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Impact of family Atmosphere on Mental Health of B.Ed. Pupil Teachers

Abstract

In this fast growing, ever changing materialistic world, many challenges and changes have risen in front of Educational world and on the basis of those changes, many concepts have been originated. Mental health is also one of them. Teachers also receive a specific and important place in the society and he is called the creator of the nation. Teacher shapes the future of nation. The children of country who become lawyers, Engineer, Doctor, Politician, sociologist and economist reshape the nation and building their character also, there is unforgettable and important contribution of the teacher who gives shine to others by burning himself. B.Ed. training programme is considered as a 1st ladder to become a teacher and these trainees are seen as future teachers.

Keeping in view the teachers's prospective, this study has been done to see the impact of family atmosphere on mental health of B.Ed. pupil teachers of Kanpur City. By using appropriate tools and sample, it was found that a significant difference was found on some dimensions of mental health scale as on Egocentrism and Emotional instability. While on some dimensions like, Alienation, Expression and social non-continuity, there was no difference found in this study. But on the whole, it was proved that family atmosphere lays its impact on B.Ed. pupil teachers.

Keywords: **B.Ed. Trainees-** B.Ed trainees are those students who have admitted to B.Ed. course and are getting Teacher training under their superiors to become a successful teacher.

Mental Health- Mental Health is an individual capacity to enjoy life and create a balance between life activities and efforts.

Family Atmosphere- The environment in which the child lives and learns everything in the presence of all family members, is known as family atmosphere.

Need and Importance of Study- Family environment plays an important role in personality development of each person. If the atmosphere of the family is not good, the person can not do any work concentratly and with extreme capacity. On account of which his mental health is affected. In present research, the researcher has tried to know the impact of family environment on mental health of B.Ed. trainees.

Introduction

In this fast growing, ever changing materialistic world, many challenges and changes have risen in front of Educational world and on the basis of those changes, many concepts have been originated. Mental health is also one of them. Mental health is an integral and essential component of health which describes a level of psychological well-being, or an absence of a mental disorder. It in an individual's capacity to enjoy life and create a balance between life activities and efforts to achieve psychological resilience. Mental health can also be defined as an expression of emotions and as signifying a successful adaptation to range of demands. Thus it is a condition of psychological maturity. A mentally healthy person is responsible, self reliant and has a true sense of individuality.

Since the dawn of civilization man has a close relationship with society and social environment has always laid a positive impact on his mental health. This social atmosphere, not only brings change in the structure of person's personality, but also helps him to recognize various facts and relations. This lays many positive and negative impacts on



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person. There are mainly two types of environment which play an effective role in the life of a person. First is family atmosphere and second is Home environment.

Family is a biological unit which has an important place in the behavior and development of a person. The Impact of family environment is seen in the personality development and behavior of a person. If the family environment of a person is suitable. Then he can never fall a victim of any type of anxiety or tension and completes his works in a disciplined manner. On the Contrary, in an appropriate family environment a person always remains tensed and disturbed which becomes a cause of mental ill health too. A mentally ill person can not do his responsibilities properly.

Teachers also receive a specific and important place in the society and he is called the creator of the nation. Teacher shapes the future of nation. The children of country who become lawyers, Engineer, Doctor, Politician, sociologist and economist reshape the nation and building their character also, there is unforgettable and important contribution of the teacher who gives shine to others by burning himself. B.Ed. training programme is considered as a 1st ladder to become a teacher and these trainees are seen as future teachers. In B.Ed training, trainers are prepared to know the vocation of the teacher and to perform the roles of teacher by which they may become an able and successful teacher and give their valuable contribution in building the nation. So It is clear that in mental health, family atmosphere is an important factor. Keeping in view the impact of family atmosphere on mental level and to know its impact on B.Ed. trainees, the researcher has selected this topic. Besides this, in this field, ample researcher's are not found, so for this reason also this topic has been selected.

Aim of the Study

For the present study, following objectives are determined-

1. To study the impact of family environment on mental health of B.Ed. trainees.
2. To study the impact of family environment on the mental health of B.Ed. male and female trainees.
3. To study the impact of family environment on urban and rural B.Ed. trainees.

