

Mental Health among Government and Private College Teachers

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ABSTRACT

The present study aimed at assessing the level of Mental Health of college teachers. The sample consisted of 100 out of which 50 are from government and 50 from private aided colleges from Kalaburgi district of North Karnataka state. Mental Health Inventory was used for data collection. The independent sample t-test and One-Way-ANOVA was employed for data analysis. Result showed there is a significant difference in mental health between government and private aided college teachers. Further, it also found that there is a significant influence of educational stream such as Arts, Commerce and Science on mental health among teachers of Government private aided colleges. The interpretation and summary pertaining to the study were discussed.

Keywords: *Mental Health, Government College teachers.*

According to WHO (1948) "Health is a state of complete physical, mental, social and spiritual well-being and not merely the absence of disease or inferiority". The concept of mental health includes subjective well-being perceived self-efficacy, autonomy, competence and recognition of the ability to realize one's intellectual and emotional potential.

Health is not merely absence of illness; rather it is a physical, social, mental and spiritual well-being, a state which has been identified as an attribute of positive mental health (Berg, 1975; Jahoda, 1958).

Health is and has been always one of the most important areas where we need to focus. Health extends beyond the proper functioning of the body; it includes controlled emotions, a sound and efficient mind. This means that mind and body both are working efficiently and harmoniously. Mental health in broadest sense suggest a degree of positive conformity and satisfaction under conditions that warrant a state of mind and a capacity for making balanced personal and social relationship. A mentally healthy person shows balanced behaviour and faces the realities of life boldly (Galgotra, 2013). Singh, (1992) concluded that "a teacher with poor mental health not only tends to incapacitate himself for the performance of his

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Mental Health among Government and Private College Teachers

multifarious duties in the school but also creates difficulties and problems for his students. Purunima (2012) found that mental health of male teachers is high than the female teachers. Anand (1989) observed that male teachers were mentally healthy than those of female teachers, the state of working bears no relation to mental health while social values were positively related to mental health of teachers. Srivastava and Khan, (2008); Bhagi and Sharma, (1992); Singh and Walia, (2004) & Kaur, (2007) concluded that male teachers perceived emotional well-being, relatively freedom from anxiety, and a capacity to establish constructive relationships and to cope with ordinary demands and stresses of life than the female teachers.

Therefore, the present study has been made to assess the level of mental health among government and private aided college teachers.

Objectives

- To study the level of mental health of government and private college teachers
- To study the influence of education stream among government and private college teachers

Hypotheses

- There would be significant difference in mental health between government and private college teachers
- There would be significant influence of mental health among government and private college teachers

Criteria

Inclusion

- Only government and private aided college teachers were included
- Teachers having minimum of three years of job experience are included

Exclusion

- More than 15 years of teaching experience are excluded
- Private unaided college teachers were excluded

Sample

The present study consisted of 100 college teachers, out of them 50 are from government colleges and 50 are from private aided colleges. The samples were selected using simple random sampling method. The study is exploratory in nature and adopts survey method of data collection.

Tool

The Mental Health Inventory is developed by Jagadish and Srivastava. A.K (1988). It has 54 items distributed along 6 sub-dimensions of mental health, they are Positive Self-evaluation, Perception of reality, Integration of personality, Autonomy, Group oriented attitudes and Environmental mastery.

Mental Health among Government and Private College Teachers

Statistical techniques

Mean, standard deviation, t-test and one-way ANOVA has been employed for data analysis

RESULT AND DISCUSSION

Table No 1, Shows mean, SD and t-value of mental health among government and private aided college teachers

	Group	N	Mean	Std. Deviation	t-value
Mental health	Government	50	54.90	11.574	3.281**
	Private aided	50	48.71	6.152	

Significant at 0.01 level

A perusal of the above table revealed that there is a significant difference in mental health between government and private aided college teachers. The t-value is 3.281, which is significant at 0.01 level. This result indicates that government college teachers possess greater level of mental health in comparison to private aided college teachers. Hence, the first hypothesis states that there is a significant difference in mental health between government and private aided college teachers has been accepted.

Table No 2. Shows mean and SD cores in relation to educational stream among government and private aided college teachers

Educational stream	N	Mean	Std. Deviation
Arts	37	52.89	12.649
Commerce	35	47.11	5.047
Sciences	28	59.95	3.073
Total	100	51.99	9.880

The above table depicts that the mean and SD scores in relation to an educational stream of government and private aided college teachers. According to the mean scores, it shows that those who are from sciences background exhibited sound mental health followed by Arts and Commerce faculties. Therefore, it revealed that sciences faculty teachers have some alternatives to get relax from job stress whereas another two faculties (Arts and Science) of teachers might not found any ways to get relaxed from job stress and hence this result confirmed that at least they need some remedies to overcome from work stress.

Table No3. Shows One-way-ANOVA for educational stream, such as Arts, Commerce and Sciences of Government and private aided college teachers

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	2251.183	2	1125.592	14.729	.000
Within Groups	7412.573	97	76.418		
Total	9663.756	99			

Significant 0.001 level

Mental Health among Government and Private College Teachers

Table No 3 shows the one-way-ANOVA for mental health scores in relation to the faculty of Arts, Commerce and Sciences teachers of Government and Private aided college teachers. The F-value is 14.729, which is significant at 0.001 level. Hence, the result revealed that there is a significant influence of mental health on educational streams such as Arts, Commerce and Sciences background teachers and the scores indicate that educational stream has a significant influence on teachers of Government and private aided college teachers.

CONCLUSION

It has been understood that teachers of private aided colleges have shown poorer mental health status than the government college teachers. It also found that those who are from of science background showed sound mental health viz they are mentally healthy and working in a healthy environment; this makes them to feel satisfied. Hence, irrespective college environment whether it is Government or private aided must provide a healthy environment for their teachers and should create a positive environment.

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