



MENTAL HEALTH AMONG RESIDENTIAL SCHOOL TEACHERS WITH RESPECT TO AGE AND TEACHING EXPERIENCE

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Abstract

Mental health is a sense of well-being, and individual experience. It determines individual's way of living, working and leisure activities. It produces happiness, stability, positive attitude, feeling of wellbeing and security. It is the ability of an individual to make personal and social adjustment. **Method:** The Survey method was adopted for this study. The present study consisted of 501 residential school teachers of Adilabad, Khumarum Bheem Asifabad, Mancherial and Nirmal districts of Telangana state. The data was obtained in the year 2019. Standardised Teachers Mental Health Scale was used for this study. For statistical analysis and hypothesis testing, Mean and F-test were applied. **Findings:** The findings revealed that age was directly proportional to teacher's mental health. i.e., higher the age of teachers, better was the mental health among teachers. Teachers with above 41 years of age were definitely better than others. Senior most teachers (above 11 years) appear to be comparatively better than others in mental health.

Keywords: Mental Health, Age, Teaching Experience, Residential School Teachers.

INTRODUCTION

MENTALHEALTH

Mental health is the ability of an individual to adjust to the world and to each other with maximum success & satisfaction. The World Health Organization conceptualized mental health separate from mental ill health and defined concept as a state of happiness in which the individual understands his or her own capabilities, can adapt to normal stresses of life, can work productively and beneficially and is able to make advancement to his or her own community. Positive mental health is likewise linked to better physical health.

"Mental Health is the full harmonious functioning of the whole personality". (Dr.T. Girija Bai 2019, p.8) It is the ability or quality of adjustment of an individual to his environment. One who possesses this ability is able to establish his adjustment with the difficult situation in life. A mentally healthy individual keeps and maintains a healthy and benevolent attitude and outlook towards his own life and towards others. He understands fully well that the only coward can run away from the difficulties of life. Therefore, he concentrates on making best efforts to solve the difficulties of life with courage and determination.

Mental Health is a condition of psychological maturity. Mental Health is a function of personality. A mentally healthy person is one who has a wholesome balanced personality, free from emotional and nervous tension. Mental health involves positive feeling and positive attitude towards the self and towards others at all stages of development. A mentally healthy person suffers no frustration. A mentally healthy person shows balanced behaviour and faces the realities of life boldly.

Schultz (1977) has noted seven criteria of sound mental health i.e., extension of the sense of self, warm connection of self to others, emotional security, truthful awareness, skills and assignments, understanding of self and a binding together philosophy of life. Schultz (1977) has drawn following conclusions: "there is no single prescription for description of psychological health but the concept on which most of the theorists agree fully is that psychologically healthy persons are in conscious control of their lives". It becomes important to explain the concept of mental ill health. Behavior which is termed as 'neurotic behavior' explains mental ill health. The common symptom in this case of mental ill health is a maladaptive life style, typified by anxiety and avoidance. Such people are anxious, unhappy, and ineffective and often guilt ridden that does not require hospitalization but never the less are in need of therapy. Cattell & Scheir (1961) are of the opinion that everyone suffers from neuroticism in some degree. A mentally ill teacher is always tense, unhappy, having feeling of inadequacy which makes him stressful.

The White House Conference in its Preliminary Report (1930) said, "Mental Health may be defined as the adjustment of individuals to themselves and to the world at large with a maximum of effectiveness, satisfaction, cheerfulness and socially considerate behavior and the ability of facing and accepting the realities of life."

Even WHO stresses on the globally accepted principle that there is "No health without mental health". (Mental Health Action Plan 2013-2020). (WHO 2013, p.26)



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Teacher's Mental Health

"Teacher's mental health is a significant constituent of his personality". (Lever, Mathis, & Mayworm 2017, p.13) It has direct application on his teaching and students learning. His character, emotional development, conduct and way of adjustment in life within himself and with his surrounding stand for his mental well-being. It is a state of happiness, derived from spiritual, physical and mental wellness. A mentally healthy teacher is satisfied and successful teacher. Teachers without required mental health can ruin the teaching learning environment in school.

"The mental health of teachers and the mental health of students are interconnected. As teachers are the people who educate the children to become the best individuals, they have a significant influence on their development as well. To work effectively as a teacher, it is important to be aware of their physical and mental stability. The best practice is to identify the factors that play a major role in determining stress levels and manage them". (Karishma V Mangal, 2020, p.8)

Teachers who have stress and shows more signs of depression create in classroom environments which might be less conducive to learning, which ends up in poor academic performance amongst students. When instructors are highly stressed, students show lower levels of social adjustment and academic overall performance. Stress not only has negative effects for instructors, it also consequences in lower achievement for students.

Teaching has been considered as one of the noblest professions. The teaching job has enjoyed a considerably high degree of respect and only committed and qualified individuals joined in this profession. The teachers were typically held in high esteem by the various sections of individuals and society was sensitive to taking care of the teacher's needs. With increasing of workload, duties, difficulties with curricular and co-curricular activities, social integration, adjustments on school, school-related issues adversely affect their mental health.

