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## Mental health status of school teachers in relation to gender, age and type of institute

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### ABSTRACT

*The present study was conducted with the objective of investigating the influence of the gender, age, and type of institute on the mental health of school teachers. Mental Health Inventory scale was administered to the 212 school teachers in the Guntur district in Andhra Pradesh. The analysis of data revealed that there was no significant difference in gender and type of institute did not show any significant influence on the mental health status of school teachers and there was a significant influence of age on the mental health status of school teachers.*

**Keywords**— Mental health, School teachers, Gender, Age and type of institute

### 1. INTRODUCTION

“Education is the most powerful weapon which you can change the world”

-Nelson Mandela

The teaching profession is the noble profession amongst all professions. The teachers should live up to their high expectations. The concept of teaching is unintelligible without the concept of learning. Teaching is simply an act of trying to get people to learn and no more. The effective of teaching-learning process is possible only by the teachers who have been good mental health, managing stress in a better way and emotionally intelligent.

#### 1.1 Mental Health

“Health is wealth”. There is no health without mental health. Mental health and physical health cannot exist alone. There are hereditary, physical, social, environmental and psychological cause’s influence on mental health. The adjustment is the chief characteristic of mental health. Mental health helps in actualizing one’s potentialities. There is a continuous struggle between the needs of the individual and his social environment. A mentally healthy individual enjoys the harmony of the internal and external. A person is said to have good mental health when he succeeds to maintain harmonious relationship between himself with his environment.

#### 1.2 Definitions of Mental Health

- **Cuts and Morlay** (1941) defines “mental health is the ability which helps us to seek adjustment in the difficult situations of our life”.
- **Bhatia** (1982) defines “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.”
- **WHO** (2001) has stated that “Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her own community.”

### 2. LITERATURE REVIEW

**Das, Mohapatra (1989)** made a study of the mental health of teachers serving in the primary schools of Puri town. The sample consisted of 50 primary school teachers. The findings of the study interpreted that teachers felt that mental health depended on physical health. Teachers expressed the view that a good social environment was necessary for good mental health.

**Mohapatra (1992)** studied job stress, mental health and coping: A study on professionals. An incidental random sample consisted of 1020 who are lawyers, doctors, and police officers. They were administered by mental health questionnaire by Bryant and veroff. The study was reported that the lawyers and the doctors differed on mental health dimensions. The doctors and police officers did not differ in mental health dimensions.

**Pathak and Rai (1993)** made a study of the mental health of higher secondary students in relation to socio-economic status. The sample consisted of 501 students of classes IX-XII drawn from two urban and two rural higher secondary schools of Azamgarh district. The tools, mental health scale by Anand and socio-economic status index by Bhattacharya were administered on subjects. The findings of the study revealed that women students were mentally healthier than men students when SES was controlled. Urban and rural students did not differ significantly on mental health when SES was controlled.

**Sharma (1995)** studied the influence of recent life experience on the mental health of school teachers. The sample comprised 80 men and women school teachers working in the schools at Srinagar (Garhwal). The study reported that Psycho-physical strain was positively correlated with recent life experiences. Recent life experiences influenced the mental health of teachers.

**Dilip Aghara (1995)** studied mental health with reference to the social, economic status of the higher secondary school students. The sample consisted of 300 students (148 boys & 152 girls) of higher secondary school. The tools, socio-economic status rating and mental health analysis questionnaire were used. The findings of the study confirmed that socio-economic status was effect the mental health of students. There was no significant effect of sex difference is found on the mental health of the students. There was no effect of the residential locality and study stream of the students was seen on their mental health.

**Nayee (2003)** concluded that work status and socio-economic status was a highly significant factor influencing on mental health.

**Shrivastava and Asthana (2008)** assessed the relationship between mental health and social support of working women and found better mental health in the high social support group.

### 3. STATEMENT OF THE PROBLEM

This study is an attempt to study the influence of the variables age, Level of the study and social status on the mental health of the school teachers in Guntur district of Andhra Pradesh state.

#### 3.1 Objectives of the Study

- To study the influence of gender on the mental health of school teachers.
- To study the influence of the age on the mental health of school teachers.
- To study the influence of the type of institute on the mental health of school teachers.

#### 3.2 Hypotheses of the study

- Gender does not make a significant influence on mental health of school teachers.
- Age does not make a significant influence on mental health of school teachers.
- Type of institute does not make a significant influence on mental health of school teachers.

### 4. RESEARCH DESIGN

The success of the research depends on the suitability of the methods adopted. After studying various methods of sampling techniques, the investigator adopted non-probability convenience sampling method. For the present study, the survey method was used. The mental health inventory was used for this study. It was developed and standardized by Jagadish and Sri Zastava. The tool was administered to a sample of 212 school teachers in Guntur District. For positive questions of mental health, the score ranges from 4 to 1 and for the negative questions of mental health, the score ranges from 1 to 4. So the maximum score of the questionnaire is 176 and the minimum score is 44.

