



**A Study Of Mental Health Of Primary Teachers
of Ahmedabad City**

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Introduction

In Sanskrit language, a quote is given

"तुडेँ तुडेँ मर्तिभिन्नाः"

By this quote, the writer wants to say that each and every mind has different thinking as per their levels. Same way each and every teachers have different thinking power. sometimes teachers behaved very well in front of a students and sometimes teachers shows their rudeness or frustration in front of students. This kind of situations of teachers depends on a mental health of teachers.

But as a teacher, they have to manage themselves in all the situation. For that purpose many researchers have done the research on mental health and analyzed the reasons for such kind of situation.

Same way, the present research will also come to a conclusion up to some extent by doing research on a mental health of a teacher of primary section.

2. Statement Of The Problem

A Study Of Mental Health Of Primary Teachers In Ahmedabad City

3. Key Words : Mental Health

4. Objective Of The Study

The objectives of present research are as

- 1) To study the mental health of primary teacher
- 2) To study the mental health of primary teacher in context to their gender



7. Delimitation Of The Study

Present study delimited for Gujarati medium primary school teachers of Ahmedabad city.

8. Population Of The Study

In the present study, the population consists of primary teachers of Ahmedabad City.

9. Sample Of The Study

The technique of selecting sampling together with its size is an important aspect of research. Keeping in view the objectives and hypothesis of the present study, the researcher found multi-stage sampling technique suitable for the research because it is comparatively convenient less time consuming and less expensive method of sampling. It is also a more comprehensive and representative of the population. In the present study the researcher took the sample of 100 teachers.

10. Research Methodology

The researcher has adopted the “survey method” to collect the information regarding the mental health of primary teachers.

11. Research Tool

In this research, the researcher has used a scale developed by Dr. R. S. Patel as a tool of the research.

12. Testing of Hypothesis and Interpretation of Data

As per the following tables mean score of mental health of teachers according variable were calculated mean, S.D., SE_d , and ‘t’ for testing hypothesis.

Table 1
Mean, S.D. and t-value of mental health score of teachers as per their gender

Group	N	\bar{X}	S.D	SE _D	t
Male	39	161.74	18.91	4.05	1.19
Female	61	166.54	20.24		

Table 2
Mean, S.D. and t-value of mental health score of teachers as per the types of school

Group	N	\bar{X}	S.D	SE _D	t
Self finance	50	172.14	17.38	3.68	4.06
Government	50	167.20	19.34		

Table 3
Mean, S.D. and t-value of mental health score of teachers of self finance schools as per their gender

Group	N	\bar{X}	S.D	SE _D	t
Male	22	168.14	14.79	4.90	1.46
Female	28	175.29	18.84		

Table 4
Mean, S.D. and t-value of mental health score of teachers of government schools as per their gender

Group	N	\bar{X}	S.D	SE _D	t
Male	17	153.47	20.82	5.78	0.98
Female	33	159.12	18.56		

12. Findings Of The Study

From the interpretation of the data, the researcher has established following findings:

- It was that there is no difference in the mental health of male and female teachers of primary school.
- It was found that compare to government school teachers; self finance school teachers are having higher level of mental health.

- It was found that there is no difference in the mental health level of male and female teachers of self finance schools.
- There is no significant difference found in the mental health of male and female teachers of government schools.

13. Conclusion

In Present research researcher study about mental health of primary teachers with reference to their gender and type of school. Researcher show that their was effect of type of school on mental health of primary teacher.

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