

## MENTAL HEALTH OF PRIVATE SCHOOL TEACHERS

**T. Premalatha**

*Assistant Professor, Department of Education (SDE)*

*Bharathiar University, Coimbatore, Tamil Nadu*

### **Abstract**

*The emotional imbalance of the teachers has an impact on the students. The quality of education is influenced in large part by the quality of the teachers. Teachers must be in good mental health to be effective. The purpose of this study is to determine the mental health of private school teachers. This research study uses a descriptive survey method. In Erode District, 154 teachers were selected as a sample for the study using a simple random sampling technique. For data collection, Dr. Jagdish and Dr. A.K. Srivastava (2009) developed and standardized the "Mental Health Inventory" is used. The mental health of Erode District private school teachers was found to be poor in this study. The results of this study will help to understand the mental health of private school teachers and motivate principals, administrators and educationalists to think deeply about improving the mental health of teachers.*

**Keywords:** Mental health, Private schools, Teachers, Well-being, Stress

### **Introduction**

The destiny of India is being shaped in its classrooms. Teaching is perhaps the most important profession in society. The success of a student depends most of all on the quality of a teacher. Quality assurance is the key to success in any system. A quality teacher is the right of every child. A quality teacher should have sound mental health. The mental health of today's teachers affects the well-being of society tomorrow. The quality of education and the development of the country will suffer unless individual teachers' mental health is improved.

### **Need for the Study**

To be good teachers, it is not only necessary to have a command over the subject matter and the techniques of their teaching but it is also necessary for them to understand child psychology. The teachers should be able to mould the behaviour of children in the desired manner by their example. This can be possible only when the teachers are a balanced personality or well-adjusted individuals with good mental health. The emotional imbalance of teachers affects the pupils. The quality of education is greatly determined by the quality of teachers. Quality teachers must have good mental health.

Today, private school teachers face so many problems like poor salaries, heavy workload, too many restrictions, frequent criticisms, high expectations, job insecurity etc. when compared to government school teachers. All these problems affect their

mental health. Teacher's mental health plays an important role in the teaching-learning process. If the teacher is not in sound mental health, they will do incalculable harm to the nation in terms of poor guidance to the students. So only, the researcher wants to conduct this study. The research problem is entitled, "**A study on the Mental Health of Private school teachers.**"

### **Objectives of the Study**

The objectives of the study were

1. To find out the level of mental health of the private school teachers.
2. To find out whether there is any significant difference in the mental health of private school teachers with respect to their gender, residential area, educational status, salary, work experience, family type and marital status.

### **Hypotheses of the Study**

The following were the hypotheses of the study

1. There is no significant difference in the mental health of private school teachers based on their gender.
2. There is no significant difference in the mental health of private school teachers based on their residential area.
3. There is no significant difference in the mental health of private school teachers based on their salary.
4. There is no significant difference in the mental health of private school teachers based on their educational status.
5. There is no significant difference in the mental health of private school teachers based on their work experience.
6. There is no significant difference in the mental health of private school teachers based on their family type.
7. There is no significant difference in the mental health of private school teachers based on their marital status.

### **Methodology**

#### **Method**

The investigator has chosen the descriptive survey method for studying the problem of this study.

### **Population and Sample**

Private school Teachers who were working in Erode district considered as the Population of this study. The investigator used a simple random sampling technique. One hundred and fifty-four (154) private school teachers were selected as the samples for this study. Out of these 154 teachers, 59 were men and 95 were women.

### Tool Used

The investigator used the “Mental Health Inventory” constructed and standardized by Dr. Jagdish and Dr. A.K. Srivastava (2009). The mental health Inventory consists of 54 items. Four alternative responses (Always / most of the times / sometimes / never) were given to each statement of the tool. The validity of the tool for this research was ensured by the experts' views.

### Statistical Techniques Used

The investigator employed descriptive statistics (Mean and SD), parametric statistics (students “t” test and ANOVA) to process the data collected from the samples. Data analyses were carried on by using Excel 2007 data analysis package.

### Analysis of Data

**Table 1 The mental health level of private school teachers**

Variable	N	M	S.D	Level
Mental health	154	137.65	9.65	Poor

Table 1 reveals that the calculated mental health value of private school teachers was fall in the poor category (M = 133-153). It may be concluded that the teachers those who are working in private schools had poor level of mental health.