### 5. ANALYSIS AND INTERPRETATION

**Objective 1:** To study the influence of gender on the mental health of school teachers.

The following null hypothesis was formulated to study the effect of gender on the mental health of school teachers.

**Hypothesis 1:** Gender does not make a significant influence on the mental health of school teachers.

The statistical techniques such as means, standard deviation, t-value and standard error of the difference between means have been computed for scores on mental health of two subgroups as men and women to test this hypothesis. The data presented in Table.1

**Table 1: Mental Health – Gender**

| Variables | Independent Samples Test     |     |                 |                 |                       |   |       |
|-----------|------------------------------|-----|-----------------|-----------------|-----------------------|---|-------|
|           | t-test for Equality of Means |     |                 |                 |                       |   |       |
|           | T                            | Df  | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference |       |
|           |                              |     |                 |                 |                       | Lower                                     | Upper |
| Men       | 3.259                        | 210 | .001            | .281            | .086                  | .111                                      | .451  |
| Women     |                              |     |                 |                 |                       |   |       |

From table 1, it is observed that from the t-test the significant value [Sig. (2-tailed)] is less than the table value at 0.05 significance level. Hence, the null hypothesis is accepted and it can be concluded that there is no significant difference in relation to mental health between men and women school teachers.

**Objective 2:** To study the influence of the age on the mental health of school teachers.

The following null hypothesis was formulated to study the effect of age on the mental health of school teachers.

**Hypothesis 2:** age does not make a significant influence on mental health of school teachers.

The statistical techniques mean, standard deviation, t-value and standard error of difference between means have been computed for scores on mental health of two subgroups as 'less than or equal to 30 years' and 'greater than 30 years' to test this hypothesis. The data presented in table 2.

**Table 2: Mental Health – Age**

| Independent Samples Test       |                              |     |                 |                 |                       |   |       |
|--------------------------------|------------------------------|-----|-----------------|-----------------|-----------------------|---|-------|
| Variables                      | t-test for Equality of Means |     |                 |                 |                       |   |       |
|                                | t                            | Df  | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference |       |
|                                |                              |     |                 |                 |                       | Lower                                     | Upper |
| Less than or equal to 30 years | -1.471                       | 210 | .143            | -.159           | .108                  | -.372                                     | .054  |
| Greater than 30 years          |                              |     |                 |                 |                       |   |       |

From table 2, it is observed that from the t-test the significant value [Sig. (2-tailed)] is greater than the table value at 0.05 significance level. Hence, null hypothesis is rejected and it can be concluded that there is a significant difference of age in relation to mental health of school teachers.

**Objective 3:** To study the influence of the type of institute on the mental health of school teachers.

The following null hypothesis was formulated to study the influence of the type of institute on mental health of school teachers.

**Hypothesis 3:** type of institute does not make a significant influence on mental health of school teachers.

The statistical techniques mean, standard deviation, t-value and standard error of difference between means have been computed for scores on mental health of two subgroups as Government and Private to test this hypothesis. The data presented in table 3.

**Table 3: Mental Health – Type of Institute**

| Independent Samples Test |                              |     |                 |                 |                       |   |       |
|--------------------------|------------------------------|-----|-----------------|-----------------|-----------------------|---|-------|
| Variables                | t-test for Equality of Means |     |                 |                 |                       |   |       |
|                          | t                            | Df  | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference |       |
|                          |                              |     |                 |                 |                       | Lower                                     | Upper |
| Government               | -2.355                       | 210 | .019            | -.210           | .089                  | -.386                                     | -.034 |
| Private                  |                              |     |                 |                 |                       |   |       |

From table 3, it is observed that from the t-test the significant value [Sig. (2-tailed)] is less than the table value at 0.05 significance level. Hence, null hypothesis is accepted and it can be concluded that there is no significant difference in the type of institute in relation to mental health of school teachers.

## 6. MAJOR FINDINGS OF THE STUDY

- There is no significant difference in gender in relation to mental health of school teachers.
- There is a significant difference in age in relation to mental health of school teachers.
- Type of institute does not make any significant influence in relation to the mental health of school teachers.

## 7. CONCLUSION

In the present study gender and type of institute were makes not shown any significant influence on the mental health status of school teachers. Age made a significant influence on mental health status of school teachers. The school authorities identified the causes of maladjustment of teachers and need to help them to improve their mental health. The teachers need to improve their mental health by managing stress in a better way and by using relaxation techniques like meditation and yoga.

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