



# A SURVEY ABOUT HEALTH AND HYGIENE OF NOVICE TEACHERS\*

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**Abstract:** The main objective of this survey study was to know the status about health and hygiene of novice teachers. For the purpose investigator had considered DIETs, Government teacher education colleges, Grant-in-Aid teachers education colleges affiliated with IITE, Gandhinagar of Gujarat state as population and from that randomly 270 novice teachers were selected as sample. Health and hygiene status of novice teachers questionnaire was developed by investigator to collect data. Average and t-score were calculated to test hypothesis. It was found that overall health and hygiene status of novice teachers was good, the effect of gender as well as area of residence on status of health and hygiene of novice teachers was also found.

**Index Terms - Health, hygiene, novice teacher**

## I. INTRODUCTION

In education system, teachers are the important element. As they have key role to play in whole education system. If teachers are effective then the process of teaching-learning could be productive. The American commission on teacher education rightly observed that "The quality of a nation depends upon the quality of its citizens. The quality of its citizens depends not exclusively, but in critical measure upon the quality of their education, the quality of their education depends more than upon any single factor, upon quality of their teacher." NCTE (1998) also stated in Quality Concerns in Secondary Teacher Education, - "The teacher is the most important element in any education programme. It is the teacher who is mainly responsible for implementation of the educational process at any stage." Hence, teachers are the center of the whole educational system.

A proverb 'Health is wealth' is very popular. A good health of a person is asset not only for him/her but their community and the nation at large. Aristotle already said before centuries that 'The creation of a sound mind in sound body is education for me.' By saying this Aristotle emphasised the importance of healthy mind and healthy body. If a person is suffering from any disease he/she cannot give his/her hundred percent to their work. According to Ilmarinen, J. (2001), "The physical and mental health of any worker may become one of the determinant factors of the work ability." Laschinger, S., Heather, K., Havans, Sullivan, D. (1997) studied about occupational mental health and work effectiveness of staff nurses and found that occupational mental health was linked with productivity and other desired organizational outcomes, such as commitment and satisfaction. Person's health and hygiene has crucial role to play in effectiveness and productivity of any kind of work at any kind of workplace. Thus, it is very important for teachers and novice teachers too. A status of health and hygiene may be determinant factor of effectiveness of teachers. Novice teachers are the future

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teachers. If we know the status of health and hygiene of novice teachers then in future we can suggest and implement accordingly. So basic questions like, what is a status of health and hygiene of novice teachers, is there any effect of their gender and area of residence on their status of health and hygiene were raised in mind of investigator. Hence, investigator decided to carry out this study.

## II. RELATED RESEARCH

Many researchers studied the mental health in relation to other variables to contribute knowledge like, Nebedita (2005) studied mental health of secondary school teachers in relation to their marital status and found that there was no effect of marital status on mental health of secondary teachers. Kuljeet K. (2006) conducted a study regarding occupational stress and mental health among school teachers. Results show that male teachers were more mentally healthy than female teachers. Whereas Mohendram, P. (2010) studied about mental health status of DIET teacher trainees. Finding reveal that there exit not significant difference in the mental health of diploma teachers with reference to their sex and teaching stream. Singh, K and Kumar, S. (2013) conducted a study regarding mental health and emotional competency of prospective teachers. Result shows that mental health has no effect on emotional ability.

From the review of related literature it can be concluded that most of the researches were about mental health of teachers, prospective teachers carried out so far. There is a no research found about overall health and hygiene of novice teachers.

## III. RELATED TERM

### 3.1 Health and Hygiene

According to WHO (2022), "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Whereas "Hygiene refers to condition and practices that help to maintain health and prevent the spread of diseases."

Here, person's basic health condition like normal BMI, healthy eyes, absence of chronic diseases, absence of hereditary diseases, willingness to be healthy and good lifestyle etc. were considered as health and hygiene of person.

### 3.2 Novice Teacher

In present study student teachers enrolled in various DIET, Government teacher education colleges, Grant-in-aid teacher education colleges affiliated to IITE, Gandhinagar were considered as novice teachers.

## IV. OBJECTIVES

The objectives of the present study were as follow:

1. To know the status of health and hygiene of novice teachers.
2. To examine the effect of gender on the status of health and hygiene of novice teachers.
3. To examine the effect of area of residence on the status of health and hygiene of novice teachers.

## V. HYPOTHESIS

The null hypothesis of present study were as follow:

**Ho<sub>1</sub>** There will be no significant difference between mean score obtained on Health and hygiene status of novice teacher questionnaire by male novice teachers and female novice teachers.

**Ho<sub>2</sub>** There will be no significant difference between mean score obtained on Health and hygiene status of novice teacher questionnaire by urban novice teachers and rural novice teachers.

## VI. METHOD

### 6.1 Design and Type of Research

Present study was about to know the health and hygiene status of novice teaches hence, survey research design was adopted.

