



A STUDY OF MENTAL HEALTH AMONG SECONDARY SCHOOL TEACHERS OF JAMMU DISTRICT IN TERMS OF SEX AND TYPE OF ADMINISTRATION

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Abstract

Mental health is essential requirement for effective teaching. A teacher with sound mental health is more fruitful and productive. A sample of 704 secondary school teachers was selected to study the mental health. Employees mental health inventory by Dr. Jagdish was used. The findings suggested that male teachers are mentally healthy as compare to female teachers. It was also asserted that difference in mental health between govt. and private teachers is significant.

Keywords: Mental health, sex, type of administration.



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Introduction

A teacher is builder of future of any society. Even best curriculum , syllabus, methods and techniques are useless, if the teacher is not competent. If teacher is not performing effectively, the whole educational system is likely to be collapse. Many psychological factors of human personality affects the performance of teachers and mental health is one of the important factor. Teacher should be disciplined and must have a sound and positive attitude toward students. Mental health is the balance that is likely to exist between different aspects of human personality such as emotional, physical, social etc. A happy and satisfied human is said to be mentally healthy. A mentally healthy human is more fit and effective in all areas of human life.

Agarwal (2007) asserted that good mental health is associated with effective organization of various abilities so as to overcome strain and stress. A teacher having sound mental set up or health can satisfy the needs of his students more effectively. He earns respect in the class and can manage various problems associated with teaching and learning easily. A Mentally healthy teacher exhibit a behavior which is desirable and do his duties more effectively. If the mental health, is better the results and output of the efforts of teacher is better.

Teacher is that component of educational system which directly influence the learner by modifying his behavior in the right direction, so it highly essential that teacher must

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possess good mental health. For effective development of learner the teacher must be mentally healthy, fit and alert. Presently it can be asserted that the teacher is under lot of mental pressure as he has to deal with students as well as parents and administrators, which in turn affect his working and performance. Mental health of teachers is deciding factor in achieving aims and objectives of education.

Many studies have been conducted to assess the effect of mental health of the teachers on the burnout among teachers and found that bad mental health is responsible for it. It can be said that tendency of burnout in teachers having poor mental health is more as compare to the teachers having sound mental health.

Mental health among teachers is more important than any other organization, as teachers deals directly with learners development . The type of society is linked with type of teacher. Teachers with sound mental health can perform well and can bring the desired results. Presently teachers are facing poor mental health issues and studies on mental health revealed that one of the reason for it is less support from government, less information regarding thechanges, social climate and enviornment etc (Dewan & Renu, 2012). Studies also revealed that among total diseases the share of mental sickness is likely to increase at a rate of approximately 50% by the year 2020 (Gogajeh et al, 2014). In the words of Galgotra (2013) so many studies on mental health has been carried but the results are not upto the mark.

Review of related literature

Maheswara (2017) conducted a study on high school govt. and private teachers of Andhra Pradesh. A random sample of 130 (65 males and 65 females) teachers was taken for the purpose. t-test was used to measure the significance of difference between mean. The study reveals that female teacher has better mental health than male teachers. Further difference in mental health of govt. and private high school teachers also found to be significant.

Rahaman (2017) investigated the mental health of teachers of private B.Ed colleges in terms of sex and locality in Murshidabad district of West Bengal and it was assessed that difference in mental health of male and female teachers as well as between rural and urban teachers is not significant.

Pardhan (2016) studied mental health of a sample of 100 secondary school teachers of Sikkim. it was found that female secondary school teachers have better mental health as

compare to male teachers. it was also found that mental health of govt. school teachers is better than private school teachers.

Prabhakara & Jayamma (2016) studied stress among teachers of urban and rural area secondary schools teachers of Chitradurga district in relation to self confidence. 53 secondary school teachers were selected from 25 urban and 28 rural secondary school as sample. Teachers occupational stress questionnaire and self confidence inventory developed was used. t-test was used for analysis. Study revealed that there is significant difference in teachers stress. Also no significant difference in teachers stress of secondary schools belonging to low and moderate self confidence was assessed, but difference in stress among secondary school teachers belonging to rural and urban area was insignificant.

Dagar & Mathur (2016) studied on mental health of 300 teachers of govt. schools and 300 teachers of private schools of Hissar, Kurukshetra, Rohtak and Faridabad districts of Haryana.. The mean score of mental health for male teachers was 110 and SD was 14.74, and for females the mean score of mental health was 106.83 with a standard deviation of 14.34. t-test revealed that there is significant difference between mental health of teachers in terms of gender and male teachers of Haryana has better mental health as compare to female teachers. Again the study was extended in terms of type of administratio. value of t revealed that difference in mental health of govt. and private school teachers of Haryana is not significant.

Rao & Samiullah (2016) studied mental health on a sample of 240 school teachers in terms of various demographic variables like sex, type of administration and job tenure. Results revealed that gender, type of administration and job tenure has no role in mental health of teachers.

Gorsy, Panwar & Kumar (2015) studied the mental health status of a sample of 100 secondary and higher secondary school teachers of various districts of Haryana in terms of two demographic variables sex and locality. It was found that male teachers posses good mental health as compare to female teachers. Moreover it was also concluded that urban teachers has better mental health than rural teachers.

