

Impact of Religion, Caste, Income and Type of Family on the Mental Health of Teacher Trainees

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ABSTRACT

The present study aimed at finding out The Impact of Religion, Caste, Income and Type of Family on The Mental Health of Teacher Trainees. The samples of the present study comprised 200 Teacher trainees of B.Ed class from different colleges of Ambala district have been taken. Out of 200 Teacher Trainees 100 Teacher Trainees are male and 100 Teacher Trainees are female. Mental Health Analysis Questionnaire developed by Manju Rani (1989) was used.

***Keywords:** Religion, Caste, Income, Type of family and Mental Health.*

There is a very intimate relation between religion and education. An effective educational system includes only those values in human beings which are valued and recognized by all the philosophies of the world. Religion and education are natural allies. Both recognize have to do with the spiritual as against an exclusively material attention to the environment, but from slavery to it, to enlarge his horizon and quicken his aspiration.

The family is the oldest, basic and fundamental unit of human society. It consists of the husband, wife, and children together with all the young and old dependents. They are related to one another in one way or the other. A child gets his first lesson in the family. The impression gained and the family environment indelible and remain for the whole life. A number of educationists have spoken very highly about the role of family in the education of a child.

REVIEWS OF RELATED LITERATURE

O'Rourke (1986) and Amero et.al (1987) reported positive relation between income and mental health. **Kalpat (1992)** studies deprivation and academic anxiety of students belonging to Hindu higher caste, backward caste and Scheduled castes. It is found that as deprivation level increases, academic anxiety also increases. Scheduled caste high deprived students possess more academic anxiety in comparison to backward high deprived and higher caste high deprived respectively. **Dhooper and tran (1998) Dhoopper and Tran (1998)** stated that Asian refugees

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in the United states have health and mental health needs that are different from those of mainstream Americans and even of recent immigrants. **Indu Kaura (1998)** stated that the break up of the joint family system has contributed largely to 'Problem- Parents'. Once of the joint family system acted as a great buffer, but now with the proliferation of the nuclear family set-up, both parents and children find the going a lot more tough. **Mythili, Bharati and Nagarathna(2004)** investigated the adjustment problems of adolescents students and revealed that boys have more adjustment problems when compared to girls and students from private colleges experienced more problems than Government colleges.

Arati, Ratna Prabha (2004) conducted a study with an objective of studying the mental health and emotional competence of adolescents .the result revealed the mental health had significant influence on emotional competence of adolescents.

OBJECTIVES

1. To study the Mental Health of Hindu and non- Hindu teacher trainees.
2. To study the Mental Health of Forward and Backward Caste teacher trainees.
3. To study the Mental Health of teacher trainees belonging to High and Low family Income groups.
4. To study the Mental Health of teacher trainees from Nuclear and Joint families.

Hypotheses

1. There is no significant effect of Religion on Mental Health of Teacher trainees.
2. There is no significant effect of Caste on Mental Health of Teacher trainees.
3. There is no significant effect of Family Income on Mental Health of Teacher trainees.
4. There is no significant effect of Nuclear and Joint Families on Mental Health of Teacher trainees.

Sample

The sample of the present study comprised of 200 teacher trainees drawn randomly from different Education Colleges of Ambala District. Out of 200 teacher trainees 100 male and 100 female teacher trainees were taken.

Tool

Mental Health Analysis Questionnaire developed by Manju Rani (1989) was used to assess the Mental Health Status of the subjects.

RESULT

Table -1, Mean, S.D and 't' ratio for the Mental Health Score of Hindu and Non-Hindu Teacher Trainees

Religion	N	Mean	SD	't' ratio
Hindu	98	60.5	6.24	9.662*
Non- Hindu	102	52.4	5.45	

Table -2, Mean, S.D and 't' ratio for the Mental Health Score of Forward and Backward Caste Teacher Trainees

Castes	N	Mean	SD	't' ratio
Forward Caste	96	59.96	5.25	5.242*
Backward Caste	104	55.19	7.5	

Table -3, Mean, S.D and 't' ratio for the Mental Health Score of Teacher Trainees from High and Low Family Income Groups

Income	N	Mean	SD	't' ratio
High Income	60	60	5.95	15.061*
Low Income	140	45	7.5	

Table -4, Mean, S.D and 't' ratio of Mental Health Score of Teacher Trainees from Nuclear and Joint Families.

Religion	N	Mean	SD	't' ratio
Hindu	90	59	7.5	1.349
Non- Hindu	110	57.5	8.2	(NS)

DISCUSSION

Entries made in **Table 1** 't'-ratio for the mean scores of mental health is which is significant at 0.01 level indicate that there is significant difference between Hindu and Non-Hindu Teacher Trainees with regard to their mental health. It is clearly indicates the mental health of Hindu

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Teacher Trainees (Mean = 60.5) are better than the mental health of Non-Hindu Teacher Trainees (mean = 52.4)

Entries made in **Table 2** 't'-ratio for the mean scores of mental health is which is significant at 0.01 level indicate that there is significant difference between the forward caste and backward caste Teacher Trainees with regard to their mental health. It is clearly indicates the mental health of forward caste Teacher Trainees (Mean = 59.96) are better than the mental health of backward caste Teacher Trainees (mean = 55.19)

Entries made in **Table 3** 't'-ratio for the mean scores of mental health is which is significant at 0.01 level indicate that there is significant difference between High Income group and Low Income Group Teacher Trainees with regard to their mental health. It is clearly indicates the mental health of High Income group Teacher Trainees (Mean = 60) are better than the mental health of Low Income group Teacher Trainees (mean = 45)

Entries made in **Table 4** 't'-ratio for the mean scores of mental health is which is not significant at both the levels. So there is no significant difference on mental health between Teacher trainees from Nuclear and Joint Families.

CONCLUSION

- Teacher Trainees from Hindu Families are better in their mental Health than the Teacher Trainees from Non-Hindu Families.
- Teacher Trainees belongs to Forward Caste are better in their mental Health than the Teacher Trainees of Backward Caste.
- Teacher Trainees from High Income Group are better in their mental Health than the Teacher Trainees from Low Income Group.
- There is no significant difference on mental health between Teacher trainees from Nuclear and Joint Families.

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