



MENTAL HEALTH STATUS OF GURUKULA TEACHERS IN TELANGANA STATE

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ABSTRACT An attempt was made in the present investigation is **Aim:** Mental health status of Gurukula teachers in Telangana state. **Objective:** To assess the impact of gender and designation on mental health status of Gurukula teachers. **Sample:** Sample for the present study consists of 120 teachers working in Gurukula schools of Warangal district of Telangana state. This study was using purposive random sampling method. **Conclusions:** Male teachers are better mental health status than female teachers and Post graduate teachers are better mental health status than trained graduate teachers.

KEYWORDS : Gender, Designation, Gurukula Teachers and Mental Health.

INTRODUCTION

Mental health is a normal state of well-being, a positive way but a quality of life. It is a condition which is characterized of the average person who meets the demands of life on the basis of his own capacities and limitations. The term "Mental Health" connotes a quality of wholeness and soundness. Mental health is not mere absence of mental illness, but it is an active quality of individual's daily living. Mental health governs what an individual feel about others and what he is able to face the realities of life. It is rooted in his ability to balance feelings, desires, ambitions, ideas and competence. The individual's condition or state of mental health continuously changes depending upon his own actions and the factors acting upon him.

World health organization (WHO, 1962) defined mental health as the balanced development of the total personality which enables one to interact creatively. He lives in the world of reality rather than fantasy and is capable of tolerating frustration. Such a person lives a well-balanced life of work, rest and recreation.

Dictionary of Cancer terms (2007) explained that mental health is a person's overall psychological and emotional condition. It is a state of wellbeing in which a person is able to cope with everyday events, think clearly, be responsible, meet challenges and have good relationship with others.

Review of Literature

Kaur, Jaswinder (2001) concluded that there is nothing known as perfect mental health. At the most one can talk of optimum mental health, but that too in the light of individual differences. Mental health was found to be significantly related to total vocational maturity of the prospective secondary school teachers. Significant relationship was found between mental health of male and female teachers.

Kumar (2003) aimed to discover the mental health, directors and employees and the character developments of the academics, administrators and the connection among the intellectual health and personality trends of teachers. Findings found out a positive correlation among the intellectual health of male instructors and the factors emotional/solid, worldly/non secular, hesitant/social and conventional/ modern-day. Trusting/doubting thing were observed to have terrible correlation with the fitness of male teachers. No large difference became observed among the opposite factors and mental health of the male instructors.

Nibedita (2005) aimed to find the mental health of the secondary college instructors. There existed no statistically considerable difference between the married and single instructors in regard to mental health. The multiple correlation fees among the self idea and mental health as well as adjustment taken together have been discovered. Mental health and adjustment of secondary college teachers are the principal elements that have been discovered to persuade the improvement in their self idea both in my view as well as blended.

Srivastava and Asthana (2008) evaluated the mental health in lecturers and instructors organization and to discover relationship between social help and mental fitness. Results discovered higher mental health in teachers in comparison to teachers institution. A widespread fantastic correlation discovered that working girls with excessive social aid had higher intellectual fitness.

Dewan (2009) examined the outcomes of gender, religion and marital fame upon mental health of tribal school instructors in Jharkhand. Results revealed that gender produces significant results on intellectual fitness. Female teachers as compared to male instructors have been determined to expose poor mental health. The fundamental impact of religion on mental health turned into located to be sizeable. The outcomes of faith were equal for male and girl teachers and additionally for married and un-married instructors. Likewise, the outcomes of gender had been no longer one of a kind for married and un-married instructors.

Maheshbabu (2012) studied the job satisfaction and mental health of secondary college couple instructors. It changed into discovered that there is no huge difference in intellectual health of couple trainer whereas fantastic and vast correlation was discovered among Job Satisfaction and mental health of couple teachers.

Nandoliya (2013) tested mental health of higher secondary faculty teachers in terms of sex, habitat, forms of college and faculty. The result showed that big difference existed between male and lady teachers on mental health. Significant distinction existed among urban and rural instructor on mental health. Sex and type of faculty of instructor interacts each other on mental health Sex and distinctive college of teacher interact every other on mental health. Sex, habitat, types of school and exceptional colleges of trainer have interaction each different on mental health.

Zhang (2014) explored the mental health and job satisfaction amongst graduating class instructors in far off mountain regions and examined the influence of moderating variables. The fame of each mental health and job satisfaction a few of the respondents was considerably greater troubling than the country wide norm used as a reference.

Bhagat Singh (2016) designed to study the independent and interactional effect of gender and education stream on mental health of college students. Results showed that there was no significant difference between mental health of male and female students. There was a significant difference among mental health of art, science and commerce stream students. Gender and Education Stream jointly influence the mental health of college students. Male students of art stream have significantly better mental health than the male students of science and commerce stream. While female students of science stream have significantly better mental health than the female students of art and commerce stream. There is a significant gender difference in art stream students while there is no gender difference in science and commerce stream students.

Bera and Adhikari (2018) found that on an average the mental health status of the university level students was good. The university level students reside in the higher stratum of the intellectual society; they possess much potentiality to perform excellence in academic activities. Their sound mental health may self efficacy of the higher education.

Dibakar Ghosh, Samirranjan Adhikari and Sushanto Mahato (2020) examined that the mental health status a comparative study. In all facets of general mental health the means of the female teachers were higher than their male counterparts. The male teachers might have better mental health than their female counterparts.

Vasti Marais-Opperman, Chrizzanne van Eeden and Sebastiaan Rothmann (2021) determined the relationships between their stress profiles, coping strategies, and mental health. Participants were a convenience sample of teachers in the Sedibeng East District in South Africa. The three stress profiles differed significantly regarding coping strategies and mental health. Teachers with a distressed profile who used self-blame as a coping strategy had poor mental health, while those with a self-efficacious profile and religion as a coping strategy had better mental health. The distressed profile had the most substantial adverse effect on mental health when positive reframing and active coping was low. Interventions aimed to promote mental health in teachers should consider their coping strategies as resources for recovery.

