

Mental Health of B.Ed. Students in Anand City: A Study

Dr. Preeti Shrivastava

Associate Professor, Waymade College of Education, CVMU Anand Gujarat

Email - preetishri@waymadedu.org

Abstract: *The transition to college may be a trying period for many students. Some students have a hardtime separating themselves from the severe responsibilities of their family of origin while also coping with the pressures of academics, while other students may have a lot of work and family responsibilities to attend to. In this environment, many B.Ed. college students experience their first indicators of mental health and substance use problems, or their symptoms get significantly worse. In this research, researcher trying to identify the mental health of B.Ed. Students ,Hypotheses There will be no difference in the mental health of B.Ed. teacher candidates who are male or female 200 students collect as sample and self-made tool applied then find out that there is no discernible difference in the level of confidence among B.Ed. students of either gender*

Key Words: *Mental Health, B.Ed. students, Study.*

1. INTRODUCTION :

Mental health is the state in which people are able to adapt to their surroundings and to one another in order to be as successful and happy as possible. It is the capacity to keep one's cool under pressure, as well as an alert mind, polite behavior, and a cheerful attitude. At any given time, Gujarat is thought to be home to 2.8 million adults suffering from common and severe mental illnesses. An estimated 11,000 additional instances of schizophrenia are added to the burden of mental disorders annually. For many students, the adjustment to college may be a difficult time. While some students find it difficult to balance the demands of their studies with the heavy responsibilities of their family of origin, others may be overburdened with employment and family obligations In this environment, many B.Ed. college students experience their first indicators of mental health and substance use problems, or their symptoms get significantly worse.. In this environment, many B.Ed. college students experience their first indicators of mental health and substance use problems, or their symptoms get significantly worse.

2. Objectives :

- To determine whether there are any differences in the mental health of the B.Ed. students who are male and female.
- To find the mental health of people living in rural and urban settings, respectively.

3. Hypotheses :

- There won't be a discernible difference in the mental health of B.Ed. teacher candidates who are male or female.
- There is no appreciable difference between teacher candidates studying in private aided and private unaided institutions in terms of their mental health.
- There is no discernible difference in trainee teachers' mental health at younger and older ages.
- There is no discernible variation in student performance between urban and rural areas.

4. Review Literature:

Sinha (2000) 377 B.Ed. student professors at Kurukshetra University had their mental health examined. The data was gathered using the Crown and Crisp Mental Health Questionnaire. The results showed that there was no difference in the mental health scores of men and women.

Mohapatra (2001) conducted research on the emotional well-being of student teachers receiving their B.Ed. in Maharashtra. The sample consisted of fifty different student teachers, both male and female. Individuals being tested were given Singh's Mental Health Questionnaire to complete. The findings indicated that male student teachers had higher mental health as compared to female student teachers in the teaching profession.

Population- Male and female graduate students who are enrolled in B.Ed. colleges in both rural and urban regions of Gujarat's Anand District make up the population of the current research.

Sample- 200 pupils select as sample, out of that 85 males and 115 female education degree students—who came from both rural and urban areas—were selected.

Sample- The researcher created a self-made questionnaire for the survey of B.Ed. students.

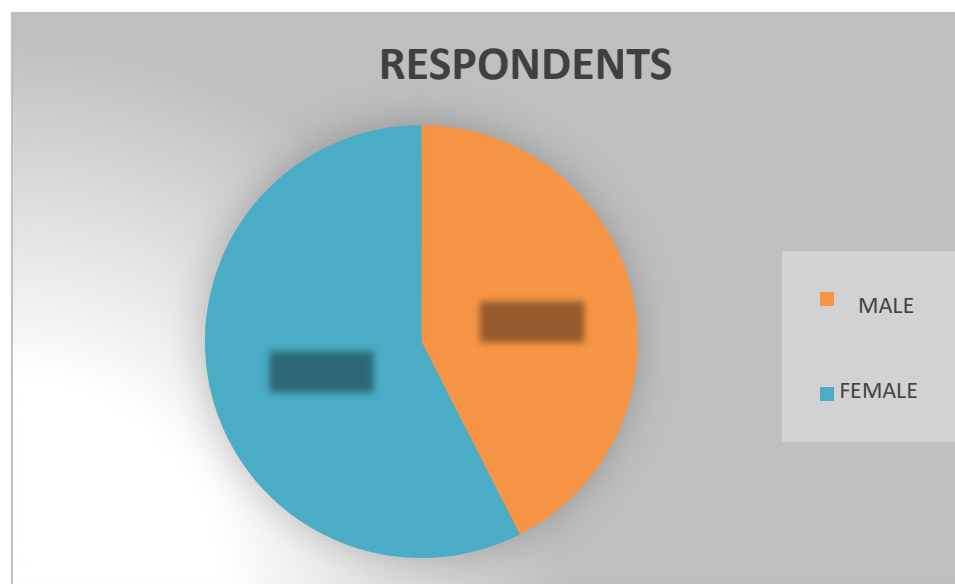
4. Data Collection :

