

## **Mental Health of School Teachers In Relation to Their Sex and Type of School**

**Neetu Dagar\* and Madhu Mathur**

*Research Scholar, Department of Education,  
Banasthali University, Banasthali (Rajasthan) - 304022 India  
\*Email: neetu\_dshingstar@rediffmail.com*

### **Abstract**

Teaching is considered as one of the oldest and noblest professions. With the changing socio-economic scenario and increasing unemployment. The value of teacher and their professional concern with the job have forcibly undergone a change which adversely affects their mental health. The study is aimed at finding the mental health of government and non government school teachers and its relation to sex. 600 teachers were selected from different schools of Haryana district. Mental health inventory was used. It was found that male teachers possess good mental health in comparison to female teachers. Type of school has no effect on the mental health of teachers.

**Key words:** Mental health, teacher, Gender, Type of school

### **Introduction**

The man of this age has to bear limitations and pressures in the trend of adaptation with his social and vocational environment. In recent decades, significant advances in technology and industry have brought a wave of stress that has caused reduction of mental health. Mental health is described as something more than a mere absence of mental disorders. Mental Health refers to a state of mind which is characterized by emotional well being, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationship and cope with the ordinary demands and stresses of life (Bhagi, 1992). Mental health in broadest sense suggests a degree of positive conformity and satisfaction under conditions that warrant a state of mind and capacity for making balanced personal and social relationship. A mental healthy person shows balanced behavior and faces the realities of life boldly.

The rise in magnitude of mental disorders, affecting millions of people all over the world has become a problem of grave-concern. It is predicted that the share of mental

and neural disorders from total diseases will increase by 50% till 2020 (Gogajeh et al 2014). The mental health of teachers is of higher importance than other social groups for the role they play in the mental and intellectual health of students because the ultimate aim of education is to produce good citizens. The reputation of a school and its influence on the life of the community invariably depend up on the kind of teachers working in it. If teachers don't enjoy sound mental health, they cannot concentrate in teaching and retain the knowledge given to the students.

The present social environment has exposed individuals to stressful situations which tend to produce adverse effects on their health. All segments of human society have been affected by the problems of mental health as well as stress (Jamal and Baba, 2000; Paul 2008). In the present scenario, teachers are also bound to be affected by certain amount of stress. Research has shown that teacher stress is consistently related with a number of variables such as lack of government support, lack of information about changes, constant change and demand of new curriculum, family and social environment, as among their greatest source of stress (Travers and Cooper 1997; Dewan 2012). The issue of teacher mental health has long been a topic of interest and concern to researchers in the field of education and psychology. The mental health of school teachers in India has been examined by several researchers and produced inconsistent results (Kaur, 2011; Dewan, 2012; Lath 2012; Galgotra 2013; Patel 2013). The information on mental health of school teachers in relation to sex and type of school is scanty. Keeping in view the paucity of Indian researchers on mental health of teachers and inconsistent findings, the present research has been made to study the effects of sex and type of school on mental health of teachers of Haryana.

### **Objectives of the study**

1. To study the mental health of male and female school teachers.
2. To study the effect of 'type of school' on mental health of school teachers.

### **Hypothesis of the study**

1. It is likely that there is no significant effect on the mental health of male and female school teachers.
2. It is likely that there is no significant effect of 'type of school' on mental health of school teachers.

### **Delimitations of the Study**

The present study has been restricted to the following as:

1. Teachers working in the Government and Non government schools of Haryana State.
2. The study is limited to 600 teachers i.e. (300 government, 300 non government school teachers)
3. The study was limited to two independent (Sex and type of school) variables and one dependent variable (Mental Health)

4. Sample was restricted to four district of Haryana i.e. Hisar, Kurukshetra, Rohtak and Faridabad.

### **Sample of the Study**

The sample of the present study comprised of 300 teachers of Government schools and 300 teachers of non government schools teaching in schools of District (Hisar, Kurukshetra, Rohtak and Faridabad) of Haryana.

### **Tools used**

Mental Health Inventory by H.P. Magotra.

### **Procedure**

After administering the tools on the sample the scoring was done as per the description given in the respective manual of the standardized tool.

### **Result and discussion**

In order to accomplish the objectives of the study. t-test was applied to study significant differences of school teacher's mental health in relation to their sex and type of school. The results are given in table 1 and table 2 separately.

