

## **STUDY OF MENTAL HEALTH OF PUPIL TEACHERS IN RELATION TO THEIR GENDER AND LOCALITY**

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### **ABSTRACT**

*The present study was conducted to study and compare mental health of pupil teachers in relation to their gender and locality. A total sample of 160 Pupil-Teachers were taken from the selected eight B.Ed. colleges of H.P. To collect requisite data for the present study, the researcher used the mental health inventory (MHI) (Hindi Version) Constructed by Dr. Jagdish and Dr. A. K. Srivastav Deptt. of Psychology. B.H.U. Varanasi. Mental health inventory (MHI) covers six dimensions of mental health: For analysis and interpretation of data the investigator has used 't'- test to find out the mean's difference in different component of mental health of Pupil-Teachers. The finding of the study revealed that pupil teachers did not differ significantly in their mental health with respect to their gender and locality.*

**Keywords:** Mental Health, Prospective Teachers

### **INTRODUCTION**

Mental health may refer to a sound mental condition or a state of psychological well being for freedom mental diseases. Mental health is the ability which helps us to seek adjustment in the difficult situations of our life. Mental health is the ability to make adequate adjustments to the environment on the plane of reality. It is as the ability to balance feelings, desires, ambitions and ideals in one's daily living. It means the ability to face and accept the realities of life. Mental health is a term used describes how well the individual is adjusted to the demands and opportunities of life. It is very broad term which includes physical, mental, emotional and social aspects of adjustment. The idea of mental health is more complex and comprehensive. A sound mind in a sound body has been recognized as a social ideal for many centuries. Health generally means sound conditions, or well-being, or freedom from diseases. An individual is said to be physically healthy when his body is functioning well and he/she is free from pains and troubles. Anand (1989) studied the mental health of high school students and concluded that the mental health of adolescents, their academic achievement, and the educational and occupational status of parents were positively related. Morris (2002) conducted a study of mental health knowledge of pre-service and in-service elementary schools teachers. Sharma (2004) found that the B.Ed. Students related to stream and gender wise do not differ significantly of six components of mental health and on overall

mental health. But the students differ significantly on Group-Oriented Attitude component of mental health as related to gender. The results indicated that B.Ed. Students have average mental health. A person who is mentally healthy is said to be well adjusted person in every situation.

### **SIGNIFICANCE OF THE STUDY**

Teachers play an important and significance role in the development of the country. So for healthy nation, there is great need of healthy teachers physically and mentally. Also pursuing education and attaining minimum level of health for the learners and instructor. Any disruption and disturbance in the process is likely to create, risk and health hazards. The problem of promoting mental in the education at context, in developing country like India occupies higher priority on the agenda for human development. The mental illness in the family distinguishes the students from normal students to a greater extent than any other single factor. Hence, the environment factor is needed to affect the mental development of the teachers, students and community. The young generation is the force of the country. They have to build the nation. To make and build the country the teachers must safeguard their mental health. For this, the research work is the prime need as the research will bring new knowledge to light, concerning with mental health of the teachers. By doing this the researcher preserve and measures the mental breakdown.

### **OBJECTIVES OF THE STUDY**

- To study the mental health of male and female pupil-teachers.
- To study the mental health of rural and urban pupil-teachers.
- To study the mental health of rural and urban male pupil-teachers.
- To study the mental health of rural and urban female pupil-teachers

### **HYPOTHESES OF THE STUDY**

- There exists no significant difference in the mental health of male and female pupil-teachers.
- There exists no significant difference in the mental health of rural and urban pupil-teachers.
- There exists no significant difference in the mental health of rural and urban male pupil-teachers.
- There exists no significant difference in the mental health of rural and urban female pupil-teachers.

### **DELIMITATIONS OF THE STUDY**

The present study is delimited to 160 Pupil-teachers studying in eight B.Ed. colleges of H.P. only.

