

EFFECT OF MENTAL HEALTH ON TEACHER EFFECTIVENESS OF SENIOR SECONDARY SCHOOL TEACHER.

A

SYNOPSIS

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INTRODUCTION

Education* to which we generally conceive as, „schooling” is a deliberate endeavour of the society to make necessary arrangements whereby the young budding may acquire various habits, knowledge and attitudes necessary to meet the demands of life, in general. Education is a process of teaching-learning where a more mature person (teacher) imparts the necessary, adequate information to a less mature (student) to bring about modification in his behaviour. So, education, as Me Dougall has pointed out is a purposive, goal-directed activity. Education is a process of acquiring knowledge (information) and changing behaviour as the result of imitation, training and experience. In this sense, education is instruction which has its specific goals, planning, contents and strategies. These goals, contents, and teaching

techniques are planned keeping in view the different levels of learner's development and also their personal and educational needs.

Education, in general, aims at fulfilling certain objectives and the list of such objectives can be substantially exhaustive. A teacher, if he can concentrate upon the following only he may be considered doing justice to his job:

i) To bring about harmonious development in the personality of the child

ii) To make arrangements to fulfil his personal and educational needs.

iii) To inclusive scientific temperament in him.

In fact, the first objective is the prime one and the other two are just the subsidiary goals as the first one is inclusive of other two. The idea is if the major objective is fulfilled the auxiliary ones would be automatically achieved. However, education has always been a very exciting field for all those who concern the well being of children and their happy, satisfactory personal and social life.

Education is now not restricted to those only who are capable of joining to normal/general schools, have at least average intellectual ability and other characteristics deem fit to gain school experiences. The others who are different to them in one or the other way should not be devoid of learning and availing other experiences at school with those who are labelled to be intellectually, physically, socially and economically superior to them. Previously, society has experimented with some specific systems for these "exceptional children" such as special schools, segregated classes, integrated schooling pattern or special residential schools etc. which could not prove to be of much utility inspite of cumbersome technicalities and huge amount of expenditure and other human resources.

Mental health is an essential part of wellbeing and there's a lot you can do to promote mental health for your child. It also helps to know what to do if you think your child has a mental health problem. Mental health, derived from its original term mental hygiene, is the state or

quality of the mental process that either promotes health or determines potential risks towards one's well-being. Mental health is the emotional and spiritual resilience that allows one to enjoy life and to survive pain, suffering and disappointment. It is a positive sense of well-being and an underlying belief in one's own and others' dignity. Mental health is about how a person thinks, feels, and acts when faced with life's situations. Mental health is the ability to balance feelings, desires, ambitions and ideas in one's daily living. It means the ability to face and accept the realities of life (Bhata, 1984). Mental health is an index which shows the extent to which one has been able to meet one's environment and social, emotional or physical demands. However, when one finds oneself trapped in a situation where one does not have the coping strategies to deal with it effectively, one gets mentally strained. Thus mental health is generally reflected in symptoms like anxiety, tension, restlessness or hopelessness among others. A mentally healthy person is well adjusted to his surroundings, cheerful, socially considerate, accepts reality, satisfied with his vocation and gets along with minimum of friction and tension and remains optimistic in life. Mental health is a condition and a level of function which is socially acceptable and personally satisfied. Mental health is how people look at themselves, their lives, and the people they meet in their lives, evaluate their challenges and problems. This includes handling stress, relating to other people, and making decisions.