"In the broadest context, mental health implies a degree of positive conformity and satisfaction under circumstances that involve a state of mind and an ability to establish healthy personal and social relationships" (Desh Raj Sirswal 2013, p.8). A mentally stable individual exhibits balanced actions and audaciously faces the realities of life.

The level of the teacher's mental health will influence both his work and his organizational environment. If teachers have mental health problems, they will not focus on teaching and maintain the information provided to the students. Also, the teacher unable to have a proper and well-adjusted personality. Thus, the mental health of teachers plays an important role in the process of teaching and learning.

Need and Significance of the study

Mental health of the teachers is very important because teachers are the pillars of the education system of any nation. They are considered to be the nation builders. Swami Vivekanandasaid that "no system of education can rise higher than teachers" The teacher is another vital component of school organization. He stands at the most important point in the educational process. The quality of teachers is very important for bringing about functional improvement in school education. To perform such a heavy task,they havetobephysically,mentally,economicallyandsociallybalanced.

"Good mental health depends on the good state of both mind and body. Mental health is as an important feature as the physical health of a person to make him complex with balance mental disposition to cope with life more effectively and productively" (p.10). So, the good mental health of the person is important for all those who (teacher) work for the development of the nation.

Teacher due to his vital role for forming a qualitative and healthy society has a unique place in the society. He is the only person who is so closely engaged in ameliorating the plight of society- economically, politically and culturally. Therefore, the mental state of teacher has a direct and penetrating effect onthe society. Teacher being the sole media between the books and students' needs to be fully satisfied as the pace of education very much hangs on the degree of his satisfaction. How far education of a country can progress, depends upon how much a teacher absorbs himself in his profession and how deeply he absorbs himself depends upon how much a teacher is satisfied. If a teacher is not satisfied, he will remain perturbed due to stress and strain. With this mental state, there is every possibility that he will be indifferent towards his students and colleagues. He may not take his class effectively and attentively, forecasting irrecoverable loss to the education ofstudents.

Mental health of teachers plays an important role in the teaching learning process. If the teacher is tensed under pressure that is if he is not mentally healthy then he may be not be able to discharge his duties properly, resulting in poor teaching and poor learning. This may even affect the classroom interaction. Thus, the mental health of teacher plays an important role in the process of teaching



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and learning. Mental health of teachers is very important in determining the atmosphere of the classroom and the effectiveness of teacher relations. The present study intends to find out the mental health among residential school teachers. The study findings would be useful to the educational planners and policymakers in recommend and providing strategies to the teachers so that they may be in a position to improve their mental health and can give quality education to the system. Thus, there is a need to study the mental health among residential school teachers.

Hence the title of the study "Mental health among Residential School Teachers with respect to Age and Teaching Experience".

Literature Review

SrisailamaiahMaheswara (2017) explored that there is a significance difference in the mental health of teachers with respect to gender and not differ significantly in teaching experience. P. Pachiyappan and Dr. Ushalaya Raj (2014) study revealed that there is a significance difference between teachers' gender and mental health and there is no significantly difference in the locality of the school. Dr.D. Mohana (2013) concluded that the teachers belonging to different years of teaching experience do not differ significantly in their mental health. Roshan pradhan (2016) found that female teachers having higher mean value, has been considered to having better mental health compared to male counterparts. Chandrakant Gorsy, Neeraj Panwar, Sandeep kumar (2015) concluded that male teacher experience better mental health as compared to their female counterparts (Female has to face lots of difficulties). Careen E.G. Marbaniang and Dr. Yodida Bhutia (2018) showed that the women teachers age between 42-51 years have good mental health than other age groups, women teachers from urban secondary schools have good mental health compared to rural secondary school teachers and women teachers having below 5 years of teaching experience good mental health than other experienced teachers. Sudarshan, M. (2017) study revealed that urban high school teachers possess better mental health than rural high school teachers.

Objectives

- 1.) To study the mental health among residential school teachers with respect to age.
- 2.) To study the mental health among residential school teachers with respect to teaching experience.

Hypothesis

Considering the review of literature done, the hypotheses for the present study

- 1.) There is a difference in mental health of teachers with respect to age.
- 2.) There is no difference in mental health of teachers with respect their teaching experience.

Methodology

Descriptive survey method was adopted for this study.

Sample

Stratified random sampling technique was used to select the schools and teachers. For the study 18 Residential schools from Adilabad, 14 from Khomaram Bheem Asifabad, 17 from Mancherial, and 15 from Nirmal. Thus, the total number of schools selected were 64.

The total Population of the teachers is 1024 from 64 schools of 4 districts; in each school 16 teachers are available. Total 288 teachers from Adilabad, 224 teachers from Khumaram Bheem Asifabad (K.B.Asifabad), 272 teachers from Mancherial, and 240 teachers from Nirmal were available. Sample were selected by using simple random technique. The total number of teachers selected for the study was 501. (Nearly half of the population)

Variables: In this study independent variables were age, and teaching experience and dependent variable was Mental health.

Tools: Two measures were used in this study.

1. Personal data sheet: Personal data sheet was constructed to obtain personal information of the teachers. It consisted of the following items: Teacher Name, Age, Gender, and Location of the school, teaching experience.

