



## Study of Stress on Mental Health of Teacher Trainees

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### ABSTRACT

The present study aims to assess and compare the stress with mental health of teacher trainees. For this purpose 600 teacher trainees were selected from various educational institutions of four districts of Punjab state, i.e., Moga, Ludhiana, Sangrur and Bathinda. The data was again divided into rural/urban and male/female category. For statistical analysis, mean, S. D. and t - test were worked out. The results showed that there was no significant difference between rural and urban as well as male and female teacher trainees on the variable of stress. Whereas regarding mental health, there was no significant difference between rural and urban as well as male and female teacher trainees.

**KEYWORDS :** Mental health, teacher trainees, unending aspirations, diminishing hopes, self-dejection, harmonious functioning

### Introduction

The fast developing technology, rich information system, explosion of knowledge has brought a change in the life and work of people. Stress is a part of modern life. With complexity of life, stress is likely to increase day by day in every field. Radical changes have been taken place in the individual. Rapid and marked physical, mental, emotional and social changes are believed to take place at this time, transforming the child into totally new personality. Hall (1904) described this period as a time of "Storm and stress". Stress is a common phenomenon in everyday life. All of us experience stress to some degree in one or another form throughout the life. These days hardly any section of society that has escaped the slaughter of depression. Widening gulf between unending aspirations and diminishing hopes of fulfillment have lead to frustration, unhappiness and self-dejection among everyone. Today life is full of competitions, tensions, hatred and struggle. Under such conditions success totally depends upon one's own mental health. Today's men are unnecessarily running from early morning till late night for minting money and amazing wealth with their never-ending lust. All these have created anxiety, frustration, stress and maladjustment with so many personal and social problems and these disturbing the mental health of the individual to a great extent. Mental health is usually something more than the pure cerebral functioning of a person. Mentally healthy are those who continue to grow, develop and mature through life by accepting responsibility and finding full without paying too high price, personally and socially. According to Verma (1996) "Mental health is defined as the full and harmonious functioning of the total personality, realizing one's full potential in the world of work, with satisfaction and contentment to oneself and benefit to the society."

### Objectives of the study:

- To find out the differences in stress among teacher trainees:
  - Of rural and urban areas.
  - Male and female.
- To find out the difference in mental health among:
  - Rural and urban teacher trainees.
  - Male and female teacher trainees.

### Hypotheses:

- There is significant difference in the mean scores of stress among teacher trainees w.r.t.
  - Rural and urban areas.
  - Males and females.
- There is significant difference in the mean scores of mental health among teacher trainees w.r.t.
  - Rural and urban areas.
  - Males and females.

### Review of related literature:

Studies conducted by Compass, Davis and Forsythe (1985), Blanton (1985), Goodyear, Kelvin and Gatzanis (1986), Subrahmanyam (1986), Verma and Gupta (1990), McGee and Stanton (1992) and Kaur (2007) found that females suffer greater stress than males. Bush & Simmons (1987), Kaur (2004) observed same level of stress for males and females whereas Deo (2004) found males as more stressful than their counterparts in his study.

### Method and Procedure

#### Sample:

The study was a descriptive survey conducted on 600 teacher trainees. The total sample for the study was selected by multistage randomization. Randomization was followed at the district, tehsil, block, village and college level from the four districts of Punjab. The teacher trainees were categorized into urban and rural as well as male and female.

#### Tools used:

- Bisht Battery of Stress Scales Bisht (Almora, 1995)
- Mental Health Check-List (Kumar, 1992).

#### Procedure of Data Collection:

The study was conducted on teacher trainees of educated colleges of four districts of Punjab, i.e., Moga, Ludhiana, Sangrur and Bathinda. To start with the data were collected in respect to stress and mental health. The subjects were explained the objectives of collecting the information. The necessary instructions for responding the stress and mental health scales were given for their clarifications. After having completed the scale, it was collected back for scoring. After that both stress scale as well as mental health scale was scored as per the scoring procedure developed by the manual.

#### Statistical Treatment of the Data:

Mean, S.D. and t - techniques were used for data analysis.