Jeyaraj (2013) found that govt. higher secondary school teachers of Madurai district of Tamilnadu have low mental stress than that of aided school teachers. The study was conducted choosing a sample of 185 aided school teachers and 120 govt. school teachers.

Galgotra (2013) also investigated the mental health of 250 high school teachers of J&K in terms of various demographic variables (type of administration, sex and job

experience).The difference between mental health among male and female teachers found to be insignificant which indicates that gender has no role to play in mental health of teachers. Further it was also assessed that experienced teachers has better mental health in comparison to inexperienced teachers of Jammu and Kashmir.

Pachaiyappan & Raj (2013) studied the mental health of 130 secondary and higher secondary school teachers of Chennai and Tiruvannmalai districts of Tamilnadu. It was indicated that female teachers has better mental health than male teachers. it was also concluded that type of area (rural and urban) has no role in mental health of teachers. The study was extended further in terms of type of administration and it was assessed that type of administration plays important role in mental health of teachers and govt. school teachers has better mental health than private teachers.

Ali & Zilli (2011) studied mental health of 160 students of govt. and private schools of Agra and it was found that difference between means of govt. and private school students is significant.

Ballou (2012) investigated the mental health of teachers of public schools. It was assessed that ratio of teachers with some little mental disorder was more than that of civil servants. Main causes of this mental disorder was found to be low recreational time as well as low job satisfaction.

Davari & Bagheri (2012) investigated mental health of teachers in Iran. The sample consist of 124 female and 150 male teachers. t –test along with one way ANOVA was used for data analysis. It was assessed that maximum teachers experiences little mental health issues.

Chan et al (2010) conducted a study to assess the stress level among primary and secondary school teachers in Hong kong. A questionnaire was used for the purpose of data collection. SPSS was used to analyze the data. In the sample of 1710 teachers, 907 were primary and 803 were secondary school teachers.The results indicated that gender and job experience has no role to play in mental.

Nagai, Tsuchiya,Toulopoulou & Takei (2007) studied school teachers in terms of occurrence of Minor psychiatric disorder (MPD).It was assessed that job dissatisfaction and no time for recreational activities has significant relation with MPD among teachers. Further it was also found that among female teachers of Japan, only job dissatisfaction were the main reasons for MPD.

Research studies conducted by Ngidi & Sibaya (2002) in South Africa revealed that inexperienced teachers are under more stress as compare to experienced teachers and sex has no role to play in mental stress, where as studies conducted by (Jepson & Forrest, 2006) revealed that experience and gender has no relation with mental stress. This result is in favor of the results obtained by Chan et al (2010), Ngidi & Sibaya (2002), Pardhan (2016) & Rao & Samiullah (2010). However the present study is in contradiction with the study conducted by Galgotra (2013).

Objectives of the study

The objective of the study is to assess the significance of difference in mental health among secondary schools teachers in terms of gender (male and female) and type of administration (Govt. and Private).

Hypothesis

The hypothesis formulated to conduct the study are given below.

- 1). There is no significant difference in mental health of male and female secondary school teachers.
- 2). There is no significant difference in mental health among government and private secondary school teachers.

Method

Sample

A sample of 704 secondary school teachers from different government and private secondary schools of Jammu district of J&K State was selected.

Analysis.

In order to analyze the data t-test was employed as shown in table 1.1 and 1.2 respectively.

Table. 1.1(a) Group Statistics

	Sex.	N	Mean	Std. Deviation	Std. Error Mean
Mental Health	Male	352	39.60	5.690	.303
	Female	352	38.68	5.552	.296

Table. 1.1(b)

		Levene's Test for Equality of Variances		t	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
		F	Sig.					
Mental Health	Equal variances assumed	1.562	.212	2.179	702	.030	.923	.424
	Equal variances not assumed			2.179	701.576	.030	.923	.424

Conclusion.

From the table 1.1(a) it is found that mean score of mental health for male secondary school teachers is 39.60 and that for female secondary school teachers is 38.68. t-value as revealed from table 1.1(b) is 2.179 which is significant at .05 level. Thus it can be said that male teachers of secondary schools of jammu district possesses better mental health as compare to female secondary school teachers.

Table. 1.2(a) Group Statistics

Mental Health	Type of Administration	N	Mean	Std. Deviation	Std. Error Mean
		Govt.	352	39.90	5.974
	Private.	352	38.37	5.173	.276

Table. 1.2(b)

		Levene's Test for Equality of Variances		t	Df	Sig. (2- tailed)	Mean Difference	Std. Error Difference
		F	Sig.					
Mental Health	Equal variances assumed	6.285	.012	3.635	702	.000	1.531	.421
	Equal variances not assumed			3.635	687.917	.000	1.531	.421

Conclusion

From the table 12(a) it is found that mean score of mental health for government secondary school teachers is 39.90 and the score for female secondary school teachers is 38.37. t-value as shown in table 1.1(b) is 3.635 which is significant at .05 level. Thus it can be said that government secondary schools teachers has better mental health as compare to private secondary school teachers.

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