Self made tool for data collection for the Gujarati and English versions of the Mental Health Scale were produced in preparation. After examining the fulfilment of several criteria taken into consideration when constructing the stratified representative sample of B.Ed. students from Anand districts, prior approval was acquired from the principals of B.Ed. institutions. The following table provides a breakdown of the respondents based on their various demographic characteristics. 57.5 percent of the total sample consisted of female participants in the study, making up the majority of the responses. The sample had male responders at 42.5% of the total.

MALE/FEMALE RESPONSE

	FREQUENCY	PERCENTAGE
MALE	85	57.5%
FEMALE	115	42.5%
TOTAL	200	100%

PROPORTION OF RESPONDENTS

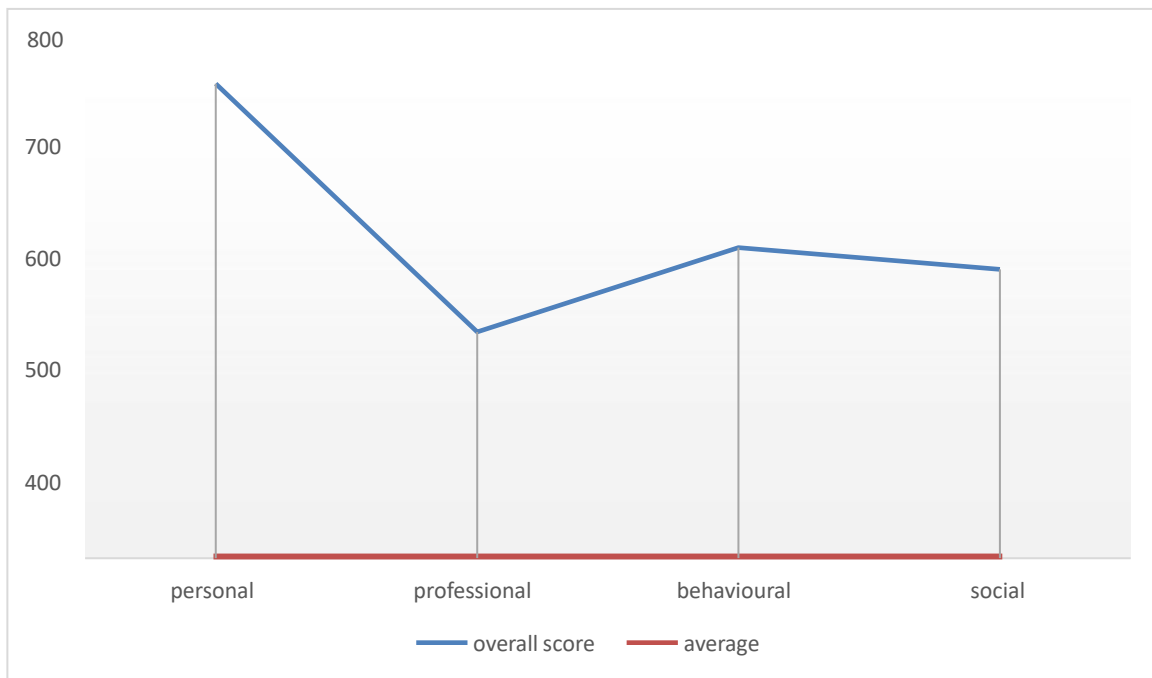


Level of expectation

The total value of all the elements has been computed in order to determine the general mental health of B.Ed. students and their expectations regarding the level of service provided by the B.Ed. institutions in the Anand area. Twenty items on a five-point questionnaire with four dimensions—personal, professional, behavioral, and social—were included. The respondents' opinions were solicited on a scale of 1 to 5, and a score was given in accordance with that. Each of the answers "None of the time", "Rarely", "Some of the time", "Often", and "All of the time" get a score of 5, 4, 3, 2, and 1. The most personal score a responder may receive is 36.5%, while the lowest social score a respondent can receive is

22.2%. The discrepancy between the greatest score (730) and the lowest score (444).