#### Results and Interpretation:

Through the study, researcher analysis the data and discussed in the tables which gives the mean, S.D. and t-value of stress and mental health of rural/urban as well as male/ female teacher trainees.

**Table 1 showing Mean Scores of Stress of Teacher Trainees**

S.NO.	Group	N	Mean	S.D.	t-Value	Inference
1	Rural	300	1436.91	298.73	.2098	Not Significant
2	Urban	300	1431.66	313.907		
3	Male	300	1431.3	317.79	.2277	Not Significant
4	Female	300	1437	294.82		

Table 1 represents that mean scores of rural teacher trainees on the variable of stress was 1436.91 with S.D. of 298.73 and mean scores of urban teacher trainees was 1431.66 with S.D. of 313.907. Difference in

mean scores of rural and urban areas teacher trainees on stress was 5.25 and t - value came out to be .2098 which was insignificant. Mean scores of male teacher trainees on the variable of stress was 1431.3 with S.D. of 317.79 and mean scores of female teacher trainees was 1437 with S.D. of 294.82. Difference in mean scores of male and female teacher trainees on stress was 5.7 and the difference is in favor of female teacher trainees but the difference is statistically insignificant as the t - value came out to be 0.2277.

**Table 2 showing Mean Scores of Mental Health among Teacher Trainees**

S.NO.	Group	N	Mean	S.D.	t-Value	Inference
1	Rural	300	18.1	3.949	1.686	Not Significant
2	Urban	300	18.62	3.731		
3	Male	300	18.47	3.83	0.7092	Not Significant
4	Female	300	18.25	3.84		

Table 2 mean score of rural teacher trainees on the variable of mental health was 18.1 with S.D. of 3.949 and mean score of urban teacher trainees was 18.62 with S. D. of 3.731. Difference in mean scores of teacher trainees of rural and urban areas on mental health was 0.52 and t - value came out to be 1.686 which was not significant. Mean scores of male teacher trainees on the variable of mental health was 18.47 with S.D. of 3.83 and mean scores of female teacher trainees was 18.25 with S. D. of 3.84. Difference in mean scores of male and female teacher trainees on mental health was 0.01 and t-value was 0.7092 which was not significant and scores were in favor of females than males.

**Discussion of Results:**

The probable reason for this result may be that with the influence of science and technology and dissemination of information in today's life, needs, problems and aspirations of teacher trainees residing in the rural and urban areas have become the same. So there is no significant difference of stress between the teacher trainees of rural and urban areas. Now-a-days, males and females are playing same kind of roles. Both have to do equal and similar kind of work in society and home to fulfill the basic needs of family. So both male and female teacher trainees are also facing almost same stress in different conditions of life.

In the same way teacher trainees residing in the rural and urban areas in the state of Punjab are getting same type of education hence they are aware of their physical and mental health. They are also getting similar kinds of facilities and environment now-a-days. So there is almost no difference of mental health among teacher trainees of rural and urban areas. This may be due to the reason that the parents of today are nourishing their kids (both male and female) in the same manner and in the same environment. They are giving almost equal opportunities and facilities to their children. Even both males and females have to play very hard role to fulfill their basic needs, so difference was not found in the scores of mental health of male and female teacher trainees also.

**Conclusions:**

1. Rural and urban teacher trainees do not differ significantly on the variable of stress.
2. Male and female teacher trainees do not differ significantly on the variable of stress.
3. There is no significant difference in the mental health of rural and urban teacher trainees.
4. There is no significant difference in the mental health of male and female teacher trainees.

**Educational Implications:**

1. If the parents, teachers, school personnel, counselors and guidance worker delve deep into the connective hazards of mental health, for stress, then it can play a pivotal role in the nourishment of harmonious personalities.
2. It is clear from the study that if proper loving atmosphere is provided to teacher-trainees in the colleges, they will become mentally healthy and these affect their job performance and success later on.
3. Better circumstances should be given to teacher trainees, because they alone play a vital role in educational reconstruction, as well as social reconstruction.

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