

MENTAL HEALTH AMONG PROFESSOR AND PRIMARY WOMEN TEACHER: A COMPARATIVE STUDY

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ABSTRACT

The main purpose of this research was to find out the mean difference between professor and primary teacher women in mental health. The total sample consisted 60 women were taken. The research tool for mental health was measured by Dr. Jagdish and Dr. A. K. Srivastava. Here't' test was applied to check the significance of mental health in professor and primary teacher.

Result shows that No Significant difference between professor and primary teacher in mental health.

Introduction :

More recently, the concept of mental health has received added significance because of changing societal complexity and global problems. Traditionally, the absence of negative mental states such as depression and anxiety present a picture of mental health, with the emergence of health psychology, psychologists, have indicated presence of positive aspects like achievement, personal competence autonomy etc as more important criteria of mental health. Involvement is a central life interest. So According to corchin, "Positive Mental Health is the key of person's cohesive development."

Definitions :

"Mental health includes precautionary steps to prevent mental illness, and though it growth can be seen in mental health."

- **Walter. J. Coville**

"Mental health means a proper study of the aspects which affects an individual or society coordination and also optimum use of the aspects of that study."

- **Klein**

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"In individual view or societal view or in any kind of behavioral growth which requires a great strength to solve the problem is mental health."

- **Hadley**

"Let us define mental health as the adjustment of human being to the world and to one another with a maximum of effectiveness and happiness."

- **Karl Menninger**

The life of human being has been filled with anxiety, worry, depression, frustration and distortion. The human being is a traveler who lost the way of life because of the dualism of hope and pessimist on the one hand the life of human being is full of happiness and positivity and on other hand there so many difficulties around him to entangle. There are so many needs of human being. These needs cannot be satisfied easily. The human being has to pass so many difficult phases to achieve the happiness. This Journey of seeking happiness results in effect on mental health of person well known scientist Colman considers modern ago as the age of anxiety. So, the question of mental health has become the first priority to solve. Therefore, the study of mental health has become the most rationale in today's era.

Every individual has to work hard in this modern competitive era. Because it is the era of unemployment, price hike and corruption. And as a result every man and woman has to work to survive in a better way. Today, women also work in various fields. They have to perform dual responsibilities. And there is a great impact of it on women especially on their mental health. Their mental health also changes according to their changing responsibilities.

There are two kinds of categories in teacher at present time with many others and these are of professor's and primary teacher's. Both of their duties and responsibilities are different. Those who are women professors, their understanding level and experiences are different compared to primary teachers. Similarly, there is a great difference in students. Their thinking level and rationality also different according to their ages. As they sometimes go against their teachers of discipline take place. The professors have to be ready for all kind of situations, they have to collect as much information as they can. Because the age of their students is also different from the students of primary teachers.

The primary teachers have to create an atmosphere as good as the students start loving to go to schools. It is their responsibility to teach their students each kind of discipline. They have to make teaching very interesting. Their life style is also different due to their financial condition and that is why their mentality is quite different from professors.

Subhash Basu (2004) studies that the mental health problems of women, especially in the Indian context. As per World Health Organization (WHO) estimates, depression is expected to be the second largest contributor to disease burden by 2020, and with one in every three women worldwide being afflicted by common mental disorders including depression, the mental health of women is a serious issue indeed. While studying the psychological construct of mental health, we come to understand that it is deeply embedded

within an individual's social and socioeconomic relationships. Since women worldwide and more so in India, face gender based discrimination at every stage of their lives, their psychological well-being becomes a cause for great concern. This note attempts to explore the various risk and protective factors affecting the mental health of women. This note attempts to explore the various risk and protective factors affecting the mental health of women. Considering the gravity of the matter, urgent remedial measures such as understanding the underlying causes of psychological distress among women, adopting a gender-sensitive approach, working towards women's empowerment and formulating women-friendly health policies could work wonders for the mental health of Indian women.

Manisha Singh and Girish Singh. 2006 The overall assessment in reveals that thought the subjective are normal in general, bat a substantial proportion is at risk of developing psychosocial stress generated problems that may affect their mental health. Modification in coping strategies and planned interventions are desirable.

Thus, the problems of professors and primary teachers are different. Generally, primary teacher's responsibilities are more than professors because their children are very young. So, it is their duty to teach them life related lessons and make them ready to be prepared for higher studies especially in colleges.

- **Objective :**

To study the mental health of Professor and Primary teacher women.

- **Hypothesis :**

There is no significant difference between Professor and Primary teacher women in mental health.

- **Methodology:**

- **Variable :**

Independent variable :

- A). Professor women
- B). Primary teacher women

Depended Variable :

To get score of mental health among Professor and Primary teacher women.

- **Sample :**

The sample consisted of 60 (30 Professor and 30 Primary teacher women). Women the sample was selected by random method from different schools and colleges.

- **Tools :**

In this research mental health questionnaires were used from the data collection constructed and standardized by Dr. Jagdish and Dr. A. K. Srivastava. The reliability is 0.73 and the validity is 0.54.

- **Statistical Methodology :**

't' test was conducted as a statistical technique to find out the aim.

Result and Discussion :

't' Ratio of mental health of joint and separate family's women.

Variable	(N)	Mean	SD	't' Value	Level of Significant
Professor Women	30	187.57	16.60	0.78	N.S.
Primary teacher Women	30	190.97	17.20		

N.S. = Not Significant

The result of the present study indicates that there is clear difference between the Professor and Primary teacher women. In terms of mental health according to near 187.57 is for the Professor women and 190.97 is for Primary teacher women. The difference clearly justifies that Professor Women are under more mental stress in comparison.

To draw the comparison between the two, I have used 't' method is where 0.78 is the out-come. At the level sign force 0.05 and 0.01 levels are insignificant and as a result the hypothesis of our study stands accepted.

Conclusion :

There is no significant difference between Professor and Primary teacher women in mental health.

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