

## A Study of Mental Health of the Teachers Reference to the Gender and Family Types

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### ABSTRACT

The purpose of the present study was to know Mental Health relationship with gender and Family Structure of the teachers. The sample of the study consisted of 120 teachers', 60 male and 60 female with equal number of Individual and join family structure of teachers of school serving in various schools. Tools like personal data sheet, Mental Hygiene Inventory standardized by Dr. D.J. Bhatt and Miss Git Gida (1992) This Scale revised by Siddhapura (2006) was used for data collection were administered to randomly selected teachers. Obtained information was statistically analyzed by 't'-test were discovered. According to the received results the gender and Family Structure have significant effect on the Mental Health of teachers. The result revealed that there is more Mental Health in male teachers than female teachers. The teachers whose Family Structure is joint family have more mental health than individual family.

**Keywords:** *Mental Health, Teachers, Gender and Family Types*

**M**ental health as defined by Kornhauser (1965) means those behavior, perception and feeling that determine a person's overall level of personal effectiveness, success, happiness and excellence of functioning as a person. It also depends on the development and retention of goals that is neither too high nor too low to permit realistic successful maintenance of belief in one's self as a worthy, effective human being. Because employees spend roughly one-third of their lives working in an organizational goal setting their mental health in particular importance. (Kornhauser, 1965).

"Mental Health" refers to the full and harmonious functioning of the total personality which gives satisfaction and a sense of fulfillment to the concept of Mental Health – as any other offered so far. All concepts are, after all, abstractions – that too arbitrary - to some or more extent. The definition of the concept of "concept" itself is interesting. A concept can be defined as a process that represents similarities in otherwise diverse objects, events and/or situations. Concepts may be shared completely or partly – or may be totally personal and peculiar, for the person concerned only. That marks all definitions arbitrary to different levels. For example, democracy may mean something for an American, a Russian, an Indian or a Pakistan – so it the case with the concept of mental health. To dictator, mental health of

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a person may depend upon the degree to which that person agrees with him and accepts his definitions and outlook – all others may be considered as mentally disordered.

The interpretation of mental health by Das (2008) is “Good mental health can be achieved by following the principle and rule of mental hygiene, which is the science of the investigation and application of those measures that prevent mental disorder. Mental health is a way of living satisfactorily and effectively with other members of the society”. There have been many studies conducted to access the level of mental health among school teachers in relation to various personal psychological variables. It is important to emphasize that these different determinants interact with each other in a dynamic way and that they can work for or against a particular individual’s mental health state. For example, an individual’s level of self-worth could be enhanced or diminished depending on social support or economic security at the household level, which in turn might be influenced by the extent of political stability, social justice or economic growth in a country.

The interpretation of mental health by Das (2008) is that “good mental health can be achieved by following the principle and rule of mental hygiene, which is the science of investigating and implementing those measures that prevent mental disorders. Mental health is a way of living satisfactorily and effectively with other members of the society. A number of studies have been conducted to access the level of mental health in school teachers in relation to various individual psychological variables. It is important to emphasize that these different determinants interact with each other in a dynamic way and they can work for or against the mental health condition of a particular person. The level of an individual's self-worth may be increased or decreased based on social support or economic security at the household level, which in turn can be affected by the extent of political stability, social justice or economic development in the country.

Focusing on multi-variables about mental health, studies have been made Prabhakararan (1989), informs that the gender effects the mental health, beside Rai and Yadav (2001), Reddy and Nagrathan (1993), A.M. Makad (1995), Poonam Pomal (1995) have concluded that the teacher’s gender and their family structure in effect their mental health. Therefore, the effort is made to know about the effect of gender, family structure and the type of school on the mental health of teachers in the present study.

Therefore, the effort is made to know about the effect of gender and family structure on the mental health of teachers in the present study.

### ***The Purpose of Study***

The Study proposes was to find out the difference of gender and family structure on the mental health of teachers.

### ***Hypothesis***

1. There will be no significant difference between male and female teachers on mental health.
2. There will be no significant difference between individual and joint family of teachers on mental health.

