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## **Review Of Research**



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# A STUDY OF SELF ESTEEM, RELIGIOUS ORIENTATION AND PSYCHOLOGICAL WELL-BEING IN MALE AND FEMALE TEACHERS IN SECONDARY AND HIGHER SECONDARY SCHOOL.

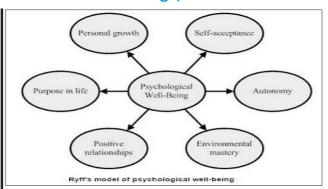
Hajimalang Akabar Shaikh<sup>1</sup> and Prof. Dr. U. V. Bhosale<sup>2</sup>

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#### **ABSTRACT:**

he main aim of present thesis is to study the selfesteem, Religious orientation and psychological well-being in secondary and higher school teachers. To do so, we have used the psychological well -being test of Dr. Carol Ryff , the McPherson and Gorsuch Revised Intrinsic-Extrinsic test and Rosenberg's selfesteem scale. Information was collected by data collection through the questionnaires. The data was analyzed by the standard deviation of mean was calculated to determine whether the high self - esteem, Intrinsic religious orientation prone to high psychological well being in Teachers. The result is, there is the significant Correlation observed between self esteem, religious orientation and psychological well being in mail and female Teachers.



teacher is central point of social environment. Psychologically, the students are formed emotionalattachment to the teachers, because much of the time is serving in the school environment by the teachers and students.

KEY WORDS: esteem, religious orientation and psychological well – being, Secondary and higher secondary Teachers.

#### **INTRODUCTION:**

General Introduction:-

A School environment is always considered as the quality and good character of teaching life. In this environment many things affecting on teachers personality such as social and physical aspects of school. By which, these things positively promoting and imprinting on behavior, emotion, feeling and even their school achievement as well as social development of teacher.

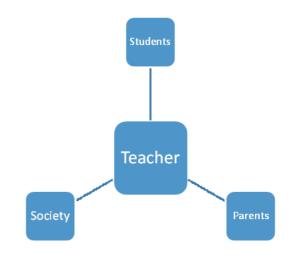
All of us know that the

Teacher is the major source of interaction between students, parents and society. Therefore, many philosophersbelieve that the teacher is the first person of social reformation and social awareness.

In the following picture, we realized the relationship of teacher in social context.

The Teacher is bonded by the triple sided interaction between students, Parents and Society.

#### **Interaction of Teachers**



In this study, we are finding the relationship of self – esteem, religious orientation and psychological well – being of teachers who are providing their service in the

secondary ad higher secondary schools. We are considered these three aspects which affecting and imprinting in the development of teachers personality.

# Academic Achievment Discipline Social Relationship School Attachment

#### **School Environment and Teacher**

In this study, we extensively investigate three psychological terms self-esteem, Religious orientation and Psychological well – being in the context of secondary and higher secondary teachers.

Normally, Self – esteem is known as individual's personal positive feeling regarding their own. Generally, self – esteem is consisted with attitude, feeling, inner belief and emotions also. Actually, the birth of self - esteem is rooted in Philosophy. First of all, William James has stated the concept of self – esteem in 1892. After, Morris Rosenberg has defined self-esteem as a feeling of self-worth and later, he developed the Rosenberg self-esteem scale (RSES), which further became the world's most-widely used scale to measure self-esteem in the social sciences. But in the 20th century, Self – esteem has become a central concept for Humanistic Psychologist such as Abraham Maslow, Carl Rogers etc. Maslow proposed that without the fulfillment of the self-esteem need, individuals will be driven to seek it and unable to grow and obtain self-actualization. Further, Carl Roger stated that the root and origin of people's problem is situated in themselves and their consideration of self-worthless and feeling of incapable of being loved by others.

Secondly, religious orientation, we know well that religious beliefs are working as powerful motivation in many people lives. Religion is set of beliefs, feelings and culture system of behavior and practices.

