

## COMPARISON OF MENTAL HEALTH BETWEEN MALE AND FEMALE GOVERNMENT SCHOOL TEACHERS OF PUNJAB

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### ABSTRACT

The purpose of this study is to compare the mental health of government school teachers of Punjab. For this study 2300 (1150 males and 1150 females) government school teachers were selected with stratified random sampling method. For data collection mental health questionnaire (1990) developed by Anand was used. Descriptive statistic was carried out for statistical analysis. The results show that female government teachers have low mental health as compared to male government teachers of Punjab.

**Keywords:** Mental Health, School Teachers, Descriptive Statistics

### INTRODUCTION

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 people need to focus. 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).

White House Conference, Parliamentary Reports (1930) defined mental health as the adjustment of individuals to themselves and the world with a maximum of effectiveness, satisfaction, cheerfulness and socially considerate behaviour, and ability of facing and accepting the realities of life. The highest degree of the mental health might, therefore, be described as that which permits an individual to realize the greatest success which his capabilities will permit, with a maximum of satisfaction to himself and the social order, and a minimum of friction and tension. This implies a stage of such well-being that the individual is not conscious of unsatisfied tensions; does not show socially inadequate or objectionable behaviour and maintains himself intellectually and emotionally in any environment under any circumstances.

Mental health may also be defined as the ability to adjust satisfactory to the various strains one meet in the life and mental hygiene as the means one take to assure the adjustment (Norma & Nicholas, 1941).

Mental health is not simply a state of happiness or contentment, of outgoing or accommodation to circumstances, although it may involve these characteristics. To some, mental health implies living securely, enjoying life, being productive, and having a sturdy ego that is capable of with-standing stress. For some others these properties are a prerequisite to mental health but not mental health itself. Mental health consists, rather, in asset of goals,

intimately related to social values. The characteristics of mental health will vary with individual and may take on different forms in different societies (Korner, 1962).

Mental health is an essential component of overall well-being, encompassing the emotional, psychological, and social aspects of an individual's life. It plays a pivotal role in our ability to cope with stress, maintain healthy relationships, and navigate the challenges of daily life. Just as physical health is crucial for optimal functioning, mental health is equally important for individuals to lead fulfilling and productive lives.

The understanding and recognition of mental health have evolved significantly over the years, moving away from stigmatization and toward a more holistic perspective. Today, mental health is acknowledged as a continuum, ranging from flourishing mental well-being to various degrees of mental health disorders. It is a dynamic state influenced by various factors, including genetics, environmental influences, life experiences, and social determinants.

The impact of mental health extends far beyond the individual, affecting families, communities, and societies at large. The World Health Organization (WHO) estimates that mental health disorders account for a significant portion of the global disease burden, emphasizing the need for effective mental health promotion, prevention, and treatment strategies.

This research paper aims to explore the multifaceted nature of mental health, examining its importance, the factors influencing it, common mental health disorders, and strategies for promoting and maintaining good mental health. By delving into these topics, we can gain a deeper understanding of mental health and contribute to efforts aimed at de-stigmatizing mental illness and fostering a mentally healthy society.

