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A Study on Mental Health of Female Teachers with Regard to Location and Management in Bongaigaon District of Assam

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Abstract:

Teachers play a very important role in the formal system of education. Quality of education mostly depends on the teachers. The teachers should have some specific, personal as well as professional qualities. Moreover they need a good mental health to perform their duties and responsibilities properly. Especially the primary school teachers should have a very good mental health. They should have patience, love and affection to teach the very little children. These qualities may be found among the mentally healthy teachers. In the primary school the number of female teachers is found to be higher than the male teachers. They can create a lovely and homely environment in school which is attractive for every child. But every female teacher does not have a sound mental health. So it is important to provide attention on the mental health of the teachers especially in primary schools. Hence an attempt has been made to conduct the present study by the investigator. The sample size of the study is 280 female primary school teachers of Bongaigaon district. The purposive sampling method has been applied to select the sample teachers. Tools used in the study are—1. RCE Mental Health Scale for Teachers developed and standardised by S.P. Anand (Former Professor in Education, NCERT). 2. An Interview Schedule, prepared by the investigators to collect the required data. The collected data are analysed and interpreted on the basis of the statistical techniques—Mean, Standard Deviation, Q_1 , Q_2 , and t -test. Simple percentage is also used in the present study. The major findings of the study are—1. The percentage of the teachers of average mental health is 57.14%. 2. There is significant difference between urban and rural teachers. 3. The mental health of the urban teachers is better than the rural teachers. 4. There is no significant difference between the government and private teachers.

Keywords: Mental health, Female Teachers, Quality, Primary School

1. Introduction

Teacher is the most important aspect of education. The teacher occupies a very important place in society due to bringing about the transfer of the intellectual tradition from one generation to the next. Their duty does not end in the classroom with students. They have the duties for the society and the nation. They are responsible for the development of the country and the world. In the words of Prof. Humayun Kabir, “Teachers are literally the arbiters of a nation’s destiny. It may sound a truism, but it still needs to be stressed that the teacher is the key to any educational reconstruction.”

Teachers need some personal as well as professional qualities to perform the duties and responsibilities properly and effectively. Along with the other qualities a teacher should be mentally healthy. A mentally healthy teacher can adjust to any situation in his/her life as well in the school. Only the teacher can create a sound environment in school that has a sound mental health. A mentally healthy teacher also may help in creating sound mental health in the students.

In the primary schools teachers should be very careful in handling the very little and delicate children. So the primary school teachers have more responsibility than the other teachers. They should be lovable, affectionate, patient and kind. All these qualities may be found in the teachers who have a good mental health. This quality helps the teachers to be a good and an effective teacher. Moreover it may help in the improvement of the quality of formal education.

1.1. Concept of Mental Health

Physical health and social health are the two spokes of the wheel of our life. Mental health is the hub of it. Our mind set sprouts from it. It makes choice of means and ends of our life. It is said to be the driving force of our life. It shapes our mode of life. It is the key to our life. Clark defined mental health as the ability to adjust satisfactorily to the various strains of the environment or various types of situations in one’s life. In the words of Bernard, “Mental health may be defined as the adjustment of individuals to themselves and the world at large with a maximum of effectiveness, cheerfulness and socially considerate behaviour and the ability of facing and accepting the realities of life. The highest degree of mental health might, therefore, be described as that which permits an individual to realize the greatest success which his capabilities will permit with a maximum of satisfaction to himself and to the social order and minimum of friction and tension.”

Mental health can be said to be the third eye to look at our life because it gives us a realistic view of our life. It is very important for every individual to adjust with the realities of life. In the words of Rogers "Mental health implies a satisfactory relationship to one self and to one's environment, as well as the profession of problem solving techniques for establishing a satisfactory relationship between the two."

