

MENTAL HEALTH OF HIGH SCHOOL TEACHERS IN PUDUCHERRY REGION

Dr. G. Kumaravelu

Assistant Professor, Senthil College of Education, Puducherry, India
E-mail: coumaravelou@gmail.com

Abstract: *The present study is an attempt made by the investigator to study the mental health of high school teachers in Puducherry region. Normative survey method was employed by the investigator for the present study. A sample of 220 high school teachers was selected using simple random sampling technique. Mental Health checklist standardized by pramod Kumar (1992) was used to collect the data for the present study. The results highlighted higher level of Mental health among the high school teachers. Further significant difference was not observed among high school teachers with respect to their demographic variables.*

Key Words: *Mental health, High school teachers, counselling, problem solving ability.*

1. INTRODUCTION:

Today's present society is added with much rapid advancement in science and technology which had reflected many comforts to human beings in all walks of life. Conflicts, stress and bad mental health also added because of our increased manifold. Mental stress arises as a result of our unfulfilled desires which get settled as conflicts. These conflicts and frustration makes us to enter into painful emotional state and an unstable mind which is called anxiety.

The teacher is the real architect of the society, it is he who sculpts the minds of the students both internally and externally and makes them a well organized and all rounded personality. He is the real force of the school and without him school is a soulless body. The teacher with optimistic approach, extrovertness is of with full rigor and gives out his best in bringing out colorful and knowledge full atmosphere in the classroom situation. Teachers are expected to avoid conflicts, frustration, pessimistic attitude, complexes in the classroom situation.

Careers is an important aspect of our life which provides us a source of income and in turn they are also a vital factor of stress. A person gives his best when he is in good mental health in work and on the other side if he feels that he is under pressure, it results in stress and bad mental health. Stress involves pessimistic actions which results in frustration, depression, tension and thereby making teacher's mental well-being restless. Stress can result in absenteeism and burnout and as a consequence early retirement and leaving the profession may also happen which results in the unavailability of competent teachers to the present generation. When teachers are with good mental health, their decision making and problem solving ability skills are good. Therefore mental health plays a predominant role in the profession of the teachers in delivering his best.

2. NEED FOR THE STUDY:

An optimist teacher never satisfies with what he had achieved in the past, he keeps on searching in giving excellence to his followers and this is only possible with good mental health and friendly atmosphere of the teacher in the work place. Since teaching is a challenging and noble profession, it requires good and friendly atmosphere without any stress to achieve their goals without any deviation. The result of such stressful situation may result in the mental distress of the teacher and this may also result in giving up the career. At this context, there felt a need to bring out importance of job stressors and their mental health of high school teachers. If the result implies poor and vulnerable situation, their behavior is too questionable. So, it is the need of the hour to bring out the factors which are against good mental health and strategies for overcoming job stressors which brings out better performances by the student community. Hence there felt a need to conduct the study.

3. STATEMENT OF THE PROBLEM:

The problem of the present investigation is stated as "Mental health of high school teachers in Puducherry region".

4. OBJECTIVES:

The present study has the following objectives:

- To study the Mental health of high school teachers in Puducherry region.
- To check whether there exists significant difference in their Mental health with respect to their Gender, Locality, type of Management, type of school.

5. HYPOTHESES:

- There exists significant difference in their Mental health with respect to their Gender, Locality, type of Management, type of school.

6. DESIGN OF THE STUDY

Normative survey method was employed by the investigator for the present study

7. METHODOLOGY

The sample for the present study consisted of 220 high school teachers of Puducherry region. Students were randomly selected from the schools as the sample for the study.

8. DESCRIPTION OF THE SCALE USED

Mental Health checklist standardized by pramod Kumar (1992) was used to collect the data for the present study.

9. DATA ANALYSIS

Table-1

Significant Difference in Mental health of high school teachers with respect to Gender, Locality, Type of management

Variable		N	Mean	SD	't'	Sig.
Mental health	Male	149	36.79	6.535	.322	NS
	Female	71	37.07	5.244		
	Rural	113	36.72	5.677	.398	NS
	Urban	107	37.05	6.612		
	Private	65	37.38	6.857	.428	NS
	Govt.	155	36.66	5.820		

On comparing Mean Mental health scores significant differences are not observed in all the sub variables as calculated 't' value are not significant. Therefore, there does not exists significant difference in Mental health with respect to Gender, Locality, Type of Management among high school teacher.

Table-2

Significant Difference in Mental health of high school teachers with respect to Type of school

Variable	Source of variance	Sum of squares	df	Mean squares	'F' value	Sig.
Type of school	Between Groups	104.568	2	52.284	1.393	.251
	Within Groups	8145.118	217	37.535		
	Total	8249.686	219			

The calculated F value (1.393) which is lesser than the table value, hence the hypothesis is rejected and concluded that there is no significant difference in Mental health of high school teachers with respect to Type of school.

10. EDUCATIONAL IMPLICATIONS

The following actions can be undertaken for better improvement of the Mental Health status of High School students

- Classroom sizes can be reduced to smaller sizes and thereby student-teacher interaction increases and this paves way for the teachers to develop optimistic and friendly relationship with the students.
- Orientation programme can be given for both teacher and parents regarding the psychological development of the students especially in emotional issues.
- Teachers need to be encouraged to develop positive attitude towards students.
- Various professional training programmes with the help of psychologists, psychiatrists, counselors has to be given to teachers specific to mental health promotion for children.
- Mental health promotion programs can be developed in schools like curriculum for promoting life skills and counseling services.
- Apart from academic performance alternate way of evaluating the students can be done like vocational training.

- Innovative educational practices like active learning which paves way for student-centered learning can be developed.

11. CONCLUSION:

Thus from the Present study it is concluded that Gender, Locality, Type of management and Type of school does not have any influence on the Mental health of high school teachers.

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