



A Comparative Study of Mental Health Status of Teachers serving in Hindi and English Medium Secondary Schools

*** Dr. Binita Prakash, Principal**
Department of Education,
Sri Madhav College of Education & Technology
Modi Nagar Road, Hapur.
Email: binita.prakash72@gmail.com 9456255932 (M)

Received on 15th February 2017, Revised on 24th February 2017; Accepted 28th February 2017

Research Article

Key words: *Views, Research process*



[International Educational Journal](http://www.echetana.com) is licensed Based on a work at www.echetana.com

Introduction

Teachers are literally the architects of the nation's destiny. They work in school and help making all round development of their students. The efficiency of systems of education rests upon the integrity, dedication, values preference and mental health of teacher. If there are no good teachers, even the best system of education is bound to fail. Integrated whole is a mentally healthy personality. If teachers have good mental health, only then they can radiate the same among their students. Even if schools possess excellent materials, resources in the form of equipment, building and textbooks and curriculum may have been appropriately adopted in view of community requirements, but if teachers are misfits or are indifferent to their responsibilities, the whole programme is likely to be ineffective. If the Mental Health of teachers is poor, it is bound to ultimately affect the mental health of their students. Unless a teacher himself/herself enjoys sound physical and mental health he/she cannot discharge his/her duties properly. Consequently it is very important that the mental health of teachers should be ensured. Adequate condition, that are conducive to sound mental health of the teachers, should be created otherwise it would be impossible to expect teachers to make any notable contribution towards the healthy development of children's personality.

It is obvious from the above discussion that the mental health of a teacher is the core of the personality system which directs the behavioral adjustment of the individual student. In our country even after independence, education is being imparted in foreign language English. It usually generates a widespread feeling of inferiority among teachers who are involved with teaching in Hindi medium schools. Keeping that in view, many research questions arise in the mind of the researcher.

- Are there any significant differences in the mental health level of the teachers of the Hindi medium schools?
- Does the environmental climate of Hindi and English medium schools have any impact on the mental health of their teachers?

To find out the answers of these questions, the researcher has conducted this research so that she could discover the details about the mental health of the teachers working in Hindi & English medium Senior Secondary Schools.

Objectives

The main objectives of the study were:

- To find out the level of mental health among the teachers of Hindi and English Medium Schools.
- To find out the influence of gender on mental health of the teachers of Hindi and English medium schools.

Hypothesis

HO₁ : There is no significant difference between the levels of mental health of teachers working in Hindi & English Medium Senior Secondary School.

HO₂: There is no significant between male and female teachers" mental health level working in Hindi & English Medium Senior Secondary School.

Design of the study

The study has been conducted by descriptive survey. This design was preferred because it is helpful for social investigations that can study large studying samples chosen from the population to discover the relative incidences.

Sample

The total sample comprise of 268 male and female teachers working in English and Hindi Medium Senior Secondary Schools of Mathura District in U.P. Medium & Gender-wise breakup of the sample has been given in table-1

**Table-1
Medium and Sex-wise breakup of the sample**

Sex / Medium		Female	Total
Hindi	88	82	170
English	26	72	98
Total	114	154	268

Tools

Mental Health scale developed and standardized by (Anand) has been used to find out the level of Mental Health of the teachers working in Hindi & English Medium Senior Secondary Schools. This is a Likert type scale. It consists of 60 statements out of which 20 are positive and 40 are negative. The scale comprises the following five dimensions of mental health:

- a) Self-concept
- b) Concept of life
- c) Perception by others
- d) Adjustment
- e) Achievement

Positive and negative statements as well as their distribution on different dimensions have been presented in Table-2

Table-2

Distribution of Mental Health Scale Statement on Different Dimensions

S.No.	Dimensions	Positive Items	Negative Items	Total
1.	Self-concept	54	13,16,35,55,59	6
2.	Concept of life	18	6,11,22,42,43,44,49,52,56	10
3.	Perception of others	1,2,3,29,32	23,38,39,40	9
4.	Adjustment by others	14, 20, 27, 37, 50, 60	5, 10, 15, 26, 30,33, 36, 46, 25, 23, 12, 17, 24, 48, 57	16
5.	Achievement	8, 51, 53	4, 7, 19, 28, 31, 34, 41, 58	8
6.	Total	9, 21, 47	41	11
		19		60

The scoring direction for positive item is 4, 3,2,1,0 for SA, A, UD, D, SD respectively and reverse for negative.

