

## A study of mental health among private and government school teachers

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### ABSTRACT

The Purpose of the proposed research is to study the mental health of government and private school teachers. 70 government school teachers (35 Male and 35 Female) and 70 private school teachers (35 Male and 35 Female) total 140 School Teachers were selected for the study as sample. Mental Health Analysis Questionnaire prepared by Dr. Ashwin Jansari, Dr. Harkant D. Badami and Dr. (Smt.) Charulata H. Badami (2011) was used for the data collection. “F” test was used. The result has shown that (1) There is no significant difference in the mean score of mental health among the government school teachers and private school teachers, (2) There is no significant difference in the mean score of mental health among male and female school teachers and (3) There is significant difference in the interactive effect of the mean scores of mental health with regards to the type of school teachers and gender. Therefore it could be said that, the female private school teachers group is having good mental health than male private school teachers group.

**Keywords:** *Eritrean counseling, counseling approa*

**H**ealth is an Indispensable quality in human being. It has been described as soil from which the finest flowers grow. Health indicates psychosomatic well-being of an individual and is a broader concept which includes physical, social and mental health. Mental Health has been reported as an important factor influencing individual's various behaviors, activities, happiness and performance. J.C. Colman calls the modern age as age of stress. Today we find an atmosphere of anxiety, chaos and disturbed state of mind surrounding us. Generally people think that the persons who are not suffering from any other diseases are called healthy but it is not true according to W.H.O., but according to world health organization absence of disease is not a sign of physical and mental fitness but physically, mentally and socially, healthiness is a real healthiness.

Global mental health refers to the international perspective on varied aspects of mental health and has been defined as “the area of study, research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide” (Koplan et al, 2009).

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Received: January 10, 2020; Revision Received: February 12, 2020; Accepted: February 25, 2020

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## **A Study of Mental Health Among Private and Government School Teachers**

Mental health is more than the absence of a mental health condition or illness: it is a positive sense of well-being, or the capacity to enjoy life and deal with the challenges we face. Mental health impacts each and every one of us. We all have mental health, just as we all have physical health. People living with a mental health issue or condition can experience positive mental health, and an individual may experience poor mental health without a mental health condition. Mental health is not fixed. It is influenced by a range of factors, including our life experiences, workplace or other environments, and the social and economic conditions that shape our lives (or the social determinants of mental health). Action can be taken to promote positive mental health for individuals and communities at the individual, community and system level. At the individual and community level, mental health promotion strategies focus on enhancing individuals' empowerment and participation and can target a range of environments or settings, such as the workplace, home, school or community. These strategies primarily seek to strengthen factors that protect positive mental health, lessen risk factors for poor mental health and/or address the social determinants of health. At the system level, strategies focus on addressing the social determinants of health and must involve work across a range of sectors and policy areas, such as housing, employment, social assistance, settlement and others.

### ***Objectives***

1. To Study of the mental health among the private and government school teachers.
2. To Study of the mental health among the male and female school teachers.
3. To Study of the interactive effect of mental health with regards to type of school teachers and gender.

### ***Hypotheses***

1. There will be no significant difference in the mean score of mental health among the private school teachers and government school teachers.
2. There will be no significant difference in the mean score of mental health among male and female school teachers.
3. There will be no significant difference in the interactive effect of the mean scores of mental health with regards to the type of school teachers and gender.

### ***Variables***

#### **Independent Variable :**

**Type of school teachers :** Government and Private School Teachers.

**Gender :** Male School Teachers and Female School Teachers.

#### **Dependent Variable :**

Mental Health Score

### ***Sample***

The Sample of present study consisted of 35 Male and 35 Female Teachers (Total 70 Teachers) from Private School Teachers and 35 Male and 35 Female Teachers (Total 70 Teachers) from Government School Teachers. Total Sample consisted 170 Teachers.

### ***Research Design***

A total sample of 170 school teachers equally distributed between level of education and gender from Gujarat State selected for the research study.

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### *Showing the table of Sample Distribution*

Gender	Type of school teachers		Total
	Private	Government	
Male	35	35	70
Female	35	35	70
<b>Total</b>	70	70	140

### **Tools**

Mental Health Analysis Questionnaire prepared by Dr. Ashwin Jansari, Dr. Harkant D. Badami and Dr. (Smt.) Charulata H. Badami (2011) was used to measure the mental health of the School Teachers. In this inventory there are Hundred statements which are to be answered to either in yes or no. Reliability of this test is computed by test – retest method. Reliability shown there is 0.76.