In India, there are various religions and their unique customs. These peoples are residing peacefully in India from long – long ago. According to Philosopher and Psychologist Religious beliefs plays major role in personality development. Modern researches have proven that strong religious beliefs plays essential role in coping stress, Anxiety and even various mental disorders and physical illness.

In the point of psychological study, Allport & Ross developed a means of measuring religious orientation. The measures of Intrinsic - Extrinsic religious orientation (1967). After, McPherson and Gorsuch has broadened the Allport & Ross concept of religious orientation and further presented Revised Intrinsic - Extrinsic Religious orientation scale. Generally, the terms Intrinsic and Extrinsic religious orientation are differentiated on the basis of individual belief system, feeling, behavior and own religious practices.

Intrinsic Religious Orientation:- Strong religious beliefs, assumptions about the existence and Nature of God. Many of These peoples follows strictly their religious practices and strong beliefs on their religious principles.

Extrinsic Religious Orientation:- Religious belief of ultimate end rather than considering central religious beliefs. Individuals described by extrinsic religiousness use their religion to fulfill more basic needs such as social relations or personal comfort,

Finally, in simple way, Intrinsic Orientation means living the lives according to the own religious beliefs and religious practices. On the other way, Extrinsic Orientation means, using their religion to fulfill their various basic

needs such as personal satisfaction and bonding social relation.

Even, Dan Batson has provided tremendous contribution in religion, Religious orientation; even D. Batson has also provided the concept of Orthodoxy religiousness apart from Intrinsic – Extrinsic religiousness.

#### **Religious Orientation according to Allport and Ross**

Mature Religiousness

Intrinsinc Religious

Immature Religious

Extrinsic Religious

Finally, Psychological well – being, Dr. Carol Ryff has studied extensively about psychological well – being. Generally, Psychological well – being is known as individual self- belief about the gained happiness in life. Dr. Carol Ryff has proposed six component of psychological well – being as mentioned below.

- 1. Self-acceptance
- 2. Personal growth
- 3. Purpose in life
- 4. Environmental mastery
- 5. Autonomy
- 6. Positive relations with others

In the study of psychological well – being, there are basic two concepts such as A) Hedonism, B)Eudemonism.

- **A)** Hedonism:- The term "Hedonism" is originated from the Philosophy and Philosopher's point of view. According to this approach, human has genetically and primitive instinct to achieve the pleasures in the life. The term Hedonism and its principle were explained by Aristotle, Plato and even Socrates. In simple words, Hedonism is the human's inborn instinct for achieving pleasure, fulfill the needs in life.
- **B)** Eudemonic:- The term "Eudemonic" is explained by Erik Erikson, Allport, Abraham Maslow. According to Eudemonic approach, it is an intrinsically motivated desire to fulfill the endorsed life achievement, meaningful and perfect life. Recently, Dr. Carol Ryff has explained broadly about Eudemonia and psychological well being, Psychological Well Being by C. Ryff
  - + Self-Acceptance
  - + Autonomy
  - + Personal Growth
  - + Purpose in Life
  - + Environmental Mastery
  - + Positive Relation with Others

#### **REVIEWS OF PAST STUDIES**

Logically, it is essential to get overview of the progress occurs in this field, it is also necessary for Researcher to go through and reanalyze the past studies of this area before starting this study. It is also necessary to prevent theunnecessary replication of past study. The survey of previous studies also helps to understand some key point which should be always kept in mind by Researcher during conduction the specific types of Researcher. It is also helpful to get an idea about the forthcoming difficulties, the methodologies and tool used and shortcoming of methodology used to conduct Researcher. In this way, the review of past studies is proving very

valuable suggestion and idea about conduction that particular type of Researcher.

#### Self-Esteem:-

FouziaTabassum, Muhammad Asghar Alihas studied about the Professional Self-Esteem of Secondary School Teachers (2012). This research was mainly focused on professional self-esteem of teachers at secondary level. The major objective of this research was to compare the level of professional self-esteem of teachers (science/arts, rural/urban, male/female) at secondary level. Aricak (1999) Professional Self-Esteem Scale was used for that research study.

