

A Study on the Mental Health of High School Teachers in Coimbatore District

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ABSTRACT

The present study was aimed to find out the mental health of high school teachers in Coimbatore district. 200 samples were selected by using stratified random sampling. Mental health was measure by using mental health scale which is constructed by Arunkumar K (2010). Descriptive statistics and parametric statistics were employed to analyse the collected data. Results revealed that high school teachers in Coimbatore district had moderate level of mental health.

Keywords: *Mental Health, Teachers*

Good health depends on the state of both body and mind. Each exerts a direct influence on the other. A healthy person is not only physically healthy but also mentally healthy. Health means that both body and mind are working efficiently and harmoniously. Mental health is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. If a person is well adjusted, he/she has good physical health and desirable social and moral values; his mental health is likely to be good. Good mental health is indicated in such persons are happy, healthy, hopeful and have harmonious personality. Mental health plays crucial role in the whole functioning of the human being.

Need For the Study

Flourishing teachers inspire students to flourish. Flourishing teachers create the foundations for learning to flourish. Flourishing leaders in education enable teachers to live a balanced life inside and outside school, which in turn delivers an implicit message that teachers and their well-being are valued and valuable. Today, teachers face heavy pressures throughout their life. Researches in the field illustrate that teachers are frequently subject to high levels of depression, anxiety and conflicts resulting in stress and burnout. There is much more need of the study in the present generation which lacks awareness about mental health and balanced life. So it is necessary to create awareness about mental health to all especially teachers. Hence, the investigator selected this topic.

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Objectives

- a) To study the mental health level of high school teachers in Coimbatore district.
- b) To find out whether there is any significant difference in the mental health of high school teachers with respect to their gender, locality of residence, types of institution, salary, work experience, family type and marital status.

Hypotheses

1. The mental health level of high school teachers in Coimbatore district is good.
2. There is no significant difference in the mental health of high school teachers based on their gender.
3. There is no significant difference in the mental health of high school teachers based on their locality of residence.
4. There is no significant difference in the mental health of high school teachers based on type of institution.
5. There is no significant difference in the mental health of high school teachers based on their salary.
6. There is no significant difference in the mental health of high school teachers based their work experience.
7. There is no significant difference in the mental health of high school teachers based on their family type.
8. There is no significant difference in the mental health of high school teachers based on marital status.

METHODOLOGY

Method used

The investigator adopted descriptive survey method to find out the mental health of high school teachers in Coimbatore district.

Population and sample of the study

High school Teachers those who were working at government, aided and private schools in Coimbatore district were consider as Population of this study. Two hundred (200) high school teachers were selected as the samples by using stratified sampling technique.

Tool used

In order to measure the mental health of high school teachers, the investigator used the “Mental Health Scale” constructed and standardized by Arunkumar K (2010). The mental health scale consists of 25 items which contains both positive and negative statements. The tool was in the form of Likert type scale (Strongly Agree / Agree / undecided / Disagree / Strongly Disagree). The authors established the content validity for the tool and the reliability of the tool has established by using test-retest method. It was found to be 0.81.

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Statistical technique used

The investigator employed descriptive statistics (Mean and SD), parametric statistics (students “t” test and ANOVA) to process the data collected from the samples.

ANALYSIS OF DATA

Table 1, Mental health of high school teachers

Variable	N	M	S.D	Level	Remarks
Mental health	200	81.88	9.60	Moderate	Rejected

The table 1 reveals that, the calculated mental health value of high school teachers is fall in the Moderate category (M = 59-92). Hence, the hypothesis 1 is rejected.

Table 2, Mean difference between the mental health of high school teachers based on gender, locality of residence, family type and marital status

Variable	Sub variables	N	M	S.D.	‘t’ value	Remarks
Gender	Male	76	80.96	9.51	1.06	Not significant
	Female	124	82.44	9.65		
Locality of residence	Rural	116	81.75	10.35	0.21	Not significant
	Urban	84	82.04	8.52		
Family type	Nuclear	124	82.26	9.75	0.73	Not significant
	Joint	76	81.25	9.37		
Marital Status	Married	123	83.29	9.94	2.75	Significant
	Unmarried	77	79.62	8.63		

From the table 2, the calculated ‘t’ values between the mental health of high school teachers with respect to the variables gender, locality of residence and family type are 1.06, 0.21 and 0.73 respectively. These ‘t’ values are less than the table value 1.96 at 0.05 level of significance. Therefore, the hypotheses 2, 3 and 7 are accepted.

On the other hand, the calculated ‘t’ value between the mental health of high school teachers with respect to marital status is 2.75 which is higher than the table value 1.96 at 0.05 level of significance. Hence, the hypothesis 8 is rejected.

Table 3, Mean difference between the mental health of high school teachers based on type of institution, salary and work experience

Variable	Sub variables	Source of Variance	SS	df	MS	F-value	Remarks
Type of institution	Government	Between groups	253.4404	2	126.7202	1.37	N.S
	Aided	Within groups	18107.68	197	91.91716		
	Private	Total	18361.12	199			
Salary	5000 -10000	Between groups	1199.832	2	599.9162	6.88	S
	10000-20000	Within groups	17161.29	197	87.11314		
	Above 20000	Total	18361.12	199			
Work experience	Fresher	Between groups	440.3436	2	220.1718	2.42	N.S
	1 -5 years	Within groups	17920.78	197	90.96841		
	Above 5 years	Total	18361.12	199			

*-N.S. – Not significant

*-S - Significant

From the table 3, the calculated F values among the mental health of high school teachers with respect to their type of institution and work experience are 1.37 and 2.42 respectively. These F values are less than the table value 3.04 at 0.05 level of significance. Therefore, the hypotheses 4 and 6 are accepted.

But, the calculated F value among the mental health of high school teachers based on the variable salary is 6.88 which is higher than the table value 3.04 at 0.05 level of significance. Therefore, the hypothesis 5 is rejected.

FINDINGS AND DISCUSSION

1. This study revealed that high school teachers in Coimbatore district had moderate level of mental health. This may be due to the fact that teachers' expectations may more than the reality.
2. This study found that teachers those who are getting salary above 20000 rupees had better mental health than whose salary is below 20000. This may be due to the fact that the teachers those who are getting more salary may have better socio-economic status in their life than those who are getting salary below 20000.
3. Marital status of teachers is influencing high school teachers' mental health. Married high school teachers had sound mental health than unmarried high school teachers. This may be due to the fact that married teachers may get some positive motivation and support from their spouse. Work switchover from school to home may relax the married teachers.

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4. Demographical variables gender, locality of the residence and type of institution didn't influence the mental health of high school teachers.
5. Personal variables work experience and family type didn't affect the mental health of high school teachers.

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Conflict of Interest

There is no conflict of interest of the authors with anyone regarding financial matters.

CONCLUSION

Education is one of the greatest services provided by teachers. It is vital for anything. The role played by teachers becomes a very important component and in fact it can be said that they are in way our nation builders. Teachers work in close co-ordination with students to help them in building up their future. They mould the students to bring out their skills or improvise them, teaching good habits/attitudes and helping them to become good citizens of the nation. This can be possible only when he himself is a balanced personality or a well adjusted individual with good mental health. The emotional imbalance of teachers affects the pupils in negative aspect. Mentally healthy teacher can contribute to the academic progress of pupils and make the students become contributing citizens who are physically, mentally and morally healthy. Finally, the mental health of the teacher decides the health of the nation.

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