## 6.2 Sample

For present study novice teacher was a sample. Random sampling technique was used for selecting the sample in present study. Total 270 novice teachers of Gujarat state were selected, among them 186 were female and 84 were male novice teachers took part in present study. 123 novice teachers were lived in rural area whereas 147 novice teachers were lived in urban area.

## VII. DATA COLLECTION

In present study, health and hygiene index was used as raw data. To know the health and hygiene index of novice teachers investigator used self-developed questionnaire entitled Health and hygiene status of novice teachers questionnaire. It has 18 questions regarding general health and hygiene of person like their weight, height, whether they have far sightedness or not, whether they fall ill very occasionally or not, they have any chronic disease or not, they are suffering from any kind of pain or not etc for health element and their average sleeping time, regular sport, regular exercise etc for hygiene element. It was shared with novice teachers as google form. Appropriate time was given to answer the questionnaire. Total score obtained on health and hygiene status of novice teachers questionnaire was considered as health and hygiene index. The mean health and hygiene index score was considered as mean score for each group and was used for the testing of hypothesis.

## VIII. DATA ANALYSIS AND INTERPRETATION

Firstly, all the responses were checked for any inappropriateness in responses. Total 283 novice teachers were answered the questionnaire timely. But from that 13 responses were not useful for the study as they have responded wrongly. After completion of checking process, only 270 responses were considered for this study. Then, health and hygiene index was calculated individually. For that 1 to 5 score was given for poor health and hygiene conditions of the respondents and 0 score was given for good health and hygiene condition of the respondents according to their answers of each questions. After giving score to the each and every questions, the final score was calculated by calculating sum of score obtained for all questions. There were 18 questions in total, from that question no. 1 to 7, 10 to 12 carried maximum 1 score and questions no. 8,9, 13,15, 16, and 17 carried maximum 2 score, question no. 14 carried maximum 4 score and question no. 18 carried maximum 5 score. So, the maximum score obtained on health and hygiene status of novice teachers questionnaire could be 30. Here, high score was given for poor health and hygiene conditions so high score on the questionnaire means poor health and hygiene and low score means good health and hygiene. For interpretation purpose 0 to 10 score on questionnaire was considered as good health and hygiene conditions, 11 to 20 score was considered as average health and hygiene conditions, and 21 to 30 score was considered as poor health and hygiene conditions. To know the status about health and hygiene of novice teacher the mean score obtained on health and hygiene status of novice teachers questionnaire by all respondents was calculated and found 8.92. which was below 10. It means the status of health and hygiene of novice teachers was good.

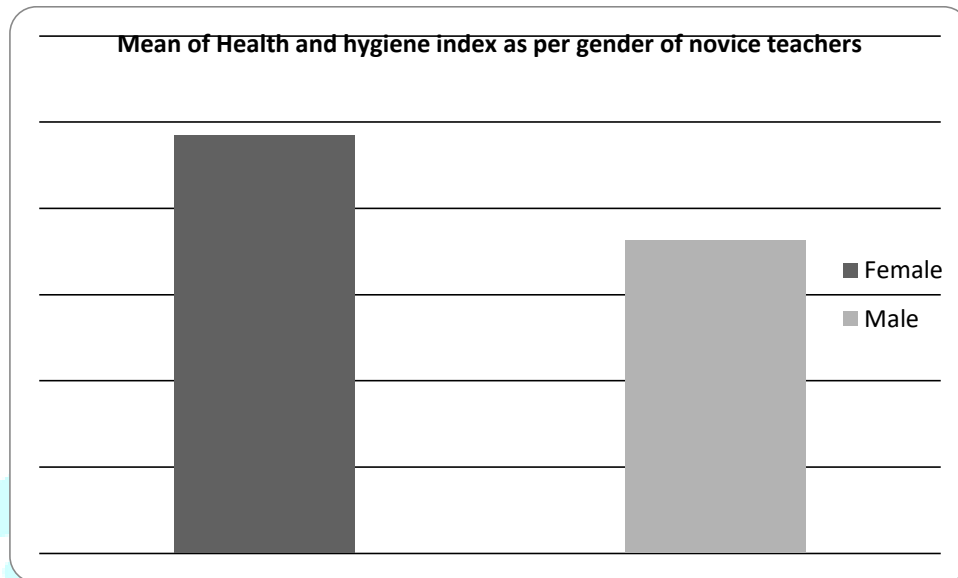
Further, the mean score was calculated for each group and used to compare the means. t-test was statistical method used for the comparison of the means. Calculation of mean, standard deviation, t-score were done with the help of Microsoft Excel software.

Testing null hypothesis 1 : There will be no significant difference between mean score obtained on Health and hygiene status of novice teacher questionnaire by male novice teachers and female novice teachers. Statistical analysis for the same is given below in table-1.