### **Procedure**

The permission was granted from various schools for data collection in kutch district after the establishment of rapport, personal information and the Mental Health Inventory (MHI)' was administrated the data was collected, scored as per the manual and analyzed. The statistical method 'F' test was calculated and results were interpreted.

## RESULT AND DISCUSSION

**Table : 1 The Table showing sum of variance mean 'F' value and level of significance of type of school teachers and gender.**

Sum of Variance	Df	Mean	F-value	Sign. Level
SS <sub>A</sub>	1	239.21	0.45	N.S.
SS <sub>B</sub>	1	204.01	0.39	N.S.
SS <sub>A*B</sub>	1	2090.58	3.95	0.05*
SS <sub>Error</sub>	136	71931.14	—	—
SS <sub>Total</sub>	139	74464.94	—	—

\*0.05=3.89, \*\*0.01=6.76, N.S.= Not Significant

A = Level of Education

B = Gender

A<sub>1</sub> = Graduate

B<sub>1</sub> = Boys students

A<sub>2</sub> = Post-Graduate

B<sub>1</sub> = Girls students

**Table : 2 The Table showing the Mean Score of Mental Health of Government and Private School Teachers.**

	A (Type of School Teachers)		'F' value	Sign.
	A <sub>1</sub> (Government)	A <sub>2</sub> (Private)		
<b>M</b>	73.21	75.83	0.45	N.S.
<b>N</b>	70	70		

The above table no.2 shows the mean score of mental health among government and private school teachers. The mean score of private school teachers group is 73.21 and government school teachers group is 75.83. The 'F' value is 0.45 which was found to be not-significant level at 0.05. The hypothesis no.1 that, "There is no significant difference in the mean score of mental health among the government and private school teachers" is accepted. My results is not supported by the Chanderkant Gorsy (2015) for "Mental Health among Government School Teachers".

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**Table : 3** The Table showing the Mean Score of Mental Health of male and female school teachers.

	B (Gender)		'F' value	Sign.
	B <sub>1</sub> (Male)	B <sub>2</sub> (Female)		
M	75.73	73.31	0.39	N.S.
N	70	70		

The above table no.3 shows the mean score of mental health among male and female school teachers. The mean score of male school teachers group is 75.73 and female school teachers group is 73.31. The 'F' value is 0.39 which was found to be not-significant level at 0.05. The hypothesis no.2 that, "There is no significant difference in the mean score of mental health among the male and female school teachers" is accepted. My results is not supported by the Chanderkant Gorsy (2015) for "Mental Health among Government School Teachers".

**Table : 4** The Table showing the interactive effect of the Mean Score of Mental Health of type of school teachers and gender

			A		'F' value	Sign.
			A <sub>1</sub>	A <sub>2</sub>		
M	B	B <sub>1</sub>	79.29	73.17	3.95	0.05
		B <sub>2</sub>	68.14	78.49		
N			60	60		

The above table no.4 shows the interactive effect of mental health among the type of school teachers and gender. The mean score of male private school teachers group is 79.29, male private school teachers group is 68.14, female government school teachers group is 73.17, female government school teachers group is 78.49. The 'F' value is 3.95 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to mental health, type of school teachers and gender. It should be remembered here that, according to scoring pattern, higher score indicate good mental health. Thus from the result it could be said that, the male private school teachers group is having good mental health than male government school teachers group. Therefore the hypothesis no.3 that, "There is no significant difference in the interactive effect of the mean scores of mental health with regards to the type of school teachers and gender" is rejected. Male private school teachers experience better mental health as compared to their male movement & female private and government school teachers counterparts. Reasons may be, single role as a teacher by male private teachers whereas females has to maintain personal as well as professional fronts even if commute long distances, men can manage whereas females has to face lots of difficulties.

### CONCLUSION

1. There is no significant difference in the mean score of mental health among the government school teachers and private school teachers.
2. There is no significant difference in the mean score of mental health among male and female school teachers.
3. There is significant difference in the interactive effect of the mean scores of mental health with regards to the type of school teachers and gender. Therefore it could be said that, the female private school teachers group is having good mental health than male private school teachers group.

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## Acknowledgements

The author appreciates all those who participated in the study and helped to facilitate the research process.

## Conflict of Interest

The author declared no conflict of interests.

**How to cite this article:** D K Maheshwari (2020). A study of mental health among private and government school teachers. *International Journal of Indian Psychology*, 8(1), 276-280. DIP:18.01.033/20200801, DOI:10.25215/0801.033