**Operational Definitions of The Key Terms Used**

**Mental Health:** Mental health consists of two words – mental and health. In this, health generally means sound condition or well being or freedom from diseases. Health aims at making growth more perfect. Mental means relating to mind or psyche. Mental health is full and harmonious functioning of whole personality of an individual. It is measured with the help of Mental Health Inventory (M.H.I) developed by Dr. Jagdish and Dr. A.K. Srivastava

**Prospective Teachers:** Prospective teachers are the teacher trainees undergoing regular pre-service training of one year duration in different colleges of education situated in Himachal Pradesh and affiliated to Himachal Pradesh University Shimla.

**SAMPLE**

To obtain an appropriate sample for the study the researcher selected eight B.Ed. colleges randomly by using lottery method and a total sample of 160 Pupil-Teachers was taken from the selected eight B.Ed. colleges of Himachal Pradesh.

**TOOL USED**

To collect requisite data for the present study, the researcher used the mental health inventory (MHI) (Hindi Version) Constructed by Dr. Jagdish, Deptt. of psychology, R. B. S. P. G. College Agra and Dr. A. K. Srivastav Deptt. of Psychology. B.H.U. Varanasi. Mental health inventory (MH1) covers six dimensions of mental health:

- |                                  |                            |
|----------------------------------|----------------------------|
| (I) Positive self-Evaluation     | (II) Perception of Reality |
| (III) Integration of Personality | (IV) Autonomy              |
| (V) Group Oriented Attitude      | (VI) Environmental Mastery |

**STATISTICAL TECHNIQUE USED**

For analysis and interpretation of data the investigator has used 't'- test to find out the difference in different component of mental health of Pupil-teachers.

**ANALYSIS AND INTERPRETATION OF DATA**

**Table 1.** Comparison of Mental Health of Male and Female Pupil Teachers with six Different Components

Group	Variable	No.	Mean	SD	df	t value	Remarks
Positive Self Evaluation	Male	80	32.22	5.06	158	.4073	N.S.
	Female	80	31.40	3.87			
Perception of Reality	Male	80	24.39	3.84	158	1.76	N.S.
	Female	80	23.44	2.87			
Integration of personality	Male	80	35.24	5.90	158	2.59	N.S.
	Female	80	32.75	6.23			
Autonomy	Male	80	16.85	2.68	158	2.523	N.S.
	Female	80	16.03	1.99			
Group Oriented attitude	Male	80	27.44	4.24	158	1.79	N.S.
	Female	80	26.02	3.88			

**Table 1.** Comparison of Mental Health of Male and Female Pupil Teachers with six Different Components (Contd....)

Group	Variable	No.	Mean	SD	df	t value	Remarks
Environmental of Mastery`	Male	80	30.76	3.90	158	.257	N.S.
	Female	80	30.60	4.08			
Over all Mental Health (Male and female)	(Mean)	(SD)	(t-value)	(Mean)	(SD)	(t-value)	N.S.
	165.75	25.60	1.54	160.48	16.75	158	

**Note:** Not significant at .05 and .01 level

**Table 2.** Comparison of Mental Health of Urban and Rural Pupil Teachers with six Different Components

Group	Locality	No.	Mean	SD	df	t value	Remarks
Positive Self Evaluation	Urban	80	31.71	4.52	158	.279	N.S.
	Rural	80	31.91	4.52			
Perception of Reality	Urban	80	24.09	3.29	158	.356	N.S.
	Rural	80	23.90	3.37			
Integration of personality	Urban	80	33.66	5.94	158	.677	N.S.
	Rural	80	33.32	6.42			
Autonomy	Urban	80	16.49	2.39	158	.263	N.S.
	Rural	80	16.39	2.41			
Group Oriented attitude	Urban	80	28.39	4.38	158	2.36	N.S.
	Rural	80	26.79	4.19			
Environmental of Mastery`	Urban	80	28.8	4.34	158	3.53	Significant.
	Rural	80	31.1	3.92			
Over all Mental Health (Urban and Rural)	(Mean)	(SD)	(t-value)	(Mean)	(SD)	(t-value)	N.S.
	164.23	22.04	0.349	165.31	17.15	158	

