



## A STUDY OF MENTAL HEALTH OF SCHOOL LEVEL TEACHERS OF DISTRICT KAITHAL

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### INTRODUCTION:

A country's strength or weakness depends upon its education system. If a country wants to raise progress and develop, it will have to arrange for a good education for its citizens. If a country's education system is defective, it cannot progress. If we see the human history, it shows that the education has been a powerful and strong instrument for the development of a nation. Today every country wants to progress and does not want to remain backward. But it can only be possible if the citizens of that country are alert and enlightened are sincere towards their country and are ready to do their duty towards its. Speed and accuracy in doing numerical problems, an ability for abstract, an ability of logical reasoning, an ability for spatial concepts and so on. However, the mathematics achievement education in schools and colleges largely do not cater to aims and objectives of mathematics education as specified by many educational commissions and committee.

Students mostly prepare themselves for passing examinations. Furthermore, the teachers and parents were concerned with relatively low achievement of students in mathematics and a number of studies has looked into the causes of such poor performance. Attitude is really the disposition of an individual to learn and to develop some proficiency in some particular area. Actually it helps to acquire knowledge in a particular area and on the basis of interest the further performance of a child can be predicted. A child under the pressure of parents or teachers selecting a professional course will be a failure in that area without attitude in that field. So it is the responsibility of teachers and parents to guide their children according to their attitude.

## **MENTAL HEALTH:**

Mental health is considered as attainment of positive value and attitudes. A mentally healthy person has enjoyable experiences, happy, zestful and creative personality. He has the potentialities for effective functioning in day to day life. He has his own philosophy and values of life. He is enthusiastic and reasonable. His future orientation is very realistic according to his own capacities and resources. He is capable to handle anxiety and frustration. A mentally healthy person generally possesses good character and morality.

Mental health as such represent a physics condition which is characterized by mental peace, harmony and contact, mental health symbolized the quality of the person. Mental health can also be called as the process of human self-satisfaction, self-realization and successful existence. Mental Health of a teacher is more important than mental health of students. If a teacher is not sound in his mental health, he cannot do justice with his student. His ill mental health has adverse effects on the children's mental health. Now a day, student take his teacher as a model. So the teacher must be emotionally stable and should have positive attitude towards teaching. Moreover mental health itself refers to state of good adjustment a state of well being with one self and with others.

## **CURRICULUM AT SENIOR SECONDARY STAGE:-**

At the senior secondary stage of general education, courses to be diversified in such a manner as to enable pupils to study a group of any three subjects in depth with considerable freedom and elasticity in the grouping of subjects. A student for example, may specialize in any three subjects of the science group or in combination of subjects from the science and the humanities. In order to ensure the balanced development of the adder cent's total personality, the curriculum at this stage should provide half the time to the electives, one fourth of the time to the language, and one fourth to physical education, arts and crafts and moral and spiritual education.

A beginning may be made with advanced courses in mathematics, science and language at the lower secondary stage and in all the specialized subjects at the higher secondary stage.

## **NEED AND IMPORTANCE OF THE PROBLEM:**

A teacher is called a nation builder and a maker of man. The teacher must not simply be a person of high mental abilities, but have a balanced personality. Teacher plays a significant role in the development of child's personality. He obviously, is an important person in determining the ways of his or her pupils who are affected by and react to their work.

Mental health is a condition or state of harmonious functioning of the human personality. It is a state of one's peace of mind, satisfaction, happiness and harmony brought out by one's level of adjustment with himself and world at large.

By knowing mental health, there will be effective teaching and learning. In this way student's personality will develop in proper direction. If the mental health of teachers of school will be good, they will provide good nation building to the society. The study will help the teachers to adjust properly with their students and related environment. The study will help in analyzing the problems of teachers. If there will be a study of mental health of arts, science and language teachers, that will help to know about the mental level of different teachers.

There is a need to study in the field of mental health and related it to different social, emotional factors of Senior Secondary School level teachers. So the investigator realizes the importance of mental health in Senior Secondary School level teachers and is inspired to undertake the present study.

## **STATEMENT OF THE PROBLEM:**

### **A STUDY OF MENTAL HEALTH OF SCHOOL LEVEL TEACHERS OF DISTRICT KAITHAL**

## **OPERATIONAL DEFINITION OF THE TERM USED:**

**Mental Health:** - Mental Health is a condition or a state of harmonious functioning of the human personality. It is a state of one's peace of mind, satisfaction, happiness, effectiveness and harmony brought out by one's level of adjustment with his self and world at large.

**School:** - The term 'school' is originated from the Greek word 'Skohle' which mean laisure. The school is a place which conserves and promotes culture and civilization, prepares children for citizenship, caters to physical, vocations moral and social needs of the pupils. In present study school means Government, Non-Government and Aided Schools of up to Senior Secondary level.

