



RESEARCH ARTICLE

A Comparative Study of Mental Health of Male and Female Teachers of Degree Colleges

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ABSTRACT

Present study titled 'A comparative study of Mental Health of male and female Teachers of Degree College' conducted on male and female Teachers of Degree Colleges of Rural and Urban area. Descriptive survey method was implied to collect the data of the study. 200 teachers have been selected by using random sampling technique as a sample of the study. Employee's Mental Health Inventory prepared by Jagdish has been used to collect the data. Descriptive and inferential statistics (mean, standards derivation and t-value) have been used for analyzing and interpreting the data and its finding are conducted as there is no significant difference in Mental Health between Male and female Teachers of Degree Colleges of Rural area and there is significant difference in Mental Health between Male and female Teachers of Degree Colleges of Urban area.

Key words: Mental Health, Degree Colleges, Rural and Urban area

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INTRODUCTION

Education is the backbone of the nation. It removes the darkness of ignorance and it helps us to distinguish between rights and wrong, it also makes us aware of our duties and responsibility. Education is necessary for politician, businessman, artist's farmers, student and others for respective growth in the carrier and society. Education certainly is a means to overall progress of man. In other words, it is a pathway to human-development passes through the lanes of education. Moreover, true education is the sole basis for of achieving the goal of life. It is education, which can ascertain ultimate peace for a human being. Education is the most powerful tools and influencing medium of development. Quality of education depends upon the teachers and quality of teachers depends on their personal as well as their professional quality

MENTAL HEALTH

Mental health which today is recognized as an important aspect of one's total health status is a basic factor that contributes to the importance of physical health as well as social effectiveness. Mental health is a very ambiguous term because it is difficult to agree on its general application in a single term. Mental health describes a level of psychological well-being or an absence of a mental disorder. Mental health can also be defined as a signifying a successful adaption to a range of demands.

According to World Health Organization (WHO) mental health includes 'Subjective well-being, perceived self efficiency, autonomy, competence, intergenerational dependence and self actualization of one's intellectual and emotional potential among others. A mentally healthy person is effective, competent and is able to interact freely and openly with others and can share himself with other people and grow from such experience. A mentally healthy teacher plays a vital role in promoting the mental health stands for his/her adjustment and motivation with which he/she functions in the teaching profession. IT is an index of his/her identification with the job. A mentally healthy teacher may perform his/her duties and responsibilities properly. In this way mental health helps the teaching effective.

It is undeniable that each job that can lead to mental health problems in different ways. In many countries college teacher's job is often considered as one of the most stressful profession, Teaching

profession is generally considered as a noble profession with lots of expectations from the parents towards their children's education and the development of their personalities. These expectations may also contribute as a source of mental health. The expectations of the students and their parents are quiet high in private colleges as well as in government colleges. This in turn demand for better performance from the teachers, This pressure of high performance on the faculty members creates unhealthy mind which leads to reduced teaching efficiency teaching related stress can affect a teacher's health, well-being, and performance. Thus the present study set out to investigate the study of mental health of degree college teachers.

OBJECTIVES OF THE STUDY

1. To compare the Mental Health of male and female Teachers of Degree Colleges of Rural area.
2. To compare the Mental Health of male and female Teachers of Degree Colleges of Urban area.

HYPOTHESIS OF THE STUDY

1. There is significant difference in Mental Health of male and female Teachers of Degree Colleges of Rural area.
2. There is significant difference in Mental Health of male and female Teachers of Degree Colleges of Urban area.

NULL HYPOTHESIS OF THE STUDY

1. There is no significant difference in Mental Health of male and female Teachers of Degree Colleges of Rural area.
2. There is no significant difference in Mental Health of male and female Teachers of Degree Colleges of Urban area.

RESEARCH METHOD

The present study belongs to the category of descriptive field survey type of research.

POPULATION

The population of the study comprised of all the teachers working in degree colleges of Allahabad, UP.

SAMPLE

The sample of the present study comprised of 200 teacher of Degree Colleges of Allahabad, UP

TOOLS USED

Employee's Mental Health Inventory prepared by Jagdish have been used to collect the data.

ANALYSIS AND INTERPRETATIONS

1. To compare the Mental Health of male and female Teachers of Degree Colleges of Rural area:

Table 1: Mean, SD and t-ratio of Mental Health of Male and female Teachers of Degree Colleges of Rural area

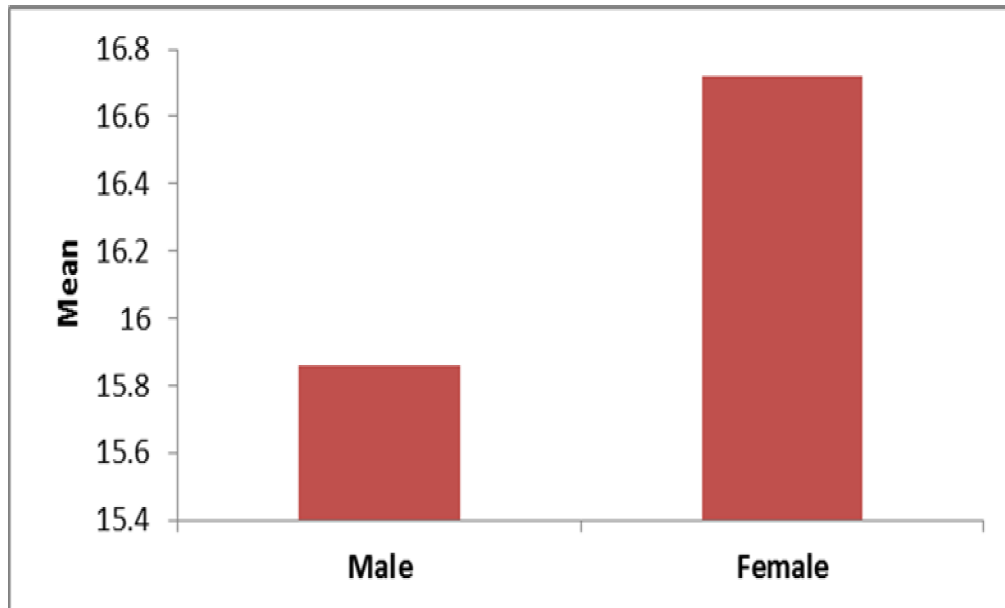
Gender	N	Mean	S. D.	t-ratio
Male	100	15.76	3.384	1.849*
Female	100	16.82	3.231	