Table – 1  
Comparison of mean score obtained on questionnaire by male and female novice teachers

Gender	N	Mean	S.D.	SED	M.Diff.	t-score	Remark
Male	84	7.25	4.23	0.562	2.44	4.34	Significant at 0.01 level
Female	186	9.69	4.37				

Table – 1 shows that the t-score is 4.34 which is greater than 2.59 –value of t-score table at df 268 at 0.01 significant level. Thus, the null hypothesis was not accepted. It means there is a significant difference between mean score of health and hygiene index of male novice teachers and female novice teachers. Hence, by comparing mean scores, male novice teacher's is lower than the mean score achieved by female novice teachers. Thus, male novice teachers were found good health and hygiene conditions than female novice teachers, which shows that the gender is affecting variable to health and hygiene status. Graphical representation of mean of health and hygiene index score as per table -1 is given in graph – 1.



Graph – 1

Comparison of mean health and hygiene index score of male and female novice teachers

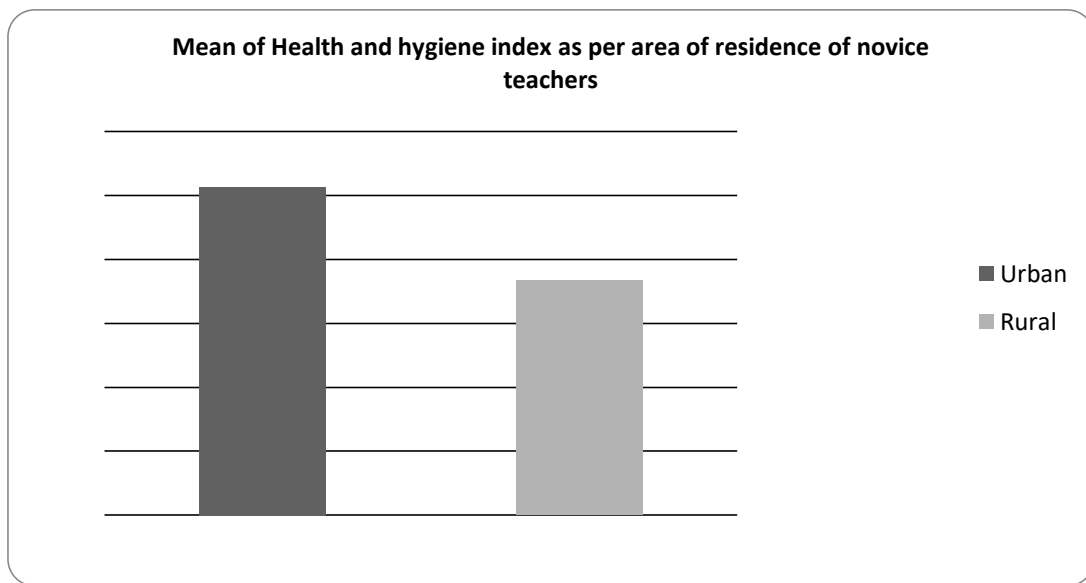
Testing null hypothesis 2 : There will be no significant difference between mean score obtained on Health and hygiene status of novice teacher questionnaire by urban novice teachers and rural novice teachers. To test this null hypothesis t-score was calculated and the detail of the statistical analysis is shown in table – 2.

Table – 2

Comparison of mean health and hygiene index score of urban and rural novice teachers

Area of residence	N	Mean	S.D.	SED	M.Diff.	t-score	Remark
Urban	147	10.26	3.67	0.509	2.91	5.73	Significant at 0.01 level
Rural	123	7.34	4.53				

Table – 2 shows that the t-score is 5.73 which is greater than 2.59 –value of t-score table at df 268 at 0.01 significant level. Thus, the null hypothesis was not accepted. It means there is a significant difference between mean score of health and hygiene index of urban novice teachers and rural novice teachers. Hence, by comparing mean scores, rural novice teacher's is lower than the mean score obtained by urban novice teachers. Thus, rural novice teachers were found good health and hygiene conditions than urban novice teachers, which shows that the area of residence is affecting variable to health and hygiene status. Graphical representation of mean of health and hygiene index score as per table -2 is given in graph – 2.



Graph – 2

Comparison of mean health and hygiene index score of urban and rural novice teachers

## IX. RESULT AND FINDINGS

It was found from the above analysis that, a status of health and hygiene of novice teachers was good enough. Further, there was significant difference between mean health and hygiene index score of male and female novice teacher. As well as there was significant difference found between mean health and hygiene index score of urban and rural novice teachers. It means there was effect of gender and area of residence of novice teachers on their status of health and hygiene.

## X. DISCUSSION

Health and hygiene of a person is very important thing as all kind of joy and happiness depend on it. If person is not healthy and hygiene then he/she cannot work effectively. The job of a teacher is considered as hard job as teachers have to stand for many hours and give lectures too. So the teacher should be healthy and hygiene if he/she wants to be successful. Present study found that the status of health and hygiene of novice teachers of Gujarat state was good. But, female novice teachers as well as novice teachers who are living in urban areas have worse health and hygiene conditions. So some kind of health and hygiene awareness programme or health and hygiene improvement programme should be developed and implemented for them.

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