**Teacher:** - We are however convinced that the most important factor in the complete educational reconstruction is the teacher. His personal qualities, his professional training and the place he occupies in the school as well as in the community. The reputation of a school as the influence on the life of the community invariably dependence upon the kind of teacher

working in it. In present study teacher means teachers of Government, Non-Government and Aided Schools of up to Senior Secondary level.

### **OBJECTIVES OF THE STUDY:**

1. To study the mental health of school level teachers.
2. To study the mental health of male arts teachers.
3. To study the mental health of female arts teachers.
4. To study the mental health of male science teachers.
5. To study the mental health of female science teachers.
6. To study the mental health of male language teachers.
7. To study the mental health of female language teachers.
8. To compare the mental health of male and female teachers.
9. To compare the mental health of male and female science teachers.
10. To compare the mental health of male and female arts teachers.
11. To compare the mental health of male and female language teachers.

### **HYPOTHESIS OF THE STUDY:**

1. There is no significant difference between the mental health of male and female school level teachers.
2. There is no significant difference between the mental health of male and female science teachers.
3. There is no significant difference between the mental health of male and female arts teachers.
4. There is no significant difference between the mental health of male and female language teachers.

### **DELIMITATION OF THE STUDY:**

- 1- The study is delimited to only Government, Non-Government and Aided Schools of up to Senior Secondary level of District Kaithal in State Haryana.
- 2- The study is conducted on 120 teachers of Government, Non-Government and Aided Schools.

## METHOD OF STUDY -

Survey Method is used in the present study.

## POPULATION OF STUDY -

All various teachers of Government, Non-Government and Aided Schools of up to Senior Secondary level schools of District Kaithal was population in the present study.

## SAMPLE OF THE STUDY: -

In present study, investigator was chosen twelve school of Kaithal District by Purposive sampling. Such sample use human judgment in selecting unit and have no theoretical basis for estimating population characteristics from these school, investigator was chosen 120 teachers from Kaithal District by purposive sampling. These schools were Aided, Govt. and Private School.

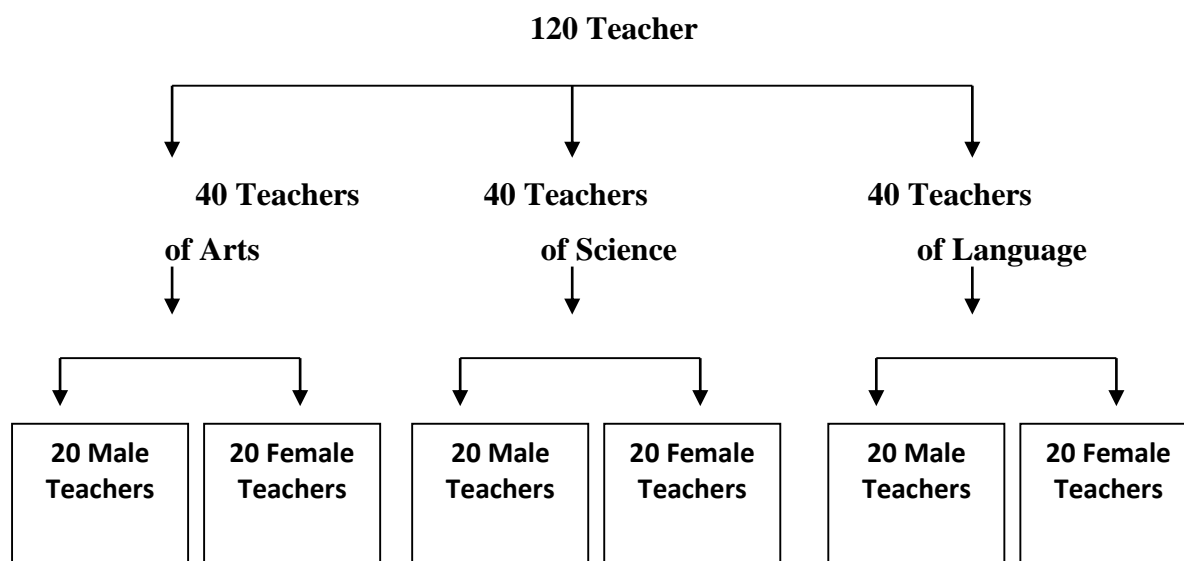
## SAMPLING TECHNIQUE

In the present study investigator used purposive sampling method.

## TOOLS USED: -

Investigator has used **Mental Health Inventory by Dr. Jagdish** in present study.

## RESEARCH DESIGN: -



## STATISTICAL TECHNIQUES: -

In the present study Mean, S.D., percentile, t-Test and Z-Test was used to analysis of data collected for the study.