## METHODOLOGY

### Sample

For the present investigation the sample consisted of the sample of the study consisted of 120 teachers', 60 male and 60 female with equal number of Individual and join family structure of teachers of school serving is various schools in Jamnagar city. Were selected by simple random sampling method, the range of the age was from 23 to 45 years. All the teachers were residing with their parents. The number of samples as per the planning is presented as below:

*Table: 1 The number of samples as per the plan*

Family Structure	Gender		Total
	Male	Female	
Individual	30	30	60
Joint	30	30	60
Total	60	60	120

### Tools

- 1) **Individual Information Form:** Individual information from were used to get personal information of teachers. These forms were used to get their information about the teacher's name, the name of their schools, age, the family structure (individual/joint) and their gender (Male/Female).
- 2) **Mental Hygiene Inventory:** Dr. D.J. Bhatt and Miss Geeta Gida standardized this mental hygiene Inventory in 1992. There are total 40 statements in this inventory besides five elements are contained in it. 40 statements analyze all these five elements. This inventory is of two-point scale. The respondent has to select either "AGGREE or DISAGREE" against every statement from this, two types of scores achieved are, 1) Part score and 2) Total Score by adding the marks every item we can get mental health score. The reliability of MHI was obtained by spear brown method, which is significant at the level 0.01. Its validity was seen 0.63, which is significant at the level 0.01.

### Statistical Analysis

Keeping in view the purpose the present study, the data analysis of 't'-Test was used.

### Procedure

The mental hygiene Inventory was given to the teachers and data was collected. The obtained data from 120 teachers were analyzed with the help of 't'-test to study the relationship.

## RESULT AND DISCUSSION

Having done analysis by 't'-test of acquired information. We come know the result as under.

*Table: 2 Mean, S.D. and 't'- value of mental health scores of male and female.*

Gender	Sample	Mean	S. D.	t- value	Level of Signi.
Female	60	28.25	4.21	7.31	0.01**
Male	60	22.98	3.67		

Observing the table No. 2, we can see that in reference to the significant effect of gender on mental health. The 't'- value is 7.31 has been found significant at 0.01 level. It could be also

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observed that the mean score for male and female teacher were 28.25 and 22.98 respectively. So, we concluded that male teacher showed a higher level of mental health than female teacher.

*Table: 3 Mean, S.D. and 't'- value of mental health scores and family structure.*

Gender	Sample	Mean	S. D.	t- value	Level of Signi.
Individual	60	27.24	4.21	4.52	0.01**
Joint	60	23.98	3.67		

Observing the table No.-3, we can see that in reference to the significant effect of family structure on mental health. That 't'- ratio 4.52 has been found significant at 0.01 level. From table no: 3 it could be observed that the mean score for individual and joint family were 27.24 and 23.98 respectively. Individual family teacher have showed more mental health than that shown by teacher of joint family.

### DISCUSSION

Mental health is a field of psychiatry and aims to protect mental health through preventive measures, control factors that are effective on the development of mental illnesses, timely diagnosis of mental illnesses, prevention from complications caused by the recurrence of mental illnesses, and to provide a healthy environment as a contributing factor to the sound human relationship (Milani, 1997). The current study examines this issue and attempts to answer the following question in the context of the mental health of school teachers. Ananda (1989) conducted a study on the mental health of school teachers using mental health criteria and observed that fifty-nine percent of teachers are mentally healthy. The development of our country is in the hands of teachers. Good mental health is very important for teachers in general and in particular. Poor mental health of teachers has an adverse effect on the personality development of the learner indirectly as well as sometimes directly. All school administrators and higher authorities should take a keen interest in developing and maintaining the positive mental health of teachers and students. Therefore, it is necessary to establish mentoring and counselling cells in all schools. It will help in solving mental, mental and health related problems of teachers and students. Workshops, seminars, group discussions and conferences related to mental health should be held at the inter-school level only then teachers and students benefited. The mental well-being of teachers is directly related to classroom work. Thus, the good mental health of the teacher should be as important a qualification as educational qualification.

### CONCLUSION

1. The Mental health of female teachers was found better than male teachers.
2. In comparison with the teachers of joint family, the mental health of the teacher of individual family was found better.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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