

Mental Health Of Student-Teachers In Puducherry Region (India)

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Abstract: *This Paper Is An Attempt To Analyze The Mental Health Of Student-Teachers With Respect To Their Parental Occupation And Family Monthly Income In Puducherryregion.For The Present Study Primary Data Was Collected With The Help Of A Check List Tool From Six Education Colleges Randomly Located In Puducherry Region. A Total Of 300 Samples Were Drawn Among Which 126 Were Male And 174 Were Female Students By Using Stratified Random Sampling. In Order To Analyze The Data Both Descriptive And Differential Statistics Are Used. The Findings Of The Study Reveals That The Overall Mental Health Of Student-Teachers Is High With Respect To Parental Occupation And It Was Also Found That There Is A Significance Difference Between The Mental Health Of Student-Teachers With Respect To Their Family Monthly Income.Thus Based On The Findings Of The Study It Is Recommended That The Government Should Take Care Of This Aspect In Order To Sustain The Mental Health Of The Students And Also The Colleges Committee Should Organize Various Programs And Co-Curricular Activities For The Students To Sustain Their Mental Health.*

Key Words: *Mental Health, Student-Teacher, Parental Occupation, Family Monthly Income.*

I. Introduction

Man Is A Combination Of Three Aspects- Physical (Body), Mental (Mind) And Spiritual (Soul) Of These Aspects Body And Mind Form Man's Basic Unit. Good Mental Health Depends On The State Of Body And Mind Which Exists A Direct Influence On The Other, But Owing To The Power Of Mind Over Matter, Good Mental Health Is Of Supreme Important.A Sound Body Has Now Become An Easy Possibility Within The Reach Of Every One. Sound Body Is The Basic For Sound Mind And Bodily Handicaps And Disease Do Affect Mental Ability And Outlook. But In Contemporary Society Mental Health Hazard Significantly Increased In Number And Complexity But These Have Also Affected The Physical Efficiency Of Individuals Causing A Variety Of Psychological Disorder. Tension, Selfishness And Mistrust, Atrocity, Wickedness, Injustice, Plundering And Killing, Conflicts And Dashes, And Moral Corruption Have Created Mental Ill Health. The Root Cause Of All This Turmoil And Crisis Is Lack Of Improvement In Human Relationship. The Onset Of Atomic Age, The Economic Instability Of Many National And So Many Allied Reasons Have Rendered A Great Percentage Of The World's Population Unhappy And Hence Mentally Unhappy. Student When Seeing All These Things Fail To Take A Decision And Get Confused. This May Lead Them Into Wrong Path. One Does Not Possess The Skill Needed To Make Effective Adjustment In Life At The Time Of Birth. Children And Adolescents Need All Care And Love And To Be Directed Properly To Grow Along Lines. It Is Very Hard To Define Health And Its Whole Implication. We Can Simply Say It As Haleness Of Soundness Of A Man. Lack Of Proper Guidance In The Education Institutions Make An Individual Unhealthy. We Are Very Much Conscious Of Our Physical Ailment And Attend To These Immediately But Not In The Case Of Mental Health. Just As One's Physical Health Depends Upon The Resisting Power Of The Body And The Proper Functioning Of Various Organs, So Also Mental Health Depends Upon The Ability Of The Mind To Adjust With Various Type Of Situation In One's Life. Mental Well-Being Is As Essential As Physical Well-Being For Effective Functioning Of The Individual At School Or At College. But Nowadays Mental Health Of The Student Is Very Low And It Is One Of The Biggest Problems Faced By The All Sorts Of People. There Is Ample Evidence To Indicate That The Environment Is Full Of Stress And Strains. It Affects One's Mental Health Adversely And It Goes To The Extent Of Causing Mental Illness. Thus The Present Study Is Sought To Investigate The Mental Health Of The Students For Their Goodness And To Suggest Remedial To Overcome The Malaise.

Need For The Study

Effective Academic Learning Requires High And Sustained Intellectual Efficiency Which Requires High Mental Health. Today Stress And Tension Have Become A Way Of Life In The Corporate World Because Of Increasing Pressure To Achieve And Produce At A Faster Rate. Great Percentage Of Teenagers All Over The World Is Suffering From Depression, Drug Addiction And Violence. The Minor Breakdown As Well As Suicides And Social And Anti-Social Aspects Of The Young College Student Has Been Attributed To Their Failure In Transition

From Dependence To Independence. All Such Happenings Will Continue In The Future When The Basic And Psychological Needs Not Satisfied. Thus The Aim Of The Present Study Is To Analyze The Present Status Of Mental Health Of Student-Teachers With Respect To Parental Occupation And Family Monthly Income In Pondicherry Region.

