

An Effect of Educational Experience of Teachers on Mental Health

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ABSTRACT

The Emotional Atmosphere in a classroom setting is important to the experiences of all students. That atmosphere is affected by the emotional stability of the teacher. A teacher with personal mental health problems can have a detrimental effect upon all of those students who are associated with him or her. Mental Health is very important factor for effectiveness of any teacher's teaching, which may result in good Academic achievement of students. What is the status of mental health of teachers? Is there any effect of Educational Experience on mental health of teachers? To find out the answer of these of questions present study was conducted. Present study was survey type study, for which list of school was stratified in primary, secondary and higher secondary schools, from that list of school proportionally selected in sample. To find out the significant difference between two groups, 't' value was found.

Keywords: Primary, Secondary, Higher Secondary, Mental Health, Teachers, Experience

Mental Health is very much important factor affecting teaching Learning Process. Mentally health teacher can teach students very easily and effectively, too. Mental health may enhance the scholastic achievement of students because it's affecting the teaching learning process in the classroom. In classroom interaction, teacher must be prepared for every question that may be asked by the students. Teacher must be able to solve any issues related to students in the classroom and out of classroom. Mental health can be proved the parameter for evaluating teacher. Mental health of teachers is very much important factor, so further researches in this area are recommendable. In India Mental health is not that much of popular for research.

Statement of the Problem

- An Effect of Educational Experience of teachers on Mental Health

Objectives

The researcher decided the following objectives for the present study.

- 1) To determine the level of Mental Health of teachers.
- 2) To study the mental health of teachers in context of educational experience.

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An Effect of Educational Experience of Teachers on Mental Health

Hypothesis

The following hypothesis was prepared for the present study.

H₀1- There will be no significant difference in the mean score obtained on mental health scale by teachers having high experience and teachers having low experience.

Definition of Key-words

Mental Health

Mental Health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Operational Definition:

The score obtain on Mental Health Scale by teachers was considered as a mental health of teachers.

Variable

The following are the variables included in the present study.

- **Independent Variable:**

Educational Experience	High
	Low

- **Dependent Variable:** Mental Health

- **Control Variable:**

- Medium: - Gujarati
- Board: - GSEB
- Area: - Ahmedabad

Population and Sample

All the teachers in Gujarati medium GSEB Schools of Ahmedabad are included in the population of the present research. Randomly 6 Schools were selected, in which 2-2 schools were of Primary, Secondary and Higher Secondary. All teachers were selected in sample by cluster method. Thus, school selection was done by Stratified Random Technique and teachers were selected by Cluster technique.

Educational Experience >	High	Low	Total
Primary	66	44	110
Secondary	23	8	31
Higher Secondary	29	29	58
Total	118	81	199

RESEARCH METHOD

Survey Method of Research was used for the present study because investigator wants to know the present scenario.

An Effect of Educational Experience of Teachers on Mental Health

Tools for Data Collection

For Data Collection researcher Constructed Self Constructed Mental Health Scale, for which following steps were followed.

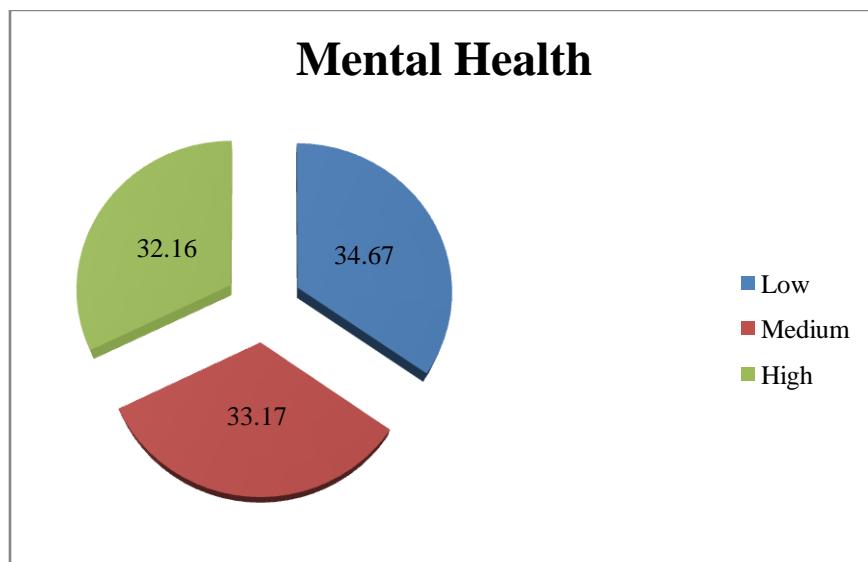
- Step: 1 in depth study of Mental Health
- Step: 2 Frame Statements for Mental Health
- Step: 3 Review of first form of Mental Health Scale (MHS) by Expert
- Step: 4 Second form of MHS after necessary changes
- Step: 5 Piloting
- Step: 6 Final form of Mental Health Scale (MHS)

Data Analysis

- To determine three level of mental health Min, P₃₃, P₆₇ and Max was found.
- To determine two level of educational experience Median (16) was found. Teachers having experience of 16 years or more than 16 were considered as teachers having high experience, all others were considered as teachers having low experience
- For rejection or acceptance of hypothesis t-value was found Hypothesis wise.

Objective: 1 To determine the level of Mental Health of teachers.

Level of Mental Health	Norms	No. of Teachers	Perchantage
Low Mental Health	Min to P ₃₃	13 to 38	69
Medium Mental Health	P ₃₃ to P ₆₇	39 to 41	66
High Mental Health	P ₆₇ to Max	42 to 47	64
Total		199	100 %



An Effect of Educational Experience of Teachers on Mental Health

Objective: 2 To study the mental health of teachers in context of educational experience.

Hypothesis	Group	N	M	SD	SED	t-value	Remarks
Ho ₁	High	118	39.19	4.73	0.63	0.09	No significant Difference
	Low	81	39.14	4.00			

FINDINGS

- There were 34.67% teachers having Low Mental Health, 33.17 % teachers having Medium Mental Health and 32.16 % teachers having High Mental Health.
- There is no significant differences in score obtain on Mental Health Scale by male teachers and female teachers that mean in matter of mental health male and female teachers are equal.

CONCLUSION

There are maximum teachers having low mental health. Some programmes and activities must be organized to enhance mental health of teachers. From the Conclusion and finding obtain from study we can say that Mental Health is very much important for teacher's evaluation. To support the result, one should do some more replication of study. Hence this type of innovative Studies should be going on in future.

LIMITATION AND DELIMITATION

- The present study was delimited to Gujarati medium Schools of Ahmedabad district.
- The present study is limited to GSEB Schools.
- Mental Health Scale was constructed by investigator, so all the limitation of tool will remain as a limitation of the study.
- The findings in the present study were found on the basis of the responses of the teachers so this also remains as a limitation of the study.

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Conflict of Interests

The author declared no conflict of interests.

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An Effect of Educational Experience of Teachers on Mental Health

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