



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## A STUDY OF THE RELATIONSHIP BETWEEN MENTAL HEALTH AND JOB SATISFACTION OF TEACHERS WORKING IN AFFILIATED COLLEGES OF PROFESSOR RAJENDRA SINGH (RAJJU BHAIYA) UNIVERSITY

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**Abstract:** This research paper investigates the correlation between mental health and job satisfaction among teachers working in affiliated colleges of Professor Rajendra Singh Rajju Bhaiya University (PRSU). Utilizing quantitative methods, the study assesses various dimensions of mental health and job satisfaction among teachers and explores the relationships between these variables. Data analysis reveals significant positive correlations between dimensions of mental health and job satisfaction, indicating the importance of addressing mental well-being to enhance job satisfaction among teachers in academic settings.

**Index Terms – Mental Health, Job Satisfaction, Teachers, Affiliated Colleges, PRSU, Correlation.**

### I. INTRODUCTION

The teaching profession demands not only academic expertise but also emotional resilience and psychological well-being. This study aims to explore the correlation between mental health and job satisfaction among teachers in affiliated colleges of PRSU. Understanding this relationship is crucial for developing strategies to support teacher well-being and enhance job satisfaction, ultimately fostering a positive work environment conducive to effective teaching and learning. Existing literature underscores the significance of mental health and job satisfaction in the teaching profession. Studies have demonstrated that teachers experiencing better mental health tend to report higher job satisfaction levels. Job satisfaction among teachers has been associated with various factors including work environment, workload, relationships with colleagues and students, and perceived support from administrators. This study contributes to the literature by examining specific dimensions of mental health and their correlation with job satisfaction among teachers in PRSU-affiliated colleges.

### II. OBJECTIVE

The primary objective of this research paper is to investigate the relationship between mental health and job satisfaction among teachers working in affiliated colleges of Professor Rajendra Singh Rajju Bhaiya University (PRSU). Specifically, the study aims to:

1. Assess the mental health status of teachers in affiliated colleges of PRSU.
2. Evaluate the level of job satisfaction among teachers in the same academic institutions.
3. Examine the correlation between different dimensions of mental health and job satisfaction among teachers.

4. Identify factors contributing to mental well-being and job satisfaction among teachers in the academic environment.
5. Provide insights and recommendations for enhancing mental health support and promoting job satisfaction among teachers in affiliated colleges of PRSU.

By addressing these objectives, the research aims to contribute to a better understanding of the interplay between mental health and job satisfaction in the teaching profession, thereby informing strategies for improving teacher well-being and enhancing overall job satisfaction in academic settings.

### III. METHODOLOGY

The research methodology employed for this study utilizes a quantitative approach, specifically employing surveys, questionnaires, and standardized data collection instruments to gather data. The field survey method is chosen due to its capacity to provide unique and context-specific data, capturing real-time information and facilitating a deeper understanding of the research topic.

In employing a survey descriptive method, the research encompasses 594 colleges spanning across Prayagraj, Kaushambi, Fatehpur, and Pratapgarh districts. From this pool, a carefully selected sample of 180 teachers from government, self-finance, and aided colleges are included in the study. Specialized questionnaires focusing on mental health and job satisfaction are administered to the participants. These questionnaires are designed to gather comprehensive data relevant to the research objectives. Data collected through the surveys are subjected to rigorous statistical analysis. Statistical methods such as t-tests, f-ratios, and correlation coefficients are employed to analyse the collected data. These statistical techniques help in identifying patterns, relationships, and significant correlations between various variables under investigation.

By utilizing this quantitative research approach, the study aims to provide empirical evidence regarding the correlation between mental health and job satisfaction among teachers in affiliated colleges of PRSU. This methodology allows for systematic data collection and analysis, enabling the research to draw meaningful conclusions and contribute to the existing body of knowledge on the subject matter.

### IV. RESULT

The analysis revealed significant positive correlations between different dimensions of mental health and job satisfaction among teachers in affiliated colleges of PRSU.

Table 1: Correlational status between mental health and job satisfaction of teachers working in affiliated colleges of PRSU.

S. No.	Variable 1	Variable 2	N	R
1	Regular life	Job satisfaction	180	0.307**
2	Adjustment		180	0.295**
3	Emotional maturity		180	0.341**
4	Self-evaluation		180	0.249**
5	Self concept		180	0.361**
6	Physical health		180	0.339**
7	Satisfaction		180	0.466**
8	Clearcut philosophy of life		180	0.308**
9	Anxiety-lessness		180	0.231**
10	Conflict-lessness		180	0.283**
	Total Mental Health		180	0.358**