Reliability: The author of the Mental Health Scale Worked out the reliability of the test “by using the test-retest and Split-Hair Technique. Test-Retest and Split-Half reliabilities as reported for this scale are +0.88 and +.79 respectively.”

Validity: The validity of this scale was established by computing the coefficient of correlation between a set of scores of Maudsley Personality Inventory (M.P.I) and Mental Health Scale on 65 teachers.

Data Collection: The test was administered by the investigator on the teachers selected for this study. The task was tedious and time taking because the investigator has to approach each teacher personally in the school or at his/her residence. This demanded several reminders and requests to these teachers.

In this way, in spite of the best efforts of the investigator, the data yielding sample shrank to 88 male teachers and 82 female teachers of Hindi Medium Schools and 26 Male Teachers and 72 Female teachers of English Medium Schools. Thus, the data could be obtained on a sample of 268 teachers instead of 300 as desired.

Scoring & Tabulation: The Scoring of the test was done with the help of handmade transparent key. Scoring was rechecked to eliminate any mistakes if left out. Then the scores

were tabulated separately for Hindi Medium Male & Female teachers as well as English Medium teacher too.

ANALYSES OF DATA AND RESULTS

Analysis of the data-result has been presented objectives-wise as well as hypothesis-wise in following sections.

Mental Health of Hindi & English Medium teachers

The level of Mental Health of teachers working in Hindi & English Medium Senior Secondary Schools was ascertained by administering M.H. scale (S.P.Anand). Obtained raw scores were tabulated medium and gender-wise and Mean and S.Ds were calculated. The results are shown in table-3

Table 3
Mean and S.Ds. of scores on Mental Health scale for male and female teachers of Hindi and English Medium Senior Secondary Schools

Variables	Hindi Medium (N=170)				English Medium N=98			
	Male (N=88)		Female (N=82)		Male (N=26)		Female (N=72)	
Mental Health	M.	S.D	M.	S.D.	M.	S.D.	M.	S.D.
		169.16	18.34	171.07	24.36	160.15	21.47	170.75
	0.57				2.21			

Level of Mental Health – It is evident from table-3 that according to norm table given by Anand (1995), the level of mental health in this sample of male and female teachers is within normal or just above normal range.

Gender Difference in Mental Health: A perusal of the table 3.1 indicates that there is difference in the mental health of male and female teachers of Hindi & English medium Senior Secondary Schools. Therefore the sets of means within the medium were subjected to

test of significance of difference between the means. The results have been shown in table 3.1.

Table-3.1

Means and S.Ds. and C.R, values on Mental Health scale score among Hindi and English medium male and female teachers.

Variables	Hindi Medium (N=170)				English Medium N=98			
	Male (N=88)		Female (N=82)		Male (N=26)		Female (N=72)	
Mental Health	M.	S.D	M.	S.D.	M.	S.D.	M.	S.D.
		169.16	18.34	171.07	24.36	160.15	21.47	170.75
	0.57				2.21			

It is obvious from the table 3.1 that there is no significant gender difference in mental health between the male & female group of teachers working in Hindi and English Medium senior secondary schools (C.R). Therefore it has been taken as a homogenous single group for all the future statistical analyses. However, the significant at 0.5 level of confidence, on the basis of these results, hypothesis H_{01} Which states, "There is no significant difference between the levels of mental health of teachers working in Hindi & English Medium Senior Secondary School" is accepted for Hindi Medium Sr. Sec. School and rejected for the English Medium School teachers.