**Conclusion:**-There is no significant difference in the level of professional self-esteem of Arts and Science teachers and rural and urban teachers, whereas a significant difference is found in the professional self-esteem level of male and female. Female secondary school teachers have high professional self-esteem than male.

#### Psychological Well - Being:-

ValiMehdinezhad (2012) has studied the Relationship between High School teachers' wellbeing and teachers' efficacy. The purpose of the was to find out the relationships between high school teachers' wellbeing and their efficacy.

Conclusion: - The results showed that the high school teachers scored over average on wellbeing and also marked relatively high scores on teachers' efficacy and factors related to this variable. There was a positive relationship between teachers' wellbeing and their efficacy in instructional activities. The results also showed that there was relatively high positive correlation between teachers' wellbeing, teacher efficacy and sub variables related to teacher efficacy in female, older, married, and also teachers with 5-10 years job experiences in comparison with male, younger, single, and teachers with more than 10 years job experiences.

#### RESEARCH DESIGN AND METHODOLOGY

Research is not always an invention of novel things but sometime it also done to correlates two different facts with each other's. Curiosity about new facts is the base of research. According to CC Crossword (198 3)" Research is the organized and clean thinking done with the help of research methodology". Problem is studied to get multiple answers of any problem. In all field, research is done to explore the facts behind the nature.

In past there are so many research reports describing the self — Esteem. Religious Orientation, Psychological well — being. All these research were studied regarding person's own feeling, religious beliefs and psychological satisfaction in the whole life. But till date, these three factors are not studied collectively in the building of feeling, religious beliefs and psychological well-being especially in teachers. Present study describes "A study of Self Esteem, Religious Orientation and Psychological well-being in Secondary and Higher Secondary School Teachers". Some understanding regarding the clarification of how the study was exhibited is very necessary before going inside the work.

**Research Problem:-** "A study of Self Esteem, Religious Orientation and Psychological well-being in Male and Female Teachers in Secondary and Higher Secondary School Teachers"

#### Objectives of the research / Aims / Purpose

- 1.To measure Male teachers have high psychological well being as compared with female teachers.
- 2. To find out female teachers have an intrinsic religious orientation as compared with male teachers.
- 3.To measure the male teachers have high self esteem as compared with female teachers.
- 4.To examine the significant difference between Extrinsic and Intrinsic religious orientation in context of high psychological well being in Female teachers.
- 5.To examine the No significant difference between Extrinsic and Intrinsic religious orientation in context of high psychological well being in Male teachers.
- 6.To examine whether the Intrinsic Religious Orientation in women prone to high self Esteem and high psychological well being in Female Teacher as compared with Male Teachers.
- 7.To find out whether the high self esteem and intrinsic religious orientation prone to high psychological well being in Female Teachers in secondary and higher secondary school.

8.To find out whether the high self – esteem and intrinsic religious orientation prone to high psychological well – being in Male Teachers in secondary and higher secondary school.

#### **HYPOTHESIS:-**

Hypothesis No.1:- Male Teachers have High Psychological well – being as compared with Female Teachers.

Hypothesis No.2:- Female Teachers have an intrinsic religious orientation as compared with male teachers.

Hypothesis No.3:- Male Teachers have high self – esteem as compared with Female Teachers.

Hypothesis No.4:- There is significant difference between Extrinsic and Intrinsic religious orientation in context of high psychological well – being in Female Teachers.

Hypothesis No.5:- There is No significant difference between Extrinsic and Intrinsic religious orientation in context of high psychological well – being in Male Teachers.

Hypothesis No.6:- Intrinsic Religious Orientation in women prone to high self – Esteem and high psychological well – being in Female Teacher as compared with Male Teachers.

Hypothesis No.7:- High self – esteem and intrinsic religious orientation prone to high psychological well – being in Female Teachers in secondary and higher secondary school.

