

MENTAL HEALTH STATUS OF TEACHER EDUCATORS

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ABSTRACT

The purpose of the present investigation was to find out the Mental Health Status of Teacher Educators. An attempt is also made to study the influence of variables like sex, age, subject, type of college, teaching experience, locality of the college, and monthly income on Mental Health Status. The study revealed that Teacher Educators have high mental health status. It was also found that sex and subject have no influence on the mental health status of teacher educators, but age, type of college, teaching experience, locality of the college and monthly income have influence on the mental health status of Teacher Educators.

INTRODUCTION

Education has been defined as a preparation for life. Since the life of the adult involves many family and social responsibilities he has to adjust himself with several aspects of life. Education has the task of preparing the child for the manifold task of life. According to Gandhiji "Education is all round drawing out of the best in child and man-body, mind and spirit."

Mental health depends upon the ability of the mind to adjust with various types of situations in one's life. Mental health represents the degree of good or normal mental functioning. A person possessing sound mental health can adjust well to environmental situations and interpersonal relations. A mentally healthy individual can be distinguished from others easily through his mode of living, behaviour and personality characteristics. A mentally healthy person is satisfied with his profession or occupation.

Mental health can be conceptualized as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for well-being and effective functioning of an individual. This core concept of mental health is consistent with its wide and varied interpretation across cultures.

NEED OF THE STUDY

Teacher occupies an important role in the society. Teachers are the top most persons in the professional pyramid because they mould the future generation. The whole process of education is shaped and moulded by the human personality called the teacher who plays a pivotal role in any system of education. Teachers have the potential to mould the tender minds of students so that they become good citizen and good human beings.

Teacher's mental health plays an important role in the teaching- learning process. If the teacher is not in sound mental health, he can do incalculable harm to the nation in terms of poor guidance to the students. He cannot do justice to his job. His maladjustment will not only affect his personality negatively but will also produce maladjustment in children put under his care. The foremost concern of education today, is to produce mentally healthy persons and thereby well-adjusted personalities, because mentally healthy persons are the real assets of the society for the twenty-first century.

A teacher educator is the top most person in the professional pyramid because they mould the future teachers. The teacher educator is at the centre of the grand Opera of teaching learning and the whole system resolves around

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him. The whole edifice of education stands on the shoulders of the teacher educators. They not only play varied roles in the society, but also help the prospective teachers to develop the capacity to play different roles in the schools as well as in the society.

Teacher educators are to be considered as the ultimate agent for the realization of ideals, aims and objectives of education. The quality of education depends largely upon the quality of teacher educators because they are preparing the future teachers. The quality depends on the Mental Health Status of teacher educators. As the teacher educators build the future teachers they should have good mental health. The present study is an attempt to find out the Mental Health Status of teacher educators.

OBJECTIVES OF THE STUDY

1. To find out the mental health status of teacher educators.
2. To find out whether there is any significant difference in mental health status of teacher educators with reference to background variables namely sex, age, subject, teaching experience, type of college, locality of the college, and monthly income.

METHOD AND SAMPLE

The Normative survey method was adopted for conducting the present study. The sample consisted of 300 teacher educators working in different colleges of education in Kanyakumari, Thirunelveli, and Thoothukudi Districts.

TOOLS USED

The tools used for the collection of data were, Attoor Mental health scale prepared by Dr.R.Mukundan and K.S.Sivakumar (1993), and a Personal Data Sheet.

RESULTS AND DISCUSSION

1. Comparison of mental health status scores of various groups

Variable	Mean		SD	N	t	Level of significance
Gender	Male	180.02	20.31	102	0.30	NS
	Female	180.75	19.33	198		
Subject	Arts	180.39	20.77	123	0.08	NS
	Science	180.58	18.87	177		
Type of College	Self financing	178.87	19.75	221	2.50	Sig. at 0.05 level
	Aided	185.08	18.68	79		
Locality	Rural	178.71	20.00	206	2.44	Sig. at 0.05 level
	Urban	184.43	18.31	94		

The analysis of scores of male and female teacher educators shows that the mean score of female teacher educators is higher than the male teacher educators. The obtained t value (0.30) is not significant at any level. This result indicates that there is no significant difference between the male and female teacher educators in their mental health status. So it can be concluded that sex has no influence on the mental health status of teacher educators.