## CONCLUSION:-

- Mental health of male teachers has been studied in which the average raw score of 60 teachers were found to be 20.9 and its percentile rank was 60<sup>th</sup> that was interpreted of having medium level. So it was found that the mental health of male teachers is of medium level.
- Mental health of Female teachers has been studied in which the average raw score of 60 teachers were found to be 19.8 and its percentile rank was 60<sup>th</sup> that was interpreted of having medium level. So it was found that the mental health of female teachers is of medium level.
- Mental health of male teachers of science has been studied in which the average raw score of 20 teachers were found to be 22.05 and its percentile rank was 80<sup>th</sup> that was interpreted of having High level. So it was found that the mental health of science male teachers is of High level.
- Mental health of female teachers of science has been studied in which the average raw score of 20 teachers were found to be 21.25 and its percentile rank was 75<sup>th</sup> that was interpreted of having High level. So it was found that the mental health of science female teachers is of High level.
- Mental health of male teachers of Arts has been studied in which the average raw score of 20 teachers were found to be 20.65 and its percentile rank was 60<sup>th</sup> that was interpreted of having medium level. So it was found that the mental health of Arts male teachers is of medium level.
- Mental health of female teachers of Arts has been studied in which the average raw score of 20 teachers were found to be 19.3 and its percentile rank was 60<sup>th</sup> that was interpreted of having medium level. So it was found that the mental health of Arts female teachers is of medium level.
- Mental health of male language teachers has been studied. The average raw score of 20 teachers was 20.25 and their percentile rank was 60<sup>th</sup>. So it was found that the mental health of language male teachers is of medium level.
- Mental health of female language teachers has been studied. The average raw score of 20 teachers was 18.8 and their percentile rank was 50<sup>th</sup>. So it was found that the mental health of language female teachers is of medium level.
- In the analysis of mental health of male and female teachers has been done. The analyzing the difference between the above mentioned groups Z-Score was calculated

3.92 and its table value at 0.05 level of significance in two tailed to be 1.96 which is less than the calculated value. So there is significant difference between mental health of male and female teachers. So the hypothesis no. 1 was rejected. It was concluded that there is significant difference between the mental health of male and female teachers.

- In the analysis of mental health of science male and female teachers has been done. The analyzing the difference between the above mentioned groups T-test was calculated in which the calculated value at degree of freedom 38 was found 1.5 and its table value at 0.05 level of significance was to be 2.712 which is higher than the calculated value. So there is no significant difference between mental health of science male female teachers. So the hypothesis no. 2 was accepted. It was concluded that there is no significant difference between the mental health of science male and female teachers.
- In the analysis of mental health of Arts male and female teachers has been done. The analyzing the difference between the above mentioned groups T-value was calculated in which the calculated value at degree of freedom 38 was found to be 3.75 and its table value at 0.05 level of significance was found to be 2.712 which is less than the calculated value. So there is no significant difference between mental health of Arts male female teachers. So the hypothesis no. 3 was rejected. It was concluded that there is significant difference between the mental health of Arts male and female teachers.
- In the analysis of mental health of language male and female teachers has been done. The analyzing the difference between the above mentioned groups T-value was calculated in which the calculated value at degree of freedom 38 was found to be 4.0 and its table value at 0.05 level of significance was found to be 2.712 which is less than the calculated value. So there is significant difference between mental health of language male female teachers. So the hypothesis no. 4 was rejected. It was concluded that there is significant difference between the mental health of language male and female teachers.

#### **MAIN FINDINGS: -**

- It was concluded that there is significant difference between the mental health of male and female teachers.
- It was concluded that there is no significant difference between the mental health of science male and female teachers.
- It was concluded that there is significant difference between the mental health of Arts male and female teachers.

- It was concluded that there is significant difference between the mental health of language male and female teachers.

#### **EDUCATIONAL IMPLICATIONS: -**

1. By knowing Mental Health, there will be effective teaching and learning. In this way student's personality will develop in a proper direction.
2. The study will help the teachers to maintain their mental health and they will provide good nation builders to the society.
3. The study will help the teachers to adjust properly with their students and related environment.
4. The study will help in analyzing the problems of teachers.
5. The study of mental health of Arts, Science and Language teachers, will help to know about the mental level of different teachers teaching in different lecturers, teaching in different fields.

#### **SUGGESTIONS FOR FURTHER STUDIES: -**

- (i) Same study can be conducted on large scale.
- (ii) Similar studies should be replicated in different states to study certain regional variation.
- (iii) Research can be done showing the effect of mental health on personality of School teachers.
- (iv) There are other factors like home environment, intelligence, sex, area, socio-economic status, which is responsible for mental health of teachers, can be exported.
- (v) A comprehensive study of mental health of school and School students can be under taken.