Hypothesis No.8:- High self – esteem and intrinsic religious orientation prone to high psychological well – being in Male Teachers in secondary and higher secondary school.

#### **VARIABLE:-**

Mostly, in research, three main variables are always well defined.1.Dependent variables 2.Independent variables and 3.Contolled variables.

In present study, followings are the major variables.

#### **Dependent Variables:-**

- 1.Self-Esteem
- 2. Religious Orientation
- 3. Psychological Well being

#### **Independent Variables:-**

- 1. Secondary and Higher Secondary School Teachers
- 2. Education
- 3. Religion
- 4.Gender

#### **Controlled Variables:-**

- 1. Same sample size
- 2. Same Psychometric test, same data analysis technique,
- 3. Same educational environment.

#### Methodological definition of concepts used in this research:-

- 1. Secondary School Teachers
- 2. Higher Secondary School Teachers

#### Secondary School Teachers:-

In India, high school grade of education from Standards 8th to 10th class is known as "Secondary School". The Teachers who teaches these standards are known as "Secondary School Teachers"

#### **Higher Secondary School Teachers:-**

A school where there are standards 11th and12this called Higher Secondary School. The Teachers who teaches these standards are known as "Higher Secondary School Teachers"

#### **RESEARCH DESIGN:-**

In the present study, we have selected 6 schools randomly, within these schools, we have selected 120 samples. Importantly, we have divided 120 samples in two categories. We have taken 60 samples from secondary school and 60 samples from higher secondary school. we selected equal number of samples from these 6 schools.

Means, 20 samples ( 10 male samples + 10 female samples ) are selected from each schools. Logically, we have taken 20 samples from each school, 10 samples from secondary school ( 5 Male + 5 Female) and 10 samples from Higher secondary school ( 5 Male + 5 Female).

#### Samples selected as below.

School	Male Teachers	Female Teachers	Total
Secondary School	30	30	60
Higher Secondary School	30	30	60
Total	60	60	120

#### Tools:-

#### The following three tools (psychometric Tests) are used for data collection.

- 1.Rosenberg's Self Esteem Test
- 2.McPherson and Gorsuch Revised Extrinsic Intrinsic Religious orientation scale
- 3. Carol Ryff's Psychological Well being Scale

#### Data Collection:-

Data collection was done with using these appropriate tools and research design.

#### **Data Analysis:-**

In this study, we have used 3×3×3 factorial design. Because in this research we examine three independent variables. The collected data were analyzed by 3×3×3 Factorial. F-test ANOVA was used for statistical analysis of data. The difference in Total score, mean and Standard Deviation are counted for each independent factor. The value of score, SD and their graphs were taken in account to analyze raw data.

#### Conclusion:-

In the present study, we have measure the self – esteem, religious orientation, psychological well – being of teachers with help of tools from 120 randomly selected samples. The data were processed and analyzed by using statistical analysis method and it is indicated in values and graphs.

#### **Result and Discussion:-**

The purpose of current study is to study and measure the self — esteem, religious orientation and psychological well — being in secondary and higher secondary school Teachers. To implement this study, we have used three tests, 1. Rosenberg's self — Esteem scale, 2. Gorsuch and McPherson Revised Intrinsic — Extrinsic religious orientation test, 3. Carol Ryff's Psychological well — being test.Information was collected by data collection through these questionnaires. The data was analyzed by F-test.

The standard deviation of mean was calculated to determine whether the High self – esteem and psychological well – being in teachers. Total score was considered to determine the Intrinsic and Extrinsic religious orientation.

#### **Hypothesis:-**

In the current study, Hypothesis, Null Hypothesis is considered. The major hypotheses are contained with these below factors.

- 1. Gender
- 2. Teacher Profile
- 3. Personal belief system

Table 4.1:- High Self - Esteem

Male Teacher	Female Teacher
68.33%	59.76%

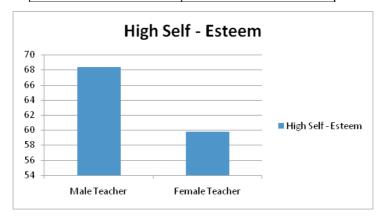


Table 4.2:- Mean and SD of High self – Esteem in male and female teachers.