Hypothesis of Study

1. There is no significant difference between the mental health of B.Ed. trainees belonging to high and low family environment.
2. There is no significant statistical difference between the mental health of B.Ed. male and female trainees when studied it separately.
3. On being studied separately, mental health of B.Ed. trainees, belonging to high and low family environment is supposed to be found similar.

4. On being studied separately, there is no significant difference found in urban and rural B.Ed. trainees belonging to high and low family environment.

Sample and Sampling procedure

To study the impact of family environment on mental health of B.Ed. trainees, four B.Ed. Training institutions are taken in Kanpur city, keeping in view the time limit. For this study, 50 male trainees of four institutions and 50 female trainees of these institutions were selected randomly, thus for this study, total 100 trainees were selected.

Table -1

Sl. No.	Name of B.Ed. Training Institution	No. of Trainees	Sample
1	P.S.P.T. College Ramaipur, Kanpur	100	25
2	Dr. V.S.I.P.S. Kidwai Nagar, Kanpur	100	25
3	D.B.S. College, Govind Nagar	200	25
4	Mahila Mahavidyalaya, Kidwai Nagar	250	25

Tools

For present study, following questionnaire tools are used

Mental Health Test

For testing the mental health of students mental health measurement test by Anand Kumar and P. Thakur was used.

Family Environment Scale

For measuring the family environment, family environment scale by Dr. Karuna Shankar Mishra Analysis and Interpretation was used.

Table-2

Scores of B.Ed. Trainees Belonging to High Family Status and Low Family Status

Sl. No.	Mental Health Test Scale	B.Ed. Trainees of High Family Environment.		B.Ed. Trainee of Low Family Environment.		t Value
		Mean	S.D.	Mean	S.D.	
1	Egocentrism	26.2	4.21	28.4	4.84	2.42
2	Allienation	32.6	5.46	34.2	6.01	1.39
3	Expression	28.4	5.19	30.3	5.96	1.69
4	Emotional Unstability	28.9	5.32	31.4	5.89	2.22
5	Social Non conformity	30.3	5.49	32.2	5.96	1.67
	Over All Mental Health	146.4	17.29	156.5	18.64	2.812

significant difference has been found on Egocentrism ($t=2.42$, $P=0.05$) and Emotional instability ($t=2.22$, $P=0.05$) at mental health scale used for B.Ed. trainees of high family environment and low family environment.

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Table-3

Sl. No.	Mental Health Test Scale	B.Ed. Trainees of High Family Environment.		B.Ed. Trainees Low of Family Environment		t Value
		Mean	S.D.	Mean	S.D	
1	Egocentrism	27.57	4.38	24.86	3.98	3.23
2	Alienation	32.14	5.66	28.36	5.22	2.62
3	Expression	30.82	4.92	28.23	4.36	1.94
4	Emotional instability	30.44	5.06	28.68	4.52	1.38
5	social nonconformity	32.64	4.72	29.31	3.67	2.74
	over all mental health	153.61	18.28	138.98	16.24	29.94

On the mental health test scale, at the level of Egocentrism (t=3.23, P=0.05), Alienation (t=2.62, P=0.05) and social non conformity (t=2.74, P=0.05) significant difference was found.

Table-4

Scores of B.Ed. Male Trainees and Female Trainees Belonging to Low Family Environment

Sl. No.	Mental Health Test Scale	B.Ed. female Trainees of low Family Environment.		B.Ed. Female Trainees low Family Environment		t Value
		Mean	S.D.	Mean	S.D	
1	Egocentrism	28.46	4.11	26.41	4.82	1.72
2	Alienation	30.36	6.17	28.28	5.84	1.21
3	Expression	30.69	5.78	28.61	5.52	1.27
4	Emotional instability	31.09	5.92	29.86	5.29	0.76
5	social nonconformity	32.27	5.07	29.40	4.82	2.03
	over all mental health	156.72	18.98	144.63	16.74	2.38

No significant difference has been found on Egocentrism aspect of mental health test scale (t=1.72, p=0.05) expression (t=1.27, p=0.05) Emotional instability (t=0.76, p=0.05) and social conformity (t=1.10, p=0.05) for B.Ed. male and female teachers of low family status.

