

Mental Health Among Primary and Secondary School Teachers

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ABSTRACT

The main purpose of present research was to find out mental health among primary and Secondary school teachers. The main objectives of study are (1) To study mental health among Primary and Secondary teachers (2) To study mental health among Male and Female. To relate objectives of this study null-hypothesis are (1) there is no significant difference in mental health among Primary and Secondary teachers. (2) There is no significant difference in mental health among Male and Female. The Independent variables are (A) Level of Teaching; it has two levels (A1) Primary School Teachers and (A2) Secondary School Teachers. Second independent variable is (B) Gender, it has also two levels (B1) Male and (B2) Female. The total data consist 60 out of them 30 Primary teachers and 30 Secondary teachers were taken as a sample. The research tool for teacher the mental health test by **Dr. Jagdish and Dr. A. K. Shrivastava** were used. Here 't' test was applied to check the significant difference. The result found there is high level of mental health in Primary school teachers than Secondary school teachers. Also, it is significant difference in gender. These is high level of mental health in female than male.

Keywords: *Mental Health, Primary and Secondary Teachers.*

Mental health is usually viewed as opposite to mental illness or maladjustment it has reference to the socially accepted standards of behavior mental health is therefore understood as interpersonal behavior which help the individual to full fill his social role requirement maintaining the social norms of behavior? In the same mental illness or maladjustment is pathological interpersonal behavior having transient adaptive function mental health is not inherited from parents but it intersection with a social matrix. He has make decision constantly in true with social setting and contextual circumstance patterns of maladjustment are therefore judge on basis of specific patterns of interpersonal behavior.

Importance of mental health

Mental health is a concept that afforts to a human individual emotional and psychological well-being mental health is about how we think feel and behave. Merruan Webster defined mental health as “A state of emotional and psychological wellbeing in which an individual is able to use his or her cognitive and emotional capability, function in society and meet the ordinary demands of everyday life.”

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Mental Health Among Primary and Secondary School Teachers

Mental health problem can affect anyone, regardless of age, race, gender or social background without care and treatment. Mental health problems can have serious affect, on the individual and those around him or her, every year more than 25,0000 people are admitted to psychiatric hospital and over 4,000 people commit suicide particular mental health problems are also more common in certain people.

According to the World Health Organization (WHO) there is no one “official” definition of mental health cultural differences, subjective assessments and competing professional theories all affect how “mental health” is defined most experts agree that “mental health” and “mental illness” are not opposites

Definition of Mental Health

“Neurotic behavior is essential based on persists habits learned or conditional unadaptive behavior, which is an acquired situation, which generates anxiety”. **By – Wolpees**

“Kind of society in which personality can grow. **By – Erik from**

“Spirituality and moral values are associated with both quality life and life satisfaction. Spirituality plays an important part in how people deal with life’s joys and hardship and it ultimately affects the mental health” **By – Tate & Forcheimer**

More disturbance patient come from families characterizes by more Conflict and less cohesion, expressive, independence and organization. Acute disturbance is caused by lack family cohesion. **By – Roth**

The World Health Organization (WHO) defines mental health as "A state of well-being in which the individual realizes his or her own abilities, can cope with the normal es of life, can work productively and fruitfully, and is able to make a contribution to his or her community." It was previously stated that there was no one "Official" definition of mental health. Cultural differences, subjective assessments, and competing professional theories all affect how "Mental Health" is defined. There are different types of mental health problems, some of which are common, such as depression and anxiety disorders and some not so common, such as schizophrenia and bipolar disorder (**Kitchener, B.A. & Jorm, A. F., 2002**).

REVIEW OF LITERATURE

Olusegun Adeleke Adenuga, Vol. 1, No. 1, 2015, pp. 15-21, School of Management Sciences, National Open University of Nigeria (Noun), Victoria Island, Lagos, Nigeria; “Impact of Occupational on Job Satisfaction and Mental Health of First Bank Employees: Implication for Personnel Psychologists”; This study investigated the impact of occupational on job satisfaction and mental health of First Bank employees, Lagos- East, Lagos, Nigeria. The purpose of this study is to find out if occupational would impact job satisfaction and mental health of bankers. The study used ex-post facto research design; simple random sampling techniques were used to select 100 samples (bank employees) from Lagos-East Senatorial District of Lagos State, Nigeria. The age ranges of samples were between 21 and 52 years. The mean range and standard deviation of the samples were 30.6 and 3.28. Three validated instruments were used in collecting data and Simple Regression Analysis was used to analyze data. The results indicated that there is no significant relationship in the occupational and mental health of bank employees; also, it was found that there is significant relationship in the occupational and job satisfaction of bank employees. The results further revealed that occupational predicted job satisfaction and mental health. Based on the findings, it was suggested that mental health and job satisfaction of the bank employees be given greater attention.

Mental Health Among Primary and Secondary School Teachers

Most recently, the field of global mental health has emerged, which has been defined as the area of study, research and practice that place a priority on improving mental health and achieving equity in mental health for all people worldwide (**Patel, V., Prince, M. 2002**).

Health is an indispensable quality in human being. It has been described as soil from which the finest flowers grow. Health indicates psychosomatic well-being. to (**Bhatia, 1992**) "Health is a state of being hale, sound or whole body and mind."

The preamble of World Health Organization's charter defined health as a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity (**Monopolis et. al. 1977**). Thus, health is a broader concept including physical, social and mental health. Mental health has been reported as an important factor influencing individual's various behaviours, activities, happiness and performance.

