technology into their educating rehearses. The role of technology in secondary education is turning out to be progressively significant. With the possibility to upgrade the learning experience, increment teacher productivity, and give students admittance to new and inventive learning tools, technology can possibly enormously work on the nature of education that students get. Notwithstanding, to completely understand these advantages, teachers genuinely must get legitimate preparation and backing, approach technology, and use it in a way that is no problem at all. The mental health of secondary school teachers is a basic issue that has acquired expanding attention lately. Secondary school teachers are often under critical pressure and tension because of the demanding idea of their work. This can prompt elevated degrees of burnout and poor mental health, which can adversely affect their general well-being, as well as their capacity to instruct and uphold students actually. This research paper hightlights importance of technology usage in teaching-learning process and its issues on mental health of school teachers. It was concluded that technology can play a role in improving the mental health of school teachers by providing them with tools and resources to manage their workload, communicate effectively with colleagues and students, and access support and resources for self-care.

Index Terms – Technology, Mental Health, Secondary School, Teachers

INTRODUCTION

The role of technology in the field of education has been a subject of discussion for a long time. With the rising utilization of technology in the public arena, it has become progressively significant for teachers to understand and integrate technology into their educating rehearses. In particular, the utilization of technology among secondary school teachers can possibly enormously upgrade the learning experience for students. One of the fundamental manners by which technology can help secondary school teachers is using educational software and online assets. This can incorporate virtual learning environments, online lesson plans and evaluations, and computerized course books. These tools can assist teachers with putting together their lessons, make drawing in and intelligent exercises for students, and evaluate student progress continuously.

One more significant part of technology in education is the capacity to get to and dissect student information. With the utilization of learning the board frameworks and educational software, teachers can follow student progress, distinguish areas where students are battling, and tailor their instruction to meet the singular necessities of their students. This kind of information driven instruction can assist with further developing student results, as teachers are ready to concentrate on the areas that are most needing improvement. Technology likewise can possibly make the instructing and learning process seriously captivating and intelligent for students. For instance, teachers can utilize virtual and augmented reality innovations to make vivid learning encounters that rejuvenate theoretical concepts. This sort of technology can likewise be utilized to work with group collaboration and problem-solving, which can be particularly valuable for students who are visual or hands-on learners.

In addition to these advantages, technology can likewise assist with expanding teacher effectiveness and efficiency. For instance, advanced lesson arranging and evaluation of tools can assist teachers with saving time via mechanizing specific tasks, for example, grading and record-keeping. Teachers can likewise utilize technology to team up with partners, share resources, and exchange thoughts progressively, which can assist with further developing their general instructing rehearses.

In spite of these advantages, there are additionally a few difficulties related with the integration of technology into secondary school study halls. One of the fundamental provokes is the requirement for teachers to get legitimate preparation and backing to really involve technology in their educating rehearses. This can be particularly challenging for more seasoned teachers who may not be as familiar with technology or for the people who work in schools with restricted assets.

Another test is the requirement for admittance to technology, as not all schools and students approach the most recent advances. This can make disparities in the nature of education that students get, as those with admittance to technology are better furnished to draw in with computerized learning tools and assets. At long last, the utilization of technology in education can likewise raise concerns about protection and security. Teachers should be careful to safeguard the delicate information of their students and guarantee that they are involving technology in a manner that is no problem at all. The role of technology in secondary education is turning out to be progressively significant. With the possibility to upgrade the learning experience, increment teacher productivity, and give students admittance to new and inventive learning tools, technology can possibly enormously work on the nature of education that students get. Notwithstanding, to completely understand these advantages, teachers genuinely must get legitimate preparation and backing, approach technology, and use it in a way that is no problem at all.

Technology in Secondary School Education:

Educational technology (commonly abbreviated as **edutech**, or **edtech**) is the combined use of computer hardware, software, and educational theory and practice to facilitate learning. When referred to with its abbreviation, edtech, it often refers to the industry of companies that create educational technology (Robinson; Molenda and Rezabek, 2016 & Mastellos et. al, 2018).

The integration of technology into secondary school education has revolutionized the manner in which teachers educate and students learn. With the coming of the advanced age, technology has turned into a key device in the homeroom, offering new and creative ways of drawing in students, cultivate collaboration, and give admittance to a limitless wellspring of information. One of the main advantages of technology in secondary school education is the capacity to personalize learning. Using educational software, online resources, and information about examination, teachers can now fit their instruction to meet the singular requirements of their students. For instance, students can work at their own speed and get moment criticism on their advancement, permitting teachers to concentrate on areas where students need the most assistance.

