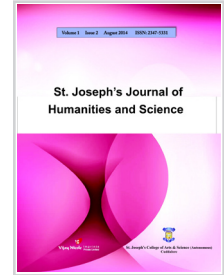




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Mental Health of College Teachers

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Abstract

The present study aims to find out the mental health among the college teachers. 500 samples were selected randomly from engineering college teachers in and around Cuddalore district. Standardized psychological tool was used to collect the data. Statistical test t-test and One Way Anova (F-ratio) were used to test the hypotheses. Result was found that there is a significant difference in college teacher's mental health on the basis of gender and community.

Keywords: Mental health, self concept, self insight, self identity, self responsibility

Introduction

Health is a dynamic concept with multiple meanings that are dependent on the context in which the term is used. There is little doubt that people view health as essential to well being. However individual's definition of health vary according to their own social experience and are relative to their age, their personal knowledge, general knowledge, social and illness experience (Keleher and Macdoughal 2008).

Mental health is a balanced development of the individual personality and emotional attitudes which enable him to live harmoniously with his fellow men.

Health has been viewed in different perspectives by different culture over time. Despite the observation by the ancient Greek statements Pericles (495-429 BC)

that "health is the state of moral, mental and physical well being which enable a person to face any crisis in life with the at most grace and facility".

The world health organization (WHO 1946) recognized "health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"

"Health is a state of complete physical, mental and social well-being and an ability to lead a socially and economically productive life" (OXFORD AND IBA NEW MEDICAL DICTIONARY 1990).

WHO declared that young people's mental health is a key area of concern to which professionals and policy-makers must direct their attention (WHO 2005). So, foundation for good mental health is laid in the early years of childhood and adolescence. Growing evidence

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shows the long-term value of promoting the positive mental health of children and young people.

Compared to adults, young people are especially at risk of creating vulnerabilities or developing mental health disorders as they face many new pressures and challenges in their daily lives. Leaving their parental home for the first time, financial worries, limited employment, new lifestyle development, educational opportunities or worries with human relations can cause high levels of stress, which can trigger mental disorder (WHO 2001).

Mental health of college students exhibit more severe mental illness. A study in (Science day August 13, 2010) severe mental illness is more common among college students. Young people are arriving on campus with pre-existing condition and willingness to seek help for emotional distress according to a study presented at 118th Annual convocation of (American Psychological Association 2010).

“Emerging evidence point out the increase in the prevalence of mental health problems among adolescents and later adolescents” (Surgeon General 1999).

Nature of Mental Health

The word mental pertains to the mind. It is a word which is seen almost exclusively in negative terms – as a term of abuse in the playground, at work and even in the family. But we are mental beings in the same; we are all ‘physical beings. Mental health is as important as physical health if we are to grow and to flourish, if we are to contribute individually and collectively to the society, we need to accept that we are mental beings with emotional and spiritual needs, as well as physical ones to know the concepts of mental health following definitions given by expert may allow us to explore in this field.

Mental Health stated that of complete physical, mental and social well being, and not merely the absence of disease; also mental health is described to be an important one as physical health and playing a critical role for an individual's over all well- being. Today mental health problems are considered as one of the major public health concerns. The reported life time prevalence for any mental disorder varies between 33 % and 46%, (WHO 2006).

Definitions of Mental Health

According to Bernard (1970) mental health is in continuous adjusting rather than a static condition and is therefore a persuasive goal; it is an ability to cope with the present and in all likelihood to adjust satisfactorily in the future. It involves physical, mental and emotional phases of adjusting behavior as well as habits of work and attitude toward situation and obstacles.

According to Maslow (1948) mental health is “a condition, which permits the optimal development-physical, intellectual and emotional if the other individual, so far this is compatible with that of the individuals”.

Hadifield (1950) defines “mental health as the full and harmonious functioning of the whole personality”.

According to Kilander (1962) “Mental health is the measure of a person's ability to shape his environment to adjustment to adjust to life and he has to face it and to do so reasonable amount of satisfaction, success, efficiency and happiness.”

Hence, mental health is a part of view one takes of all phases of living. The concept includes a social phase-socially considerate behavior, satisfaction with social order and contribution to society. Mental health is not simply the absence of disease but is a process of optimum functioning and maximum self realization.

Studies Related to the Topic

Nagai et al. (2007) studied poor mental health associated with job dissatisfaction among school teachers in Japan. Study aimed to compare the likelihood of having minor psychiatric disorders (MPD) among school teachers with that among civil servants, and to investigate what factors were specifically associated with MPD in teachers. Questionnaire – based survey of 403 teachers employed at state schools and 611 civil servants as a comparison group in a medium – sized city in Japan. In the group of civil servants, longer working hours, and physical illness were associated with an increased likelihood of having MPD. When this analysis was conducted separately for male and female teachers, job dissatisfaction alone was associated with teachers; job dissatisfaction alone was associated with MPD only in female teachers. Poor mental health of Japanese school teachers, female teachers in particular, was found to be associated with job dissatisfaction.

Khan and Beena [2008] explored the impact of mental health on the level of burnout of the teachers teaching at different education levels. Sample comprised 640 school and college teachers of four district of the eastern Uttar Pradesh. Burnout scale by Hatwal and Mithila and mental health status inventory by Anand Kumar and giridher were used; the obtained t-values 15.04, 27.11 and 7.38 were found statistically significant at 0.01 level of confidence.