When the researcher studies on the all aspects of it simultaneously, he found significant difference between B.Ed. male and female trainees of

low family status. So, the level of mental health of female trainees was found to be more than trainees of low environment.

Table-5

Scores of Urban and Rural B.Ed. Trainees of High Family Environment

Mental Health Test Scale	Urban B.Ed. Trainees of High Family Environment		Rural B.Ed. Trainees of High Family Environment		T
	Mean	S.D.	Mean	S.D.	
1.Egocentrism	26.12	4.14	26.37	4.26	.163
2.Alienation	29.11	5.94	30.42	6.06	.462
3.Expression	30.86	4.89	32.81	4.56	1.42
4.Emotional Unstability	31.55	5.16	33.98	6.02	1.51
5.Social non Conformity	30.65	4.57	32.87	5.87	1.63
Overall Mental Health	149.11	17.46	151.43	18.62	.440

No significant difference has been found on the aspect of Egocentrism, alienation, expression, emotional instability and social non-conformity of urban and rural B.Ed. trainees of high family environment.

When the researcher studies further in this direction then also no significant difference has been find on overall mental health of urban and rural B.Ed. trainees of high family environment.

Table-6

Score of Urban and Rural B.Ed. Trainees of low Family Environment

Mental Health Test Scale	Urban B.Ed. Trainees of low Family Environment		Rural B.Ed. Trainees of Low Family Environment		T
	Mean	S.D.	Mean	S.D.	
1.Egocentrism	28.09	4.06	28.09	4.06	.786
2.Alienation	32.6	5.94	31.57	5.32	1.06
3.Expression	32.50	5.26	30.75	5.78	1.13
4.Emotional Unstability	31.23	5.03	32.40	5.43	.464
5.Social non Conformity	32.47	5.19	33.79	5.28	.885
Overall Mental Health	152.15	18.78	156.47	19.06	.807

No significant difference has been found on all aspects of mental health test scale (egocentrism, alienation, expression, Emotional instability and social non-conformity) of urban and rural B.Ed. trainees of low family environment.

Conclusion

In present research work, the researcher studied the impact of family environment on mental health of B.Ed. trainees. In the study, some hypotheses are accepted partially and some are

partially rejected following conclusions were drawn from present research study

1. Mental health level of B.Ed. trainees of high family environment and low family environment was found to be same on some dimensions of mental health test scale (Alienation, expression, social non-conformity)
2. Mental health level on the dimension of Egocentrism and emotional instability, high family environment, B.Ed trainees was found higher than low family environment trainees. On studying mental health the mental health level of B.Ed. trainees of high family environment was found higher than low family environment trainees.
3. On studying the mental health level of B.Ed male and female trainees of low family environment, it was found same of egocentrism, alienation, expression and emotional instability dimensions. At social non-confirmity dimension. the mental health level of male and female B.Ed. trainees was found low
4. The mental health level of urban and rural B.Ed trainees of high family environment, on egocentrism. Alienation, expression, emotional instability and social non conformity dimension was found to be same.
On studying overall mental health level of urban and rural B.Ed. trainees of high family environmental, was found to be same.
5. The mental health level of urban and rural B.Ed trainees of low family environmental, was found to be same on all dimensions of mental health scale ie.- egocentrism, alienation, expression,

emotional instability and social non confirmity. On studying overall mental health also, the mental health level of urban and rural B.Ed trainees of low family environment was found no significantly different.

6. conclusion has been found by this study that family environment effect B.Ed trainees.

Educational Implications

Educational implications of this study are as following-

1. This study helps to know the mental health level of B.Ed. peopil teachers.
2. This study is helpful to know the impact of family environmental on mental health.
3. This study helps to understand the concept of family environment.
4. This study is helpful to know the factors laying impact on, mental health.

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