Gender	Mean	SD
Male	21.06	0.26
Female	17.07	0.76

**Table 4.3:- Religious Orientation in Male and Female Teachers.** 

Male	Percentage	Female	Percentage
Intrinsic	59.77%	Intrinsic	78.02%
Extrinsic	39.33%	Extrinsic	21.58

Table 4.4:- Intrinsic - Extrinsic Religious orientation graph

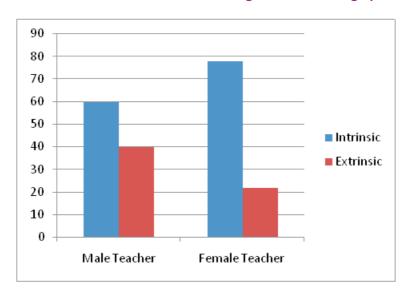
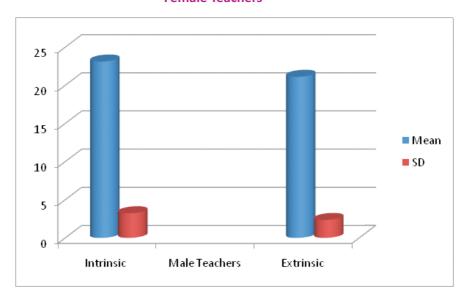


Table 4.5Mean and SD of Intrinsic – Extrinsic Religious Orientation of Male Teachers and Female Teachers

Religious Orientation	Gender	Mean	SD
Intrinsic Orientation	Male	23.14	3.23
	Female	26.20	3.21
Extrinsic Orientation	Male	21.12	2.35
	Female	18.09	1.45

Table 4.6 Bar Graph indicated the mean and SD of Intrinsic – Extrinsic Religious Orientation in Male and Female Teachers



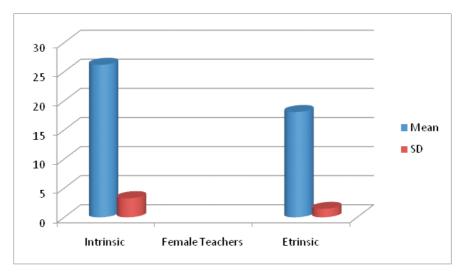
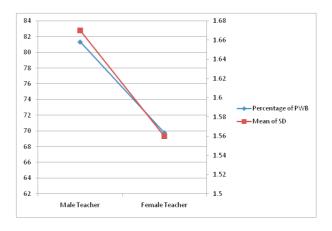


Table 4.7:- Psychological Well – Being in Male and Female Teachers.

Gender	Percentage of PWB	Mean of SD
Male Teachers	81.34	1.67
Female Teachers	69.72	1.56

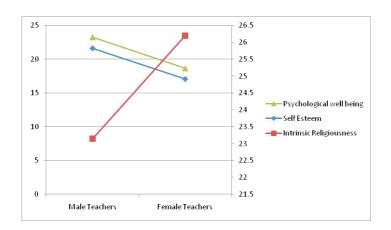
Table 4.8:- Graph indicating the level of psychological well – being in male and female teachers



4.9:- High Self-Esteem, Intrinsic Religious Orientation and High Psychological Well – Being in Male and Female Teachers.

Source	Gender	Mean	SD
High Self Esteem	Male	21.6	026
	Female	17.07	0.76
Intrinsic	Male	23.14	3.23
Religiousness	Female	26.20	3.21
High Psychological	Male	1.66	Am of SD 1.67
WB	Female	1.62	Am of SD 1.56

Table 4.10:- Graph indicating the high self – esteem, intrinsic religiousness and high psychological well – being in male and female teachers



Hypothesis No.1:-Male teachers have high psychological well – being as compared with female teachers.

