

A STUDY OF RELATIONSHIP BETWEEN MENTAL HEALTH AND JOB STRESS OF TEACHER EDUCATORS OF SELF FINANCED INSTITUTIONS

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ABSTRACT

The present study was conducted with a view of establishing a relationship between mental health and job stress, because effectiveness in teaching depends upon the mental health. Occupational stress was assessed with the help of Indore Teacher's Job Stressors Scale by Dr. Meena Buddhisagar and Dr. Madhulika Verma and Mental health was assessed with help of MHI (Mental Health Inventory) by Dr. Jagdish and Dr. A.K. Singh the sample comprised of 100 teacher educators of self-financed Institutions of Meerut District. It was found that teacher job stress was negatively associated with mental health. It clearly reveals that if mental health is high, job stress is low and vice versa.

Key Words : Mental health, Job stress, Teacher educators and self-finance institutions.

Introduction

Teacher from the crux of the education system, preparing the young people to build their nation with purpose of responsibility and confront of challenges of tomorrow. They are social engineers and custodians of future. Since the quality of teachers is largely depend up on the quality teacher education they receive, the ones of creating quality teachers ultimately rests with the teacher educators.

Teaching is a noble but very exacting profession. It demands much from the self, from the resilience and integrity of the person within. It has been attributed to be physically wearing and psychologically stressful occupation. Since stressors operating in the lives of teacher educators is a critical issue with far reaching implications, influencing not only the quality of teacher but also quality of nation at large, thereby gaining prominence in academic circle.

A certain amount of stress in teaching is inevitable even beneficial. Dunham (1992) illustrated that teachers work at peak efficiency when the demands placed on them are balanced with their own perceived coping ability and that too little challenges and too much can be equally detrimental. Teacher's stress becomes problematic and potentially harmful when the challenges teacher face outpaces their perceived ability to cope, or when they perceive that important needs are not being met.

Stress is an energy sapping condition. The energy that the teacher education dissipate in coping with occupational stress could be put to much better use creating quality teachers. Also, stress being intrinsically associated with the profession acts as an impediment in attracting and retaining high caliber teacher educators. In extreme cases of accumulated stress causing teacher burn out. Teacher educators are rendered incapable of functioning as educators.

Stress is also found to precipitate physicals such as headaches, ulcers, diabetes, heart problem, hypertension etc. among the teachers. Teachers' lives are adversely affected by stress leading to physically ill health (Otto 1986).

Mokdad (2005), Stress related ill mental health (Fletcher and Payne 1982); Finlay Jones, 1986; Beer and Beer 1992 ranges from depression anxiety, mood swings, irritability to drug, sleep disorder and suicidal tendencies. Teacher stress often affects the teacher's ability to function effectively (Blase, 1984), sometimes to extent of causing teacher burn out (Scidman & Zager 1991).

The most serious implication of stress among teacher educator is the impact that it has one of the qualities of teacher output. Such stressed out teacher educators cannot produce balanced and holistically developed teacher equipped to take on challenge of teaching profession. Ultimately it affects the quality of education in the country. Hence stress among teacher educators and its effects on physically and mental health ought to be a matter of grave concern for one and all.

It is beyond doubt that stress within has far reaching consequences on the entire system of education. Therefore, it is very important to deal with this burning problem and that is why this study has relevance. So that reason for stress and its effects on mental health calculated out to fight effectively against the problem to attain proper solution. Thus, a need is felt to study teacher's job stress in relation with their mental health.

Statement of the problem :

Defining a problem means to pinpoint the problem to reach the core of the problem. It sets the direction of study. Statement of the problem of this research is -"A study of relationship between mental health and job stress of teacher educators of self-finance institutions."

Objectives of the study :

1. To study the mental health of teacher educators of teacher education colleges.
2. To study the job stress among teacher educators of teacher education colleges.
3. To find out the relationship between mental health and job stress of teacher educators.

Hypothesis of the study :

The following hypothesis were formulated for testing. The hypothesis is a tentative solution of a problem

1. There is no significant relationship between mental health and job stress of teacher educators
2. There is no significant difference between mental health and job stress of the teacher educators
3. There is no significant difference between teacher educators having low and high mental health.
4. There is no significant difference between job stress of the teacher educators having low and average mental health.

There is no significant difference between job stress of teacher educators having average and high mental health.

Research Design :-

Sample and sampling techniques:- For present study simple random sampling techniques was used and 100 teacher educators from 13 colleges of Meerut District were drawn

Tool used in the Study

Tool I – Mental health inventory by Dr. Jagdish and Dr. A.K. Singh

Tool II –Indore Teacher job stressors scale.

Statistical Techniques used

To achieve the objectives and test the hypothesis mean, SD and t-test and co-relation statistical techniques were used.

