



A STUDY ON MENTAL HEALTH OF PRIMARY SCHOOL TEACHERS IN RELATION TO THEIR SCHOOL ENVIRONMENT

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ABSTRACT :

The present study was designed to assess the Mental Health of Primary School Teachers in relation to their School Environment. The relationship between mental health and School Environment of primary school teachers. The study was a correlation was used the mental health and school environment Scale for School Teachers as a research tool. A total of 500 primary school teachers, working in government and private schools, were randomly selected. The tools, used in the study, were the Mental Health Scale by Peter Becker (1989)



and School environment inventory - standardized by Dr.Karuna Shankar Misra (2002). The study reveals that there is inverse relationship between School environment and mental health of primary school teachers.

KEYWORDS : *Mental Health, School Environment and Primary School Teachers.*

INTRODUCTION :

Mental Health

Mental health stands for the health of the mind, “The wholeness of mind”– analogous to the wholeness of the body as implicit in physical health. Accordingly, mental health is concerned with the health of one’s mind and its functioning in the same way as the physical health is concerned with the health of one’s physical organs and their functioning. A public health approach to mental health, (WHO, report 2008) the concept of mental health has been defined as “Which includes subjective well- being, perceived self- efficacy, autonomy, competence, intergenerational dependence, and self actualization of one’s intellectual and emotional potential, among others. From a cross cultural perspective, it is nearly impossible to define mental health comprehensively. It is however generally agreed that mental health is broader than a lack of mental disorders”.

School Environment

It is useful to distinguish class room level environment from school or school level environment, which involves psychosocial aspects of the climate of whole schools. (Anderson 1982; Fraser & Rentoul 1982; Germ 1984). Despite their simultaneous development and logical lies the fields of class room level and school level environment have remained remarkably independent.

NEED AND IMPORTANCE OF THE STUDY

Mental health among primary school teachers is a major concern not only for the teachers but also for students, educational institutions as well as the government. Teachers are concerned with facing them effectively by putting in more time and efforts and compromising in their entertainments. On the other hand, seniors, students and government are toiling with finding ways of minimizing mental stress in pupils and make study activities a useful and pleasurable one. Mental health is experienced due to the perception that the demand exceeds one's resources. It is a well-known fact that the demand on teachers at the secondary and higher secondary level in India is quite high. One reason for such a high demand, which sometimes is unrealistic, by the parents or the family. Inability to satisfy parents' high expectation in studies as well as the occupational goal increases the stress in the teachers sometimes leading to tension. Understanding how the school environment increase the mental health of primary school students can enlighten parents and teachers in dealing with the pressing problem. Another way of dealing with mental health could be by strengthening the resources in adolescents and help them to set realistic aspirations. Exploring the influence of family environment, and school environment on primary school teachers mental health can throw light on the dynamics of mental health.

STATEMENT OF THE PROBLEM

In the world of today everyone is threatened by increasing population and degraded circumstances. Health is and has been always one of the most important areas where we need to focus. Concept of health extends beyond the proper functioning of the body, it includes controlled emotions, a sound and efficient mind. This means that mind and body both are working efficiently and harmoniously (Kaur, 2006-07). The expression "Mental Health" consists of two words- 'Mental' and 'Health'. 'Health' generally means sound conditions or well being or freedom from diseases. Mental health, therefore, means a sound mental condition or a state of psychological well being of freedom from mental disease (Singh, 2004). Human beings are always immersed in a social environment which not only changes the very structure of the individual or just compels him to recognize facts but also provides him with a readymade system of signs. It imposes on him a series of obligations. Two environments home and school share an influential space in child's life and there exists a unique juxtaposition between the two (Tucker & Bernstein, 1979). According to Sagar and Kaplan (1972), by its very nature, the family is the social-biological unit that exerts the greatest influence on the development and perpetuation of the individual's behaviour. Next to family, the school is the most important experience in the process of child development. When the child enters the school arena, he or she is presented with new opportunities in terms of socialization and cognitive development. These opportunities are provided in different measures in different schools and may have a direct impact on the cognitive and affective behaviours of students. The problem taken for the present study has been stated as the "A STUDY ON MENTAL HEALTH OF PRIMARY SCHOOL TEACHERS IN RELATION TO THEIR SCHOOL ENVIRONMENT".

OBJECTIVE OF THE STUDY

- To find out whether there is significant relationship between mental health and school environment of primary school teachers.

HYPOTHESIS

- There is no significant relationship between mental health and school environment of primary school teachers.

TOOLS USED

1. Mental Health Scale by Peter Becker (1989)
2. School environment inventory - standardized by Dr.Karuna Shankar Misra (2002)

METHODS

A research design is highly essential and inevitable as a blueprint. In the present investigation Descriptive survey research method will be employed.

SAMPLE OF THE STUDY

For the present study, the investigator adopted random sampling technique. A sample of 500 primary school teachers are selected by using random sampling technique from 15 schools belonging to Cuddalore District.

RESULT AND DISCUSSION

Table 1
Showing the Correlation Co-efficient between Mental health and School Environment of primary school teachers

Variables	N	Correlation Co-efficient ('r')	Level of Significance
School Environment	500	0.837	0.01
Mental health			

The correlation coefficient 0.837 is found between School environment and mental health of primary school teachers, which is found to be significant at 0.01 level. It indicates that better the school environment, the mental health will be less. So it is concluded that there is inverse relationship between School environment and mental health of primary school teachers. The formulated hypothesis i.e there is no significant relationship between school environment and mental health of primary school teachers is not true and it is rejected.

CONCLUSION

The result found that the study was designed to assess the Mental Health of Primary School Teachers in relation to their School Environment. It is concluded that there is inverse relationship between School environment and mental health of primary school teachers.

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