**Table 1:** Comparison of Mental Health between male and female school teachers of Haryana.

Sex	N	Mean	SD	T	Level of significance
F	300	106.83	14.34	2.66	Significant at 0.05 level
M	300	110	14.74		
M	300	110	14.24		

Table 1 indicates that there is significant difference in mental health of male and female teachers of Haryana. The t-value is found 2.66 which is significant at 0.05 level. Mean and SD scores of male teachers are significantly higher than female teachers on mental health scale. The probable reason is that male teachers are more capable of coping with stress in comparison to female teachers. Similar results are also reported by several workers (Antonioni et al 2013; Abkhoul and Jenaabadi 2015). However Galgotra (2013) reported that sex has no effect on mental of school teachers.

**Table 2:** Comparison between government school teachers and non-government school teachers of Haryana in relation to their Mental Health.

Sex	N	Mean	SD	T	Level of significance
Govt.	300	108.5	14.54	0.16	Not Significant at 0.05 level
Non Govt.	300	108.3	14.71		

Table 2 indicates that there is no significant difference between the teachers of government or non government schools of Haryana. The t-value is found 0.16 which is not significant at 0.05 level of significant. Mean and SD scores of government and non government teachers are almost same on Mental Health scale. The probable reason is that now a day's private school teachers are also getting good salary or due to tuitions they are also earning a good amount. On the other hand due to shortage of staff in government schools, the teachers are overburdened. However, earlier studies revealed that government school teachers possess good mental health in comparison to private school teachers (Galgotra, 2013; Mahakud, 2014)

### **Implications and conclusion of the study**

Findings from this study have implications for the roles of policy makers, school authorities and higher educational authorities. As female teachers differ significantly in mental health and are less satisfied in their job in comparison to male teachers. So policy makers and higher educational authorities should look into the matter seriously and should provide necessary motivation and conducive environment for the teachers in order to stabilize their mental health. School administrators and higher educational authorities should arrange in service training for teachers to refresh their knowledge of content and teaching methods. Seminars, conferences and workshops should be organized in which teachers should be invited to refresh their knowledge and discuss their problems which they face in their work environment. It would be a better idea if limited workload according to the capacity of the teachers is given to them and special medical care, travelling allowances, special increments and rewards can be helpful in improving the overall mental health of the teachers.

### **Suggestions and further research**

- Similar study can be done in other districts of Haryana as it is confined to Kurukshetra, Hisar, Rohtak and Faridabad district of Haryana.
- Similar study can be done of primary level and college levels or at university levels. Similar study can be undertaken on other professions.
- Similar study can be undertaken in order to find out other variables influencing the mental health of teachers.

**References:**

- [1] Bhagi, M. and Sharma, S. 1992. Encyclopaedic Dictionary of Psychology, New Delhi anmol Publication.
- [2] Gogajej, A. H.; Gogajej, H.H.; and Gashlaghi, M.J.G. 2014. Predicting mental health of teachers based on variables of job stress, job satisfaction and job burnout among teachers of marand. *Indian Journal of fundamental and applied life sciences* 4, 2007-2012.
- [3] Jamal, M. and Baba, V.V. 2000. Job stress and burnout among Canadian Managers & Nurses: An Emprical Examination. *Canadian Journal of Public Health* Nov/dec.
- [4] Paul. 2008. The effect of stress on Mental Health. *Articles base*. 183.
- [5] Dewan, Renu. 2012. Stress and Mental Health of Tribal and Non-Tribal Female School Teachers in Jharkhand, India. *Int. J. Sc.Reasr.2(10)*
- [6] Kaur, S. 2011. Comparative study of occupational stress among teachers of private and Govt. school in relation to their age, gender and teaching experience. *International Journal of Educational Planning and administration* 1(2) 151-160.
- [7] Lath, S.K. 2012. A study of occupational stress among teachers of privately managed school and government schools in relation to age, gender and experience. *International Indexed Referred Res. Journal.* 3 (34) 78-79.
- [8] Galgotra, M., 2013, Mental Health of high School Teachers In Relation To Their Sex and Job Satisfaction, *International J .Hum. Soc. Sc.,2(1):20-23*.
- [9] Patel, J. 2013. Effect of area on mental stress of high school teachers. *International Journal of Research in humanities and Social Sciences.* 1 (3) 45-48.
- [10] Antoniou, A.S.; Ploumpi, A. and Ntalla, M. 2013. Occupational stress and professional burnout in teachers of primary and secondary education: the role of coping strategies. *Psychology*, 4 (3A) 349-355.
- [11] Abkhou, T.and Jenaabadi. 2015. Comparative analysis of the relationship between job burnout and general health of male and female high school teachers in Zabol. *Natural Science.* 7, 391-399.
- [12] Mahakud, G.C., and Bajaj, D. 2014. Organizational role stress and burnout among government and private school teachers in Delhi City: A comparative study," *In. J. Edu. Psy. Res.*, 3(2), pp. 81-86.