One more advantage of technology in the classroom is the capacity to increment student commitment and motivation. By consolidating mixed media components, like videos, simulations, and intuitive exercises, into their lessons, teachers can make a vivid learning experience that requests to students with various learning styles. In addition, technology permits students to team up and share thoughts with one another progressively, cultivating a feeling of local area and empowering students to play a functioning role in their own learning. Besides, technology can possibly give equivalent admittance to quality education for all students, regardless of their experience or location. Through online learning stages, students can now get to an abundance of educational assets and tools, regardless of whether they live in areas with restricted admittance to educational assets. This can assist with shutting the accomplishment gap and furnish students with the abilities and information they need to prevail in the 21st century.

Notwithstanding the various advantages of technology in secondary school education, there are likewise a few difficulties that should be tended to. One of the primary difficulties is guaranteeing that teachers get sufficient preparation and backing in the utilization of technology. This is particularly significant for more established teachers who may not be as familiar with technology or for the people who work in schools with restricted resources.

Another test is the requirement for solid and reasonable admittance to technology. Not all students approach the most recent advancements, which can make disparities in the nature of education they get. Moreover, schools should likewise put resources into strong safety efforts to safeguard delicate student information and guarantee that technology is utilized in a no problem at all way.

In conclusion, the integration of technology into secondary school education can possibly enormously work on the nature of education that students get. By giving personalized instruction, expanding student commitment and motivation, and giving equivalent admittance to quality education, technology has the ability to change the manner in which we educate and learn. Nonetheless, to completely understand these advantages, it is vital to address the difficulties of teacher preparing and admittance to technology, and guarantee that technology is utilized in a protected and responsible way.

Over the course of educational technology, a variety of records have been given in this topic. At the outset, it was presented as utilization of instruments, and then as interaction of plan, implementation, and evaluation of educational situations, and then, at that

point, as study and moral action on facilitation of learning and improvement of execution through creation (building), use and the board of technology processes and suitable assets. Eventually, with regard to the records, another record of educational technology is given (New Technology of Educational Technology, 2016).

Mental Health:

A significant obstruction for incorporating mental health drives into worldwide health projects and primary healthcare administrations is absence of consensus on a definition of mental health (Whiteford et al., 2010). Mental health is a basic part of in general health and well-being, yet it is often neglected or misjudged. Mental health alludes to a person's emotional, psychological, and social well-being, and includes a large number of mental issues, like depression, uneasiness, and bipolar problem. Mental health can be characterized as the shortfall of mental illness or it tends to be characterized as a condition of being that likewise incorporates the natural, psychological or social elements which contribute to a person's mental state and capacity to function inside the environment (Carter et al., 1959).

One of the fundamental difficulties in tending to mental health is the stigma that is often connected with it. Many individuals accept that mental health issues are an indication of shortcoming or that they can be settled basically by resolve. In any case, mental health issues are genuine and complex conditions that require professional treatment, very much like some other actual health condition. Lately, there has been a developing recognition of the significance of mental health and the requirement for better mental health administrations. Legislatures and organizations are focusing on mental health drives and bringing issues to light about the significance of looking for help when required.

Be that as it may, admittance to mental health administrations stays a significant test, particularly for those living in provincial or distant areas. Many individuals can't get to mental health administrations because of the significant expense of treatment or an absence of mental health professionals in their area. In addition, protection inclusion for mental health administrations is often restricted, which can make it challenging for individuals to get the care they need. One more significant calculate tending to mental health is advancing healthy propensities and taking care of oneself practices. This incorporates practicing regularly, eating a healthy eating regimen, getting sufficient rest, and participating in exercises that give pleasure and relaxation. Individuals can likewise profit from searching out social help from loved ones, or from participating in help gatherings.

It is likewise essential to look for help when required. Mental health problems are treatable and recuperation is conceivable with the right help and treatment. A few common medicines for mental health issues incorporate treatment, medication, and way of life changes. Notwithstanding, it is essential to recollect that every person is novel and the best way to deal with treatment will vary from one person to another.

Types of Technology used in Secondary School Education:

Technology has revolutionized the field of education and plays had a pivotal impact in working on the nature of secondary school education. Various sorts of technology that are being utilized in secondary school education, including:

1. **Learning Management Systems (LMS):** LMS stages like Blackboard, Canvas, and Moodle give teachers a concentrated stage to oversee and convey course content, tasks, and evaluations. These stages additionally furnish students with admittance to course materials, discussion gatherings, and online quizzes.

2. **Educational Software:** There are various educational software programs accessible that help student learning in subjects like math, science, and language arts. These projects can give intelligent and drawing in learning encounters, as well as personalized criticism and appraisal.

3. **Virtual Reality (VR) and Augmented Reality (AR):** VR and AR advancements are progressively being utilized in secondary school education to give students vivid and intelligent learning encounters. These advances can be utilized to improve learning in subjects like history, science, and geology.

4. **Video Conferencing Tools:** Video conferencing tools, for example, Zoom and Google Meet are progressively being utilized in secondary schools to work with remote learning and collaboration. These tools permit teachers to convey lessons and work with discussions continuously, in any event, when students are not actually present in the homeroom.

