



## OUR HERITAGE (UGC Care Journal)

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National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



### A Study of Mental Health among Aided and Unaided School Teachers

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#### Abstract:

The mental health of every person in the world has become unbalanced. Mental health needs to be balanced in order to provide a satisfying life for humans. From morning to night until good sleep, many mental traumas occur on us. They include many factors like stress, anxiety, fear, frustration, anger, unrealistic expectations, jealousy, negative thoughts, and mental politics. Expectations of physical illness seem to increase with mental illness. Mental illnesses seem to be aggravating more than physical illness, but we seem to ignore them completely. Financial reasons are one of the many main causes of mental health imbalances. The present study was conducted on 60 aided and unaided school teachers from Hingoli in Maharashtra which were selected randomly. All the teachers ranged between 25 to 32 years. In the present investigation, Employees Mental Health Inventory Prepared by Dr. Jagdish was used for the data collection. Mental Health measure of central tendency (Mean) standard deviation (SD) and two ways ANOVA was used for finding out the scores for Mental Health of aided and unaided school teachers. It was found out that there was statistically significant difference between Mental Health of aided and unaided school teachers. Also it was found out that was statistically significant difference between the male and female of Mental Health.

**Keywords:** Aided and Unaided, Teacher and Mental Health

#### Introduction:

The mental health of every person in the world has become unbalanced. Mental health needs to be balanced in order to provide a satisfying life for humans. From morning to night until good sleep, many mental traumas occur on us. They include many factors like stress, anxiety, fear, frustration, anger, unrealistic expectations, jealousy, negative thoughts, and mental politics. Expectations of physical illness seem to increase with mental illness. Mental illnesses

  
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seem to be aggravating more than physical illness, but we seem to ignore them completely. Financial reasons are one of the many main causes of mental health imbalances. The far-reaching impact of the financial component has on mental health. Considering the financial factors, I wanted to study the mental health of teachers in unaided schools. This research was created by the fact that an unaided schoolteacher went to the front of the person for a long time, but he did not have any attention, he did not have his fault but he was constantly thinking. Financial factors affect our lifestyle. Money is not always easy to line, but there is more. Generally speaking, there is a difference in the lifestyle of subsidized school teachers and unaided school teachers. Aided and unaided schools. Teachers and mental health.

**Aided and unaided:** we need to first start to understand the difference between aided and unaided school. Generally speaking, schools that provide government facilities are called subsidized, and those schools that do not provide government facilities are called non-subsidized schools. The subsidized school has a government base such as aided schools, such as basic facilities, educational activities, teacher salaries, job security, educational materials, and building rent from the government. An unaided school has no funds from the government, which means no financial support at all. Such a school is called an unaided school because there is no rent of the school building, the government does not pay the teacher's salary, the infrastructure is not available, there is no material subsidy and there is no guarantee of employment.

**Teachers:** - It is the teacher who runs many generations, and if he is not mentally stable, he cannot provide good knowledge to the students. Many factors affect the lives of teachers, such as financial, social, subsidized and non-subsidized schools. Teachers who work in subsidized schools are well-paid, receive annual wage increases, are generally honored, their lives are well maintained, but the life style of teachers working in unaided schools is quite the opposite. The main purpose of the research is to ensure that the life of the teachers who are unable to make decisions, despite their ability to think positively or to make positive decisions or to create a teacher who gives direction to urban life by making the right decisions, is afraid of making decisions.

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According to Dr. Subhash Sherkar, the sculptor of student life is a teacher or professor, who destroys the darkness of ignorance in student life, enlightens the learner, sets the direction of student life by realizing the real circumstances and abilities, and motivates positively towards achieving a specific goal. The student is the future pillar of the country, who embraces intuitive knowledge, attaches to enlightenment real life, and who guides his life in his conscience, honestly and politely.

**Mental Health:** Mental health is an important part of health. Just like soil is essential for growing flowers from the soil, mental health is important for the empowerment of human health. Psychologists recognize that good health and the ability to cope with illness are affected by psychological factors such as thoughts, emotions, and the ability to manage stress. In the view, the mind and body are clearly linked, and are not two distinct systems (Sternberg, 2000) if the mind is healthy, then the body remains healthy. According to this saying, healthy health creates happiness in a person's life and makes human life meaningful and active. Prior to the second half of the twentieth century, mental health was thought to be no longer a mental illness, but now mental health cannot be distinguished from mental illness. Mental health is also a potential. That is, balancing one's desires and aspirations and motivating them to solve problems and problems that arise in their daily life. "The Preamble of the World Health Organization's defined health as a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity" (Monopolis et.al,1997). Bhatia (1982) considered mental health as the ability to balance feelings, Desires, ambitions in ideals in one's daily living. Anand (1989) has defined mental health as the behavioral characteristics of personality. According to him a mentally healthy person should be understood as a dynamic and conscientious individual who is found to be reasonably rational in the choice of means for the realization of his pious ends. Mental health a state of good adjustment with a subjective state of well-being, zest for living, and the feeling that one is exercising his talents and abilities. Overall, the concept and definition of mental health above shows that a person cannot lead a good life without mental health. If the mental health of the teachers deteriorates, then there is a need to focus on the mental health of the unaided teachers, so that the education of the students can be harmed.