Dewan et al. (2009) examined the effects of gender, religion and marital status upon mental health of tribal school teachers in Jharkhand. A stratified random sample of 400 tribal school teachers was selected for the study. Results revealed that gender produces significant effects on mental health. Female teachers as compared to male teachers were found to show poor mental health. The main effects of religion on mental health were found to be significant. Christian school teachers as compared to saran teachers had better mental health. The effects of religion were same for male and female teachers and also for married and un-married teachers. Like-wise, the effects of gender were not different for married and un-married teachers.

Naik and Francis (2010) studied creativity in relation to mental health. The Population of study was all the class IX students reading in different schools of Sundargarh district. The sampling size of 150 students' comprising of 75 boys and 75 girls were selected for the study. Result of the study revealed that there was no significant relationship ($r = -0.18$) found between high creativity of students with their mental health. No significant relationship was found between low creativity of students with their mental health.

Balaji and Avaradi, [2013] conducted the following study on 100 adolescent studying in government and private colleges selected from couple of districts [gulgarga and yadagiri]; adjustment problems inventory and mental health inventory were administered on them; statistical t-test and correlation were employed for data analysis. It was found that there is a positive and significant correlation between adjustment problems and mental health of adolescents.

Methodology

Objectives

To analyse the significant difference among the engineering college teachers in their mental health on

the basis of the demographic variables such as gender and community.

Hypotheses

- Respondents do not differ in their level of Mental Health on the basis of Gender.
- Respondents do not differ in their level of mental health on the basis of community.

Sampling and Sampling Method

500 samples from engineering college teachers in and around the Cuddalore District were selected by using random sampling techniques.

Method of Data Collection

The mental health inventory used in the research was developed by Augustine (7) consists of (60) items relating to various aspect of mental health namely self, other environment and life dimensions of self include acceptance of self insight, self identity, self responsibility, confidence and trust in oneself.

The second dimension is related to acceptance of warm and genuine relationship with others, feeling of emotional & Security, affection and love. The third dimension pertains to the perception of reality, personal freedom, healthy non-conformity open to experience and autonomous functioning. The fourth dimension is related to life which includes spontaneous free and natural living. Refined values, creativity and revelation of one's potential and life satisfaction. The questionnaire contains 15 items pertaining to each one of this dimension.

Statistical Tool Used

- Descriptive analysis
- Differential analysis
- The means, standard deviations of the entire sample are computed, In order to test the significance 't' test is used. In order to find out the significance of more than two variables, 'F' test is also used in this present investigation.

Result and Discussion

Showing Mean, S.D, t-value for respondents level of Mental Health on the basis of Gender

Mental Health	Gender	N	Mean	S.D	t-value	P-value
	Male	243	83.99	6.39		
	Female	257	86.96	7.12		
Total	500					

Source: Primary data

* Significant at 0.05 level

The above table exhibits the details of Mean, S.D. and t-value for respondents level of Mental Health on the basis of Gender.

It is inferred from the obtained t-value that there is a significant difference in respondents level of Mental Health on the basis of Gender. Since the calculated t-value (4.86) which is significant at 0.001 level. Therefore the stated null hypothesis is rejected and alternate hypothesis is accepted. Therefore it is concluded that respondents differ in their level of Mental Health on the basis of Gender. Hence female have higher mental health than male respondents. The present finding is supported by the previous study conducted by Dewan et al. (2009).

Showing Mean, S.D. and F-value for respondents level of mental health on the basis of community

Mental health	Community	N	Mean	S.D	F-value	P-value
	BC	26	93.54	24.12		
	MBC	276	84.74	7.66		
	SC	188	86.81	5.93		
	Others	10	91.00	0		
	Total	500	86.10	8.90		

Source: Primary data

* Significant at 0.05 level

The above table exhibits the details of Mean, S.D. and F-value for respondents level of mental health on the basis of community.

It is inferred from the obtained F-value that there is a significant difference in respondents level of mental health on the basis of community, since the calculated F-value (10.1) which is significant at 0.001 level. Therefore the stated null hypothesis is rejected and alternate hypothesis is accepted. Therefore it is concluded that respondents differ in their level of mental health on the basis of community.

Findings

- Respondents differ in their level of Mental Health on the basis of Gender. Female have higher mental health than male respondents.
- Result found that respondents differ in their level of mental health on the basis of community.

Recommendations

The following recommendations are suggested to improve the mental health of the college teachers.

1. Psychological counseling is to be arranged to know their strength and weakness and to cope with the stress and to maintain good mental health.
2. Stress management training is to be arranged to manage the stress.
3. Attitude change training program is to be given to create positive attitude.
4. Time management training is to be given to manage the time. Through these training programs every teacher can manage their time and plan effectively to perform their job successfully.
5. Positive thinking training will be given in order to improve mental health.

Conclusion

The present study aims to find out the significant difference in mental health among the engineering college teachers based on gender and community. 500 samples were selected randomly. Standardized Psychological tool was used to collect the data. Analysis reveals that Female have higher mental health than male respondents on the basis of gender. Further result also concluded that respondents differ in their level of mental health on the basis of community also.

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