Laddell has reported mental health as the ability to make adequate adjustments to the environment on the plane of reality (**Menninger, 1945**). Write's, "Let us define mental health as the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. It is the ability of maintain an even temper, an alert intelligence, socially considerate behaviour and a happy disposition (**Bhatia, 1982**). Considers mental health as the ability to balance feelings, desires, ambitions and ideals in one's daily living. It means the ability to face and accept the realities of life.

Objectives

The main objectives of study were as under:

1. To study mental health among Primary and Secondary teachers.
2. To study mental health among Male and Female.

Null-Hypothesis

To related objectives of this study null-hypothesis were as under:

1. There is no significant difference in mental health among Primary and Secondary teachers.
2. There is no significant difference in mental health among Male and Female.

METHODOLOGY

Variables

Independent Variables:

There Are 2 independent variables in the study, first one is (A) Level of Teaching, it has two levels (A1) Primary School Teachers and (A2) Secondary School Teachers. Second independent variable is (B) Gender, it has also two levels (B1) Male and (B2) Female.

Dependent Variable:

The dependent variable is the score of mental health scale,

Research Tools

For this purpose, the following test tools were considered with their reliability, validity and objectivity mentioned in their respective manuals. In present study two inventory used in research.

(B) Mental Health Scale: The mental health scale was made by **Dr. Jagdish and Dr. A. K. Srivastava** in English language. In Gujarati adaption by **Dr. Yogesh A. Jogsan**. There are 56 items. In this scale statements no 4, 6, 8, 12, 12, 19, 20, 26, 27, 29, 31, 32, 37, 38, 39,

Mental Health Among Primary and Secondary School Teachers

41, 43, 44, 45, 50, 51, 52, 54, 56 are positive and others are negative. In the present scale, 4 alternative responses have been given to each statement. 4 scores to 'always', 3 scores to 'often', 2 scores to 'rarely', and 1 score to 'never' marked responses as to be assigned for positive statements whereas 1, 2, 3 and 4 scores for 'always', 'often', 'rarely', and 'never' respectively in case of negative statements. Reliability of present study is checked by split-half method in which has **0.73** and validity of whole test was high average.

Research Samples

According to the purpose of present study total 60 sample has been selected. There were 30 Primary and 30 Secondary school teachers taken as a sample from different area of Patan City (Gujarat).

Procedure of Data Collection

According to purpose of present study, for data collection, the investigator explained the purpose of the study to the subjects. For these to 30 Primary and 30 Secondary school teachers were taken as a sample from different area of Patan City. The whole procedure of fill the inventory was explained to them fully and clearly. The instructions given on the questionnaire, were explained to them. It was also made clear to them that their scores would be kept secret. It was checked that name of the subjects left any questions unanswered or that no subject encircled both the answers given against question.

Research Design

The aim of research was to study the level of mental health among Primary and Secondary teachers. These total 60 teachers were taken as a sample to check difference in mental health among Primary and Secondary teachers 't'-test method was used. The result discussion is as under.

RESULT AND DISCUSSION

The main objective of present study was to mental health among Primary and Secondary teachers. In it statistical method 't' were used. Result discussion of present study is as under:

Table-1: Showing mean, SD and 't' value of Mental Health in Primary and Secondary teachers.

Variables	N	Mean	SD	t
Primary School Teacher	30	158.42	6.11	2.47**
Secondary School Teacher	30	153.74	5.36	

* $P < 0.05$, ** $P < 0.01$

According to table-1 the result obtained on the basic area of reveals significant difference in mental health of Primary and Secondary teachers.

In Primary school teachers received high mean score **158.42** as compared to Secondary teachers **153.74** (table-1). The standard deviation score of Primary teachers received **6.11** and Secondary teachers received **5.36** So we can say Primary teachers are more mentally healthy to compare Secondary teachers. 't' value of anxiety is **2.47**, there is significant difference found ($P < 0.05$) and first hypothesis was rejected. Evidences of research finding given by **Dewan Renu (2012)**. Conducted study of mental health of triabal and non-triabal female school teachers in Jharkhand. The result was same as at present study. Therefore, we can say that a present finding is supported by **Dewan Renu (2012)**.

Mental Health Among Primary and Secondary School Teachers

Table - 2: Showing mean, SD, and 't' value of mental health in Primary and Secondary teachers.

Variables	N	Mean	SD	t
Male	30	157.76	6.39	2.65**
Female	30	162.36	7.10	

* $P < 0.05$

** $P < 0.01$

In mental health of male received Low mean score for male is **157.76** as compared to female **162.36** (table-2). There is mean difference was **4.6**. The standard deviation score of Male received **6.39** and Female received **7.10**. 't' value of mental health is **2.65**, significant difference ($P < 0.01$) and second hypothesis was rejected. Evidences of research finding given by **Milan T. Mistry (2010)**. Conducted study for teachers relationship between job satisfaction and mental health awareness. The result was same as at present study. Therefore, we can say that a present finding is supported by **Milan T. Mistry (2010)**.

CONCLUSION

We can conclude by data analysis as follows:

- There is significant difference in mental health among Primary and Secondary teachers. Primary School teachers have more mental health than Secondary School Teachers.
- There is significant difference in mental health among male and female teachers. Female are more mentally healthy to compare Male.

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Mental Health Among Primary and Secondary School Teachers

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Conflict of Interest

The author(s) declared no conflict of interest.

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