1.1.1. Mental Health of Teacher

Teacher is the role model in school. They are taken to be the builders of life of the children. They should play a great role in the development of the individual as well as the nation. They should be mentally healthy to perform their duties. "Mental health for teachers is a state in which they are effective in their work, satisfaction and pride in the activities they pursue, manifest cheer in the performance of their duties and humanly considerate of their co-workers."- Bernard. Mental health of teachers can be said as the state of their whole self. It helps the teachers-- at their best work, to be effective/ cheerful at their work and to be proud/ satisfied in their job. Therefore a sound mental is considered as one of the most important aspects of the teachers.

2. Need and Significance of the Study

Primary stage is the most important stage of education. It is considered as the foundation of the entire educational structure. This stage of education may help in the improvement of the socio-economic aspects of the individual and the nation. It can help in the improvement of the literacy rate of the country. So the teachers of primary school have to play a significant role in the society. They should have a sound mental health to perform the duties effectively.

In general, the number of female teacher is larger in the primary school. The Sargent's Report of Education, The New Education Policy of 1986 of India also suggested giving preference for the appointment of female teacher in the primary school. The female teachers are considered as more suitable for the education of the little children. They can create a homely environment in school which environment is most important for the primary school children. It is very important for the teachers to have a sound mental health. A teacher cannot undertake the responsibility of education in the primary school properly without a sound mental health. The mental health of the teachers is related with several personal as well as the service conditions according to the review of related literature. After the review of related literature the investigator has found that some studies were conducted on the mental health of teachers in the different stages of education in national and international level. In the international level, Galgotra, M. (2013) revealed that government school teachers possess good mental health in comparison to private school teachers. It also revealed that sex has no effect on mental health of teachers. Further, the findings show that job satisfaction has an effect on the mental health of teachers. Sarjaloei, F. and Hashemi, M. (2013) revealed that mental health of principals affects their job satisfaction. The other results of the study were that the mental health of principals is effective on job satisfaction and education level and mental health of principals affect their job satisfaction. Galloway D., Panckhurst F., Boswell C., Green K. also revealed that the correlations between mental health and feelings of stress at work and between mental health and job satisfaction were higher. In the national level, Ray (1992) found that the mental health of teachers was positively correlated with job satisfaction. Mistry, M.T. (2010) revealed that there is sex difference in total mental health. It was also found there is a positive relationship between job satisfaction and mental health awareness of teachers.

But there is no any study conducted on mental health of female teachers of primary stage of education in regional level. Therefore the investigator has attempted to conduct the present study.

3. Statement of the Problem

An attempt has been made to study the mental health and job satisfaction of the primary school teachers and as such the study is entitled-"A Study on Mental Health of Female Teachers with regard to Location and Management in Bongaigaon District of Assam".

4. Objectives of the Study

In the present study, the following objectives have been determined-

- To study the degree of mental health of the female teachers.
- To find out the difference between the female teachers of urban and rural areas with regard to mental health.
- To find out the difference between the female teachers of government and private school with regard to mental health.

5. Hypotheses of the Study

On the basis of the objectives of the study, the following hypotheses have been formulated-

- There is no any significant difference between the female teachers of urban and rural areas with regard to mental health.
- There is no any significant difference between the female teachers of government and private school with regard to mental health.

6. Definition of the Terms

- **Mental Health:** - Mental health refers to the functioning of a well-integrated personality. It represents the degree of good or normal functioning of an individual's daily life. J. A. Hadfield has defined, "Mental health is the full and harmonious functioning of the whole personality."
- **Primary school Teachers:** - Primary school teachers refer to the teachers who are engaged in educating the children of class I to class V in the present study.

- **Location:** -In the present study location refersto the urban and rural areas.
- **Management:**-In the present study management refers to the government and private bodies.

7. Delimitation of the Study

The present study is delimited to the female teachers who are engaged in the lower primary school.

8. Methodology of the Study

In the present study the descriptive survey method is applied. All the female teachers of lower primary school of Bongaigaon District are the population of the study.

9. Sample

The sample sizeof the present study is 280 female teachers of lower primary school. The sample teachers are selected from various categories of school, such as government/private, rural/urban. The purposive sampling technique has been followed in selecting the sample teachers from each primary school.

