

Mental Health as Related to Life Satisfaction of Elementary Teacher Trainees



Education

KEYWORDS :

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ABSTRACT

Mental Health has a lot of influence on children's learning. It is usually thought that education is entirely an intellectual experience that emotions have no place in class room, but it is not true. Teachers are the makers of the future citizens of the country. They have a great role to play in meeting the emotional needs of children and fostering mental health among them school based. Intervention programmes can be very effective in regard. The present study was conducted on 150 Elementary Teacher Trainees drawn randomly from three different educational colleges from Abohar, Sri Muktsar Sahib and District Institute of Elementary Teacher Training, Deon, Bathinda equal representation was given to male/ female, urban/rural category. The main aim of the research was to study the relationship between mental health and life satisfaction of elementary teacher trainees. Indian Adaptation of Mental Health Inventory by Srivastva and Jagdish, Life Satisfaction Scale by Q.G. Alam and Ram Ji Srivastva (1973) were used. The results of the study indicate that there exists significant relationship between mental health and life satisfaction. The second result of this study is there is no difference in the mental health of male and female elementary teacher trainees and third result is that there is no difference in the life satisfaction of male and female elementary teacher trainees.

MENTAL HEALTH

The concept of mental health is as old as human beings. Our ancient scriptures are full of reference to mental diseases. World health organization said to, "Mental health is a state of complete physical, mental and social well-being. The Atharva-Veda, the Chrak Samihita, the Surut Samaritan and the Astangh Sangrah have described several diseases of the mind with specific methods of treatment. The expression, 'Mental Health' consists of two words 'mental' and 'Health'; health generally means sound conditions or well-being or freedom from mental diseases.

The role of mental health in human life is very important as it plays its role not only in the lives of individual, but also in the life of societies. There is no area of human life which is beyond the range of mental health. The term mental health does not refer to dimension of human personality. It encompasses all the aspects of the individual's adjustment with himself and others. It is the individual's adjustment with himself and others. If this adjustment is characterized by wholesome personal, social, intellectual, emotional or philosophical orientations, the individual is deemed to have good mental health.

According to crow and crow (1951), "Mental health is a science that deals with human welfare and pervades all fields of human relationship."

According to Hadfield (1952), "Reports mentally healthy as the harmonious functioning of the whole personality."

Cutts and Mosely (1941), defines mental health as the ability to adjust satisfactorily to the various strains we meet in the life and mental hygiene as the means we take to assure this adjustment.

According to the WHO Expert Committee on Mental Health (1984), Mental Health means "The capacity of an individual to form harmonious relations with others and to participate in or contribute constructively to change in social and physical environment. It implies also his ability to achieve a harmonious and balanced."

LIFE SATISFACTION

Life satisfaction is the degree to which a person personality evaluates the overall quality of his life as a whole teacher from a crucial element of the educational system. Life Satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive it is

one of three major's indicators of well-being life satisfaction positive effect and negative effect Diner, 1984. Although Satisfaction with current life circumstances is often assessed in research studies. Diner, Such, Lucas and smith (1999) also include the following under life satisfaction, Desire to change one's life satisfaction with past satisfaction with future, and significant other's views on one's life (Belell)

Life satisfaction is the need of hour, without satisfaction a man cannot lead a better and Prosperous life. So man must learn to break tensions, worries, anxieties of daily living or all these will break him. One will realize that happiness and contentment or satisfaction does not depend upon what happens outside but on happens inside it is measured by the spirit in which you meet the problems of life.

According to Brown (1981) considers life satisfaction to be a dynamic process which goes on throughout one's life.

Shin and Johnson (1978) "define life satisfactions a global assessment as a person's quality of life according to his chosen criteria."

According to Golden son (1984) psychologically speaking, satisfaction may occur on a conscious, preconscious or unconscious level and brings an organism to a balanced state.

According to Wolman (1973) it is the attainment desired a fulfillment as essential conditions.

Allen, Herst, Bruck, Sutton (2000) Life satisfaction is frequently included as an outcome or consequence variable in work - family research.

NEED OF THE STUDY

Today's modern age of science and technology has increased the complexities of life. Man has become victim of passions jealousy and arrogance. Because of rapid industrialization, urbanization, technical advancement and desire for more success, individual's life has become chaotic and full of stress and strain.

Good mental health is an important aspect of an individual's life. A mentally healthy person is free from inconsistencies dualities and inner tensions. Mentally healthy individuals are needed not only for the progress of the society but also for development of the country as a whole. Investigator is student of M.Ed. and

keen to study, relationship of mental health with life satisfaction of elementary teacher trainees. Hence it was considered important that study of mental health in relation to life satisfaction of the elementary teacher trainees be conducted in order to guide them in the proper direction.

OBJECTIVES OF THE STUDY

1. To study relationship between mental health and life satisfaction of elementary teacher trainees.
2. To study difference between mental health of male and female elementary teacher trainees.
3. To study difference between life satisfaction of male and female elementary teacher trainees.

HYPOTHESES OF THE STUDY

- There is significant relationship between mental health and life satisfaction of elementary teacher trainees.
- There is no difference in the mental health of the male and female elementary teacher trainees.
- There is no difference in the life satisfaction of male and female elementary teacher trainees.

TESTING OF HYPOTHESIS

HYPOTHESIS - I

"There is significant relationship between mental health and life satisfaction of elementary teacher trainees.

Table: Coefficient of correlation between Mental Health and Life Satisfaction of Elementary Teacher Trainees

VARIABLES	N	R	LEVEL OF SIGNIFICANCE
Mental health	150	0.25	Significant
Life Satisfaction	150		

HYPOTHESIS -II

"There is no difference in the mental health of male and female elementary teacher trainees."

Table : Significance of difference between mean scores of Mental Health of Male and Female Elementary Teacher Trainees

Sub sample	N	Mean	SD	SE _D	t-value	Significance
MALE	75	141.01	51.34	6.14	0.65	Not significant
FEMALE	75	137	14.28			

HYPOTHESIS -III

"There is no difference in the life satisfaction of male and female Elementary teacher trainees."

TABLE : Significance of difference between mean scores of Life Satisfaction of Male and female Elementary Teacher Trainees

Sub Sample	N	Mean	SD	SE _D	t-value	Significance
MALE	75	41.52	8.45	1.45	1.37	Not Significant
FEMALE	75	43.52	9.35			

FINDINGS

- There is significant relationship between mental health and life satisfaction of elementary teacher trainees. Thus the hypothesis no. I there is significant relationship between mental health and life satisfaction of elementary teacher trainees is accepted.
- There is no difference in the mental health of male and female elementary teacher trainees. Thus the hypothesis no. II there is no significant difference in the mental health of male and female elementary teacher trainees is accepted.
- There is no difference in the life satisfaction of male and female elementary teacher trainees. Thus the hypothesis no. III there is no significant difference in the level of life satisfaction of elementary teacher trainees is accepted.

SUGGESTIONS FOR FUTURE RESEARCH

- A replicate study involving larger and different sample may be undertaken to establish the validity of findings of the present study.
- A comparative study of mental health as related to life satisfaction of B.Ed. Teacher Trainees, NTT Teacher Trainees and Elementary Teacher Trainees may also be taken up.
- A similar study of mental health as related to life satisfaction of regular teacher trainees correspondence teacher trainees may also be taken up.

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