Testing of hypothesis and result

Table:1 Shows correlation between mental health and job stress of teacher educators

Particular	N	Mean	S.D.	Correlation
Mental Health	100	182.82	16.78	0.34
Job stress	100	127.80	23.72	

Data presented in table exhibits that mean of mental health of teacher educator in 182.82 and mean of job stress is 127.80 with their corresponding S.D. 16.78 and 23.72 the calculated value of coefficient of correlation is negative which shows that there is negative correlation between mental health and job stress of teacher educators. Hence null hypothesis "There is no significant relationship between mental health and job stress of teacher educators" is rejected.

Table:2 - Shows mean difference between mental health and job stress of teacher educators.

Particular	N	Mean	S.D.	t-value	Level of significance
Mental Health	100	182.82	16.78	13.38	0.05
Job stress	100	127.80	23.72		0.01 Significant

Data presented in table 2 shows that mean of mental health of teacher educators is 182.82 and mean of job stress is 127.80 with their corresponding SD's 16.78 and 23.72 The t-value is 13.38 which is greater than table value at both the level of significance i.e., 0.05 and 0.01, which shows that there is significant difference between mental health and job stress of teacher educator as the t-value is significant at both the levels of significance i.e., 0.05 and 0.01. Hence null hypothesis "There is no significant difference in job stress and mental health of teacher educator" is rejected at both the levels of significance i.e., 0.05 and 0.01.

Table:3 - Shows mean difference between job stress teacher educators having low and high mental health table 3 shows

Particular	N	Mean	S.D.	Correlation
Mental Health	100	182.82	16.78	0.34
Job stress	100	127.80	23.72	

Particular		N	Mean	S.D.	t-value	Level of significance	
Job Stress	High Mental health	30	115.0	17.52	2.01	0.05	0.01
	Low Mental Health	30	140.0	32.89		Significant	Significant

the mean of job stress of teacher educators having high mental health is 115.0 and mean of job stress of teacher educator having low mental health is 140.0 and their corresponding S.D.s are 17.52 and 32.89. The t-value is 2.01 which shows that there is significant difference between job stress of teacher educators having low and high mental health at the level 0.05 but there is no significant difference between them at the significant level of 0.01. Hence null hypothesis is rejected at the level of 0.05 and accepted at the 0.01 level of significance.

Table: 4 - Shows mean difference between jobs stress of teacher educator g low and average mental health.

Particular		N	Mean	S.D.	t-value	Level of significance	
Job Stress	Low Mental health	30	140.0	32.89	1.03	0.05	0.01
	Average Mental Health	40	127.96	20.99		Insignificant	Insignificant

Data presented in table 4 indicates that mean of job stress of teacher educators having low mental health is 140.0 and mean of job stress of teacher educators having average mental health is 127.46 and their corresponding S.D.s are

32.89 and 20.99. The calculated t-value is 1.03 which is less than table value at both the level of significance i.e., 0.05 and 0.01. The calculated t-value is insignificant at the both levels. Hence null hypothesis "There is no significant difference in job stress of teacher educators having low and average mental health" is accepted at both the levels of significant i.e., 0.05 and 0.01.

Table: 5 - Shows mean difference between job stress of teacher educator having average and high mental health.

Particular		N	Mean	S.D.	t-value	Level of significance	
Job Stress	Average Mental Health	40	127.96	20.99	1.87	0.05	0.01
	High Mental Health	30	115.00	17.52		Insignificant	Insignificant

Table 5 indicate that mean of job stress of teacher educators having average mental health is 127.96 and mean of job stress having high mental health is 115.00 and their corresponding S.D.'s are 20.99 and 17.52. The calculated t-value is 1.87 which is less than table value at both the level significance i.e., 0.05 and 0.01. Hence null hypothesis, "There is no significant difference in job stress of teacher educators having average and high mental health is accepted at both the levels of significance i.e., 0.05 and 0.01.

Conclusion:

Relationship between mental health and job stress in low and is negatively co-related. Which show of mental health in high, job stress in low and vice versa.

In the present study researcher try to find out the relationship between mental health and job stress of teacher educators. It is clear from the finding of the study that teacher job stress is negatively associated with mental health. It clearly reveals that

Generalization:-

It is more or less self-evident that if and organization will be

successful as long as it's strategic goals and missions are well targeted; conversely any organization that fails to achieve their good over any sustained period of time will be under threat. In recent years our educational system become the target of wide spread scrutinizing and criticism, while at the same time the rewards of teaching are often obscured by the difficult working conditions that are prevalent in many of our schools and colleges. The role and responsibilities are factors that contribute to stress and compromised mental health indicates teachers role have altered thus scope of responsibilities.

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