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A Comparative Study Mental Health Among Professor And Primary Teacher



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ABSTRACT:-



The main purpose of this research was to find out the mean difference between professor and primary teacher in mental health. The total sample consisted 60 women were taken. The research tool for mental health was measured by Dr. Jagdish and Dr. A. K. Srivastava. Here't' test was applied to check the significance of mental health in professor and primary teacher.

Result shows that No Significant difference between professor and primary teacher in mental health.

keywords:- mental health, professor, primary teacher

Introduction :- More recently, the concept of mental health has received added significance because of changing societal complexity and global problems. Traditionally, the absence of negative mental states such as depression and anxiety present a picture of mental health, with the emergence of health psychology, psychologists, have indicated presence of positive aspects like achievement, personal competence autonomy etc as more important criteria of mental health. Involvement is a central life interest. So According to corchin, "Positive Mental Health is the key of person's cohesive development."

Definitions :- "Mental health includes precautionary steps to prevent mental illness, and though it growth can be seen in mental health."

– **Walter. J. Coville**

"Mental health means a proper study of the aspects which affects an individual or society coordination and also optimum use of the aspects of that study."

-**Klein**

"Let us define mental health as the adjustment of human being to the world and to one another with a maximum of effectiveness and happiness."

– **Karl Menninger**

The life of human being has been filled with anxiety, worry, depression, frustration and distortion. The human being is a traveler who lost the way of life because of the dualism of hope and pessimist on the one hand the life of human being is full of happiness and positivity



and on other hand there so many difficulties around him to entangle. There are so many needs of human

being. These needs cannot be satisfied easily. The human being has to pass so many difficult phases to achieve the happiness. This Journey of seeking happiness results in effect on mental health of person well known scientist Colman considers modern ago as the age of anxiety. So, the question of mental health has become the first priority to solve. Therefore, the study of mental health has become the most rationale in today's era. Every individual has to work hard in this modern competitive era. Because it is the era of unemployment, price hike and corruption. And as a result every man and woman has to work to survive in a better way. Today, women also work in various fields. They have to perform dual responsibilities. And there is a great impact of it on women especially on their mental health. Their mental health also changes according to their changing responsibilities. There are two kinds of categories in teacher at present time with many others and these are of women professor's and primary teacher's. Both of their duties and responsibilities are different. Those who are women women professors, their understanding level and experiences are different compared to primary teachers. Similarly, there is a great difference in students. Their thinking level and rationality also different according to their ages. As they sometimes go against their teachers of discipline take place. The women professors have to be ready for all kind of situations, they have to collect as much information as they can. Because the age of their students is also different from the students of primary teachers. The primary teachers have to create an atmosphere as good as the students start loving to go to schools. It is their responsibility to teach their students each kind of discipline. They have to make teaching very interesting. Their life style is also different due to their financial condition and that is why their mentality is quite different from women professors.

Subhash Basu (2004) studies that the mental health problems of women, especially in the Indian context. As per World Health Organization (WHO) estimates, depression is expected to be the second largest contributor to disease burden by 2020, and with one in every three women worldwide being afflicted by common mental disorders including depression, the mental health of women is a serious issue indeed. While studying the psychological construct of mental health, we come to understand that it is deeply embedded



Objective :- To study the mental health of professor and Primary teacher—

Hypothesis :- There is no significant difference between professor and primary teacher in mental health.—

Methodology:—

Variable :—

Independent variable : A). professor B). primary teacher

Depended Variable : To get score of mental health among professor and Primary teacher

Sample :- The sample consisted of 60 (30 professor and 30 Primary teacher). the sample was selected by random method from different schools and colleges.—

Tools : In this research mental health questionnaires were used from the data collection constructed and standardized by Dr. Jagdish and Dr. A. K. Srivastava. The reliability is 0.73 and the validity is 0.54.—

Statistical Methodology :- 't' test was conducted as a statistical technique to find out the aim—

Result and Discussion :-

't' Ratio of mental health of joint and separate family's women.

Variable

N

Mean

SD

't' Value

Level of Significant

professor

30

187.57

16.60

0.78

N.S.

primary teacher

30

190.97

17.20



N.S. = Not Significant

The result of the present study indicates that there is clear difference between the professor and Primary teacher . In terms of mental health according to near 187.57 is for the professor and 190.97 is for Primary teacher. The difference clearly justifies that professor are under more mental stress in comparison. To draw the comparison between the two, I have used 't' method is where 0.78 is the out-come. At the level sign force 0.05 and 0.01 levels are insignificant and as a result the hypothesis of our study stands accepted.

Conclusion : There is no significant difference between professor and primary teacherin mental health.



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