

ISSUES AND CHALLENGES OF MENTAL HEALTH OF SCHOOL TEACHERS

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ABSTRACT

The present study is focused on the issues and challenges of mental health of school teachers. Education is a comprehensive. Teaching is considered as one of the noblest profession. The issues and changes of mental health of school teachers are in increasing concern. The mental health scale has been administered to 480 teachers working in district of Kendrapara, Odisha. Mental health inventory was used. This study focused on gender issues of mental health of school teachers. It was found that the male teachers possess good mental health in comparison to female teachers.

KEY WORDS: *Issues, Challenges, Gender, Mental Health, Teacher*

INTRODUCTION:

Generally, the word 'health' is used for denoting physical health of an individual. This is because upto the recent past, the concept of mental health has been evolved due to the increase in the knowledge of human psychology. It is a very ambiguous term because it is difficult to agree on its general application in a single context. Mental health is not a very precise term and the field of mental health is striving for scientific status while also serving as an ideological level. Before the analyzing this title of the study, it will briefly touch upon the factors affecting teachers' mental health.

It is one of the axioms of educational planning is that the quality of education rests upon the quality of the teachers. Teacher is said to be the backbone of the educational system. The reputation of an educational institution and its formidable influence on the life-line of the community is invariably determined by the kind of teachers working in it. The teacher is not only shapes the personality of the budding citizens but also moulds their behaviour in a desirable manner. So the role of teacher is crucial for the over-all development of the educational institution and the personality of the children. But the present, we feel that each and every teacher experiences mental worry, anxiety, conflict, tension and frustration. As a result, the teacher fails to justice to his noble profession.

A mental healthy person shows balanced behaviour and faces the realities of life boldly. The mental health of teachers is of higher importance than other social groups for the role, they play in the mental health of students because the ultimate aim of education is to produce good citizens, If a teacher does not enjoy sound mental health, they cannot concentrate in teaching and retain the knowledge given to the students. The present social environment has exposed individuals to stressful situation which tend to produce adverse effects on their health. All segment of human society have been affected by the problems of mental health. In the present picture reflects that teachers are also bound to be affected by certain amount of stress. The author of this article has shown that teacher stress is consistently related with a number of variables such as lack of govt. support, lack of information about changes, constant change and demand of new curriculum, family social environment, burden on over workload, involved with other activities except teaching activities, less financial assistance from the govt. of Odisha etc. Keeping point of view the paucity of Indian researchers on mental health of teachers and inconsistent findings but the present study has been made the different issues and challenges of mental health school teachers.

OBJECTIVES:

1. To study issues on the mental health of male and female school teachers
2. To study the challenges on mental health of school teachers

HYPOTHESIS:

1. There is no significant effect on the mental health of male and female school teachers
2. There is no significant effect of challenges mental health of school teachers.

SAMPLE:

The sample of the present study consisted of 480 teachers working in Kendrapara district.

TOOLS:

Mental Health Inventory is prepared by S.Pradhan

PROCEDURE OF DATA COLLECTION:

The study was conducted in the school and contacted personally in their respective schools for data collection. Prior consent was taken from the school before administering the tools. After administering the tools on the sample the scoring was done as per the description given in the respective manual of the standardized tool.

DISCUSSION:

In order to accomplish the objectives of the study, t-test was applied to study issues and challenges on the mental health of male and female school teachers.

Table 1. Comparison of Mental Health between Male & Female school teachers of Kendrapara

Sex	Number	Mean	SD	T	Level of Significant
Male	240	106.83	14.34	2.66	Significant at 0.05 level
Female	240	110	14.74		

Table 1. indicates that there is significant differences in mental health of male and female teachers of Kendrapara. The t-value is found 2.66 which is significant at 0.05 level. Mean and SD scores of male teachers are significantly higher than female teachers on mental health scale. The probable reason is that male teachers are more cable of coping with stress in comparison to female teachers. Similar results are also reported time to time by many researchers.

Table 2. Different Challenges Mental Health between Male & Female Teachers

Sex	Number	Mean	SD	T	Level of Significant
Male	240	108.5	14.54	0.16	Not Significant at 0.05 level
Female	240	108.3	14.71		

Table 2 indicates that there are no significant different challenges of mental health between male & female teachers of Kendrapara District. There are some major significant challenges on which mental health of any gender depends on it such as heavy workload, poor salaries, insecurity service, lack of social prestige, no apparent recognition and reward, strained relationship among teachers, high moral expectations, frequent criticism and family condition of the teacher. The researcher found that t-value is 0.16 which is no significant at 0.05 level of significant. Mean and SD scores of both genders are almost same on mental health scale. The probable reason is that now-a-days the Govt. of Odisha is not providing adequate salary to the teacher and side by side they are over-burdened with extra responsibility in organizing co-curricular activities, performing extracurricular activities, census work, different survey programme and other paper works.

CONCLUSION:

On the basis of above discussion and observation of the analysis of the data, it can be concluded that as female teachers differ significantly in mental health and less satisfied in their job in comparison to male teachers. So the policy makers make and higher educational authorities should look into the matter seriously and should provide necessary motivation and conducive environment for the teachers in order to stabilize their mental health. The situation is the worst where a single teacher is posted in primary school. So heavy workload develops mental tensions, worriness and fatigue leading to maladjustment. Due to poor salary teachers do not get prestige from the society. The teachers are invited to refresh their knowledge and discuss their problems which they face in their work environment. However, it would be better on school education if limited workload is given to the teachers, provision of adequate salaries, administrator relationships, arrangement of in-service programme, recreational facilities, special increment and rewards can be improved the overall mental health of the teachers.

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