



A STUDY OF JOB SATISFACTION AND MENTAL HEALTH OF HIGHER SCHOOL TEACHERS IN THANJAVUR DISTRICT

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ABSTRACT

This is the overall pattern, or integration of his structure, modes of behavior, interests, attitudes, intellectual abilities, aptitudes and many other distinguishable characteristic. Viewing a person as he goes, we usually obtain a total impression of his personality as "agreeable", "disagreeable", "dominating", "submissive" about the various activities of his everyday life or the like. Psychology, however, views the individual more analytically. Little can be done scientifically with an overall impression. Thus, if the person comes under psychological experiment on personality his behavior may be observed in various situations. Thus the term personality refers to the whole individual. Therefore, to identify the attitude of teachers towards teaching profession in relation to their job satisfaction is the need of hour. The most distinctive feature of any individual is his personality. Hence, the investigator attempts to study the attitude of teachers towards teaching of higher school teachers relation to their job satisfaction.

KEYWORDS : Psychology, Mental health, behavior, Satisfied, personality

Importance of mental Health:

Man is basically a mind – body and these two aspects vitally influence the other. The recent advances in the field of preventive and curative medicine coupled with continual attempts in all countries to improve the standard of living of the people have to a large extent enabled us to eradicate most of the diseases of the body and helped to provide for longevity of human life with sufficient physical health. A sound body has now become an easy possibility within the reach of every one and a sound body is basic to a sound mind and bodily handicaps diseases do affect mental ability and outlook. But these have also affected the physical efficiency of individuals, causing a variety of psychosomatic disorders. So, mental health is now recognized as an important aspect of an individual's total development and mental hygiene is accepted as an integral part of the school programme.

Characteristics of a Mentally Healthy:

A mentally healthy individual can be distinguished from others easily through his mode of living, behavior and personality characteristics. In general these features and characteristics can be summarized in the following ways.

- He knows himself well and is in a position to evolve his strength and weakness. Therefore he always chooses a task that is of intermediate difficulty – neither too difficult nor for easy.
- He has an adequate ability to make adjustment in the change of circumstances and situations.
- He is emotionally mature and stable when he is asked to express his emotions in a desirable way and exercise proper control over them.
- He always lives in a world of reality rather than that of imagination.
- He feels quit safe and secure in his respective group and environment. he likes others and is liked by them. he possesses an adequate sense of belongingness and loyalty towards the group he belongs.

The Concept of job Satisfied:

The teacher who has positive attitude towards teaching and considerate towards the pupil tends to become more satisfied in his job. Lodahi and kejner (35) define job satisfied as the degree to which a person identifies psychologically with his work of the importance of work his self image. They also suggest that job satisfaction is very much related to job involvement. He shows that in order to have a better job involvement in their job, workers need to be satisfied more frequently between job involvement and job satisfaction among those employees who were least involved in their job.

The Concept of Teaching:

Teaching is derived from the root work "taikjon" which means "show how" Teaching involves a most difficult and most complex series of functions. Teaching is an activity, a unique professional human activity in which one creatively and imaginatively uses himself and his knowledge to promote learning and thereby enhance the welfare of others.

Teaching is a four phased process. At first it formulates the goals of education, selecting and organizing the content of instruction and stating the objectives of instruction. Secondly it is to give instruction according to the strategies and tactics of instruction. There are several conducted on various factors of teachers stititude, their interest, adjustment, self actualization and teacher effectiveness. at the industrial level, so many studies have been made in connection with job satisfaction on various other variables. The role of teachers in higher secondary schools in shaping the personality of the young student is becoming increasingly important. Then he can effectively fulfill the needs of the students as well as society and nation.

Definition of technical terms used:

H.J.Eysenck defines personality as, the sum total of actual or potential behavior patterns of the organism as determined by heredity and environment, it originates and develops through the functional interaction of the four main sectors into which these behavior patterns are organized – the cognitive sector (intelligence), the cognitive sector (character), the affective sector (temperament), and the somatic (constitution). In this study personality of high school students is assessed using the Eysenck personality Inventory.

Objectives of the Study:

- To find out the significant difference between the Higher school teachers in their extrovert personality based on age.
- To find out the significant difference between the higher school teachers in their introvert personality based on age.
- To find out the significant difference between the higher school teachers in their mental health based on age.
- To find out the significant difference between the higher school teachers in their job involvement based on age.
- To find out the significant difference between the higher school teachers in their job involvement based on gender.
- To find out the significant difference between the Higher school teachers in their extrovert personality based on type of family.
- To find out the significant relationship between extroverts personality of the primary schoolteachers with respect to introvert, extrovert and mental health.

Need for the study:

Achievement plays a major role in the field of education. It is well known that failure in achievement is influenced by a low involvement in their job. Since teaching is a highly skilled job and cannot be done without sound preparation. Most of the higher school teachers should perform well. So there is a need to study the personality, mental health

and job satisfied of higher school teachers.

Significance of the study:

The study was aimed at finding the personality and mental health among higher school teachers in relation to job Satisfied. This study could also help us to measure the mental health of present day higher school teachers. This study also enables us to understand and the influence of different factors like gender, type of school, age, experience, locale and marital status on personality, mental health and job satisfied of higher school teachers.

Conclusion:

The purpose of the present investigation was to study the relationship among the variables, such as personality, mental health and job satisfied.

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