

## A Study of Positive Mental Health Teaching Faculty of Colleges in Chhattisgarh

<sup>a</sup>Vijay Kumar Chaurasiya, <sup>b</sup>Jitendra Singh

<sup>a</sup>Assistant Professor Department of Physical Education Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.), India

<sup>b</sup>Physical Education Teacher AGIC, Chandak, Bijnor, India

### Abstract

A teacher needs to possess positive aspects of mental health in abundance so as to create a good teaching experience for students. This study compares positive mental health of teaching faculty of colleges on the basis of gender. To conduct the study 30 male (Average age 38.29 yrs) and 30 female (Average age 39.09 yrs) teachers of colleges in Chhattisgarh were selected as sample. Three dimensional positive mental health inventory prepared by Agashe and Helode (2007) was use as psychological instrument. Results reveal that positive mental health in male teachers was significantly of more magnitude as compared to female teachers. The results are discussed in the light of well established theories of positive mental health.

**KEYWORDS :** Hypertension, mental health

### Introduction

According to Menninger “mental health” is defined as “an adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness”. According to Poursoltani (2003), Mental health comprises of self-confidence and respecting self and others; identification of one’s own capabilities and shortcomings and others’, knowing that human beings’ behaviors are resulted from some factors dependent on their existence integrity; and identification of needs, inspections and motives that cause the individual’s special behavior.

WHO expert committee report 1951 emphasised the concept of positive mental health and said that ‘just as physical health means more than the absence of disturbing symptoms, mental health also has a positive aspect. Where physical health implies energy, stamina and adequate strength or resources for the requirements of work, mental health indicates strength of purpose, coordination of effort, steady pursuit of well chosen goals, and a high degree of mental organisation and integration.

There are two models of mental health i.e. negative and positive are prevailing since long ago. While negative aspect deals with mental disorders, the positive approach deals with psychological well being. The proponents of positive mental health are Schneiders (1955), Strupp and Hadley (1977) and George and Tittler (1984), all of whom described mental health in a positive side of psychological well-being.

Mental health has been accepted as an enduring state of psychological well-being and/or state of sound mind in sound body that makes an individual useful for himself and effective for his fellow beings within the framework of a given socio-cultural environment of which he is a valuable member. To make this task relatively less difficult, attempts have been made to define mental health in terms of certain components and criteria. Jahoda (1958) has given more weightage to the cognitive aspects of accurate perception of the self-knowledge. According to Jahoda (1958) the multiple criteria of mental health includes attitudes towards self-growth and self-

actualization, integration, autonomy, perception of reality and environmental mastery; whereas Allport (1961) included self-objectification, ego extension, unifying philosophy of life, realistic coping skills, abilities and perception, warm and deep relation of self to others, compassionate regard for all living creatures as the criteria of mental health.

It has been noted that teacher's mental health and wellbeing is somewhat related with students sound mental health (Harding et al., 2019). Scientific studies conducted by Harding et al. (2019) also reported that lowered depression in teacher decreases the psychological difficulties faced by the students. Mental health of a teacher has widely being studied in India. Researchers like Kumar (1992), Srivastava and Khan (2008), Kale (2011), Kumar (2013), Devi et al. (2018) studied mental health of teachers in association with burnout, teacher effectiveness, urban-rural belongingness, personality and various other factors. To broaden the knowledge the present study investigated positive mental health of college teaching faculty on the basis of gender.

## **OBJECTIVES**

The objective of the present study was to compare positive mental health male and female teachers working as teaching faculty in various colleges.

## **HYPOTHESIS**

It was hypothesized that gender will have significant impact on positive mental health of teachers working as teaching faculty in various colleges.

## **METHODOLOGY :-**

The following methodological steps were taken in order to conduct the present study.

### **Sample :-**

This study compares positive mental health of teaching faculty of colleges on the basis of gender. To conduct the study 30 male (Average age 38.29 yrs) and 30 female (Average age 39.09 yrs) teachers of colleges in Chhattisgarh were selected as sample.

### **Tools:**

#### **Positive mental health inventory :**

To assess positive mental health of selected teachers working as teaching faculty in various colleges, three dimensional positive mental health inventory prepared by Agashe and Helode (2007) was used. It consists of 36 questions and the total positive mental health score is based on sub-factors such as self acceptance, ego strength and philosophy of life. This inventory is highly reliable and valid.

### **Procedure:**

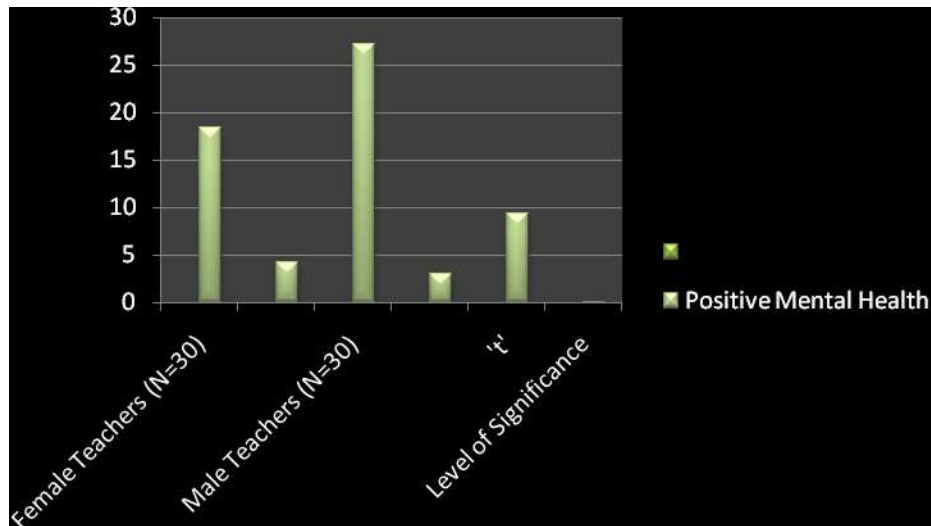
30 male (Average age 38.29 yrs) and 30 female (Average age 39.09 yrs) teachers of colleges in Chhattisgarh were selected purposively. Positive mental inventory was administered to each subject in a peaceful environment. Three dimensional positive mental health inventory prepared by Agashe and Helode (2007) was administered to each subject. Scoring of data have been carried out according to authors manual. After scoring and tabulation comparison of positive mental health between pre defined study groups was done with the help of independent sample 't' test. Results shown in table 1.

**RESULT & DISCUSSION**

**Table 1**  
**Comparison of Positive Mental Health between**  
**Male and Female Teaching Faculty of Colleges**

Variable	Female Teachers (N=30)		Male Teachers (N=30)		't'	Level of Significance
	M	S.D.	M	S.D.		
Positive Mental Health	18.36	4.21	27.16	2.99	9.32	.01

\*\* Significant at .01 level



A perusal of entries reported in table 1 indicates statistical significant difference in positive mental health of teaching faculty of colleges on the basis of gender. The reported  $t=9.32$  reveal that positive mental health of male teachers ( $M=27.16$ ) was significantly higher as compared to female teachers ( $M=18.36$ ). The calculated  $t=9.32$  also confirms this finding at .01 level of significance.

Result reveals that positive mental health of male teachers was superior as compared to female teachers. This can be attributed to better coping mechanism of males towards stressful situations.

**CONCLUSION**

On the basis of results, it was concluded that positive mental health of teaching faculty of colleges may be predicted on the basis of gender.

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