2. Teacher's Mental health scale: Teachers mental health scale was a standardized scale developed by Dr.Deepti Sharma and Dr. Mujibul Hasan Siddiqui in 2019.

Reliability of the Scale

Cronbach's alpha and split half were the two methods of reliability that had been used in the scale. Both the values of reliability coefficients (alpha value and split half coefficients) for the whole scale have a high-reliability value 0.93 (Split-half) and 0.891(Cronbach's alpha).



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Administration of Tools

The final form of the tool with a sheet of personal data of teachers and Mental Health scale were administered to 501 teachers. The investigator visited schools and the instructions were readout before administering the tool to the teachers. The tools were distributed and the teachers were asked to respond to all the items. Finally, the tool was administered to all 501 teachers in Adilabad, Nirmal, K.B. Asifabad and Mancherial. The obtained scores were analyzed with IBM SPSS statistics 20.0. Descriptive statistics one way ANOVA (Analysis of Variance) was applied. The obtained results were discussed in the following tables.

Results

Hypothesis: 1- “There is a difference in mental health of teachers with respect to their age”.

To test the above hypothesis, one way ANOVA has been employed. Results of the statistical computations were presented in the below table 1.

Table 1 Showing mental health among teachers with respect to age

Dimension	Age	N	Mean	Sd	F-Value	Sig.	Df
Mental Health	Upto 30 yrs	184	120.43	8.35	2.917	0.05	2,498
	31 to 40 yrs	284	122.05	7.23			
	41 yrs& above	33	122.63	6.77			
	Total	501	121.50	7.66			

*p<.05

a. Predictor: Age

b. Dependent Variable: Mental Health

The one-way ANOVA has been employed to find out the difference between teachers age i.e., upto 30 years, 31 to 40 years and above 41years of age with respect to mental health. Teachers above 41 yrs of age were definitely better than others in mental health. Thus, it may be inferred as age was directly proportional to mental health among teachers. This was statistically significant. Higher the age of teachers, better was the mental health.

Hence the Hypothesis-1 stating that “there is difference in mental health of teachers with respect to their age” –was accepted. This finding is supported by **Careen E.G. Marbaniangand Dr. Yodida Bhutia (2018)**.

Hypothesis: 2“There is no difference in mental health of teachers with respect to their teaching experience.”

To test the above hypothesis, one way ANOVA has been employed. Results of the statistical computations were presented in the below table 2.

Table 2 Showing mental health among teachers with respect to their teaching experience

Dimension	Teaching Experience	N	Mean	Sd	F-Value	Sig	Df
Mental Health	Upto 2 yrs	267	121.26	8.40	1.283	0.27	2,498
	3 to 10 yrs	190	121.43	6.74			
	11 yrs& above	44	123.25	6.58			
	Total	501	121.50	7.66			

a. Predictor: Teaching Experience

b. Dependent variable: Mental health

Results were found to be statistically not significant. However, the difference in the mean score indicates that, senior most teachers (above 11 years) appear to be comparatively better than other teachers (experience) in all the dimensions of mental health. Hence the Hypothesis-2 stating that “There is no difference in mental health of teachers with respect to Teaching experience” – was accepted. This finding is supported by **Roshan Pradhan (2016), Dr. D. Mohana (2013)** and contradicted by **Careen E.G. Marbaniangand Dr. Yodida Bhutia (2018)**.

Discussion

The research aimed to study mental health among residential school teachers with respect to age and teaching experience. The teachers age was from below 30 yrs to above 40 yrs. The findings of the study indicated that teachers with 40 yrs and above were

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definitely better than others in mental health. It may be inferred as age was directly proportional to mental health among teachers. This finding is supported by **Careen E.G. Marbaniangand Dr. Yodida Bhutia (2018)**. Senior most teachers (above 11 years) appear to be comparatively better than other teachers (experience) in all the dimensions of mental health. This finding is supported by **Roshan Pradhan (2016)**, **Dr. D. Mohana (2013)** and contradicted by **Careen E.G. Marbaniangand Dr. Yodida Bhutia (2018)**.

H 1. There is a difference in mental health among teachers with respect to their age. Teachers with 40 yrs and above were definitely better than other age groups in mental health. It may be inferred as age was directly proportional mental health among teachers i.e., higher the age and better was the mental health.

H 2. There is no difference in mental health among teachers with respect to their teaching experience. Study concluded that senior most teachers (above 11 years) appear to be comparatively better than other teachers (experience) in mental health i.e., higher the teaching experience and better was the mental health.

Conclusion

The study shows that age is directly proportional to mental health. Teachers age between 40 and above years were definitely better than other age groups i.e., higher the age better was the mental health. There is no difference in mental health among teachers with respect to their teaching experience. Study concluded that senior most teachers (above 11 years) appear to be comparatively better than other teachers (experience) in mental health i.e., higher the teaching experience and better was the mental health.

Educational Implications

Government needs to take an initiative to conduct programs to improve teacher's mental health for the fresh recruited faculty members. Educational planners and policymakers in recommend and providing strategies to the teachers, so that they may be in a position to improve their mental health and can give quality education to the system.

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