10. Tools

The following tools are used to collect the data in the present study:

- RCE Mental Health Scale developed by S.P. Anand (Former Professor in Education, NCERT). Test- retest and split-half reliability are .88 and .79 respectively.
- An Interview Schedule prepared by the investigator.

11. Statistical Techniques

The investigator has been used the following statistical techniquesin the present study-

- Simple Percentage,
- Mean,
- Standard Deviation,
- Q₁, Q₃,
- T-test.

On the basis of these statistical techniques the collected data are analysed and interpreted. Moreover the SPSS 13.0 version has been also used to in regard of Mean, SD and T-test.

12. Analysis and Interpretation

- Objective-1. To study the degree of mental health of the female teachers.

Number of Teachers	Mean	SD	Q ₁	Q ₃
280	169.13	24.87	152.97	185.52

*Table 1: Value of Mean, SD, Q₁ and Q₃of Mental Health of Female Teachers
SD=Standard Deviation, Q₁=First Quartile and Q₃=ThirdQuartile*

From table-1, it has been observed that the value of Mean of the mental health =169.13, SD=24.87, Q₁=152.97 (153) andQ₃=185.52 (186) respectively. The obtained mean value is found to be higher than the theoretical value (150) of the RCE Mental Health Scale.

Total No. of Teachers	Categories	Number	Percentage
280	Very Good	67	23.93%
	Good	160	57.14%
	Poor	53	18.93%

Table 2: Percentage Distribution of Mental Health of overall Teachers on the basis of Q₁ and Q₃

From table-2, it has been observed that the percentage of teachers who have very good mental health is 23.93%, good (average) mental health is 57.14% and poor mental health is 18.93%. So it may be said that the number of teacher who have average mental health is higher than the other two categories (very good and poor). The percentage distribution of table-2 is shown by a pie diagram in Figure-1.

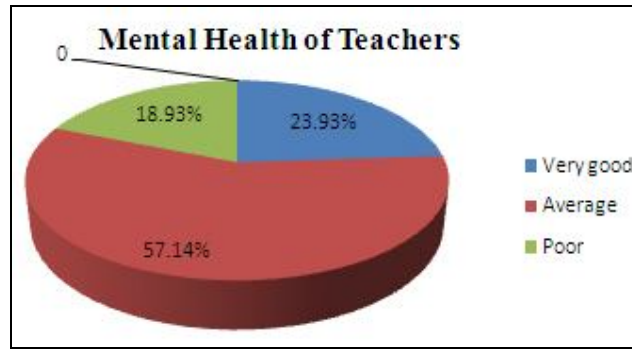


Figure 1: Category wise percentage of female teachers with regard to mental health

The figure-1, has clearly shown that the number of teacher who have average mental health is higher than the teachers who possess very good and low mental health.

- **Objective-2.** To find out the difference between the female teachers of urban and rural area with regard to mental health.
- **H₀₁:** There is no any significant difference between the female teachers of urban and rural areas with regard to mental health.

Variable	Location	Number of teacher	Mean	SD	t	Level of significance
Mental Health	Urban	144	172.27	25.03	2.19	Significant at 0.05 level
	Rural	136	165.81	24.36		

Table 3: Difference of Mental Health of Teachers on the basis of Location

The table-3 shows that the Mean value of urban teachers is 172.27, SD is 25.03 and Mean value of rural teachers is 165.81 and SD is 24.36. From this table it has been observed that the Mean value of the mental health of the urban teachers is higher than the Mean value of the rural teachers. Moreover the t-value of urban and rural teacher is 2.19 which is significant at 0.05 (5%) level of significance, as the table value is 1.96 at 0.05 level. Therefore it is safe to interpret that there is significant difference between urban and rural teachers. It also may be said that the mental health of the urban teachers is better than the rural teachers. Hence our null hypothesis –“There is no any significant difference between the female teachers of urban and rural areas”, can be rejected. The difference between urban and rural teacher has been shown in the Figure-2.