**Table 2 Comparison of mental health of private school teachers with respect to background variables**

Variable	Sub variables	N	M	S.D.	‘t’ value	Remarks
Gender	Male	59	137.14	9.87	0.52	Not significant
	Female	95	137.98	9.55		
Residential area	Rural	102	137.42	11.72	0.45	Not significant
	Urban	52	138.42	11.75		
Educational status	Graduate	33	136.88	11.11	0.46	Not significant
	Post graduate	121	137.88	9.25		
Family type	Nuclear	90	138.82	9.82	1.80	Not significant
	Joint	64	136.02	9.23		
Marital Status	Unmarried	98	138.84	9.84	2.17	Significant
	Married	56	135.50	8.99		

From table 2, ‘t’ values of the difference between the mental health value of private school teachers with respect to gender, residential area, educational status and family type are 0.52, 0.45, 0.46 and 1.80 respectively. These values are less than the table value 1.96 at 0.05 level of significance. Therefore, null hypotheses 1,2,4,6 are accepted.

But, 't' value of the difference between the mental health value of private school teachers with respect to marital status is 2.17 which is greater than the table value 1.96 at 0.05 level of significant. Therefore, null hypothesis 7 is rejected.

**Table 3 Analysis of mental health of private school teachers with respect to background variables**

Variable	Sub variables	Source of Variance	SS	df	MS	F-value	Remarks
Salary	Below 10000	Between groups	873.8853	2	436.9427	4.93	Significant
	10000-15000	Within groups	13382.87	151	88.62831		
	Above 15000	Total	14256.76	153			
Work Experience	Below 2 years	Between groups	407.4631	2	203.7315	2.22	Not Significant
	2 -5 years	Within groups	13849.3	151	91.7172		
	Above 5 years	Total	14256.76	153			

From table 3, the calculated 'F' value among the mental health of private school teachers with respect to salary is 4.93, which is higher than the table value 3.04 at 0.05 level of significance. Therefore, hypothesis 3 is rejected.

But, the calculated 'F' value among the mental health of private school teachers with respect to work experience is 2.22, which is less than the table value 3.04 at 0.05 level of significance. Therefore, hypothesis 5 is accepted.

### Findings

1. As an overall finding, the researcher had discovered that Erode District's private school teachers' mental health level was poor.
2. Male and female private school teachers had a similar level of mental health.
3. No significant difference was found between rural and urban area private school teachers.
4. There is a significant difference in the mental health of private school teachers based on their salary. Teachers who are getting salary above 15000 had better mental health ( $M = 140.37$ ) than whose salary is below 10000 ( $M = 138.10$ ) and 10000-15000 ( $M = 134.62$ ).
5. Graduate and post-graduate teachers had a similar level of mental health.
6. Private school teachers' mental health did not differ based on their work experience.

7. No significant difference was found between the teachers from joint families and nuclear families in their mental health.
8. Unmarried teachers ( $M=138.89$ ) had better mental health than married private school teachers ( $M=135.50$ ).

### **Discussion**

From the findings of the present investigation, it is found that private school teachers' mental health level is poor. This may be due to the reason that private school teachers are having more workload and less salary when compared with government and aided school teachers. Excessive working hours and limited holidays of private school teachers may affect their mental health.

This study found that teachers who are getting salaries above 15000 rupees had better mental health than those whose salary is below 15000. This may be due to the fact that the teachers who are getting more salary may have better socio-economic status in their life.

The marital status of teachers is influencing private school teachers' mental health. Unmarried private school teachers had sound mental health than married teachers. This may be due to the fact that unmarried teachers may have fewer household responsibilities and duties when compared with married one.

Some demographical variables like gender, residential area, educational status, work experience, and family type didn't affect the mental health of private school teachers.

### **Limitations and Suggestions**

The study was conducted only on private school teachers working under the Tamil Nadu State Board of Education. The study may also be conducted in the future by school teachers coming under the Central Board of Education. This study was conducted before the Corona epidemic period. The teacher's mental health may have changed drastically after the major corona outbreak. So new results are more likely to be available if this study is repeated. This study was conducted by obtaining information from only 154 teachers. A more accurate result may be obtained when such a study is conducted with a greater number of teachers in the future.

### **Implications of the Study**

Private school teachers who participated in this can understand their mental well-being. Teachers, principals, and school administrators who read this research article can learn about the mental health of private school teachers. This study shows that private school teachers are in poor mental health. So, the discussion about this is likely to occur among teachers and principals. As a result of these discussions, initiatives to improve the mental health of teachers can be implemented in schools. Education

officials may come forward to provide in-service training programmes to improve the teacher's mental health when they read this article.

## Conclusion

Education is one of the greatest services provided by teachers. It is necessary for everything. Teachers play an extremely significant role, and it is even possible to say that they are our nation's builders. Teachers collaborate closely with children in order to assist them in preparing for the future. Teachers shape the students by teaching good habits and values and helping them to become good citizens of the nation. This can be possible only when the teachers have good mental health. The mentally healthy teacher can contribute to the academic progress of pupils and make the students become contributing citizens who are physically, mentally, and morally healthy. Finally, the mental health of the teacher decides the health of the nation.

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