

# A Study of Mental Health of Women Teachers in Relation to Social Class and Locale

## Abstract

The Main Objectives of the present study was to find out the effect of Social Class and Locale on Mental Health of Women Teachers of higher secondary schools. 640 Women teachers were selected randomly from the higher secondary schools of Jabalpur out of 640, 160 were for each Social Class (General, OBC, SC and ST) out of each 160 group, 80 were from Urban and 80 were Rural. For measurement of the Mental Health standardized 'Mental Health Check List' developed by Dr. Pramod Kumar, was used. Data were analyzed with help of 4x2 Factorial design of ANOVA. The result revealed that, No significant individual effect of Social Class and Locale was found while significant interactional effect of social class and Locale at the 0.05 level of significance was found on mental Health of Women teachers of higher secondary schools.

**Keywords:** Mental Health, Social Class, Locale and Women Teachers.

## Introduction

In recent days, mental health proves as a very potent role in women teachers' life aspect. Mental Health is a potent determinants of one's integrated personality and balanced behavior identified by the level of his/her adjustment to own self, others and environment (Archana, 2011). There is no area in human life which is beyond the range of mental health. The term Mental Health does not refer to any one aspect of mental life or any one dimension of personality. It encompasses all the aspects of individual's adjustment with himself and others. If this adjustment is characterized by wholesome personal, social or emotional orientations, the individual is deemed to have good mental health (Singh, 2011). Emotionally healthy individuals accept their weaknesses as well as their strengths. They remain contact with reality and they can deal with stress and frustration. Bowman (1965) defined mental health as the ability to function effectively and happily as one's expected role in a group. It is a condition of the whole of the mind as often supposed. It is an outgrowth of one's total life and is promoted and hindered by day to day experiences. Mental health implies the ability to judge reality accurately and to see things, regarding long term rather short term values. It implies ability to work in one's chosen field with pleasure and productivity. Mental health is a cognitive or emotional well-being and an absence of mental disorder. From perspective of the discipline of positive psychology, mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. Mental health is a psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment (WordNet, 2009). According to Wikipedia Dictionary (2010) mental health defined as a state of emotional and psychological well-being in which individual can use his or her cognitive and emotional capabilities, function in society and meet ordinary demands of everyday life. Goldenson (1984) stated that mental health is a state of mind characterized by emotional well-being, relative freedom from anxiety and disabling symptoms and coping with demands and stress of life. According to WHO (2006) mental health is more than the absence of mental illness. It includes the ability to enjoy life, resilience, balance flexibility and self-actualization. Positive mental health is consist of protection, development, satisfying relationship and reduction of hostile tension in persons and groups. Thus by above mentioned explanations of mental health, it can be concluded that the meaning of mental health differs by various disciplines such as psychologist, psychiatrist, educationist and others. It is influenced by multiple factors like intelligence, personality,



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education, achievements, culture and physical health. Physical health and mental health are closely associated with each other. Mental health plays an important role in the way of individual behavior and feeling. In many studies it was found that Mental Health depends upon a variety of factors. Now question arises, what is the status of women teachers' mental health? The answer of these questions can be given after proper investigation. This short educational research is an attempt in this direction. In the present study an attempt as been made to study Mental Health of women teachers of higher secondary schools of Jabalpur District in relation to Social Class and locale.

**Objectives of the Study**

1. To study Mental Health of Women Teachers of higher secondary schools in relation to Social Class
2. To Study Mental Health of Women Teachers of higher secondary schools in relation to Locale.
3. To study Mental Health of Women Teachers of higher secondary schools in relation to Social Class and Locale.

**Hypotheses of the Study**

1. There is no significant individual effect of social class on Mental Health of Women Teachers of higher secondary schools.
2. There is no significant individual effect of Locale on Mental Health of Women teachers of higher secondary schools.
3. There is no Bi-variate significant interactional effect between Social Class and Locale on Mental Health of Women Teachers of higher secondary schools.

**Methodology of the Study**

For achieving objectives of present study descriptive survey method was used by the Investigator.

**Population**

All of the women teachers of higher secondary schools affiliated to M.P. Board and CBSE Board of Jabalpur district were taken as a population.

**Sample of the Study**

The sample of the present study was consisted of 640 higher secondary school Women Teachers of Jabalpur district. In which 160 was from General Class, 160 from OBC, 160 From SC and 160 from ST, out of each 160 group 80 were Married and 80 were Unmarried were selected randomly.

**Tools of the Study**

According to the need of the study Mental Health Check-List (MHCL) standardized test is used by the investigator which is constructed by Professor Pramod Kumar (Sardar Patel University, Gujarat).

**Analysis and Interpretation of Data**

**Objectives-1**

**Mental Health of Women Teachers in Relation to Social Class**

The first objective of the study was to study Mental Health of Women Teachers in relation to Social Class. There were four levels of Social Class namely General, OBC, SC and ST as independent variable and Mental as

dependent variables. Thus the data were analyzed with the help of Univariate one way ANOVA and the results are given in Table number 4.1 to 4.2 and Graph Number 4.1.

