

Corelational Study Between Mental Health and Adjustment of Prospective Teachers

Abstract

Mental Health indicates the ability to balance feelings, desires and ambitions in one's daily life. In the present study, mental health is a basic factor that contributes to the maintenance of physical as well as social effectiveness. A good mental health is indicated in such persons who are hopeful, Happy, Confident, and Healthy and has harmonious personality. The purpose of the study was to find out relationship between Mental Health and Adjustment of prospective teachers. In the present study , two variables were taken ie; Mental Health and Adjustment. Furter Adjustment divided into four dimensions ie; Social Adjustment, Emotional Adjustment, Educational Adjustment and Health Adjustment. Mental Health Inventory by A.K Srivastava & Jagdish and Bell's Adjustment inventory by Ojha were used. The results revealed that there is significant relationship between Mental Health and over all Adjustment of prospective teachers, The significant relationship of Mental Health with Social adjustment and emotional adjustment but not significant relationship with Educational and Health adjustment.

Keywords: Mental Health, Adjustment

Introduction

The modern concept of health includes a sound efficient mind, controlled emotions and self. A person having such a type of mind terms as mentally healthy person. A mentally healthy person maintains a healthy and benevolent attitude towards life. He is aware of difficulties that emerge in life and knows that running away from them in cowardice. They can be solved only by facing up to them with courage and with concentrating the mind. Human beings have two faculties of Mental Health indicates the ability to balance feelings, desires and ambitions in one's daily life. In the present study, mental health is a basic factor that contributes to the maintenance of physical as well as social effectiveness. A good mental health is indicated in such persons who are hopeful, Happy, Confident, and Healthy and has harmonious personality. Here, Mental Health thought-external and internal i.e. rational and consciousness. The physical or rational mind sees only what it is able to see. The spiritual or conscious mind deals with what is not able to see. It means there are two kinds of existence seen and unseen. Practicing meditation can change how a person relates to the flow of emotions and thoughts in the mind. Meditation affects the number of different areas that have an impact on Psychological, Physical and Mental Health. Those who practice meditation regularly, they may show decrease in symptoms like depression, frustration etc. A healthy and balanced life is almost difficult without the control and discipline of the mind. Meditation aims at helping the students to discipline their emotions and to attain a sense of inner balance, Harmony and relaxation which are important trait for the success of the students. In today's competitive world where the growing competition in almost every field creates its own stress and disturbances, it is important to have good mental health for better performance.

Mental Health

Man is integrated psychosomatic unit whose behavior is determined by both physical and mental factors. Good health depends on the state of both body and mind. Each exerts a direct influence on the other. A healthy person is not only physically healthy but also mentally healthy.

Webster's Dictionary (2002) defined Mental Health as a emotional and psychological well beings in which an individual is able to use his or her cognitive emotional capabilities, functions in society and meet the ordinary demand of everyday life.

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Adjustment

The adjustment process is universal sequence that can be identified in the behavior of organism from the lowest specific up to man. Adjustment according to Boring (1966) is a process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. Adjustment is a state of harmony between needs, activities, responses of a person and the conditions of the organisms.

According to Thesaurus (2003), "The act of adjustment means state of being. A means of adjustment settlement of debt or claim. The act of making suitable to an and or the condition of being made suitable."

Review of the Studies

From the given literature it is found that mental health is the basic factor to balance, feelings, desires and ambitions in one's daily life. Boksem and Meijman (2005), Chow(2008), Negi (2012) found that mental health have high correlation with achievements. Summers, Susan, Chazan & Rachel (2012) found the effective way of good health to prepare early childhood programs to weave best practices in mental health into their everyday work. Summers & Chazan-Cohen (2012) studied on Understanding Early Childhood Mental Health: A Practical Guide for Professionals and found that infant mental health services into early education programs leads to better child outcomes and stronger parent-child relationships. Literature showed adjustment is level of psychological balance or equilibrium that influences the satisfaction of needs Suri (2001), Knobloch (2006), Khurana (2007), Deb & Walsh (2012) studied impact of adjustment problems of male and female and found that males are well adjusted than females but there was no significant difference between male and female in the area of home adjustment as well as emotional adjustment. Social adjustment was poorer for girls than boys. Dettweiler (2012) Studied on the Journey Home: Psychological Adjustment Symptoms following Wilderness Expedition Programs. Recent empirical research on outdoor education programs describes adjustment symptoms that instructors suffer from after the programs have come to an end.

Objectives of the study

The objectives of the study are:

1. To study the relationship of Mental Health and Adjustment.
2. To study the relationship of Mental Health and Social Adjustment.
3. To study the relationship of Mental Health and Emotional Adjustment.
4. To study the relationship of Mental Health and Educational Adjustment.
5. To study the relationship of Mental Health and Health Adjustment.

Hypotheses of the Study

1. There will be no significant relationship of Mental Health and Adjustment.
2. There will be no significant relationship of Mental Health and Social Adjustment.
3. There will be no significant relationship of Mental Health and Emotional Adjustment.

4. There will be no significant relationship of Mental Health and Educational Adjustment.
5. There will be no significant relationship of Mental Health and Health Adjustment.

Tools

The following tools to be used for the study:

1. Mental Health Inventory by A.K Srivastava and Jagdish (1983).
2. Bell's Adjustment inventory by Ojha (2006) Revised.

Sample

The random sampling technique was used. The sample of 70 B.Ed students were selected for the study.

Statistical Techniques

Correlation technique was used to find the relationship between Mental Health Adjustment and dimensions of Adjustment of prospective teachers.

Results

The result found on the basis of statistical technique of correlation. It is found that there is significant relationship of mental health and over all Adjustment. The analysis showed that there is +ve relationship between Mental Health and Social & Emotional Adjustment and -ve relationship between Mental Health and Educational & Health Adjustment.

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