The analysis of scores of teacher educators of arts and science subjects shows that the mean score of teacher educators of science subjects is higher than the mean score of teacher educators of arts subjects. The obtained t value (0.08) is not significant at any level. This result indicates that there is no significant difference between the teacher educators of Arts and Science subjects in their mental health status. So it can be concluded that subject has no influence on the mental health status of teacher educators.

The analysis of scores of teacher educators of self financing and aided college shows that the mean score of teacher educators of aided is higher than the teacher educators of self financing colleges. The obtained t value (2.50) is significant at 0.05 level. This result indicates that there is significant difference between the self financing and aided college teacher educators in their mental health status.

So it can be concluded that type of college has influence on the mental health status of teacher educators.

The analysis of scores of rural and urban college teacher educators shows that the mean score of urban teacher educators is higher than the rural teacher educators. The obtained t value (2.44) is significant at 0.05 level. This result indicates that there is significant difference between the rural and urban college teacher educators in their mental health status. So it can be concluded that locality has influence on the mental health status of teacher educators.

Age-wise comparison of mental health status of Teacher Educators

Age	Mean	SD	Source	Sum of Squares	df	Mean Square	F	Level of significance
Less than 35 yrs	176.27	18.79	Between Gp	8827.34	2	4413.67	12.31	Sig. at 0.01 level
35 to 45 yrs	185.12	18.38	Within Gp	106463.66	297	358.46		
Greater than 45 yrs	190.46	20.68	Total	115291.00	299			

The calculated F value (12.31) is significant at 0.01 level. This result indicates that there is significant difference between the teacher educators of different age groups in their mental health status. So it can be concluded that age has influence on the mental health status of teacher educators.

3. Experience-wise comparison of mental health status of Teacher Educators

Experience	Mean	SD	Source	Sum of Squares	df	Mean Square	F	Level of significance
Less than 10 yrs	176.61	18.59	Between Gp	8776.51	2	4388.26	12.24	Sig. at 0.01 level
11 to 20yrs	186.92	20.37	Within Gp	106514.49	297	358.63		
Greater than 21 yrs	189.85	17.75	Total	115291.00	299			

The calculated F value (12.24) is significant at 0.01 level. This result indicates that there is significant difference between the teacher educators having various years of teaching experience in their mental health status. So it can be concluded that teaching experience has influence on the mental health status of teacher educators.

4. Monthly income-wise comparison of mental health status of Teacher Educators

Monthly Income	Mean	SD	Source	Sum of Squares	df	Mean Square	F	Level of significance
Less than 15000	175.29	18.42	Between Gp	18366.20	2	9183.10	28.14	Sig. at 0.01 level
15001 to 25000	190.61	17.79	Within Gp	96924.80	297	326.35		
Greater than 25001	193.90	16.53	Total	115291.0	299			

The calculated F value (28.14) is significant at 0.01 level. This result indicates that there is significant difference between the teacher educators having various monthly income in their mental health status. So it can be concluded that monthly income has influence on the mental health status of teacher educators.

CONCLUSION

The present study revealed that the teacher educators have high mental health status. It was also found that the sex and subject have no influence on the mental health status of teacher educators, but age, type of college, teaching experience, locality of the college and monthly income have influence on the mental health status of teacher educators.

This study helped to identify the mental health status of teacher educators. Institution authorities and management can arrange programmes for promoting mental health status of their employees. A democratic and conducive atmosphere can be maintained in the institution to promote mental health.

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