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OCCUPATIONAL STRESS OF SECONDARY SCHOOL TEACHERS IN RELATION TO MENTAL HEALTH

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ABSTRACT:

The study aims to analyze the Occupational stress of secondary school teachers in relation to mental health of secondary school teachers. Teachers are the most powerful agents who influence the behaviour of the students and therefore teachers should possess emotional stability as well as healthy attitude towards life. Health of teacher, both physical and mental, adds to the efficiency of his/her work. Survey method has been used in the present study. Mental health inventory (MHI) and Occupational stress inventory were used for collecting the data. 41 secondary school teachers were chosen for the study. The data was analyzed using mean, Standard deviation, 't'- test and one way ANOVA. Teachers' mental health is higher than their counterparts. Gender-wise analysis shows that female teachers' mental health is higher than the male teachers.



KEYWORDS: Occupational stress , Health of teacher , physical and mental.

INTRODUCTION

A teacher has a powerful and abiding influence in the formation of the character of every future citizen. Even the best curriculum and the most perfect syllabus remains dead unless quickened with life by the right methods of teaching and the right type of teachers. The Secondary education commission (1952) observed if the teacher is poor and ineffective the entire edifice of education becomes shaky. Of all the factors which influence standard of education and its contribution to the national development, the part played by teachers is most vital. It is very

much influenced by the competence, character and personality traits of the teachers. There are certain conditions within the personality which affect the teaching and the role of a teacher in an educational institution. Mental health is dominant factor among them. The World Health Organisation defines mental health 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." Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined. Mental health is how we think, feel and act as we cope with life. It also helps determine how we handle stress, relate to others and make choices. Like physical health, mental health is important at every stage of life. Teacher is the most important component in the educational system. Teachers' mental health plays an important role in teaching - learning process. Teachers should be mentally alert and stable to develop alertness and stability in

the students. In the present situation teachers have to deal with large number of students, job satisfaction, leadership, stress etc. So environment leads to mental conflict and disorders. If the teacher is not in sound mental health, he/she can do in-calculable harm to the nation in terms of poor guidance to the students so that the teacher should maintain good mental health then only future learners will be benefited.

NEED AND SIGNIFICANCE OF THE STUDY

There is no health without mental health. Body and mind are interrelated. Any change in the mental condition can affect the physical condition and vice versa. Teachers are the most powerful agents who influence the behaviour of the students and therefore teachers should possess emotional stability as well as healthy attitude towards life. Health of teacher, both physical and mental, adds to the efficiency of his work. In the stress of modern civilization, lack of mental health may lead to unhappiness, failure, misery and even insanity in a large number of cases. According to Smith and Segal (2011) "People who are emotionally and mentally healthy have the tools for coping with difficult situations and creative in bad times as well as good".

OBJECTIVE

General Objective: To study Occupational Stress of Secondary school teachers in relation to Mental Health

SPECIFIC OBJECTIVES

1. To study the occupational stress, mental health of male and female teachers working in secondary schools.
2. To find out the difference in mental health of secondary school teachers with respect to occupational stress.
3. To study the occupational stress and mental health of teachers with teaching experience below ten years and above ten years.
4. To study the differences between more stressed and less stressed teachers in respect of mental health.
5. To study the correlation among occupational stress and mental health of teachers

HYPOTHESES OF THE STUDY

1. There will exist significant differences between male and female teachers in respect of occupational stress and mental health.
2. There will exist significant differences between teachers with teaching experience below ten years and above ten years in respect of occupational stress and mental health.
3. There will exist negative correlation between occupational stress and mental health of teachers.
4. There will exist positive correlation between mental health and occupational stress.

METHOD OF THE STUDY

The present study entitled, "Occupational stress of secondary school teachers in relation to mental health" can be described as descriptive survey study. It is descriptive in sense that it lays great stress on detailed study of the dependent and independent variables.

Sample

The sample was selected by the population of secondary school teachers of the K.V. Kanya Shala, Panvel (Raigad district) The overall sample involved in the study consisted of 41 males and female teachers

Tools used

1. Mentalhealth inventory (MHI) developed and standardized byJagdish and Srivastava (1996), was used to collect the data.
 2. Occupationalstress inventory (By Osipow& Spokane, 1987).
- Above mentioned two inventories were used for the present study.

Statistics Used

Frequency distribution and descriptive statistics such as Means, S.D's, Sk, Ku were computed to study the nature of distribution for score for all the variables of occupational stress and mental health. The t - values obtained to find out the significance of difference between the means of low and high groups and to study the significance of difference between the male and female teachers, teaching experience.

Delimitation of the study

1. The study is delimited only to secondary school teachers teaching in K.V. KanyaShala, Panvel (Raigad district) in the state of Maharashtra.
2. The study is delimited with respect to the sample of 41 teachers.
3. The study is delimited only to 2 tools of data collection: - A. Mental health inventory (MHI) developed and standardized by Jagdish and Srivastava (1996), B. Occupational stress inventory (By Osipow& Spokane, 1987).

Major findings of the study

- Male and female teachers have increased work load and more responsibility
- Teachers are found to be average in mental health level.
- The female school teachers' mental health is found to behigher than the male school teachers.
- Male teachers are less sensitive toward physical stressors as compared to female teachers.
- Teachers with teaching experience below ten years have fewer responsibilities in schools as compared to teachers with more experience.
- Teachers who have conflicts and factions they need support from colleagues.
- Teachers' mental health is higher than their counterparts.

CONCLUSION

Major conclusions on the basis of analysis, interpretations and discussion of the data collected from 41 teachers. The following conclusions have been drawn.

Each school has different problems and these should be sorted out and be removed accordingly so that teachers may teach satisfactorily, effectively and efficiently to their students. All the school administrators and higher authorities should take keen interest in developing and maintaining positive mental health of teachers and students. It is necessary to establish guidance and counselling cell in all the schools. It will help to solve mental, psychologicaland health related problems of teachers and students. Mentalhealth promotion related workshops, seminars, groupdiscussions and conferences should be organized at the interschool level then only teachers and students benefited. Teachers' mental health is directly related to the work of classroom. Thus good mental health of the teacher should as important qualification as academic competenceto make contribution to the learning community. . Therefore the mental health of the teachers should be enriched in order to make the students to face the difficulties persisting within the society.

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