Table 4.6 and 4.7 indicated that 49 (81.34%) out 60 Male Teachers and 42 (69.76%) out of 60 Female teachers were found having high psychological well – being. Further, the Mean of SD of psychological well – being in Male Teachers was found 1.67 and in Female Teachers it was found 1.56. The calculated and statistical analysis indicated that Male Teachers have high psychological well – being as compared with Female Teachers. As a result, Hypothesis is accepted.

Hypothesis No.2:- Female teachers have an intrinsic religious orientation as compared with male teachers.

Table 4.4 and 4.5 indicated that the Intrinsic Religious Orientation in Female Teachers was found 78.02%, in contrast, in Male Teachers, it was found 59.76%. Similarly, in statistical calculation, the Mean and SD of Intrinsic religious orientation in female it was found M=26.20, SD=3.21, in contrast, in Male Teachers it was found M=23.14. SD=3.23. Finally, on the basis of result, the hypothesis is accepted.

**Hypothesis No.3:**-Male Teachers have high self – esteem as compared with female teachers.

Table 4.1 and 4.2 indicated that 41 out of 60 Male teachers are examined High self – Esteem and in Contrast, 36 out of 60 Female teachers are examined high self – esteem. In the view of Statistic, the Mean and SD of high self – esteem in Male teachers is M=21.06, SD=0.26 and in Female Teachers it is found M=17.07, SD=0.76. Logically, it was found that, the male teachers have High self – esteem as compared with female teachers. As a result, the hypothesis is accepted.

**Hypothesis No.4:-** There is significant difference between Extrinsic and Intrinsic religious orientation in context of high psychological well – being in Female teachers.

Table 4.4 Indicated that the Mean and SD of Intrinsic – Extrinsic religious orientation in Female Teachers is M=26.20, SD=3.21 and M=18.06, SD=1.45 respectively. Means, the difference is calculated between intrinsic – extrinsic orientation in the context of psychological well-being in female teachers. In statistical point view, the calculated F- Value of Intrinsic religious orientation in Female Teacher is 5.06 and F – Value in table 3.45. The calculated value is higher than F- table value. It meant that, there is the variance between Intrinsic and Extrinsic religious orientation in Female teachers in the context of psychological well – being in female teachers. Consequently, the Hypothesis is accepted.

**Hypothesis No.5:-** There is No significant difference between Extrinsic and Intrinsic religious orientation in context of high psychological well – being in Male teachers.

Table 4.5 indicated that the Mean and SD of Intrinsic religious orientation in male teachers is M=23.14 and SD=3.23. As the same way, the Mean and SD of Extrinsic religious orientation is in male teachers is M=21.12 and SD=2.35. In a view of statistic, the calculated F- Value of Intrinsic religious orientation in Male Teacher is 1.89 and F- Value in table 3.84. The calculated value is lower than F- table value. It meant that, there is the no variance between Intrinsic and Extrinsic religious orientation in male teachers. Consequently, the Hypothesis is accepted.

**Hypothesis No.6:-** Intrinsic Religious Orientation in women prone to high self – Esteem and high psychological well – being in Female Teacher as compared with Male Teachers.

Table 4.7 and 4.8 indicating that mean of intrinsic religious orientation in female teacher is 26.20 which is much higher than male teacher (M=23.14). Secondly, Female Teachers having intrinsic religious orientation also indicated high score in Self – Esteem with SD of 0.76. Importantly, Female Teachers who having intrinsic religious orientation are found high in psychological will being. As compared with Male Teachers, these female teachers indicated only slightly lower (0.04) mean in the context of high psychological well - being. On the basis of these statistical analysis, the hypothesis (HO3) is accepted.

**Hypothesis No.7:-** High self – esteem and intrinsic religious orientation prone to high psychological well – being in Female Teachers in secondary and higher secondary school.

