

MENTAL HEALTH OF TEACHERS  
IN CONTEXT OF GENDER

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**Abstract**

*Overall development of child is a central idea of whole teaching-learning process, for that health of teacher is very much important and effective factor. There are various types of health such as Physical health, Mental Health, Emotional Health, etc. Mental Health is very important factor for effectiveness of any teacher's teaching, which may result in good Academic achievement of students. What is the status of mental health of teachers? Is there any effect of gender on mental health of teachers? To find out the answer of these of questions present study was conducted. Present study was survey type study, for which from sampling frame was stratified in primary, secondary and higher secondary schools, from that list of school proportionally selected in sample. To find out the significant difference between two groups, 't' value was found.*

**Keywords:** Primary, Secondary, Higher Secondary, Mental Health, Teachers

In the present situation we are witnessing a scenario of knowledge explosion. All the nations of the world have realized the importance of education for national development. Mental Health is very much crucial factor that is affecting teaching-learning process. Mental Health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community and thus the score obtained on Mental Health Scale by teachers was considered as a mental health of teachers. Mental Health may affect teaching-learning process. Mentally health teacher can give whole dedication in teaching. Mentally health teacher can make such an environment in which students can learn anything simply, interestingly and effectively. Mental Health is new concept and well used in developed country. Nowadays country are thinking for not only intellectual mass but also mentally healthy people. In India Mental health is not that much of popular for research. Mental health of teachers is very much important factor, so further researches in this area are recommendable.

The present study was delimited to Gujarati medium Schools of Gandhinagar district. The present study is limited to GSEB Schools. Mental Health Scale was constructed by investigator, so all the limitation of tool will remain as a limitation of the study. The findings in the present study were found on the basis of the responses of the teachers so this also remains as a limitation of the study.

**Objectives**

The researcher decided the following objectives for the present study; To determine the level of Mental Health of teachers; To study the mental health of teachers in context of gender.

**Hypothesis**

The following hypothesis was prepared for the present study.

**Ho<sub>1</sub>**- There will be no significant difference in the mean score obtained on mental health scale by male teachers and female teachers.

**Population and Sample**

All the teachers in Gujarati medium GSEB Schools of Gandhinagar are included in the population of the present research. Randomly 6 Schools were selected, in which 2-2 schools were of Primary, Secondary and Higher Secondary. All teachers were selected in sample by cluster method. Thus, school selection was done by Stratified Random Technique and teachers were selected by Cluster technique.

	Male	Female	Total
Primary	50	60	110
Secondary	20	11	31
Higher Secondary	38	20	58
Total	108	91	199

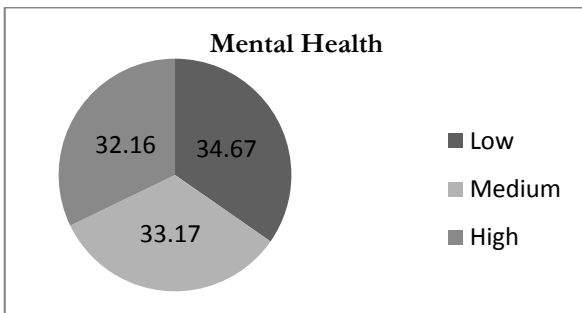
Survey Method of Research was used for the present study because investigator wants to know the present scenario. For Data Collection researcher Constructed Self Constructed Mental Health Scale was applied.

**Data Analysis**

To determine three level of mental health Min, P<sub>33</sub>, P<sub>67</sub> and Max was found; For rejection or acceptance of hypothesis t-value was found Hypothesis wise.

**Table 1 : To determine the level of Mental Health of teachers.**

Level of Mental Health	Norms		No. of Students	Percentage
Low Mental Health	Min to P <sub>33</sub>	13 to 38	69	34.67 %
Medium Mental Health	P <sub>33</sub> to P <sub>67</sub>	39 to 41	66	33.17 %
High Mental Health	P <sub>67</sub> to Max	42 to 47	64	32.16 %
Total			199	100 %



**Table 2 : To study the mental health of teachers in context of gender.**

Hypothesis	Group	N	M	SD	SEd	t-value	Remarks
Ho <sub>1</sub>	Male	108	39.11	4.99	0.63	0.21	No Significant Difference
	Female	91	39.24	3.71			

**Findings**

There were 34.67% teachers having Low Mental Health, 33.17 % teachers having Medium Mental Health and 32.16 % teachers having High Mental Health; There is no significant differences in score obtain on Mental Health Scale by male teachers and female teachers that mean in matter of mental health male and female teachers are equal.

**Conclusion**

From the Conclusion and finding obtain from study we can say that Mental Health is very much important for teacher's evaluation. To support the result of present study, one should do some more replication of study. Hence this type of innovative Studies should be going on in future. There are maximum teachers having low mental health. Some programmes and activities must be organized to enhance mental health of teachers.

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