Medium of Instruction Difference: Mental Health scores were re-tabulated medium of instruction wise & the combined Means and S.D.S. The data thus calculated were subjected to t-test of significance of difference between the Means. The results have been shown in table 3.2

Table-3.2

Means, S.Ds. and C.R value on Mental Health scale scores among Hindi and English medium male and female teachers.

Variables	Hindi Medium combined		Male English Medium		Female English Medium		C.R
	M.	S.D.	M.	S.D.	M.	S.D.	
	170.08	21.48	160.15	21.47	-----	-----	2.21*
	170.08	21.48	-----	-----	170.75	19.91	0.23

***P<.05.**

Table 3.2 clearly shows that Hindi Medium teachers do not differ significantly in Mental Health in comparison to female teachers working in English medium schools but they do differ in comparison to the male counterparts as the C.R. Value of 2.2 is significant at 0.5 level of confidence. Therefore, the hypothesis H₀₂ which states that "There is no significant between male and female teachers" mental health level working in Hindi & English Medium Senior Secondary School", is partially accepted for Hindi Medium Schools but partially rejected for English Medium Schools.

Discussions: It is satisfying to note that the teachers of Hindi and English medium Senior Secondary Schools, comprising with the sample of this study, have at least average as well as just above average level of mental health. So they may radiate it among their students. It is interesting to note that there is no significant gender difference among the teachers of Hindi Medium Senior Secondary Schools but on the other hand there is significant gender difference among the teachers of English Medium Schools. Mental Health of male teachers teaching in English Medium School, has emerged to be significantly lower than all other

groups of teachers, even in comparison to their female counterparts working in English Medium Schools (Table 2.2)

It is probably due to the fact that English Medium School male teachers might have a feeling of inferiority among themselves. Generally these English Medium Schools are being managed by private affluent management and Christian missionaries dominated by female nuns and sisters. This may also be one of the reasons of generating a feeling of inferiority and due to mental stress among them. It has been reflected by their comparative level of mental health.

In Hindi medium Schools there is no gender difference in mental health of teachers. The level of their average threshold as shown by the norms contained in the table of the test (Anand, 1995).

The English Medium male teacher are not only significantly lower in comparison to their female counterparts in their schools but they are at a lower level in comparison to Hindi Medium School teachers too. English Medium male teachers' lower level of mental health might be due to the fact that they feel underemployed and administered by feminine administration. Higher level of mental health among the female English Medium Teachers might be an indication of their being satisfied with a prestigious job in English Medium Schools. It enhances their self-concept and social prestige.

The just above average level of mental health among Hindi Medium (Male-Female) and female teachers of English Medium Schools, presents them as satisfied individuals, having harmony in their schools, as well as possessing social and family adjustment. It reflects registering their feelings of being well placed in socially approved world of their own choice. Also as they probably lead a life of self-satisfaction and feel that they are socially contributing to the nation through education.

References

1. Anand, S.P. (1984) Guidance for mental health in schools. Journal of Indian Education.
2. Anand, S.P. (1995) Mental health scale, Bhubneshwar. Regional college of Education.
3. Bernard, H.W. (1961). Mental haygiene for class - room teachers, Mc Graw Hill book company, Inc.

4. Das, M.J. (1989). A study of the mental health of teachers serving in the primary schools of Puri town. Unpub. M. Phil, Dissertation in Edu. Ravenshaw college, Cuttack.
5. Mishra, K.N. and Panda, K.C. (1992) Perceived organizational conflict as a function of teacher's personality. Indian Educational Review. 271
6. Pandey, A.K. and Panday, R.K. (1995) A study of the mental health and decision – making capacity of higher secondary school Principals. Prachi Journal of psycho cultural dimensions. 11-land two.

*** Corresponding Author: Dr. Binita Prakash, Principal**
Department of Education,
Sri Madhav College of Education & Technology
Modi Nagar Road, Hapur.
Email: binita.prakash72@gmail.com 9456255932 (M)