

MENTAL HEALTH FOR LADY TEACHERS OF GOVERNMENT AND PRIVATE SCHOOLS

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Abstract:-

The present study related to mental health level of government and private school's lady, teachers. Total 40 teachers were selected randomly from Bhavnagar district area's School. In which 20 teacher's (10 teacher's 21 to 30 and 10 teacher's 1 to 40 year) from government school's teachers and also 20 teachers (10 teacher's 21 to 30 and 10 teacher's 31 to 40 year.) From private school teachers.

After data analysis done with 't' test.

Introduction:

Heart disease is the number one killer of both men and female. Heart disease has several cause, the most common being coronary artery disease (CAD). In CAD there is inflammation and blockage of the arteries that supply blood to the heart. This result in both is chemic heart disease (called again) and heart attacks. Angina occurs when the flow of blood to the heart is decreased due to a buildup of plaque in the coronary arteries (called atherosclerosis). Because of the plaque, coronary arteries become narrow and stiff and there is a decreased supply of oxygen to the heart muscle.

When a woman has a heart attack, there is a complete blockage in her blood vessels that stop blood flow. Typically, a heart attack results in damage to the heart muscle, which makes it more difficult for the heart to pump blood to the rest of body.

A women's best change of decreasing her risk for developing heart disease is a healthy lifestyle, which includes not smoking exercising regularly, main teaching a healthy weight eating a low fat, high fruit and vegetable diet, and restricting dietary sodium to less than 2.3gm a day. Most women are aware cat least to some degree that such practices are an important part of staying healthy yet.

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42% of females do not gate regular physical activity.

33% of women are obese (compared to 27% men)

More than 50% of women exceed recommended saturated fat intake.

More than 60% of women exceed recommended sodium intake.

18% of women smoke.

Characteristics:

1. Time management
2. Communication skills
3. Conflict resolution
4. Personal traits
5. Experience
6. Goal setting
7. Responsibility
8. Organization TM
9. Leadership skills
10. Objective views

Psychosocial risk factors:

1. Psychological support
2. Organization culture
3. Clear leadership & expectations
4. Civility & respect
5. Psychological job fit
6. Growth& development
7. Recognition & reward
8. Enrolment& Influence
9. Work load management
10. Engagement
11. Balance
12. Psychological protection

Objectives:

1. To know difference of mental health at teacher's service provided is government and private schools.

2. To know the difference of mental health at teacher's age between 21 to 30 year and 31 to 40 year.

Hypothesis:

1. There are no different in method health of government Schools teacehr's from 21 to 30 and 31 to 40 age.
2. There are no different in mental health of private schools teacher's from 21 to 30 and 31 to 40 age.
3. There are no different in mental health of government and private school's teacher's from 21 to 30 age.
4. There are no different in mental health of government and private schools teacher's from 31 to 40 age.
5. There are no different in mental health of government and private school's teachers.

Variable:

A =Service teacher's

A1=government school teacher

A2=private school teacher

B =Age

B1=21 to 30 year

B2=31 to 40 year

A= Independent Variable

B = Dependent Variables

Sampling:

	Age	Age	
Teachers	21 to 30	31 to 40	Total
Government school	10	10	20
Private school	10	10	20
Total	20	20	40

Tools:

In this research mental health questioner where used from the data collection contracted and standardize by or Dr. Jagdish and Dr. A. K. Shrivastava. The reliability is 0.73 and the validity is 0.54

Research design:

40 teachers were selected randomly Bhavnagar district areas school. Teachers were divided in two groups. Group one government in which 20 teachers (10 female 21 to 30 year and 10 female 31 to 40 year) number of two group private school in which 20 teachers (10 female government in which 20 teachers (10 female 21 to 30 year and 10 female 31 to 40 year) number of two group private school in which 20 teachers (10 female 21 to 30 year and 10 female 31 to 40 year).

- After collecting 21 to 30 year and 10 female 31 to 40 year).
- After collecting 21 to 30 year and 10 female 31 to 40 year).
- After collecting the data statistical and analysis was done according to key for the comparison of different groups ‘T’ test was calculated.

Results and Discussion:

Table no.1: Government school teacher’s age from 21 to 30 year and 31 to 40 year

Groups	N	Mean	SD	SEM	t	Level
21to 30	10	135.80	9.44	2.98	6.2759	SG0.01
31to 40	10	167.90	13.14	4.15		

This table indicates significant no different between 21 to 30 age and 31 to 40 age from government school teacher’s. 21 to 30 age are no effective in mental health level.

Table no.2: Privat school teacher’s age from 21 to 30 year and 31 to 40 year

Groups	N	Mean	SD	SEM	t	Level
21to 30	10	160.00	11.46	3.62	0.7957	NS0.01
31to 40	10	167.00	25.35	8.02		

This table indicates no significant difference between 21 to 30 and 31 to 40 age from private school. 31 to 40 ages are more effective in mental health level.

Table no.3: government and private school teacher’s age from 21 to 30 years

Groups	N	Mean	SD	SEM	t	Level
G21to30	10	135.80	9.44	2.98	5.1548	SG0.01
P21to30	10	160.00	11.46	3.62		

This table indicates signification no differences between Government school teacher’s and Private school teachers age from 21 to 30 years group. Private school teachers are more effective in mental health level.

Table no.4: government and private school teacher's age from 31 to 40 years

Groups	N	Mean	SD	SEM	t	Level
G31to40	10	167.90	13.14	4.15	0.0997	NS0.01
P31to40	10	167.00	25.35	8.02		

This table indicates signification no differences between Government school teacher's and Private school teacher age from 31 to 40 years group both at similar in this table.

Table no.5: All over government and private school teachers

Groups	N	Mean	SD	SEM	t	Level
Govt.	20	151.85	19.88	4.44	1.8720	NS0.01
Private	20	163.50	19.48	4.36		

This table indicates no significant difference between government and private school teachers all group. Private school teachers are more effective in mental health level.

Interpretation of tables and testing of hypothesis

H₀₁ There is significant effect of mental health level between 21 to 30 and 31 to 40 age of government school teachers group. Tested 't' value is 6.2759 at 0.01 levels. So, we unaccepted of this hypothesis.

H₀₂ There is no signification effect of mental health level between 21 to 30 and 31 to 40 age of private school teacher group. Tested 't' value is 0.7957 at 0.01 levels. So, we accepted of this null hypothesis.

H₀₃ There is signification effect of mental health level between 21 to 30 age of government school teachers and private school teachers group. Tested 't' value is 5.1548 at 0.01 levels. So we unaccepted of this null hypothesis.

H₀₄ There is no signification effect of mental health level between 31 to 40 age of government school teachers and private school's teacher's group. Tested 't' value is 0.0997 at 0.01 levels. So we accepted of this null hypothesis.

H₀₅ There is no signification effect of mental health level between 21 to 30 and 31 to 40 age. Tested 't' value is 1.8720 at 0.01 levels. So we accepted of this null hypothesis.

References:

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