*0.05 level of significance

From the table-01 it is clear that the calculated value of t-ratio 1.849 is less than the table value at 0.05 level of significance. Therefore the null hypothesis stating that 'There is no difference in mental health between male and female teachers of degree colleges of rural area' is accepted and

the research hypothesis is rejected that 'There is difference in mental health between male and female teachers of rural degree college'. Hence it is stated that there is no significant difference in Mental Health between Male and female Teachers of Degree Colleges of Rural area.

Graph 1: Mean Plot of Mental Health of Male and female Teachers of Degree Colleges of Rural area



It is observed from Table 01 that the Mean of Mental Health of Male Teachers of rural Degree Colleges is 15.76 and the Mean of Mental Health of female Teachers of rural Degree Colleges is 16.82. It indicates that there exists significant difference in Mental Health between Male and female Teachers of rural Degree Colleges. So it is stated that Male and female Teachers of rural Degree Colleges having similar Mental Health. It indicates that it is may be due to sampling error or statistical error.

2. To compare the Mental Health of male and female Teachers of Degree Colleges of Urban area:

Table 2: Mean, SD and T-ratio of Mental Health of male and female Teachers of Degree Colleges of Urban area

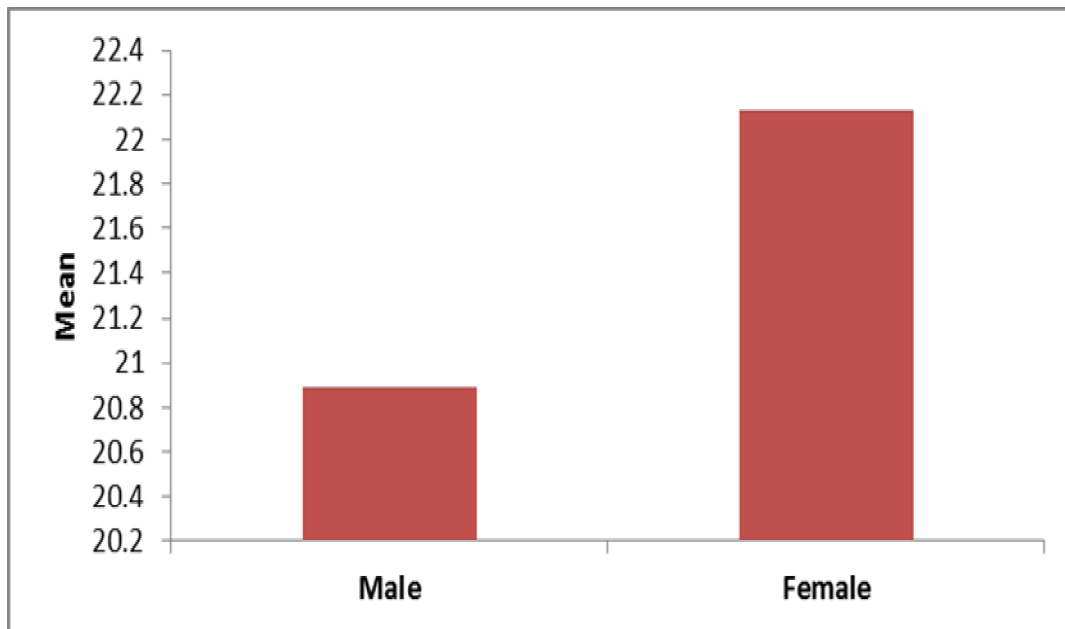
Residence	N	Mean	S. D.	t-ratio
Male	100	20.79	1.927	5.175*
Female	100	22.23	1.525	

*0.05 level of significance

From the table-02 it is clear that the calculated value of t-ratio 5.175 is greater than the table value at 0.05 level of significance. Therefore the null hypothesis stating 'There is no difference in Mental Health between Male and female Teachers of Degree Colleges of Urban area' is rejected and the research hypothesis is accepted that 'There is difference in Mental Health between Male and female Teachers of Degree Colleges of Urban area. Hence it is stated that there is significant difference in Mental Health between Male and female Teachers of Degree Colleges of Urban area.

It is observed from Table 02 that the Mean of Mental Health of Male Teachers of Degree Colleges is 20.79 and the Mean of Mental Health of female Teachers of Degree Colleges is 22.23. It indicates that there exists significant difference in Mental Health between Male and female Teachers of Degree Colleges. So it is stated that female Teachers of urban Degree Colleges having better Mental Health than male Teachers of urban Degree Colleges.

Graph 2: Mean Plot of Mental Health of Male and female Teachers of Degree Colleges of Urban area



CONCLUSION

Thus the present study set out to investigate the study of mental health of degree college teachers. Following conclusions were drawn from the results that 1. There is no significant difference in Mental Health of Male and female Teachers of Degree College of Rural area. It indicates that it is may be due to sampling error or statistical error. 2. There is significant difference in Mental Health between Male and female Teachers of Degree Colleges of Urban area. Female Teachers of Degree Colleges having better Mental Health than male Teachers of Degree Colleges.

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