

## MENTAL HEALTH OF PRIVATE SCHOOL TEACHERS IN COIMBATORE DISTRICT

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### **\*Abstract**

*The students are impacted by the teachers' emotional instability. The competence of the teachers has a significant impact on educational quality. A good mental state is necessary for effective teachers. The aim of the current study is to assess the mental health of private school teachers. For this research study, a descriptive survey method is used. Using a simple random sampling technique, 154 teachers were selected as a sample for the study in the Coimbatore District. The "Mental Health Inventory," created and standardised by Jagdish and A.K. Srivastava (2009), is used for data collection. According to this survey, the mental health of the private school teachers in Coimbatore District was poor.*

**\*Key Words:** *Mental health, private schools, Teachers, Stress, Depression*

## **Introduction**

India's future is being decided in its classrooms. Teaching might be the most important job in the world. Most of a student's success comes from how good his or her teacher is. Success in any system depends on quality assurance. Every child should have a good teacher. The teacher should have good mental health. The mental health of today's teachers has an impact on the well-being of society tomorrow. If teachers' mental health isn't improved, it will hurt the quality of education and the way young people learn, which will have serious financial, economic, and social effects on the country as a whole.

## **Need for the Study**

Being an effective teacher requires not only mastery of the subject matter and effective teaching methods, but also a thorough understanding of children's psychology. Teachers should be able to influence the behaviour of their students through their own example. This is only possible if the teachers have a balanced personality or are mentally healthy and well adjusted. The emotional imbalance of teachers has an effect on the students. Teachers play a significant role in determining the quality of education. Good mental health is required for quality teachers.

When compared to teachers in government schools, private school teachers today deal with a lot of issues like low pay, a demanding schedule, excessive restrictions, frequent criticism, high expectations, job insecurity, etc. Their mental health is affected by all of these issues. The teaching and learning process is significantly impacted by the mental health of the teacher. The nation will suffer immeasurable harm from the teacher's inadequate direction of the students if their mental health is not in great condition. Thus, the researcher just wants to carry out this

investigation. The study problem is labeled "Mental Health of Private School Teachers in Coimbatore District."

### **Objectives of the Study**

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**

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 Descriptive survey method for studying the problem of this study.

### ***Population and sample***

Private school Teachers those who were working in Coimbatore district were consider as Population of this study. The investigator used simple random sampling technique. One hundred and fifty four (154) private school teachers were selected as the samples for this study.

### ***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 times / sometimes / never) were given to each statement of the tool.

### ***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.

**Analysis of Data**

**Table 1**

**Mental health level of Private School Teachers**

Variable	N	M	S.D	Level
<b>Mental health</b>	<b>154</b>	<b>137.65</b>	<b>9.65</b>	<b>Poor</b>

The 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 in Coimbatore District.

**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 the table 2, 't' values of 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 significant. Therefore, the null hypotheses 1,2,4,6 are accepted.

But, the 't' value of 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, the 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 the 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 Coimbatore District's private school teachers' mental health level was poor.
2. Male and female private school teachers had similar level of mental health.
3. No significant difference was found between rural and urban area private school teachers.
4. There is significant difference in the mental health of private school teachers based on their salary. Teachers those 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 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 family and nuclear family 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 compare 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 those who are getting salary above 15000 rupees had better mental health than whose salary is below 15000. This may be due to the fact that the teachers those who are getting more salary may have better socio-economic status in their life.

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 less household responsibilities and duties when compare 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.

## **Conclusion**

Education is one of the most important services that instructors provide. It is essential for everything. Teachers have a crucial role in society; in a sense, they might even be considered the architects of our country. Teachers collaborate closely with students to help them develop their future. They shape the kids to bring out their talents or improvise them, teaching positive habits and attitudes and assisting them in developing into responsible members of society. This is only achievable if he or she has a balanced personality or is a well-adjusted individual with great mental health. Teachers' emotional imbalance has a bad impact on their students. A psychologically healthy teacher can help students achieve academic success and become contributing citizens who are physically, mentally, and morally well. Finally, the teacher's mental health determines the nation's health.

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