Dimensions	No. of questions	Total sample	Overall score	Average of score
Personal	05	200	730	3.65
Professional	05	200	348	1.74
Behavioral	05	200	478	2.39
Social	05	200	444	2.22



Interpretation

TABLE: Opinion of B.Ed. Student on the Mental Health

STATEMENTS	None of the time	Rarely	Some of the time	Often	All the time
1. I feel nervous while teaching.	81.7%	10.3%	5.0%	3.0%	-
2. I have stage fear while performing activities in college	57.6%	14.5%	12.3%	9.6%	6%
3. I feel difficult to Balance Professional & Personal life	42.8%	27.0%	11.5%	15.6%	3.1%
4. I feel lonely in my peer groups.	93.2%	3.8%	3.0%	-	-
5. Fear to communicate with new people	34.5%	29.7%	21.5%	11.9%	2.4%
6. I am always shouting whenever something wrong is happen to me.	76.3%	9.4%	6.5%	5.5%	2.3%
7. While playing and studying I always fight with other Students in college	88.2%	3.2%	8.6%	-	-
8. I always make arguments with my teachers in class.	92.5%	3.5%	4.0%	1.9%	-
9. I am unable to become enthusiastic about anything.	89.4%	5.3%	2.2%	2.1%	1.0%

5. Result :

- While teaching, 8.1.7% of B.Ed. students report feeling unnerved, While teaching, 10.3% of B.Ed. students report feeling anxious just occasionally, 5.0% report feeling anxious occasionally, and 3.0% report feeling anxious frequently.
- 57.6% of B.Ed. students who participate in campus activities had no stage fright, 14.5% of B.Ed. students rarely experience stage fright while participating in college activities, 12.3% of B.Ed. students occasionally experience stage fright while participating in college activities, 9.6% of B.Ed. students frequently experience stage fright while participating in college.

6. Findings:

- According to the study's current findings, there is no discernible difference in the level of confidence among B.Ed. students of either gender.
- There are notable differences in self-confidence between Hindu and Non-Hindu B.Ed. students.
- According to the study's current findings, male and female B.Ed students have significantly different attitudes regarding the teaching profession.
- According to the study's current findings, there is no discernible difference in graduate and postgraduate B.Ed. students' attitudes regarding the teaching profession.

7. Conclusion :

It is difficult for us to grasp the feelings of other people given that one person are unable to share in their pain. On the other hand, when it comes down to it, mental health may be able to help in the development of closer connections and the reduction of feelings of isolation. It is of the utmost importance to comprehend not only that the individual suffering from the mental illness requires care, but also that their loved ones and the society as a whole do.

It found that B.Ed. Students have lots of work in college, they have to involve themselves in many cocurricular activities, along with that they have to prepare for exam (internal and external), because of stress their mental health is not that much active. 42.8% of B.Ed. students find it challenging to reconcile their personal and work lives. 27.0% of B.Ed. students find it challenging to manage their personal and professional lives, 11.5% of B.Ed. students find it challenging at times to manage their personal and professional lives. 3.1% and 15.6% of B.Ed. students, respectively, report finding it challenging to manage their work and personal lives on a regular basis.

REFERENCES :

1. Bhatia, B.D. (1982). Mental Hygiene in Education. In B. Kuppaswamy (Ed.) Advanced Educational Psychology, Sterling Publishers Pvt. Ltd.
2. Best, John W. and Kahn, James V. (1989). Research in Education (6th ed.) New Delhi: PrenticeHall of India Pvt. Ltd.
3. Buch, M.B. (Ed.) (1974). A Survey of Research in Education. Baroda: Centre for Advanced Study in Education, M.S. University.
4. Gasima Gupta and Sushil kumar. (2010). Mental Health in Relation to Emotional Intelligence and Self Efficacy among College Students. Kurukshetra University, Kurukshetra. Journal of the Indian Academy of applied psychology, January 2010, Vol.36, No.1, pp-61-67.
5. Panda, B.N. (1999). Advanced Educational Psychology. New Delhi: Discovery Publishing House.
6. Aggarwal J.C., National Policy on Education 1986: An Appraisal, 1989, Doaba House, Delhi.
7. Archana Dubey, Admission to teacher training institutions- some issues, The Progress in Education LXV, 3, October, 1990, Page No. 69
8. Arokia Mary, Study on Self-confidence and Achievement in methods of Teaching English of B.Ed. and Trainees, M.Phil. Thesis.
9. An article on Self-confidence, Employment News, Vol. 35, May 8th – May 14th 2011. An article on Self-confidence of Manager in IT infrastructure, Eenadu, May 10th 2010