

## **A Study of Mental Health of School Teachers in Relation to their Marital Status**

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### **Abstract**

The present study was undertaken to find out the mental health differences among school teachers in relation to their marital status. The study was conducted on 200 school teachers from the Chandigarh school. Random sampling technique was employed. Out of 200 school teachers 100 were married (50 male and 50 female) and remaining 100 were unmarried (50 male and 50 female). Mental health status of the selected subjects was judged through Mental Health check-list (MHC) developed by Pramod Kumar (1991). The mean difference between married and unmarried school teacher in relation to their mental health were analyzed through 't' test and the finding of the study indicates no significant difference between married and unmarried school teacher, married male and female school teachers and unmarried male and female School teachers

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### **Introduction**

Teacher is the most vital single factor of influence in the system of education. It is the teacher who matters most as far as teaching is concerned. The educational process is governed by the extent of his receptivity and initiative. The well equipped teacher is supreme in imparting education to the pupil. At all times teacher is pivot in education. Radhakrishnan Commission (1948) has aptly remarked the teachers place in society is of vital importance. He acts as the pivot for the transmission of intellectual tradition and technical skills from generations to generations and helps to keep the lamp of civilization burning. The University Commission (1948) mentioned that the success of educational process depends so much on the character and ability of the teacher. A teacher must conduct himself as a component organizer of various school activities and should not consider that his job ends with the teaching. A teacher has to carryout frequent evaluation for the progress of the students. He has to guide them in their selection of subjects, future course of education and vocation. He has to guide them in solving their emotional and adjustment problems. The teacher has to maintain good relations with the pupils, colleagues, principal, parents and community.

So we can say that a teacher helps in producing good students which will turn out as able and responsible citizens of the society as well as for the nation as a whole. A teacher can perform his duties if he/she posses sound mental health which is an utmost requirement for positive and healthy attitude towards teaching profession.

Healthy mind in a healthy body has always been considered to be the ideal state of health. Mental health is the balance development of one's personality having good emotional attitude which enables one to live happily with one's surroundings, it also includes good relationship between a person and society at large. It ensures permanent

mental equilibrium and social adjustment of a person. Hence, ideal health is the combination of good physical and good mental health.

Mental health is a state of mind characterized by emotional well being, relative freedom from anxiety and disability symptoms and capacity to establish constructive relationships and cope up with the ordinary demands and stress of life. Mental health consists of two words, Mental and health. Health means sound condition or well being or freedom from disease. Mental Health therefore means a sound mental condition or a state of psychological well being or freedom from mental disease. According to world health organization, "Mental health is a state of complete physical, mental and social well being and not merely the absence of diseases or infirmity."

According to Chauhan (1978), "Mental health is a condition which permits maximum development of physical, social, intellectual and emotional status of the individual so that he/she can contribute to maximum for the welfare of the society and realize ideas and aims in life."

As education is a very powerful instrument for social, political and economic development of builders of the country. If the teacher is motivated, interested and learned, he can create an environment of learning and spread a healthier and competitive spirit in which pupils have an urge to learn and become a part of the society. A mentally healthy teacher will have a sense of pride, morality, logical thinking, concern, tradition of mind and logical reasoning which he can impart to his pupils. But teacher is also a human being he/she is also affected by various socio-psychological factors like married life, political environment, professional and social environment etc.etc, which indirectly or directly influenced the mental health of the teacher. Therefore in the present study the researcher studied the mental health difference between school teachers in relation to their marital status.

#### **OBJECTIVES OF THE STUDY**

1. To compare the mental health of married and unmarried school teachers.
2. To compare the mental health of male and female married school teachers
3. To compare the mental health of male and female unmarried school teachers.

#### **HYPOTHESES OF THE STUDY**

1. There will be no significant difference in the mental health of married and unmarried school teachers.
2. There will be no significant difference in the mental health of male and female married school teachers.
3. There will be no significant difference in the mental health of male and female unmarried school teachers.

#### **Sample**

The present study was conducted on 200 school teachers from the Chandigarh school. Random sampling technique was employed. Out of 200 school teachers 100 were married (50 male and 50 female) and 100 unmarried (50 male and 50 female)

**Tool Used for the study**

Mental Health check-list (MHC) by Pramod kumar(1991).

**Statistical technique used**

The researcher used ‘t’ test as statistical technique for the analysis of collected data

**Result and Discussion**

**Table 1. Mean difference between married and unmarried school teachers in relation to their mental health**

Variable	Married School teachers		Unmarried School Teachers		t-value	Level of significance
	Mean	Standard Deviation	Mean	Standard Deviation		
Mental Health	19.44	6.24	18.05	4.76	1.77	Not Significant

Table 1 shows insignificant t value between married and unmarried school teachers in relation to their mental health, because obtained ‘t’ value (1.771) was found lesser than the table ‘t’ value i.e. 1.97 required to be significant at 0.05 level of confidence with 198 degree of freedom..The insignificant mean difference may be attributed due to the smaller sample or may be that both the samples working under similar type of socio economic working conditions which could be detrimental factor for the insignificant difference. Whereas while comparing the achieved mean score of unmarried school teachers (18.05) and married school teachers (19.44) on their mental health with the norms given in the questionnaire manual indicates that both the groups stood average in their mental health status.

**Table 2 Mean difference between married male and female school teachers in relation to their mental health**

Variable	Married male School teachers		Married female School Teachers		t-value	Level of significance
	Mean	Standard Deviation	Mean	Standard Deviation		
Mental Health	18.92	4.53	19.96	7.59	.832	Not Significant

Table 2 shows insignificant t value between married male and female school teachers in relation to their mental health, because obtained ‘t’ value (.832) was found lesser than the table ‘t’ value i.e. 1.98 required to be significant at 0.05 level of confidence with 98 degree of freedom. Whereas while comparing the achieved mean score of married male school teachers (18.92) and married female school teachers (19.96) on their mental

health with the norms given in the questionnaire manual indicates that both the groups stood average in their mental health status.

**Table 3 Mean difference between Unmarried male and female school teachers in relation to their mental health**

Variable	Unmarried male School teachers		Unmarried female School Teachers		t-value	Level of significance
<b>Mental Health</b>	<b>Mean</b>	<b>Standard Deviation</b>	<b>Mean</b>	<b>Standard Deviation</b>		
	<b>17.18</b>	<b>4.074</b>	<b>18.92</b>	<b>5.25</b>	<b>1.850</b>	<b>Not Significant</b>

Table 3 also shows insignificant t value between unmarried male and female school teachers in relation to their mental health, because obtained 't' value (1.852) was found lesser than the table 't' value i.e. 1.98 required to be significant at 0.05 level of confidence with 98 degree of freedom. Whereas while comparing the achieved mean score of unmarried male school teachers (17.18) and married female school teachers (18.92) on their mental health with the norms given in the questionnaire manual indicates that both the groups stood average in their mental health status.

The insignificant difference found on mental health in relation to the marital status of Chandigarh school teachers in the present study indicates that marital status does not have any significant impact on their mental health irrespective of their gender because mental health is characterized by good adjustment with the environment and establishment of satisfactory interpersonal relationship (Davis 1965).

### **EDUCATIONAL IMPLICATIONS**

The findings of the study have following important educational implications:

1. Sound mental health is the real determinant of one's outlook towards life. It leads to better overall in the life.
2. Sound mental health exists in a sound body, so we should try to keep our body healthy and fit.
3. To improve the mental health of the teacher, he/she should be cooperative and adjustable to the present scenario where he /she live

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