

Mental Health Among Government and Private School Employees

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ABSTRACT

The purpose of this study was to examine the mental health of government and private school employees. The mental health questionnaire (MHQ) by Dr. Ashwin Jansari Dr. Harkant D. Badami and Dr.(smt) Charulata H. Badami was used to collect the data. The sample constitutes total 120 school employees out of which 60 were from government school employees (30 male and 30 female) and 60 from private school employees (30 male and 30 female). The data was collected from Sabarkantha district. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that 1. There is significant difference in the mean score of mental health among the government and private school teacher employees. The private school employees have a good mental health than government school employees 2. There is no significant difference in the mean score of mental health among the government and private school teacher employees. 3. There is no significant difference in the interactive effect of the mean score of mental health with regards to the level of sector and gender.

Keywords: *Mental Health, School Employees Government and Private Sector, Male and Female Employees*

What then is mental health?

Mental health," as defined by the surgeon general report on mental health refers to the successful performing of mental function, resulting in productive activities, fulfilling relationships with other people, and ability to adapt to change and cope with adversity. Mental health is how a person thinks, and act. People in good health, have a positive attitude feel good about themselves and others, and act responsibly in their relationships. Good mental health means a person wants the best in life and is ready to work to achieve it. On the other end of the continuum is mental illness, a team that refers to all mental disorders.

Mental health is a state of well-being in which a person understands his or her own abilities, can cope with the normal stress of life, can work productively. And fruitfully, and is able to

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make a contribution to his or her community. Both physical and mental health is the result of a complex interplay between many individual and environmental factors, including.

- Family history of illness and disease/genetics
- Lifestyle and health behavior
- Levels of personal and workplace stress
- Exposure to trauma
- Personal life circumstance and history
- Access to supports
- Coping skill.
- What is good mental health?

Mental health is a positive sense of wellbeing and an underlying belief in our and others dignity and worth. it is influenced by our experience and our genetic inheritance. (WHO)

Madeh Naz (2013) had investigation the survey of mental health problems of university students was carried out on 1850 participants in the age range 19-26 years. An indigenous Student Problem Checklist (SPCL) developed by Mahmood & Saleem, (2011), 45 items was a rating scale. The result shows that findings were in lying with similar other studies on mental health of students. The role of variables like sample characteristics, the measure used, cultural and contextual factors are discussed in determining rates as well as their implications for student counseling service in prevention and intervention. Feng (1992) and Volpe (2000) defined stressor as anything that challenges any individual's adaptability of stimulates an individual's body or mentality. Stress can be caused by environment factors, psychology factors, biological factors and social factors; it can be negative or positive to on individual, depending on the strength and persistence of the stress the individual's personality, cognitive appraisal of the stress and social support.

Objectives

1. To study of the mental health among the government and private school employees.
2. To study of the mental health among the male employees and female employees.
3. To study of the interactive effect of mental health with regards to level of sector and gender.

Hypotheses

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

Variables

Independent variable:

1. **Sector level:** government and private school employees.
2. **Gender:** male and female school employees.

Dependent variable; mental health score

Sample: The sample of present study consisted a total 120 employees out of which 60 were from types of government school employees (30 male and 30 female) and 60 private school

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employees (30 male and 30 female) total 120 school employ were selected for the study as sample.

Showing the table of sample distribution

| sector | Level of gender | | Total |
|-----------------------------|-----------------|--------|-------|
| | male | female | |
| Government school employees | 30 | 30 | 60 |
| Private school employees | 30 | 30 | 60 |
| Total | 60 | 60 | 120 |

Tools

Mental Health analysis questionnaire prepared by Dr. Ashwin Jansari, Dr. Harkant D. Badami and Dr.(smt) Charulata H. Badami was used. In this questionnaire, there are a hundred statements which are to be answered to either in yes or no. Reliability of this test is computed by test – retest method. Reliability showed there is 0.76.

Procedure

The permission was granted from various school for data collection in Sabarkantha 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 gender

*0.05 = 3.92.84, **0.01 =6.84, N.S. = Not Significant

| Sum of variance | Df | Mean | F - Value | Sign. Level |
|-----------------|-----|---------|-----------|-------------|
| SSA | 1 | 285.22 | 4.84 | 0.05* |
| SSB | 1 | 29.02 | 0.49 | N.S |
| SSA*B | 1 | 85.02 | 1.45 | N.S |
| SSError | 116 | 59.16 | | |
| SSTotal | 119 | 7260.99 | | |

A = sector B = gender
 A₁ = government B₁ = male
 A₂ = private B₂ = female

Table: 2 The Table Showing the Mean Score of Mental Health of government and private school employees

| | A (sector) | | ‘F’ Value | Sign. |
|---|-------------------------|----------------------|-----------|-------|
| | A1 government employees | A2 private employees | | |
| M | 21.73 | 24.80 | 4.82 | 0.05 |
| N | 60 | 60 | | |

The above table no.1 shows the mean score of mental health among government and private school employees. The mean score of government employees group is 21.73 and private school employees group is 24.80. The ‘F’ value is 4.82 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to mental health and sector. It should be remembered here that, according to scoring pattern, higher score indicates good mental health. Thus, from the result it could be said that, the private school employees group is having good mental health than government school

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employees group. Therefore, the hypothesis no. 1 that, “There is no significant difference in the mean score of mental health among the government and private school employees “is rejected.

Table: 3 The Table showing the mean score of mental health male and female school employees

| | B (gender) | | 'F' Value | Sign. |
|---|------------|-----------|-----------|-------|
| | B1 male | B2 female | | |
| M | 23.78 | 22.79 | 0.49 | N.S. |
| N | 60 | 60 | | |

The above table no.3 shows the mean score of mental health among male and female school employees. The mean score of male school employees group is 23.78 and female school employees group is 22.79. The 'F' value is 0.49 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 employees is accepted

Table: 4 The Table showing the interactive effect of the mean score of Mental Health of level of sector and gender

| | | | A | | 'F' Value | Sign. |
|---|---|----|-------|-------|-----------|-------|
| | | | A1 | A2 | | |
| M | B | B1 | 21.38 | 26.15 | 1.44 | N.S. |
| | | B2 | 22.07 | 23.48 | | |
| N | | | 60 | 60 | | |

The above table no.4 shows the interactive effect of mental health among the sector and gender. The mean score of government school male employees group is 21.38, government female school employees group, is 26.15, private school male employees group is 22.07, private school female employees group is 23.48. The 'f' value is 1.44 which was found to be not –significant level at 0.05. The hypothesis no.3 that,” There is no significant difference in the interactive effect of the mean scores of mental health among the sector and gender” is accepted.

CONCLUSION

1. “There is significant difference in the mean score of mental health among the government and private school employees. The private school employees have a good mental health than government school employees.
2. There is no significant difference in the mean score of mental health among the male and female school employees.
3. There is no significant difference in the interactive effect of the mean scores of mental health among the sector and gender.

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Conflict of Interest

The author(s) declared no conflict of interest.

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