The thing, which is mostly desired in all the societies of the world, is the need of preserving mental health of the individual. Mental health is a potent determinant of one's integrated personality and behaviour uniformly identified on the basis of the level of his/her adjustment to own self, others and environment. Our education should be based on the interest of the students. Parents should not give pleasure to select the stream of education. Our education system should have such policy which helps people to have the knowledge from their student age, how to face the stress in difficult situations without losing mental health. Counselling in schools, introducing yoga, meditation in school or introducing these programs in all the levels of education is the great step in this regard which at least helps people to equip good mental health. The notion of mental health is purely subjective and pertains to the inner frame of

reference of the individual. Consistency of behaviour is an important characteristic of mental health. It is categorically stated that a feeling of well being cannot be connected to a desirable criterion of mental health. Individuals may be happy under different conditions. But to explain their contentment as mental health is not always valid. Mental health to a large extent is dependent on sound physical health as is implied by the old phrase 'a sound mind in a sound body.'

According to Bhatia (1965) mentally healthy person was one who is self-confident and can live effectively. He lives in the world of reality rather than fantasy, and capable of tolerating frustration, such a person lives a well-balanced life of work, rest, and recreation. Mental health is said to be a state of mind characterised by emotional well-being, relative freedom from anxiety and disabling symptoms, and capacity to establish constructive relationships to cope with the ordinary demands and stress of life. As pointed out by many, mental health is not absence of mental illnesses, nor it is a feeling of well-being. But, however the concept of mental health involves these two psychological aspects along with other qualities like positive self-concept, attitudes towards self to others, consistency of behaviour, and absence of emotional and nervous tensions, discords and conflicts. A mentally healthy person has a wholesome, balanced personality and he/she is capable of its full and harmonious functioning which gives satisfaction to the self and others.

Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with adversity. Mental health is indispensable to personal well-being, family and interpersonal relationships, and contribution to community or society. It is easy to overlook the value of mental health until problems surface. Yet from early childhood until death, mental health is the spring board of thinking and communication skill; learning, emotional growth, resilience, and self-esteem. These are the ingredients of each individual's successful contribution to community and society. Having concern for happiness and welfare of the

students, they should adopt methods giving appropriate emphasis to teaching of learning and class-room practice, but mental hygiene approach is an aid to discipline. Mental health is a condition of psychological equilibrium, a relatively enduring, and consistent function of personality. It is a condition of personal and social functioning with maximum of effectiveness and satisfaction. Mental health involves a positive feeling and attitude towards self and others. The concept of mental health is an aid to human being.

The effectiveness of instruction in schools depends vitally upon the quality of the teacher and teacher effectiveness in the competence and ability of a teacher to teach effectively and effectively because he/she is set of teaching behaviours which are specially effective in bringing about desired changes in an effective manner and the class room learning demands the actions of a leader on the part of a teacher. A successful teacher becomes better and better because his actions are not based simply on intuition but on careful analysis, reflection, and planning.

REVIEW OF RELATED LITERATURE

Trivedi and Rakesh Kumar (2019) said Mental health is essential requirement for effective teaching. A teacher with sound mental health is more fruitful and productive. A sample of 704 secondary school teachers was selected to study their mental health. Employees mental health inventory by Dr. Jagdish was used. The findings revealed that male teachers are mentally healthy as compared to female teachers. It was also asserted that difference in mental health between Government and private teachers is significant.

Garg and Panwar (2015) Teaching is being considered as one of the noble professions since ancient times. With the changing socio-economic scenario and the increasing requirements of

the teachers, the professional courses in education have forthrightly undergone a drastic change which adversely affects their mental health. The level of mental health of the teacher has been found affected with organizational and social conditions. It is directly related with social, physical and mental health dimensions. Teachers are deeply influenced by socio-economic, social, physical and mental health dimensions in their personality. Moreover, they have also been considered as the constructors of the future of a country. Keeping these facts into the consideration, present study aimed to access the level of personal mental health of school teachers, particularly those who work in the public sector schools. Survey method has been employed and Mental Health Index (MHI) was used for collecting the data. 100 secondary and higher secondary school teachers were included in the study. The data was analyzed using descriptive analysis and to find the differences for gender and locations t-test was applied. The t-values mentioned that significant gender differences exist among government school teachers and male school teachers were found better on mental health than their female counterparts. Additionally, teachers posted at schools located under urban area were found higher on mental health as compared to teachers posted at schools located under rural areas.