II. Objective

1. To Find Out The Significance Difference If Any, In The Mean Score Of Mental Health Of Student-Teacher In Relation To Their Parental Occupation.
2. To Find Out The Significance Difference If Any, In The Mean Score Of Mental Health Of Student-Teacher In Relation To Their Family Monthly Income.
3. To Find Out The Mental Health Of Student-Teacher In Pondicherry Region.

Review Of Related Literature Studies In India

Krirankumar And Viswanatha (2010) Conducted A Study On The ‘Effect Of Gender, Parental Occupation, And Family Income On Mental Health Status Among High School And College Going Students’ With The Objective Of Finding Mental Health Status Among High School And College Going Students With Regard To Gender, Parental Occupation, And Family Income. A Sample Of 600 High School And College Going Students Was Drawn Randomly Using Metal Health Inventory, Data Were Analyzed Using Mean, S.D And ‘T’-Test. The Result Indicated That There Is A Significant Difference Of Gender, Parental Occupation, And Family Income Level On Mental Health Status Of The Students.

Abishek Sharma And Manisha Agarwal (2011), Found That There Is A Positive Relationship Between Mental Health And Parental Occupation.

Munirajamma N., (2011) Studied “The Impact Of Parental Occupation On Their Children: Mental Health In Joint Family” Revealed That The Parental Occupation Affects The Mental Health Status Of Their Children. Children From Joint Families Of Parents With Better Occupation Are Mentally Healthier Than The Children Of Parents With Small Scale Occupation.

Ramachandran, Saraswati And Babu Rao (2011) On “The Impact Of Religion, Caste, Income And Type Of Family On The Mental Health Of Adolescents Among The College Students”,The Findings Revealed That The Mental Health Of The Adolescents From Hindu Families, Forward Caste, High Income Group Are Better In Their Mental Health Than The Adolescents From Non-Hindu Families, Backward Caste, Low Income Group Respectively. It Was Found That There Is No Significance Difference Between Adolescents From Joint And Nuclear Families With Regard To Mental Health.

Studies Abroad

Stewart, Tiffany Suldo And Shannon (2011), Studied The “Relationship Between Social Support Source And Early Adolescents’ Mental Health”, The Study Explored The Protective Nature Of High Student Academic Achievement In The Relationship Between Social Support And Mental Health. Social Support Was A Significant Predictor Off All Mental Health Outcomes, Particularly Life Satisfaction.

Niklasjakobson Et Al, (2013), Conducted A Study On “Class-Size Effects On Adolescents' Mental Health And Well-Being In Swedish Schools”, The Findings Of The Study Indicate That No Robust Effects Of Class Size On The Prevalence Of Mental Health Problems And Well-Being, And We Cannot Reject The Hypothesis That Class Size Has No Effect On Mental Health And Well-Being At All.

Kevin Cokley, Shannon McClain (2013), Conducted A Study On “An Examination Of The Impact Of Minority Status Stress And Impostor Feelings On The Mental Health Of Diverse Ethnic Minority College Students”; The Study Revealed That African Americans Reported Higher Minority Status Stress Than Asian Americans And Latino/A Americans, Whereas Asian Americans Reported Higher Impostor Feelings. Minority Status Stress And Impostor Feelings Were Examined As Predictors Of Mental Health. Impostor Feelings Were Stronger Predictors Of Mental Health Than Minority Status Stress.

Barton, Alison L And Kirtley, Michael S. (2012), Undertook A Study On The “Gender Difference In The Relationships Among Parenting Styles And College Student Mental Health”, The Finding Revealed That Anxiety And Stress Acted As Mediators Between Some Maternal Parenting Styles And Female Student Depression. No Meditational Relationships Were Found For Male Students Rating.

III. Methodology

The Normative Survey Method Is Adopted In This Study. The Normative Survey Method Is An Organized Attempt To Analyze, Interpret And Report The Present Status Of A Problem. This Method Is Essentially Cross Sectional. It Gathers Data From A Relatively Large Number Of Cases. For The Present Study Six Colleges In Puducherry Region Were Chosen By Random Sampling Technique From Which A Sample Of 300 Student-Teachers Of Which Boys Are 126 And Girls Are 174 In Number And The Age Between 18-25 Studying In Private Colleges In Puducherry Region Is Taken, And For Data Analysis Purpose Both Descriptive Analysis And Differential Analysis Was Undertaken.

Table- 1

Comparison Of The Mean Score Of The Mental Health Of Student-Teachers With Different Parental Occupation.
Null Hypothesis: There Is No Significance Mean Difference In The Mental Health Of Student-Teacher In Relation To Their Parental Occupation.