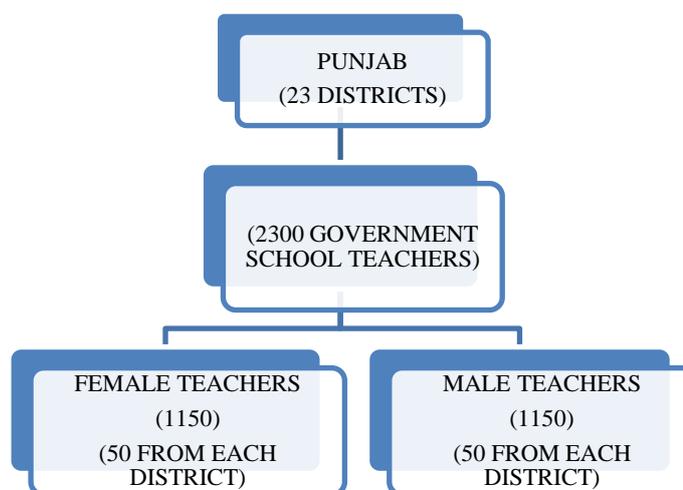
## REVIEW OF LITERATURE

Atla Srinivas Reddy conducted this analytical study investigates the intricate relationship between mental health and teacher effectiveness among secondary school educators, with a focused exploration on gender-based nuances. The research aims to discern how the mental well-being of secondary school teachers influences their overall effectiveness in the classroom. The study adopts a gender-based analysis to delve into potential variations in the impact of mental health on teaching outcomes. Drawing on a comprehensive review of existing literature, the research scrutinizes the intersectionality of mental health and teacher effectiveness. Methodologically, a mixed-methods approach is employed, incorporating surveys, interviews, and observational data collection. The study assesses various dimensions of mental health, including stress levels, job satisfaction, and coping mechanisms, in correlation with teacher effectiveness indicators such as student engagement, academic performance, and classroom management. Preliminary findings indicate a complex interplay between mental health and teacher effectiveness, suggesting that individual well-being significantly influences professional outcomes. Moreover, the gender-based analysis reveals nuanced patterns, shedding light on potential variations in the experiences and coping strategies of male and female teachers. A comparative analysis of mental health effects on

male and female secondary school teachers reveals nuanced patterns and differences in responses.

### SELECTION OF SUBJECTS

To obtain information on Mental health, total 2300 Government school male and female teachers were selected as a sample. The samples were taken from 23 districts of Punjab state, selecting 100 teachers from each district (50 males and 50 females) having age range from 25 to 55 years. Samples were chosen with the help of stratified random sampling method.



**FIGURE I DISTRIBUTION OF SUBJECTS**

**TABLE NO.1**

**NUMBER OF SENIOR SECONDARY SCHOOL TEACHERS SELECTED FROM VARIOUS STRATUM**

Type of Schools	Gender		Total
	Male	Female	
Government	1150	1150	2300

### TOOLS FOR DATA COLLECTION

**Mental Health Questionnaire (1990) Regional College of Education (RCE), Mental health questionnaire (1990)** developed by Anand was administrated to assess the mental health of selected male and female school teachers. This Likert type Scale (Anand, 1992, 2005) is based upon six icons of mental health. These are expressed in statements with serial numbers on the scale. The scale has 40 negative and 20 positive statements.

### ANALYSIS OF DATA

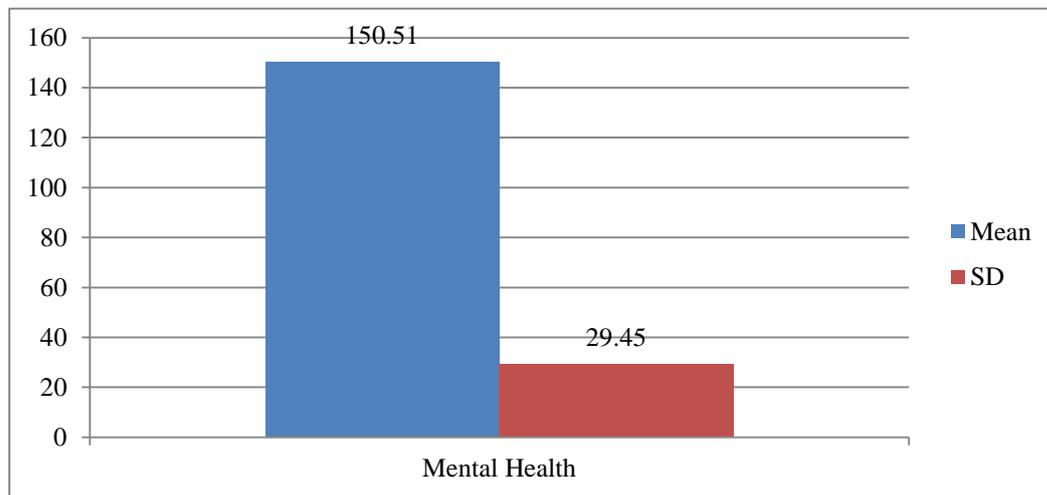
The present study mainly belongs to the category of descriptive research as it involves survey and fact-finding enquiry related to the mental health of Senior Secondary school teachers in Punjab. In this study we have used means of data collection and analysis quantitatively. Descriptive statistic was carried out

