

A STUDY ON MENTAL HEALTH AMONG PUPIL TEACHERS

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ABSTRACT

The teaching profession is stressful and despite the known impact of pupil teachers' mental health on students during teaching, pupil teachers' mental health is neglected in training and selection. Good mental health is obtained and maintained by helping pupil teachers to overcome serious conflicts and frustrations. The main objective of the study was to find out mental health among pupil teachers. The Mental health inventory (MHI) by Jagdish & Srivastava (2005) used to find out the pupil teacher's mental health. For the present study, the investigator adopted a survey method and a simple random sampling technique was used to select the sample. 50 pupil teachers were chosen for this study. Percentage analysis and 't-test' were used to analyze the data. There was a significant difference between male and female pupil teachers in their mental health.

Keywords: Teaching Profession, Mental Health, Pupil Teachers.

Introduction

The teaching profession is stressful and despite the known impact of pupil teachers' mental health on students during teaching, pupil teachers' mental health is neglected in training and selection. However, knowledge about pupil teachers' mental health during their training process and about their self-care behavior can contribute to improving their mental health. Mental health which today is recognized as an important aspect of one's total health status is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. It is a condition which is characteristic of the average person who meets the demands of life on the basis of his own capacities and limitations. They are to be helped to understand their own potentialities, abilities, aptitudes, interests and the environmental conditions so that they can work harmoniously at an optimum level of functioning. Securing desirable mental health in the case of some pupil teachers may involve counseling parents, and counseling teacher educators, in addition to counseling the pupil teachers themselves. The article of this discussion is that mental health provides an easy-going environment of pupil teachers. The present investigation in this content is a descriptive one aiming to study mental health of pupil teachers'.

Significance of Study

In the field of psychology, education and allied sciences; a number of studies have shown that mental health is not only influenced on social, psychological and academic aspects of pupil teachers and it is influenced on their study habits, teaching attitude and academic stress of the pupil teachers. As simple as it sounds, many of us pay little

attention to self-care but we should as it can affect our mental health. Everyone has mental health so self-care isn't only for those who struggle with mental illness. College life is a test of the mental health of a student. He/she still have a chance to learn how to love and to be loved, how to tolerate frustration, how to integrate conflicting points of view, how to face reality realistically, without feeling from it to channel hostile impulses into socially approved activities. Success of college education depends upon large measures on how each young man or woman feels about his/her college experiences and home experiences. Hence the investigator selected the research problem entitled "A Study on Mental Health among Pupil Teachers".

Objectives

- To find out difference between male and female pupil teachers' mental health.
- To find out difference between UG and PG pupil teachers' mental health.

Hypothesis

1. There is no significant difference between male and female pupil teachers' mental health.
2. There is no significant difference between UG and PG pupil teachers' mental health.

Methodology

The researcher adopted the survey method to study the pupil teachers' mental health.

Sample

The population for the present study consisted of all the pupil teachers studying in the education colleges of District Muktsar (Punjab). 50 pupil teachers were taken for this investigation by simple random sampling technique.

Tool used

Mental health inventory (MHI) by Jagdish & Srivastava (2005)

Statistical Techniques Applied

The percentage analysis and 't' test was used for the study.

Analysis of the study

Hypothesis 1: There is no significant difference between male and female pupil teachers' mental health.

Table-1

Male and Female pupil teachers' mental health

Category	Number	Mean	Standard Deviation	't' value		Remarks
				Calculated	Tabulated (5% level of Significance)	
Male	25	80.60	7.059	1.512	1.95	NS
Female	25	84.00	8.737			

It is inferred from the above table there is no significant difference between male and female pupil teachers' mental health. Hence the null hypothesis is accepted.

Hypothesis 2: There is no significant difference between UG and PG pupil teachers' mental health.

Table-2

UG and PG Pupil teachers' mental health

Category	Number	Mean	Standard Deviation	't' value		Remarks
				Calculated	Tabulated (5% level of Significance)	
UG	27	79.11	7.832	3.378	1.97	S
PG	23	86.04	6.677			

It is inferred from the above table that there was a significant difference between UG and PG pupil teachers' mental health. Hence the null hypothesis is rejected

Discussion about Findings

1. There is no significant difference between pupil teachers' mental health with respect to gender this may be due conducive and healthy environment in homes and institutions; this may helpful to develop their mental health. Both are having mental health.
2. There was a significant difference between UG and PG pupil teachers' mental health. While comparing the mean scores of UG and PG pupil teachers, PG pupil teachers' mean score is higher than UG pupil teachers. This may be due to the UG pupil teachers are more stressful and easygoing than PG pupil teachers, PG pupil teachers are managing their health and works due to their maturity, this may be helpful to develop their mental health.

Recommendations

Introduction of courses like yoga, fine arts along with the curriculum will increase the levels of mental health among the pupil teachers which intern will help them to perform well in all aspects of life.

Conclusion

A healthy individual is not only physically healthy, but is also mentally healthy. The modern concept of health extends beyond the proper functioning of the body. It includes a sound, efficient mind and controlled emotions. Health is a state of being hale, sound or whole in body and mind. It means that both body and mind are working efficiently and harmoniously. Man is an integrated psychosomatic unit, whose behavior is determined by both physical and mental factors. Mental health which today is recognized as an important aspect of one's total health status is a basic factor that contributes to the maintenance of physical health as well as social effectiveness.

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