Background Variable	Sub Group	N	Mean	S.D	M.D	'T'-Value	Df	Ls
Parental Occupation	Govt.	78	20.09	4.33	0.01	0.02	298	Ns
	Private	222	20.08	4.78				

The Mean And S.D Of The Mental Health Of The Student-Teachers Parental Occupation Govt. (N = 78) Are Compared To Be 20.09 And 4.33 Respectively. The Mean And S.D Of The Mental Health Of The Student-Teachers Parental Occupation Private (N = 222) Are Compared To Be 20.08 And 4.78 Respectively. In Order To Check The Null Hypothesis The ‘T’-Test Was Made. In Order To Check The Null Hypothesis The ‘T’-Test Was Made. The Mean Difference Between 0.01 Is Found To Be Not Significant At 0.05 Level Of Significance Of The Calculated ‘T’-Value 0.02 Is Less Than The Table Value (1.645). Here The Null Hypothesis Is Accepted. Therefore, There Is No Significance Mean Difference In The Mental Health Of Student-Teachers In Relation To Their Parental Occupation.

Table- 2

Comparison Of The Mean Score Of The Mental Health Of Student-Teachers With Different Family Monthly Income.

Null Hypothesis: There Is No Significance Mean Difference In The Mental Health Of Student-Teacher In Relation To Their Family Monthly Income.

Background Variable	Sub Group	N	Mean	S.D	M.D	'T'-Value	Df	Ls
Family Monthly Income	Below 10000	172	20.74	4.93	1.54	2.87	298	0.01
	Above 10000	128	19.20	4.13				

The Mean And S.D Of The Mental Health Of The Student-Teachers Family Monthly Income Below 10000 (N = 172) Are Compared To Be 20.74 And 4.93 Respectively. The Mean And S.D Of The Mental Health Of The Student-Teachers Family Monthly Income Above 10000 (N = 128) Are Compared To Be 19.20 And 4.13 Respectively. In Order To Check The Null Hypothesis The ‘T’-Test Was Made. The Mean Difference Between 1.54 Is Found To Significant At 0.01 Level Of Significance Of The Calculated ‘T’-Value 2.87 Is Greater Than The Table Value (1.282). Here The Null Hypothesis Is Rejected. Therefore, There Is A Significance Mean Difference In The Mental Health Of Student-Teachers In Relation To Their Parental Occupation.

Table- 3

The Mental Health Of The Student-Teachers In Pondicherry Region Null Hypothesis: The Mental Health Of The Student-Teachers Is Not High.

Score	Mean	Median	Mode	S.D
	20.08	19.00	16.84	4.66

The Mean And S.D Of The Mental Health Of The Student-Teachers (N=300) Is Found That 20.08 And 4.66 Respectively. The Median Is Obtained As 19.00 And There Are 18 Student-Teachers With The Same Mental Health Score. There Are 133 Student-Teachers With Below Median And 149 With Above Median. The Mode Is Obtained As 16.84.

The Mental Health Of The Student-Teachers (N=300) Is Obtained In The Range Of (12-35) Whereas Actual Range Is (11-44). The Obtained Mean (M=20.08) Of Student-Teachers Is Above The Scale Average (Scale Average Is 11.5) And The Null Hypothesis Is Rejected. It Is Concluded That The Mental Health Of The Student-Teachers Is High.

Findings

The Result Of The Present Overall Study Indicates That The Level Of Mental Health Of Student-Teachers In Puducherry Region Is High. From The Descriptive Analysis Of The Data The Investigator Has Drawn The Following Conclusion-

From The (Table-2) It Is Found That There Is A Significance Mean Difference Between Student-Teachers Regarding Family Monthly Income In Their Mental Health.

The Study Also Indicates That There Is No Significant Mean Difference Between The Mental Health Of The Students With Respect To Their Parental Occupation.

IV. Conclusion

Mental Health Is An Important Part Of A Person's Life Beside Physical, Spiritual And Financial Well-Being It Is Believed That A Healthy Mind Is The Key To An Individual Attaining Satisfaction In Life. The Importance Of Maintaining Mental Health Is Crucial To Living A Long And Healthy Life. Good Mental Health Can Enhance One's Life, While Poor Mental Health Can Prevent Someone From Living A Normal Life. Mental Health Strengthens And Supports Our Ability To Have Healthy Relationship, Make Good Life Choices, Maintain Physical Health And Well-Being, Handle The Nature Ups And Downs Of Life, Discover And Grow Towards Our Potential. With These Extraneous Factors In Mind The Investigator Has Chosen The Topic With Regard To Mental Health. The Findings Of The Study Reveals That The Mental Health Of Student-Teachers Is Good, And It Is Also Find That The Family Monthly Income Plays An Important Role While Determining The Mental Health Of Their Children. Since The Mental Health Of The Students Is High, In Order To Maintain Such Mental Health The Government Should Train The Teacher In The Task Of Developing And To Maintain The Mental Health Of The Students. This Can Be Achieved By Incorporating Mental Health Program, Counseling Skills And Techniques Into The Curriculum As Well As In In-Service Training Program Organized For School And College Teachers So It Is Possible For The Teacher To Be Great Help To Their Students In Preventing Several Mental Problems And Other Suitable And Timely Counseling Services To The Students.

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