**RESULTS OF THE STUDY**

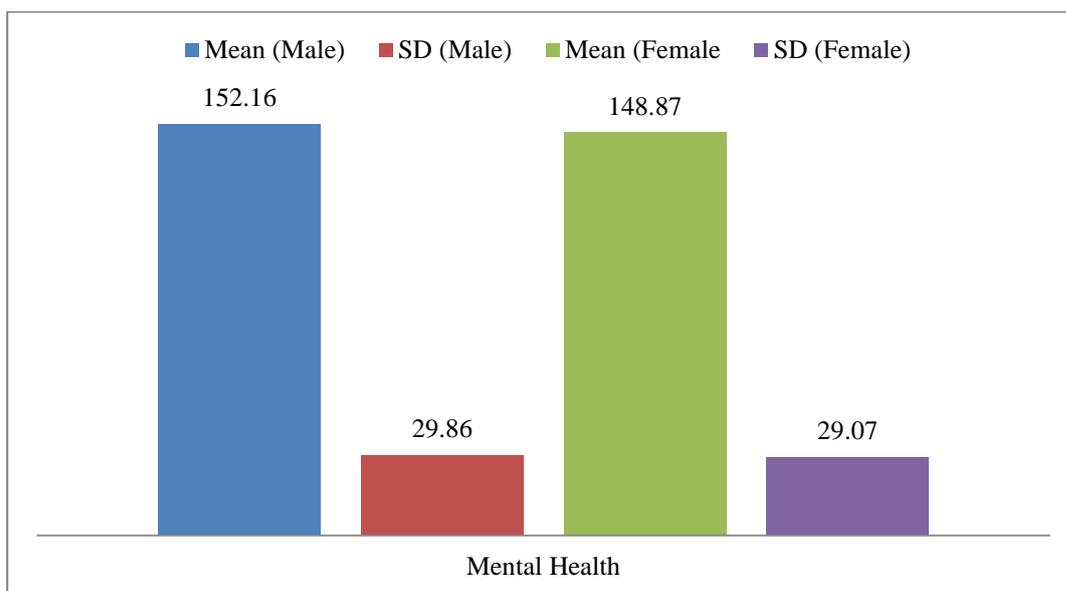
. In this section, analysis and interpretation are done on the basis of the research objectives.

**TABLE NO. 2**  
**MENTAL HEALTH OF THE SENIOR SECONDARY SCHOOL TEACHERS OF PUNJAB**

Sr No	Score	Mean	SD	Male (S)	Female (S)	Male Mean	Female Mean	Male SD	Female SD
Mental Health	346181	150.51	29.46	174979	171202	152.16	148.87	29.86	29.07



**FIGURE II TOTAL MENTAL HEALTH MEAN AND SD SCORE OF GOVT SENIOR SECONDARY SCHOOL TEACHERS**



**FIGURE III TOTAL MENTAL HEALTH MEAN AND SD SCORE OF GOVT SENIOR SECONDARY SCHOOL MALE AND FEMALE TEACHERS.**

The overall score is also presented in the table no. 2. The overall mean value is found to be 150.51 with SD 29.45 and median was 152. As the total mean score was lesser than the total median score, it means that the distribution is positively skewed.

According to the manual for the mentally healthy teachers, the norm value is considered to be 150. It stated that the score of 150 and above to be taken as an indicator of the subject being mentally healthy, in case of a teacher's score is less than 150; then the teacher will not be considered as mentally healthy.

As the totals mean score of senior secondary school teachers were 150.51 which were higher than the established norm of mental health. It means that the teachers working in the senior secondary school teachers of Punjab were mentally healthy.

Male teachers total mental score was 152.16 with SD 29.86 and female teachers total mental score was 148.87 with SD 29.07. As per the manual female teachers have low mental health as comparison to male teachers. So, the research hypothesis "There was no significant difference between male and female teachers with regard to mental health." is rejected. The finding is inconsistent with the finding of Gohil (2016) in which she found that maximum teachers had average mental health and Male teachers are mentally healthy than female teachers. This finding is consistent with the findings of Rani et al (2012) and Srinivasan (2016); in which teachers were found to be average and good in their mental health and female teachers are low in mental health than Male teachers.

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