COMPARATIVE INVESTIGATION OF MENTAL HEALTH OF GOVERNMENT AND PRIVATE SECONDARY SCHOOL TEACHERS IN SUNDARGARH AND DEOGARH DISTRICTS OF ODISHA

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ABSTRACT :-

The present study is based on the comparative study of Mental Health of Government and private secondary school teachers in Sundargarh and Deogarh districts of Odisha. The investigator collected data for the study by using Survey Method. The sample consisted of 600 school teachers of various Government and Private Secondary schools. Mental Health Inventory (MHI) was developed and standardized by Dr. Jagadish and Dr. A. K. Shrivastava. It consists of 56 items. The investigator after consulting the field expert described to have 44 items with regard to Mental Health Inventory. For this study the investigator selected 44 statements from the original mental health inventory. The scale consists of 44 items in which 19 are positive statements and 25 are negative statements. After analysis it was found that the Government School Teachers are more mentally healthy than the private secondary school teachers. The school teachers who mentally healthy will do justice to their profession. The levels of the mental health of the private teachers is lower as compared to the Government Secondary school teachers due to heavy work load, low salaries, and insecurity of job.

Key words : Mental Health, Govt. and Private Secondary School.

INTRODUCTION :-

Mental health is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. In a person is well adjusted, he has good physical and desirable social and moral values, his mental health is likely to be good. Good mental health is indicated in such persons as are happy, healthy, hopeful and have harmonious personality.

It is a condition or a state of harmonious functioning of the human personality. It is a state of one’s peace of mind, satisfaction, happiness, effectiveness and harmony brought out by one’s level of adjustment with his self and the world at large.

According to the World Health Organization (WHO), mental health is a “state of wellbeing in which the individual realize his or her own abilities, can cope with the
normal stress of life, can work productively and fruitfully, and is able to make contribution to his or her community”.

Mental health includes our emotional, psychological, and social wellbeing. It effects how we think, feel and act. It also helps determine how we handle stress, relates to others, and make choices. Mental health is important of every stage of life, from childhood and adolescence through adulthood.

IMPORTANCE OF MENTAL HEALTH:

Health is wealth. Health involves one’s both physical and mental health. Mental health aims for the development of wholesome balanced and integrated personality. Acquiring such a personality is a great asset and privilege for a normal individual. So, mental health has a greater scope than physical health. He is able to realize himself: his life to his contentment and happiness; and strive for the goals of his life to his satisfaction in the perfect time of taking and giving something to the society. Mental health helps in the prevention of mental-illness and in the development of desirable personality which includes actualizing one’s potentialities, adjustment, proper emotional, social, moral, and aesthetic development. Hence, a mental health plays a major role in all-round development of an individual in his life.

MENTAL HEALTH OF THE TEACHER:

According to Rankin, “The teacher who feels secure in his job, who receives the recognition and praise due to him from his superiors, who feels himself justly treated, who feels that he belongs to and is accepted by the group of which he is a member such a teacher is predisposed towards continuing growth in his own mental health and in his ability to affect for the good, the mental health of the children and the teachers”.

REVIEW OF LITERATURE:

In the present study, a review of related literature has yielded very rich dividends. It gave a clear picture to the investigator to define the objectives, to formulate hypotheses, to decide variables, to select sample and selecting in statistical design and interpretation.

Das, Mohapatra (1989) attempted a study on the mental health of teachers serving in the primary schools of Puri town. The sample consisted of 50 primary school teachers. The data was collected through a questionnaire. After analysis it was found that the teachers felt the mental health depended on physical health. Teachers opined that the chief characteristic for attaining good mental health was a good social environment.

Sarah Basu (2008) made a comparative study of teachers in primary schools and colleges in relation to the gender and mental health. A sample was consisted of 375 teachers (225 primary school teachers and 150 college teachers). The 1001 Mental Health Inventory (MHI) developed by Jagadish and Srivastava was used. The study revealed that college teachers had better mental health than primary school teachers.
Men teachers working in primary schools as well as colleges had high levels of mental health than women teachers.

Singh, Awadhesh Kumar (2013) studied the occupational stress, job satisfaction and mental health of secondary school teachers. The sample was consisted of 160 teachers of secondary schools in the district of eastern Uttar Pradesh (80 teachers from government schools and 80 teachers from private schools). The tool 'Mithila Mental Health Status Inventory' (MMSI) was used. The outcomes of the study revealed that the male teachers and government school teachers reported higher level of mental health in comparison to female teachers and private school teachers.

Sri Vastava, Madan Gopal (2014) described organizational commitment in relation to occupational stress, employee’s mental health, job value and organizational climate among school teachers. The sample was consisted of 640 male and female college teachers working in aided and non-aided Degree colleges having different level of teaching experiences 1-5 years and 6-12 years from the districts Azamgarh, Jaunpur, Ghajipur and Mau districts of Uttar Pradesh. The tool ‘Mental Health Inventory’ (MHI) developed by Jagdish and Sri Vastava was used. The result emphasizes that the total mean scores of high mental health group of teacher respondents irrespective of their institution type and teaching experience have obtained higher mean score (M=32.095 ± 1.74) on organizational commitment scale than the respondents of low mental health groupM=2.80 ± 1.83).

Thiripura Sundnri, S. (2017) investigated mental health and defensive behavior of higher secondary school teachers and their counselling needs. The sample was consisted of 300 higher secondary school teachers working in Madurai. The tool on ‘Mental Health Rating Scale’ (structured and validated by the investigator) was used. The findings of the study revealed that there was a significant difference in the levels of mental health of higher secondary school teachers. There was no significant difference on mental health between men teachers and women teachers.

**OBJECTIVE OF THE STUDY :-**

(1) To compare and determine the level of mental health between the secondary school teacher of Sundargarh and Deogarh district.

(2) To compare and determine the level of mental health of Government and private secondary school teachers of Sundargah district.

(3) To compare and determine the level of mental health of Government and private secondary school teachers of Deogarh district.

**HYPOTHESIS OF THE STUDY :-**

(1) There exists no significant difference between Mental Health of Secondary School Teachers of Sundargarh and Deogarh district.

(2) There exists no significant difference between Mental Health of Government and Private Secondary School Teachers of Sundargah district.
(3) There exists no significant difference between Mental Health of Government and Private Secondary School Teachers of Deogarh district.

FINDING AND IMPLICATION OF THE STUDY :-

(1) It is concluded that there is no significant difference between Mental Health of Secondary School Teachers of Sundargarh and Deogarh district.

(2) It is concluded that there exists no significant difference between Mental Health of Government and Private Secondary School Teachers of Sundargarh district.

(3) It is concluded that there exists no significant difference between Mental Health of Government and Private Secondary School Teachers of Deogarh district.

After analysis it was found that the Government School Teachers are more mentally healthy than the private secondary school teachers. The school teachers who mentally healthy will do justice to their profession. The levels of the mental health of the private teachers is lower as compared to the Government Secondary school teachers due to heavy work load, low salaries, and insecurity of job.

REFERENCES :-


