

## MENTAL HEALTH STATUS OF TEACHER EDUCATORS OF SELF FINANCE INSTITUTIONS

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### ABSTRACT

The present study is based on evaluation of mental health of teacher educators and investigating the influence of gender and marital status of their Mental Health. A sample of 100 teacher educators of finance self-institutions from Meerut region on was selected using Simple Random sampling techniques. The Mental Health Inventory (MHI) by Dr. Jagdish and Dr. A.K. Srivastava was employed to assess the mental health of the teacher educators. Analysis of Data using Mean, S.D. and t-test revealed that while male teachers exhibit significantly better mental health than their female counterparts, marital status has no significant effect on the mental health of teacher educator of self-finance institution.

**Key Words:** - Mental Health, Teacher Educators, Self Finance, Institution.

**Introduction:** Mental health means ability to balance feelings, desires, ambitions and ideas in one's daily life. This means the ability to face and accept the realities of life. It means the ability to make adequate adjustment to the environment in the place of reality. The expression mental health consists of two words mental and health. Health generally means sound conditions of mind or wellbeing and free from diseases. Mental health, therefore, refers to sound mental condition or a state of Psychological wellbeing or free from mental disease. There is so much diversity in views of mental health that after an extensive survey of the literature Karl Menninger (1945) describe it as "the adjustment of human being to the world and to each other's with a maximum of effectiveness and happiness".

Boehm (1955) defined it as a condition and level of social functioning that is socially acceptable and personally satisfying.

Marie Johoda (1958) put forth the following six dimensions of the healthy personality.

1. How the individual perceives himself.
2. The achievement of self-realization by becoming what one has the potential to become.
3. Integration of personality, including a purpose and meaning of life, tolerance for stress and ability to recover from setbacks.
4. A realistic perception of the world around him.
5. Self-autonomy, the ability to be a part of society and still maintain individually.
6. Ability to take life as it comes and master it.

Arkoff (1968) has pointed out mental health is sometimes served to identify very desirable personal qualities which only a few people, show in any degree and in this way mental

health may cannot be something more than good adjustment.

According to the Health Education Authority (1997), mental health is "the emotional and spiritual resilience which enables us to survive pain, disappointment and sadness. It is a fundamental belief in our own and others dignity and worth".

The concept of positive mental health is that it is not just a state of happiness or contentment that once achieved, can be retained for life. Rather it involves a continuous adapting to changing circumstances a dynamic process where a living, being strives to achieve a balance between internal demands and the requirement of changing environment.

As defined in the Annual report of the World Health Organization mental health is, not merely the absence of mental disorder but a state in which the individual lives harmoniously with himself and others adapting to and participating in an ever-changing social setting and with the sense that he is achieving self-realization through satisfaction of his basic needs (1950-P.53)

#### **Criteria of Good Mental Health -**

1. Healthy Mental efficiency
2. High Tolerance Power (calm)
3. Confident
4. High Adjustment Power
5. High Will Power
6. High aspiration level
7. Positive healthy feelings and emotions
8. Healthy Attitude
9. Good Tempered
10. Socially adaptable
11. Healthy Self Concept
12. Freedom from prejudice

13. Capacity of thinking independently
  14. Realistic imagination
  15. Adequate Ego-identity
  16. Job satisfaction (satisfied with the) work or occupation.
- Thus, we may say that mental health denotes the balance between all the various aspects of life-social, physical spiritual and emotional. It impacts how we manage our surroundings and makes choices in one's life.
- It is necessary to know about mental health of everybody since mental health can affect the life of person in different ways. If a person does not have good mental health, then he/she has to face number of problems/difficulties at his/her work in his life.

#### **Teacher Mental Health:**

Teachers are the builder of the nation. He is maker of history. The progress of nation depends upon those youth who one being taught by a teacher. Only a competent teacher can help the student and community of subject, the process changes with his effective and perfect teaching. After all, the modern world needs competent teacher who can enable the society to reach the peak of glory and progress. A teacher will be competent and effective in his teaching when his mental/physical health will be good, and teaching can't complete in a proper manner until the mental health of the teacher as well as of the students is not good.

