



A Study About Teacher's Psychological Well Being With Special Reference To Online Teaching

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Abstract:

The pandemic has not only affected the mental health of students, also the teacher's mental health also got deteriorated. As the teachers have also acquired a high ratio of stress since the beginning of the pandemic crisis. Recent studies have pointed out that during lockdown, teachers have suffered stress from having to adapt (in record time) in order to provide online classes (Besser et al., 2020). This stress has often been accompanied by symptoms of anxiety, depression, and sleep disturbance as a consequence of the increased workload resulting from home teaching Ng (2007). United Nations Educational, Scientific and Cultural Organization (UNESCO) (2020a) has already identified confusion and stress among teachers as being one of the adverse consequences of school closures, due to the abruptness of such measures, uncertainty about their duration, and a lack of familiarity with distance education. The unpleasant work-related emotions associated with the depletion of psychological resources has long been a topic of frequent discussion among education professionals, policy makers, and researchers (Kim and Asbury, 2020). This may occur because the long-term nature of the problem leads to exhaustion by creating less confidence in their ability to do their jobs and makes it more difficult to manage student behavior (Burić and Kim, 2020). With reference to many studies online teaching has become a tedious task for the teachers. In this study, teachers here which mentions both school as well as college teachers/faculties are the sample groups. A google form which measures the personality and also their emotional stability which is circulated to the multiple colleges and schools through online in and around Tamilnadu. 86 samples received

Keywords: (pandemic, mental health, schools, colleges, online, emotion, behaviour, teaching)

Literature review:

Not many studies conducted during the pandemic measure the symptoms of stress, anxiety, and depression among teachers but the studies that have been carried out suggest that they have psychological symptoms and this reinforces the importance of reopening schools and universities. A recent Arab study has indicated that this crisis has caused teachers to suffer problems that are often related to a pandemic situation, such as anxiety, depression, domestic violence, and divorce, all of which restrict their ability to teach properly ([Al Lily et al., 2020](#)).

A study carried out in three cities in China during the pandemic assessed the prevalence of anxiety among teachers and found a prevalence of 13.67%, with women being more anxious than men and the older ones being more symptomatic ([Li et al., 2020](#)).

Another study conducted in March also in China showed that the prevalence of stress symptoms in teachers was 9.1% and that it was important to support them psychologically ([Zhou and Yao, 2020](#)). In a study conducted in Spain at the beginning of the pandemic, teachers also reported having workloads, psychosomatic problems, and exhaustion ([Prado-Gascó et al., 2020](#)).

Objectives of the study:

In this study the main objectives are

1. To identify the personality of the teacher.
2. To identify the level of work pressure from the work place or at home.
3. To identify the depression, anxiety level of the teachers.
4. To find out the own techniques used by the teachers to overcome stress.

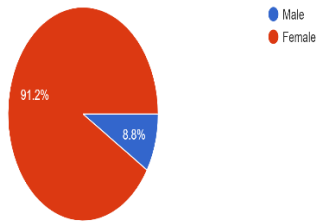
Research methodology:

Questionnaire was circulated through google forms online mode in and around Tamilnadu. The population of the study considered are teachers both school as well as the college teachers of Tamilnadu.

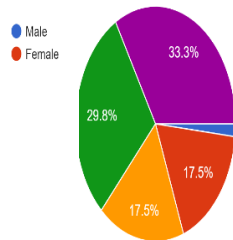
Questionnaire was circulated and primary data was collected in person, over phone, email and through the family members in Chennai. The population of the study considered are teachers/faculties from both colleges and schools.