Objective

1. To assess the impact of gender and designation on mental health status of Gurukula teachers.

Hypotheses

1. There would be significant impact of gender on mental health status of Gurukula teachers.
2. There would be significant impact of designation on mental health status of Gurukula teachers.

Sample

Sample for the present study consists of 120 teachers working in Gurukula schools of Warangal district of Telangana state. This study was using stratified random sampling method.

Variables Studied

In the light of the hypotheses formulated, the following variables are studied.

Dependent Variable

1. Mental Health

Independent Variables

1. Gender
2. Designation

Tool Used

Assessment of Mental Health: Mental health status was assessed by using Mental health status inventory designed by Jagadish and Srivastava (1983), and the scale was consists of 56 statements. The statements are related to Positive Self Evaluation (PSE), Perception of Reality (PR), Integration of Personality (IP), autonomy (ATY), Group Oriented Attitude, (GOA), and Environmental Mastery (EM). In this scale four alternative responses have been given to each statement i.e., always is given a score of 4 to 1, for true keyed (positively) in the case of false keyed (Negatively). Statements the over lined items are negative while the remaining are negative. Of the 56 statements 24 are positive keyed and the remaining negatively keyed. The reliability of the test was established by test-retest method and it is 0.82.

Research Design

As there are three independent variables i.e., gender (male & female) and designation (TGT & PGT) and each variable are divided in to two categories, a 2 × 2 factorial design was employed in the present study.

Statistical Analysis

The obtained data was analyzed statistically in order to test the hypotheses using Means, SD's and Analysis of Variance (ANOVA).

RESULTS AND DISCUSSION

Table-I: Means and SDs for scores on mental health status of Gurukula teachers.

Designation		Gender	
		Male	Female
Trained Graduate Teacher	Mean	130.32	125.64
	SD	11.08	12.53
Post Graduate Teacher	Mean	140.32	126.61
	SD	10.38	10.65

Grand Means

Male = (M:135.32)	Trained Graduate Teacher = (M:127.98)
Female = (M:126.23)	Post Graduate Teacher = (M:133.46)

A close observation of Table-I shows that male teachers with post

graduate have obtained high score (M=140.32) indicating they are better mental health status compared with other groups. Female teachers with trained graduate have obtained low score (M=125.64) indicating they are less mental health status compared to other groups.

In terms of gender, male teachers (M=135.32) are better mental health status than female teachers (M=126.23). In terms of designation, teachers with post graduate (M=133.46) are better mental health status than the teachers with trained graduate (M=127.98).

Table-II: Summary of ANOVA for scores on mental health status of Gurukula teachers.

Source of Variance	Sum of Squares	df	MSS	F-Values
Gender (A)	1221.375	1	1221.375	6.25 **
Designation (B)	1437.455	1	1437.455	7.36**
(A x B)	1608.012	1	1608.012	8.23**
Within	22638.56	116	195.160	--
Total	26905.402	119	--	--

**-Significant-0.01 level

Hypothesis-1: There would be significant impact of gender on mental health status of Gurukula teachers.

As shown in table-II that the obtained 'F' value of 6.25 is significant at 0.01 level indicates that gender has significant impact on mental health status of Gurukula teachers. As the 'F' value is significant, the hypothesis-1, which stated that gender has significant impact on mental health status of Gurukula teachers, is accepted as warranted by the results. Male teachers (M=135.32) are better mental health status than female teachers (M=126.23).

The probable reason might be the lack of timely and appropriate information, rearing practices, social norms, cultural issues, roles and responsibilities, excessive burden of work, early marriage, insecurity feeling, feeling of nervous and poor inter personal and social relations affects to the female teachers, so they are felt less mental health.

Hypothesis-2: There would be significant impact of designation on mental health status of Gurukula teachers.

As shown in table-II that the obtained 'F' value of 7.36 is significant at 0.01 level indicates that designation has significant impact on mental health status of Gurukula teachers. As the 'F' value is significant, the hypothesis-2, which stated that designation has significant impact on mental health status of Gurukula teachers, is accepted as warranted by the results. Teachers with post graduate (M=133.46) are better mental health status than the teachers with trained graduate (M=127.98).

It is predicted that teachers, who have fear of failure, poor student-teacher relations, feeling of inadequacy, lack of concentration, finance insecurity, feelings of nervous, psychological distress and low level of involvement, poor attention are prone to get various psychological disorders. Indirectly it affects the mental health to the trained graduate teachers.

It is evident from the table-II data reveals that the 'F' value of 8.23 gender and designation (AXB) is significant. This indicates that there is significant interaction between two independent variables i.e., gender and designation is causing the effect on mental health status.

CONCLUSIONS

- Gender has significant impact on mental health status of Gurukula teachers. Male teachers are better mental health status than female teachers.
- Designation has significant impact on mental health status of Gurukula teachers. Post graduate teachers are better mental health status than trained graduate teachers.

Implementation of the present study

The present study can be useful in maintaining and improving mental health.

On the basis of this study we can make very useful suggestions in improving the behavior our personality of teachers so that they can contribute substantially in the development of their student's personality. We can also point out the limitations of teachers from the view point of mental health. The knowledge of teacher's limitations our specific traits can help their students in the development of their personality. We can warn the students not to be carried out by certain limitations of their teacher suppose the teacher has the habit of

smoking or tobacco taking; we can strictly warn the students not to follow him. Such study can be useful in planning the training of teachers.

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