Over the few past years, mental health problem has come to be recognized as a global phenomenon with far reaching implications. Due to rapid changes in the social fabric, the primary responsibility for promoting mental health among individual rests no longer with the home but with the educational institutions. Since teacher forms the cornerstone of the entire educational process, fostering good mental health among the students lies with them. This calls for the teacher themselves to possess sound mental health. Effectiveness in teaching depends upon the healthy mental health and well adjustment in one's profession. As sound mind lies in a sound body, if someone is very healthy mental condition automatically all his other activities will be healthy and in case of a teacher its importance becomes crucial more. A mentally healthy teacher develops a very healthy attitude among the students because the student's attitude is constructed by a teacher effort. Moreover, it is presumed that a mentally healthy teacher is more competent and effective than an unhealthy teacher. At the college level, we find a young zealous impressionable generation with expectations from their teachers and an urge to emulate them hence the high value attached to mental health concerns of the college teachers.

#### **Statement of the Problem:**

Statement of the problem of this research is "A study of Mental Health of Teacher Educators of Self Finance Institutions."

#### **Operational Definitions:**

"Mental Health means ability to balance feeling, desires,

ambitions and ideas in one's daily life. It means the ability to face and accept the realities of life"-Kuppuswami.

According to Lodell - Mental Health means the ability to makeadequate, adjustment to the environment on the place of reality. Teacher Educators of Self Finance Institutions: Teacher educators of various Teacher Education Colleges of Self Finance Institutions.

#### **Objective of the Study:**

1. To observe the effect of gender on the mental health status of teacher educators.
2. To study the influence of marital status on the mental health of teacher educators.

#### **Hypothesis-**

1. Mental health of male and female college teacher educators does not defer significantly.
2. There is no significant deference between the mental health status of unmarried and married teacher educators.

#### **Delimitations:**

The present study has been delimited to the teacher educators of the self-finance Institutions of Meerut only.

#### **Research Design**

Research Design provide a framework of what and how to do the work.

#### **Research Methodology**

The main method of study was normative survey method.

#### **Population of the study**

Population or universe means the entire mass of observations. In present study the population were teacher educators of self-financed teacher educations institutions of Meerut only.

#### **Sample and sample techniques**

To study of the total populations is not possible. It is also impractical. The practical limitations are cost and time. Hence, I select only a few items from the universe of mine study purpose. 100 randomly selected teacher educators of self-finance College were drawn.

The sample comprised of 100 teacher educators working in self finance teacher educator college.

In present study simple random sampling techniques was used to select the sample. Tool used-In this investigation, the following tool was used for data collection.

Mental health Inventory (MHI) by Dr. Jagdish and Dr. A.K. Srivastava. Procedure-All the sample subjects were asked to fill the MHI without omitting a single item. The data so collected was analysed using mean, S.D. and t-test.

#### **Result and discussion-**

The fact related with hypothesis no. 1, revealed that the male teachers' educators (M=193.2) exhibit significantly better mental health as compared to their female colleagues (M-179.01). These findings gain strength from results studied by Srivastava (1987). Sahu and Mishra (1995), Zhang et al. (2006) and Ravichandran and Rajendran (2007). Difference between mental health of male and female teachers could be due to female teachers experience more burden of dual

responsibilities-home and work, leading to greater stress and hence have poor mental health. Another cause of poor mental health of female teachers' educators due to gender insensitivity and discrimination, greater role ambiguity and lack of equal professional growth opportunities were responsible for female college teachers experiencing more mental health problems. Also, greater tendency for depression and anxiety and need to social support among females [Piccinell and Wilkinson, (2008)] are some factors which effect the mental health of female teacher educators in an adverse manner.

Developing initiative aimed at promoting self-esteem, increasing social support, having coping skills, reducing gender bias could prove to be effective in improving the overall mental health status of the female college teacher educators.

The marital stage has no significant  $t=0.85$ , value ( $p>0.05$ ,  $P=0.01$ ) being on the mental health of college teacher educators. This result revealed the fact that at higher level of teaching an individual's social structure and recognition is not dependent upon their marital status. Also, teachers working in colleges are more mature and have greater tolerance and coping abilities and have high level of self-esteem irrespective of marital status.

#### **Conclusion**

The finding of the present study revealed that today, college teacher educators have become more self-assured and

equipped with much more better coping skill resulting in marital status does not have any significant impact on their mental health.

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