Result and Discussion:

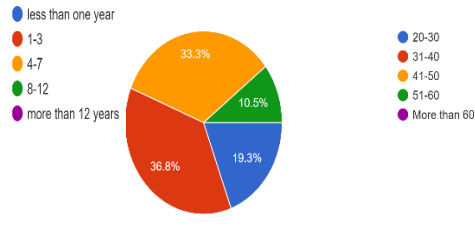
Participants for the study :



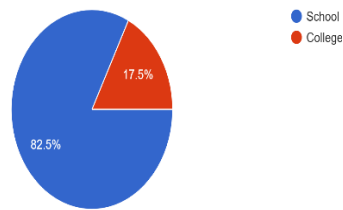
Experience:



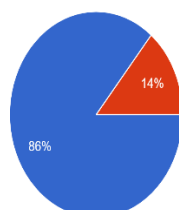
Age:



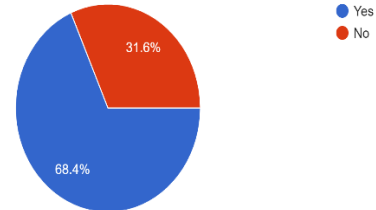
Teachers/Faculties belong to:



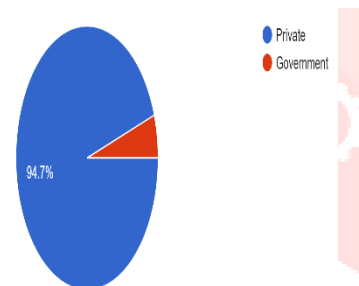
Area:



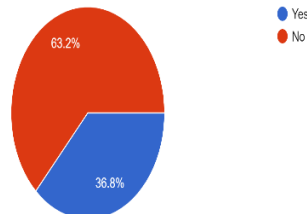
Online teaching comfortability:



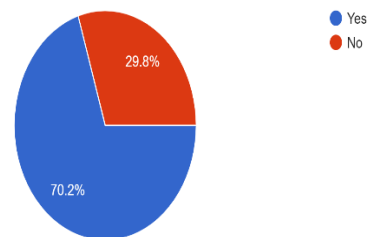
Private/Government sector :



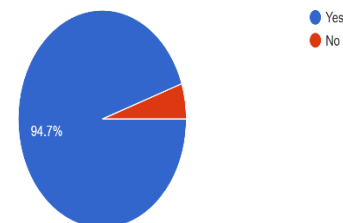
Peer pressure experience:



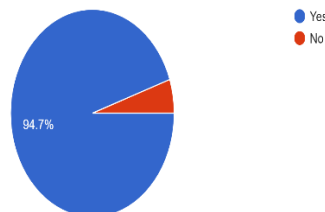
Extrovert personality



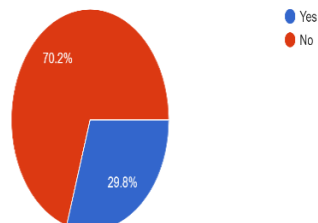
Openness personality



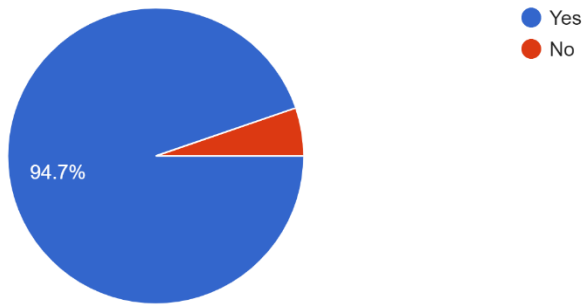
Agreeable personality



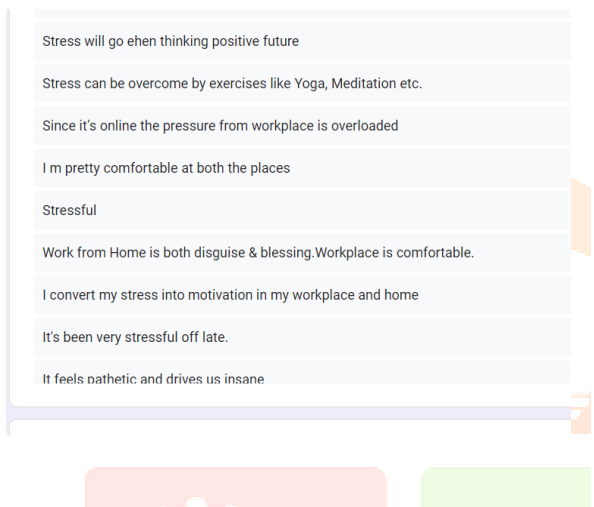
Emotionally instable



Conscientiousness personality:



Teacher’s views about work situation

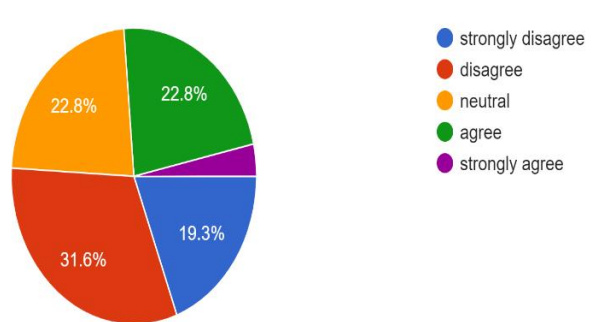
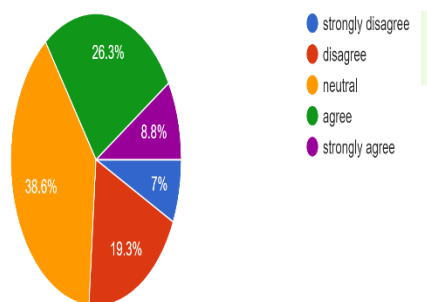


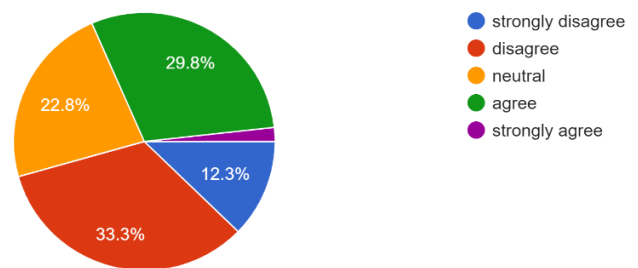
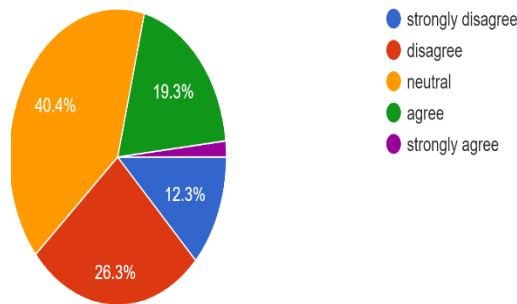
Unique stress management techniques by teachers



I found hard to face all the obstacles which I face in my life

I was worried about the situations in which I might panic



I felt that I was rather touch**I was aware of the action in absence of physical exertion**

The respondents of this study 91% were female and 9% were male. The age of the respondents were age from 20-60 years, in which more teacher have more than 12 years experience. Majority of the respondents are from school than colleges, also most of them are from urban area. 68% of the respondents are comfortable with online teaching, 94% are from private sector. 84 % of the teachers face peer pressure in their work area. Analysing the personality of the teachers, most of them are extrovert, ready to learn new things, they are agreeable nature and also Conscientiousness, but few teachers are emotionally instable. Few points were shared in which teachers discussed about their work situation and also few techniques which they use to reduce the stress. When few questionnaires related to depression and anxiety asked most of the teachers gave neutral replies.

Conclusion:

From the study of teacher's wellbeing with the special reference of online teaching, most of the teachers/faculties either from the school or from the college agree that this online teaching workplace has its own effect on their physical and mental changes. Most of the teachers are extrovert, agree to learn new things, conscientiousness in nature, but few teachers are emotionally instable. Also they face peer pressure in their work place. Even for few questions related to depression and anxiety, the reply was neutral, it means teachers/faculties are either accepting or not accepting the anxiety/depression. To maintain the well being of the teachers/ faculties which are constructing the future citizens of our country, they should be psychologically strong enough to strengthen their own physical and mental wellbeing, Regular counselling activities and refreshment programmes either through online or offline. This will deviate them from the mechanical routine and makes them to rejuvenate themselves.