\*\*significant at 0.01

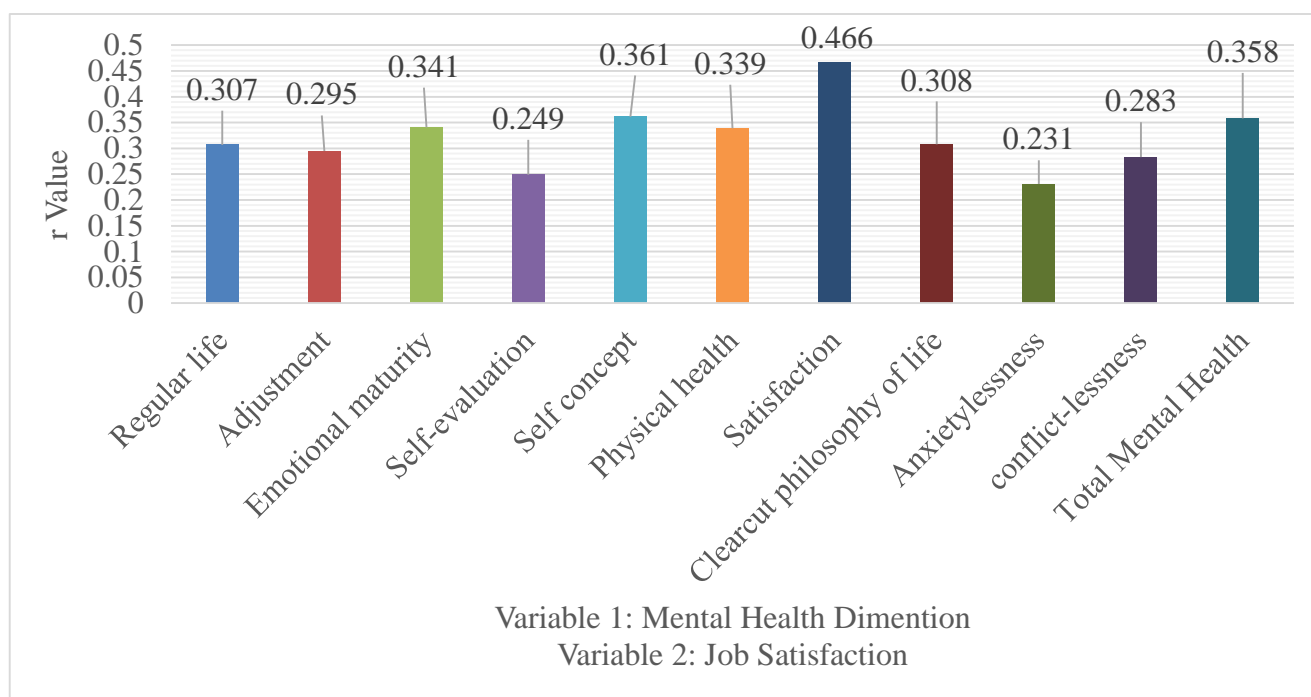


Fig. 1: Correlational status between mental health and job satisfaction of teachers working in affiliated colleges of PRSU.

The regular life dimension shows a significant positive correlation of 0.307, rejecting the null hypothesis. Similar results are observed for adjustment (0.295), emotional maturity (0.341), self-evaluation (0.249), self-concept (0.361), physical health (0.339), satisfaction (0.466), clearcut philosophy of life (0.308), Anxietylessness (0.231), conflict-lessness (0.283), and overall mental health (0.358). In each case, the correlation is significant at the 0.01 level, leading to the rejection of respective null hypotheses. The consistent positive correlations affirm a significant association between these mental health dimensions and job satisfaction among teachers in affiliated colleges of PRSU.

## V. FUTURE RESEARCH

Future research on the mental health and job satisfaction of teachers in government, private, and aided higher education colleges can prioritize several crucial avenues. Firstly, longitudinal studies tracking teachers over an extended period can unveil insights into the enduring effects and fluctuations in their well-being. Secondly, employing qualitative research methods like interviews and focus groups can provide a deeper understanding of teachers' subjective experiences and perceptions regarding their mental health and job satisfaction. Thirdly, comparative studies across different cities or regions in India can discern regional variations and contextual influences on teacher well-being. Delving into specific factors contributing to teachers' mental health and job satisfaction, such as workload, sense of responsibility, organizational climate, and support systems, can inform targeted interventions and policies. Additionally, intervention studies assessing the effectiveness of programs aimed at enhancing teacher mental health and job satisfaction can offer evidence-based strategies for stress reduction and well-being promotion. Cross-cultural research comparing the mental health and job satisfaction of teachers across various regions or countries can illuminate the impact of diverse sociocultural factors. Lastly, exploring the relationship between teacher mental health and job satisfaction and student outcomes underscores the importance of fostering a positive learning environment. Pursuing these avenues for future research can enrich our understanding and contribute to the development of interventions and policies supporting the mental well-being of teachers, thereby benefiting both educators and students alike.

## VI. RECOMMENDATIONS

The results of the t-test analysis will provide valuable insights into the differences, if any, in the mental health and job satisfaction outcomes among teachers in government, private, and aided higher education colleges in Prayagraj. The implications of the findings will inform recommendations for targeted interventions, policies, and practices aimed at improving the well-being of teachers in each type of institution.

## VII. ACKNOWLEDGMENT

We extend our sincere gratitude to Assistant Prof. Anupama Mehta and my father for their invaluable support and contributions to this research. Their guidance and encouragement were indispensable, without which this work would not have been achievable.

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