**Note:** Not significant at .05 and .01 level

**Table 3.** Comparison of Mental Health of Urban and Rural Male Pupil Teachers with six Different Components

Group	Locality	No.	Mean	SD	df	t value	Remarks
Positive Self Evaluation	Rural Male	40	32.07	5.01	78	0.263	N.S.
	Urban Male	40	32.37	5.17			
Perception of Reality	Rural Male	40	24.57	3.77	78	.434	N.S.
	Urban Male	40	24.20	3.95			
Integration of personality	Rural Male	40	35.12	5.43	78	.17	N.S.
	Urban Male	40	35.35	6.40			

**Table 3.** Comparison of Mental Health of Urban and Rural Male Pupil Teachers with six Different Components (Contd....)

Group	Locality	No.	Mean	SD	df	t value	Remarks
Autonomy	Rural Male	40	17.1	2.47	78	.83	N.S.
	Urban Male	40	16.6	2.90			
Group Oriented attitude	Rural Male	40	27.45	4.06	78	0.031	N.S.
	Urban Male	40	27.42	4.54			
Environmental of Mastery`	Rural Male	40	30.35	3.84	78	0.945	N.S.
	Urban Male	40	31.17	3.95			
Over all Mental Health (Urban & Rural Male)	(mean) 167.35	(SD) 19.51	(t-value) 0.25	(mean) 166.25	(SD) 19.46	(t-value) 78	N.S.

**Note:** Not significant at .05 and .01 level

**Table 4.** Comparison of Mental Health of Urban and Rural Female Pupil Teachers With six Different Components

Group	Locality	No.	Mean	SD	df	t value	Remarks
Positive Self Evaluation	Rural Female	40	31.25	4.00	78	0.207	N.S.
	Urban Female	40	31.43	3.07			
Perception of Reality	Rural Female	40	23.60	2.69	78	0.62	N.S.
	Urban Female	40	23.20	3.95			
Integration of personality	Rural Female	40	32.20	6.14	78	0.79	N.S.
	Urban Female	40	33.30	6.35			
Autonomy	Rural Female	40	15.87	2.15	78	0.67	N.S.
	Urban Female	40	16.17	1.83			
Group Oriented attitude	Rural Female	40	26.42	4.04	78	0.315	N.S.
	Urban Female	40	26.15	3.76			
Environmental of Mastery`	Rural Female	40	30.15	4.23	78	.984	N.S.
	Urban Female	40	31.05	3.94			
Over all Mental Health (Urban & Rural Female)	(Mean) 161.27	(SD) 15.77	(t-value) 0.345	(Mean) 160.02	(SD) 16.63	(t-test) 78	N.S.

**Note:** Not significant at .05 and .01 level

**CONCLUSIONS**

On the basis of analysis and interpretation of data following conclusion may be laid down-

1. There is no significant difference in the mental health of male and female pupil-teachers.
2. There is no significant difference in the mental health of urban and rural pupil-teachers.
3. There is no significant difference in the mental health of urban male and rural male pupil-teachers.
4. There is no significant difference in the mental health of urban female and rural female pupil-teachers.

### **EDUCATIONAL IMPLICATIONS**

On the basis of the results and conclusions, the following educational implications can be drawn.

1. To keep good mental health of college pupil-teachers, proper facilities should be provided which will reduce tension and frustration. Students should be provided good environment in the college.
2. They can also be taught that general mental disorder can be treated with the help of counselors. In the colleges, there should be guidance and counseling bureau service for the mental health. The colleges should conduct seminars and conferences regarding the problems of the students. In the family the parents should provide congenial environment for the better mental health of the students.
3. To promote the overall mental health of pupil-teachers extra provision should be there which may help the effective teaching learning process.
4. To make the pupil-teachers mentally healthy, various orientation programmes about ethics conditions and duties should be organized.
5. To promote the mental health of arts stream pupil-teachers some practical work, work related to real life should be organized so that they can think positively towards the real life.

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