**Table Number 4.1**  
**Summary Univariate ANOVA for Mental Health**

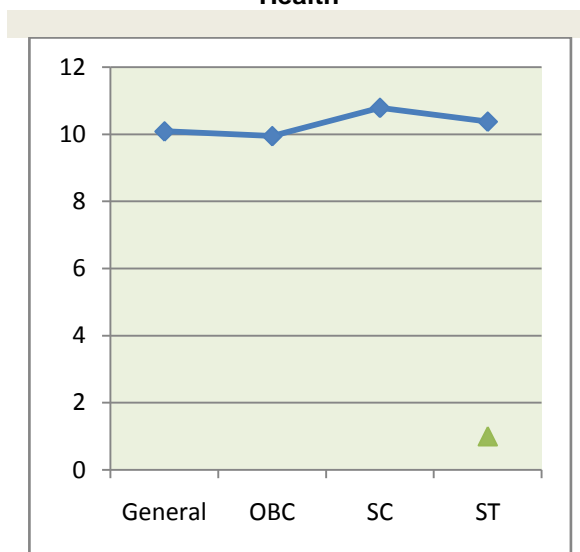
Source of Variance	Sum of Squares	df	Mean square	F-Value
Mental Health	65.481	3	21.827	1.369
Error	10138.462	637		

**Table Number 4.2**  
**Social Class wise Mean and significance for Mental Health**

Number	Social class	Mean	OBC	SC	ST
160	General	10.08	N.S.	N.S.	N.S.
160	OBC	9.94	-----	N.S.	N.S.
160	SC	10.78	-----	-----	N.S.
160	ST	10.37	-----	-----	-----

N.S. = Not Significant

**Graph No. 4.1**  
**Social Class wise mean score for Mental Health**



From table Number 4.2, it is clear that F-value for Mental Health was 1.37. Which is not significant with  $df = 3/636$ . It shows that mean score of Mental Health of Women Teachers belonging to General, OBC, SC and ST Social groups not differ significantly.

So there is not significant effect of Social Class on Mental Health of Women Teachers. Thus the Null Hypothesis HR1 (ii) There is no significant effect of Social Class on Mental Health of Women Teachers is not rejected.

In order to know which Social Class mean score of Mental Health was significantly higher; the data were further analyzed with the help of Duncan's Multiple Range Test and the results are given table number 4.4. From table number 4.4 it is clear that Women Teachers belonging to General, OBC, and ST Social Class not differed significantly among all social groups.

Mean score of Mental Health of all women's social group is almost equal.

**Objective-2**

**Mental Health of higher secondary Women Teachers in relation to Locale**

The second objective of the study was to study Mental Health of higher secondary school Women Teachers in relation to Locale. There were two levels of Locale namely Urban and Rural, as independent variable and Mental Health as dependent variable. Thus the data were analyzed with the help of univariate ANOVA and the results are given in Table number 4.3 and Graph Number 4.2

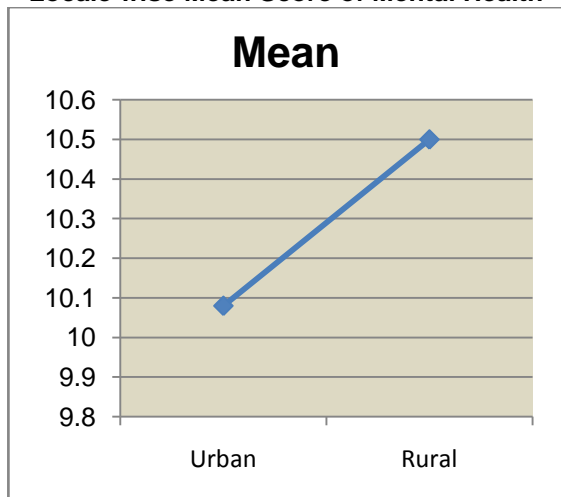
**Table No. 4.3**  
**Summary of Univariate ANOVA for Mental Health**

Source of Variance	Sum of Squares	df	Mean Square	F
Locale	28.900	1	28.900	1.812
Error	10175.044	638	15.948	

**Table No. 4.4**  
**Number, Mean and Standard Deviation for Mental Health**

Variable	Local	Number	Mean	Standard Deviation
Mental Health	Urban	320	10.08	4.11
	Rural	320	10.50	3.88
	Total	640	10.29	3.99

**Graph No. 2**  
**Locale wise Mean Score of Mental Health**



From table Number 4.3, it is clear that F-value for Mental Health was 1.812. Which was not significant with df =1/638. It shows that mean score of Mental Health of higher secondary school Women Teachers belonging to Urban and Rural groups not differed significantly.