5. **Mobile Devices:** Tablets and smartphones are turning out to be more normal in secondary schools, permitting students to get to educational assets and complete tasks from anyplace, whenever. Mobile devices can likewise be utilized for educational applications and games that help student learning and commitment.

Mental Health of Secondary School Teachers:

The mental health of secondary school teachers is a basic issue that has acquired expanding attention lately. Secondary school teachers are often under critical pressure and tension because of the demanding idea of their work. This can prompt elevated degrees of burnout and poor mental health, which can adversely affect their general well-being, as well as their capacity to instruct and uphold students actually. One of the primary drivers of stress for secondary school teachers is the rising workload and responsibilities. Teachers are supposed to give great instruction, yet additionally to act as role models, guides, and backers for their students. In addition, numerous teachers are confronted with the difficulties of restricted resources, large class sizes, and always changing educational arrangements and standards. One more significant stressor for secondary school teachers is the emotional cost that accompanies working with students who might be battling with a variety of issues, like neediness, misuse, and mental health problems. This can negatively affect teachers, particularly on the off chance that they are not furnished with the assets and backing they need to deal with these situations. To address the mental health of secondary school teachers, giving them satisfactory help and resources is significant. This incorporates giving regular professional advancement valuable open doors, like preparation on homeroom the executives, student conduct, and stress the board. Teachers ought to likewise be given the assets they need to successfully uphold their students, like admittance to mental health professionals, and backing from school executives and partners.

In addition, schools and regions can likewise uphold the mental health of their teachers by advancing a positive and steady workplace. This can incorporate giving adaptable timetables, offering valuable open doors for collaboration and professional turn of events, and cultivating a culture of regard and backing for teachers. Teachers genuinely should deal with their own mental health by participating in taking care of oneself practices, like practicing regularly, eating a healthy eating regimen, and getting sufficient rest. Teachers can likewise profit from searching out social help from loved ones, or from participating in help gatherings. The mental health of secondary school teachers is a basic issue that merits attention and action. By offering satisfactory help and assets, advancing a positive workplace, and empowering taking care of oneself practices, we can assist with guaranteeing that teachers have the help they need to keep up with their mental health and well-being, and to educate and uphold their students really.

Role of Technology on Mental Health of Secondary School Teachers:

The effect of technology on the mental health of secondary school teachers is an intricate and diverse issue. On one hand, technology can possibly essentially work on the work and lives of teachers by giving admittance to new and imaginative educational assets, tools, and techniques. Notwithstanding, on the other hand, the expanded dependence on technology and the demands of the computerized age can likewise adversely affect the mental health and well-being of teachers. One of the significant difficulties presented by technology is the tension it puts on teachers to adjust to new and changing innovative tools and stages continuously. This can be particularly trying for teachers who are as of now battling to stay aware of their responsibility and responsibilities. Additionally, the constant accessibility of technology and the expectation to be constantly connected can prompt sensations of stress and burnout, as well as an absence of boundaries among work and personal life.

Another variable that can adversely affect the mental health of secondary school teachers is the potential for technology to build sensations of isolation and loneliness. While technology can possibly work with communication and collaboration, it can likewise prompt a diminishing in up close and personal interaction, decreasing open doors for social connection and backing. This can be particularly trying for teachers who work in disengaged or distant areas, and for the people who are battling with mental health issues. Be that as it may, technology can likewise assume a positive part in advancing the mental health and well-being of secondary school teachers. For instance, technology can give teachers admittance to important assets and backing, for example, online care

groups, mental health applications, and professional improvement valuable open doors. Technology can likewise work with collaboration and communication between teachers, permitting them to share assets and methodologies and offer help to one another. To guarantee that the effect of technology on the mental health of secondary school teachers is positive, it is essential to give teachers the necessary preparation, support, and assets to incorporate technology into their work actually. This can incorporate giving preparation on the protected and responsible utilization of technology, and tending to the difficulties presented by the advanced age, like online harassment, cyberbullying, and security concerns. Schools and areas must urge teachers to take part in taking care of oneself practices and to focus on their mental health and well-being. This can incorporate empowering teachers to enjoy reprieves from technology, to take part in active work and care rehearses, and to search out social help when required.

CONCLUSION

It was concluded that technology can play a role in improving the mental health of school teachers by providing them with tools and resources to manage their workload, communicate effectively with colleagues and students, and access support and resources for self-care. Like, teachers can use online resources to plan and organize their classes, communicate with students and parents, and access educational materials and resources. They can also use virtual support groups, online counseling services, and mental health apps to take care of their own mental health and well-being. However, it's important to note that technology is not a solution for all mental health issues, and teachers should seek professional help if they are experiencing significant mental health concerns.

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