### Objective of the Study:-

- 01) To measure the level of Mental Health of the teachers.
- 02) To undertake a comparative study between male and female teachers regarding the Mental Health.

  
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- (E) To undertake a comparative study between aided and unaided teachers regarding the Mental Health.
- (F) Improving and creating the awareness about mental health in teachers.
- (G) Increasing confidence of unaided school teachers.
- (H) Motivating you to make decisions by self- introspection.



### Methodology:-

#### Hypotheses:

- > There is significant difference in the mental health of aided and unaided schools teachers.
- > There is significant difference in the mental health of Male and Female schools teachers.

**Sample:** - The sample of present investigation consisted of 60 teachers from Hingoli city in Maharashtra which were selected randomly. In the total 60 students 30 teachers were aided (Males and females) and 30 teachers were from unaided (males and females)

**Tools:** - In the present investigation, Employees Mental Health Inventory Prepared by Dr. English was used for the data collection provided. And given the following instruction of aided and unaided schools teachers. Here are some statements related to your health. In each statement, two possible option are Yes and No .whichever of these options apply to you or which you feel in relation to the statement, mark the correct symbol in the field below the same option. None of the statements are true or false. Finally feel free to respond.

### Sample Design

A1 Aided School Teachers	A2 Unaided School Teachers
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Male	Female	Male	Female
15	15	15	15
30		30	
Total -60			

## Research design:

2x2 factorial design used for research the present investigation

### (A) Schools

	Aided A1	Unaided A2
(B) Gender B1 Male	A1B1	A2B1
B2 Female	A1B2	A2B2

## Statistical Analysis and Discussion:

Analysis of the mental health of aided and unaided school teachers

Table No. 1  
Summary of two ways ANOVA for Mental health on School teachers

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
School Teachers	98.81	1	98.81	8.92	0.01
Gender	120.41	1	120.41	10.87	0.01
School Teachers * Gender	33.75	1	33.75	3.04	N.S.

  
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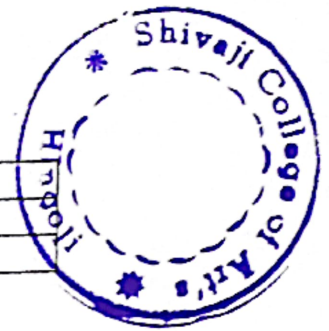
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Error	619.86	56	11.06		
Total	18315.00	60			
Corrected Total	872.85	59			

In the present investigation find out significant difference of mental health among aided and unaided school teachers, calculating the 'F' ratio. The result concluded that the F' ratio of aided and unaided school teachers on mental health  $F = 8.92$  which is significant at the level of 0.01 on dependent variable mental health. Hence there is significant difference found towards the mental health of aided and unaided teachers. Hypothesis No. 1 There is significant difference in the mental health of aided and unaided schools teachers is accepted.

And also in this research, find out the significant difference of mental health among male and female school teachers calculated the F ratio. The result concluded that the F ratio for mental health of aided and unaided school teachers  $F = 10.87$  which is significant at 0.01 the level of significant. Hence there is significant difference found towards the mental health among male and female schools teachers. According to f ratio Hypothesis No. 2 There is significant difference in the mental health of Male and Female schools teachers is accepted.

## Conclusions

The present study was aimed to find out and compare the mental health among aided and unaided school teachers. This study has led to the following conclusions. There is significant difference in the mental health of aided and unaided schools teachers. There is significant difference in the mental health of Male and Female schools teachers.

## Recommendations:

- Government should never put unaided policies in the education sector.
- Organizers should consider the financial situation of teachers and pay them.
- It is wrong for teachers not to teach their students, as teachers do not pay salary.
- Organizers should not mentally harassment of teachers regarding the salary.
- Government and directors should not run unaided schools considering the future of students.

## References:

  
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