So there was not significant effect of Locale on Mental Health of Women Teachers. Thus, **the Null Hypothesis H02**

“There is no significant effect of Locale on Mental Health of Women Teachers of higher secondary schools” **is not rejected.**

**Objective-3**

**Mental Health of higher secondary school Women Teachers in relation to bi-variate interactional effect of Social Class and Locale**

The third objective of the study was to study bi-variate interaction Between Social Class and Locale on Mental Health of Women Teachers of higher secondary schools. There were two independent variables Social Class with four levels namely General, OBC, SC and ST and Locale with two levels Urban and Rural. Mental Health was as dependent variables. Thus the data were analyzed with the help of 4X2, Factorial Design ANOVA and the results are given in Table number 4.5 to 4.6 and Graph Number 4.3

**Table Number 4.5**  
**Number, Mean and Standard Deviation for Mental Health**

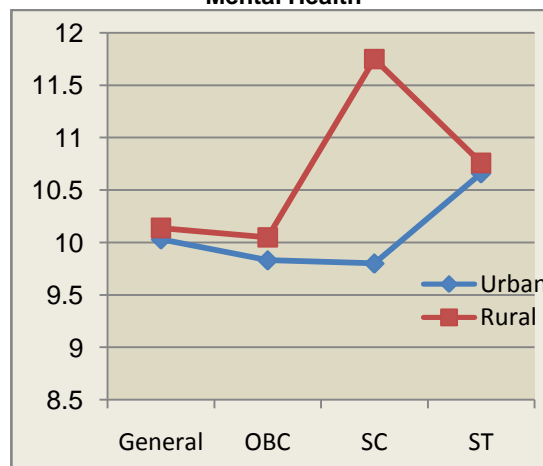
Group	Social Class	Locale	Mean	Std. Deviation	N
Mental Health	General	Urban	10.0250	4.13988	80
		Rural	10.1375	2.87611	80
		Total	10.0812	3.55367	160
	OBC	Urban	9.8250	4.56951	80
		Rural	10.0500	4.35716	80
		Total	9.9375	4.45196	160
	SC	Urban	9.8000	3.66786	80
		Rural	11.7500	4.66742	80
		Total	10.7750	4.29707	160
	ST	Urban	10.6625	4.01246	80
		Rural	10.0750	3.09665	80
		Total	10.3688	3.58477	160

**Table No. 4.6**  
**Summary 4X2 Factorial Design ANOVA for Mental Health**

Source of variance	Sum of Squares	df	Mean Squares	F
Social Class x Locale	139.537	3	46.512	2.948*
Error	9970.025	632	15.775	

\*= significant at 0.05 level of significance

**Graph Number 3**  
**Social Class and Locale Wise Mean Score of Mental Health**



From table Number 4.6, it is clear that F-value for interactional effect between Social Class and Locale on Mental Health was 2.948, which was significant at 0.05 level of significance with  $df = 3/637$ . It shows that mean score of Mental Health of higher secondary schools Women Teachers belonging to Social Class and Locale differed significantly. So there was significant interactional effect of Social Class and Locale on Mental Health of higher secondary schools Women Teachers. Thus, **the Null Hypothesis HO3** "There is no significant interactional effect of Social Class and Locale on Mental Health of higher secondary schools Women Teachers" **is rejected**. Further from table number 4.5, it can be seen that mean score of Mental Health of General-Rural, OBC-Rural and SC-Rural higher secondary schools Women Teachers were 10.14, 10.05 and 11.75 respectively, which were significantly higher than General-Urban, OBC-Urban and SC Urban whose mean score of Mental Health were 10.03, 9.83 and 9.80 respectively. Thus General-Rural, OBC-Rural and SC-Rural higher secondary schools Women Teachers are found to have significantly better Mental Health than General-Urban, OBC-Urban and SC-Urban higher secondary schools Women Teachers.

It is noticeably seen that the mean score of Mental Health of higher secondary schools Women Teachers belonging to ST-Urban was 10.66 which was significantly higher than ST-Rural whose mean score of Mental Health was 10.08. Thus ST-Urban Women Teachers are found to have significantly better Mental Health than ST-Rural higher secondary schools Women Teachers.

#### **Conclusion**

1. There was not significant effect of Social Class on Mental Health of higher secondary schools' Women Teachers.
2. There was not significant effect of Locale on Mental Health of higher secondary schools' Women Teachers.
3. There was significant interactional effect of Social Class and Locale on Mental Health of higher secondary schools' Women Teachers.
4. General-Rural, OBC-Rural and SC Rural higher secondary schools' Women Teachers are found to have significantly higher Mental Health than General-Urban, OBC-Urban and SC-Urban higher secondary schools' Women Teachers.
5. It is noticeably concluded that ST-Urban higher secondary Women Teachers have significantly higher Mental Health than ST-Rural higher secondary schools' Women Teachers.

#### **Acknowledgement**

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