RATIONALE OF THE STUDY:

There is always a need to evaluate the efforts which are being made by teachers to achieve the desired goals set by school management. It is highly recognized that the teacher effectiveness and the mental health of the teacher contribute a lot in successful teaching. Hence the investigator is trying to find out the effect of mental health on teachers effectiveness. Teacher act as a bridge between Educational system and pupils. The impact of any Educational programme of innovation on the pupil operates through the teacher. The success and standard of any school depend directly on the quality of its teachers there is no doubt that teacher occupy an important and critical piece in the education system in shaping the destiny of any country. This is the reason that at the time teachers are called as social

engineers. An effective teacher succeeds in producing desired changes among the students through his teaching as a profession and able to accompanice the prefixed goods of teaching effectively. Effective teacher can contribute significantly improving the education. Teachers effectiveness generally declines on many variables when teacher is satisfied with his job and is motivated, he may try to use new strategies, methods, ideas etc thereby affecting his effectiveness. So, the present study aimed primarily at studying the level of teacher's effectiveness and mental health of Private and Government School teachers' relationship of the two mental health of Private and Government School teachers' relationship of the two variables with effectiveness teachers working in school of District Faridabad.

STATEMENT OF THE PROBLEM-

The problem under study is

EFFECT OF MENTAL HEALTH ON TEACHER EFFECTIVENESS OF SENIOR SECONDARY SCHOOL TEACHERS.

OBJECTIVES OF THE STUDY

1. To study the level of Mental Health of Private and Government School Senior Secondary teachers.
2. To study the level of Teacher Effectiveness of Private and Government School Senior Secondary teachers.
3. To compare the mental health of male and female teachers of private and government senior secondary school.
4. To compare the teacher effectiveness of male and female teachers of private and government senior secondary school.
5. To Study relationship between Mental Health and teaching effectiveness of teacher of private and government senior secondary school.

HYPOTHESIS OF THE STUDY

1. There will be no significant difference in mental health of Government and Private Senior Secondary School Teachers.
2. There will be no significant difference in teaching effectiveness of Government and Private Senior Secondary School teachers.
3. There will be no significant difference in mental health of male and female teachers of private and government senior secondary school.
4. There will be no significant difference in teaching effectiveness of male and female teacher of private and government senior secondary school.

OPERATIONAL DEFINITION

- Teacher Effectiveness -

In my study, teaching effectiveness means the score obtained by using kulsum scale of teacher effectiveness

- Mental Health:

- In my study, mental health means the score obtained by using Jagdish and Shrivastava scale

METHODOLOGY

- Design of the Study

In accordance with the nature of the present study, Descriptive survey method will be used for the collection of data. The Tools will be administered upon the sample and data will be collected by the investigator.

- Population and Sample

(A) Population-

The Population for the present study will be comprises all the teachers teaching in Government and Private Senior Secondary School of Faridabad District.

(B) Sample-

Sample for this study will comprises of 50 Private and 50 Government teachers of randomly selected Government and Private Senior Secondary Schools of District Faridabad.

- Tools to be used

To obtain the data for the study following tools will be used-

1. Kulsum teacher effectiveness scale developed by (Dr. Umme Kulsum 2000)
2. Mental Health Mental Health Inventory by (Jagdish and Shrivatava)

- **Statistical Analysis**

Quantitative and Qualitative data analysis procedure using following techniques will be used for the study-

1. Mean or Average
2. Standard Deviation

3. T-test

DELIMITATIONS OF THE STUDY-

The study has been confined to District Faridabad only.

1. The study has been confined to 50 senior secondary school teachers of Government Schools of the Faridabad.
2. The study has been confined to 50 senior secondary school teachers of Private School of Faridabad.
3. The study is delimited to three variables i.e Teacher Effectiveness, Mental Health and types of schools (Government and Private Schools).

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