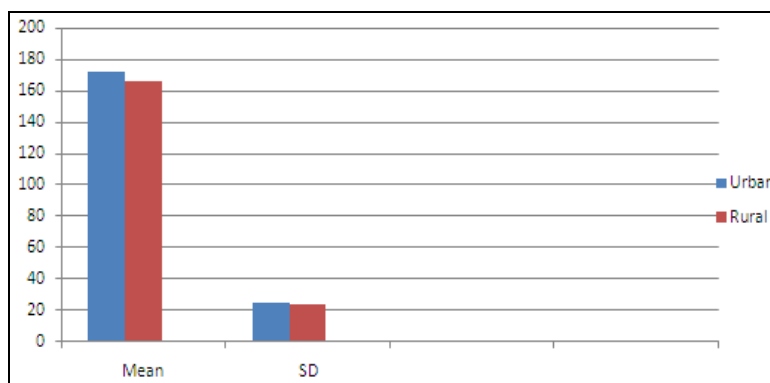


Figure 2: Difference between Urban and Rural Teachers with regard to Mental Health

The above figure has clearly shown that the mean value of mental health of urban and female teacher is higher than the mean value of rural female teachers. Moreover it has been also seen that the difference between urban and rural teacher is significant.

- **Objective-3.** To find out the difference between the female teachers of government and private school with regard to mental health.
- **H₀₁:** There is no any significant difference between the female teachers of government and private school with regard to mental health.

Variable	Management	Number of teacher	Mean	SD	t	Level of significance
Mental Health	Government	157	171.66	23.46	1.93	Not significant
	Private	123	165.91	26.31		

Table 4: Difference of Mental Health of Teachers on the basis of Management

From the table-4, it has been found that the value of Mean of mental health of government teachers is 171.66, SD is 23.46 and Mean of private teachers is 165.91 and SD is 26.31. From this table it has been observed that the Mean value of the mental health of the government teachers is higher than the Mean value of the private teachers. The t-value of government and private teacher is 1.93, which is not significant at both the level of significance, as the table value is 1.96 at 0.05 level and 2.58 at 0.01 levels. Therefore it is safe to interpret that there is no significant difference between the government and private teachers with regard to mental health. Hence our null hypothesis –“There is no any significant difference between the female teachers of government and private school”, can be accepted. The difference between government and private school teachers has been shown in the Figure-3.

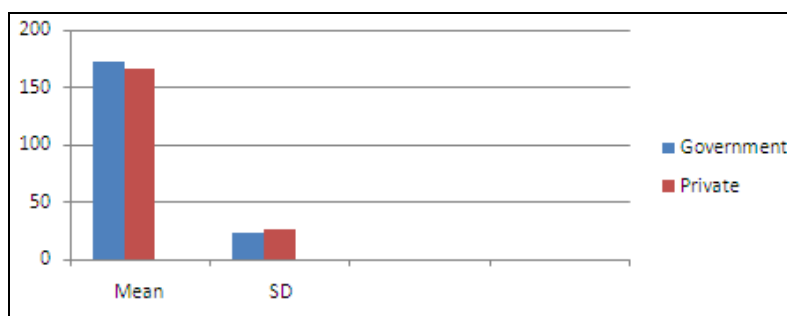


Figure 3: Difference between Govt. and Private School Teachers with regard to Mental Health

The figure-3 has clearly shown that there is no significant difference between the government and private female teachers in case of mental health.

13. Findings of the Study

In the present study the following findings have been found on the basis of the objectives:-

The value of Mean of the mental health of the female teachers is 169.13, SD is 24.87, Q_1 is 152.97 (153) and Q_3 is 185.53 (186) respectively. The obtained Mean value is found to be higher than the theoretical value (150) of the RCE Mental Health Scale.

The percentage of teachers who have very good mental health is 23.93%, good (average) mental health is 57.14% and poor mental health is 18.93%. So it has been found that the number of teachers who have average mental health is higher than the other two categories (very good and poor).

The value of Mean of urban teachers is 172.27, SD is 25.03 and Mean of rural teachers is 165.81 and SD is 24.36. From the obtained data, it has been found that the Mean value of the mental health of the urban teachers is higher than the Mean value of the rural teachers.