According to Table 4, it is find that the mean and SD of self – esteem in female Teachers is calculated 17.07 and 0.76 respectively. Secondly, the mean and SD of intrinsic religious orientation in female teachers is calculated 26.20 and 3.21 respectively. As the same way, Table 4.6.1 indicated that the average mean of SD of psychological well-being is slightly lower in Female teachers. Currently, on the basis of result the hypothesis (HO 2) is accepted. **Hypothesis No.8:-** High self – esteem and intrinsic religious orientation prone to high psychological well – being in Male Teachers in secondary and higher secondary school.

According to the statistical data analysis, the percentage of high self – esteem in male teacher is indicated

68% and 59% in female teachers. Further in Table no 4.2 it is find that the mean and SD in male Teachers is calculated 21.06 and 0.26 respectively. As the same way, table 4.5 indicated that the Mean and SD of Intrinsic religious orientation in Male Teachers is calculated M=23.14 and SD=3.24 accordingly.

Thirdly, Table 4.7 indicated that the average mean of SD of psychological well-being is higher in Male teachers. Currently, on the basis of result the hypothesis is accepted.

#### **SUMMARY & CONCLUSION**

The purpose of present research is to study the high self – esteem, religious orientation and psychological well – being in male and female teachers in secondary and higher secondary school teachers. The differences between above mentioned virtues among samples are rationally studied here. Whether they differ in the context of high self – esteem, religious orientation and psychological well – being. To achieve this objective, we have chosen various school teachers as sample. The rationale sample size is selected for each and every group of factor design. The high self – esteem, religious orientation and psychological well – being were calculated and analyzed statistically. Valid and authorized questionnaires and measurements were applied to get the data from the group. The numbers obtained from survey is fed to statistical tools. Generally, we have used the 'F-test' to check the real difference between Male and Female Teachers. The mean values and their standard deviation are considered to reach the real conclusions. The following results were concluded after survey and statistical analysis of data.

#### **RESULTS:-**

- 1. Male Teachers have High Psychological well being as compared with Female Teachers.
- 2. Female Teachers have an intrinsic religious orientation as compared with male teachers.
- 3. Male Teachers have high self esteem as compared with Female Teachers.
- 4.There is significant difference between Extrinsic and Intrinsic religious orientation in context of high psychological well being in Female Teachers.
- 5. There is No significant difference between Extrinsic and Intrinsic religious orientation in context of high psychological well being in Male Teachers.
- 6.Intrinsic Religious Orientation in women prone to high self Esteem and high psychological well being in Female Teacher as compared with Male Teachers.
- 7. High self esteem and intrinsic religious orientation prone to high psychological well being in Female Teachers in secondary and higher secondary school.
- 8. High self esteem and intrinsic religious orientation prone to high psychological well being in Male Teachers in secondary and higher secondary school.

#### **USEFULNESS OF PRESENT STUDY:-**

- 1. High self esteem and psychological well being are associated with adaptable and creative thinking, pro-social behavior and good physical health of teachers.
- 2. High self esteem and High psychological are powerfully influenced on their school environment.
- 3. Religious orientation of teachers is influenced on their personality and even on positive attitude.
- 4. Psychological well-being (PWB) of teacher is concerned with judgment regarding their continual happiness; satisfaction with physical and mental health, and how it relates to some psychosocial factors such as life satisfaction and school work satisfaction.
- 5. Psychological well being is also much needed for satisfaction in their personal life.
- 6. High self esteem and high psychological well being are required for job satisfaction, and being free from stress, tension, anxiety, boredom, frustration, loneliness.

#### LIMITATIONS OF CURRENT STUDY:-

- 1. The present study is limited for only secondary and higher secondary school teachers. That's why; we can't get an idea regarding senior and higher college teachers.
- 2. The present study is considered for the schools in Pune, Maharashtra only. For this reason, we were unable to get

an idea regarding the schools which are outside of this territory.

3. The present study is limited for only three psychological factors such as self – esteem, religious orientation and psychological well – being. As a result, we can't an idea about other factors.

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