The t-value between urban and rural teacher is 2.19, which is insignificant at 0.05 (5%) level of significance, as the table value is 1.96 at 0.05 level of significance. Therefore it has been found that there is significant difference between urban and rural teachers. It also may be said that the mental health of the urban teachers is better than the rural teachers.

It has been found that the value of Mean of government teachers is 171.66, SD is 23.46 and Mean of private teachers is 165.91 and SD is 26.31. From this obtained values it has been found that the Mean value of the mental health of the government teachers is higher than the Mean value of the private teachers.

Moreover the t-value of government and private teacher is 1.93, which is not significant at both the level of significance, as the table value is 1.96 at 0.05 and 2.58 at 0.01 level of significance. Therefore it is found that there is no significant difference between the government and private teachers with regard to mental health.

In the rural areas the teachers face problems in the field of communication, ratio of teachers and pupils, material condition of school, awareness of guardians. In most of the rural schools, it has been found that there is lack of communication facility, improper ratio of teacher and pupil, material condition is poor and maximum guardians are unaware about the need of education. Moreover it has been also found that the number of the teacher is sufficient in the rural schools. The teachers are dissatisfied due to such problems. This dissatisfaction of teachers affects the mental health adversely.

In the private schools most of the teachers are dissatisfied due to poor salary, lack of facility, system of management, insufficient material condition. These types of problems are also found to be the causes of poor mental health of the female teachers.

From the above findings it can be concluded that the mental health of the female teachers is related with various conditions, such as salary, means of communication, ratio of teachers-pupils and material condition of school, management system, and awareness of guardians. All these conditions are related with job satisfaction of the teachers. It has been also observed that the

mentally healthy teachers are more satisfied and who are satisfied in their job are found to be mentally healthy in comparison to the others. So it can be observed that there is a close relationship between mental health and job satisfaction.

14. Suggestions

On the basis of the findings of the present study the following measures can be adopted by the respective authorities for the improvement of the female teachers:-

- Necessary provisions should be made for improvement of the material conditions of the govt. as well as the private primary schools especially in the rural areas.
- The means of communication should be improved in the rural areas.
- The female teachers should be appointed in the nearer schools as per as possible.
- Importance should be given on the appointment of sufficient number of teachers in the rural schools.
- Sufficient measures should be adopted for making the guardians aware about the need of primary education through various means.
- Importance should be given in maintaining the proper ratio of teacher and pupil in the government and the private primary schools.
- The school authority should provide importance on proper and democratic management in govt. and private schools.
- Necessary measures should be adopted to make the teachers effective, cheerful, proud and satisfied at their work.

All the above mentioned measures should be taken for the improvement of the level of job satisfaction of the teachers. The investigator expects that these measures will help in the improvement of the mental health of the teacher of Bongaigaon district of Assam.

15. Conclusion

The teachers play a very important role in the formal system of education. Quality of formal education mostly depends on the teachers. So the teachers should have the necessary personal as well as the professional qualities. They need a very good mental health to perform their duties and responsibilities properly. A teacher of poor mental health cannot perform his/her duties effectively. So it is considered as an important aspect of every teacher.

Especially the teachers of primary school need a very good mental health because they have to teach to the very little and delicate children. The teachers of primary school have more responsibility than the other teachers. They should have patience, love and affection to teach and bear the little children. On the basis of these qualities, they will be able to adjust with the situation/environment of primary school.

In the primary school the number of female teacher is found to be good. They can create a homely environment in school which is very essential to the children. But it is true that every female teacher cannot do this. They also need a good mental health to create a sound environment in the school. Only a mentally healthy female teacher will be able to do this.

In the present study it has been found that every female teacher is not mentally healthy and 18.93% female teachers have poor mental health in Bongaigaon district of Assam according to the present study due to several reasons (mentioned in the findings). Therefore, necessary provisions should be taken for the improvement for the mental health of the teachers of primary schools in Bongaigaon district.

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