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Well-being and academic achievement among prospective teachers

Jerold Antony Ephream

Research Scholar, Dept. of Education, GRI-DTBU, Gandhigram

Email: jeroldeph@gmail.com

Devaki N.

Assistant Professor, Dept. of Education, GRI-DTBU, Gandhigram

Email: devakiaries@gmail.com

Abstract--The aim of the present study is to measure prospective teachers' academic achievement and well-being. Education gives the person social, moral, spiritual, and cultural knowledge, which makes life more advanced, cultured, and civilised. The concept of wellbeing has several aspects, including cognitive, affective, physical, and mental components. It also takes into account environmental, organisational, personal, and social elements. The concept of well-being covers all positive life experiences and assessments that humans experience. A teacher's ability to efficiently teach will be affected by how well they are emotionally and psychologically balanced. Because it reports that life is supposed well, it has importance for both the individual and the society. The study is a survey in nature. The prospective teachers well-being scale (PTWBS) was developed by the researcher and validated. The researcher put an attempt to investigate how prospective teachers' academic achievement is influenced by their well being.

Keywords--emotional well-being, mental well-being, moral well-being, physical well-being, social well-being.

Introduction

Prospective Teachers well-being has considered much attention over the past decades. Being in good health is an organism's adaptive response to environmental demand. When these demands originate in an educational context, it is common to refer to the subject's mechanisms of adaptation in terms of academic well-being (Atabek et al 2019). Various investigations have proven that wellness will increase as prospective teachers development of their educational careers and that it reaches its maximum in their profession. Prospective Teacher

might also additionally sense bodily and psychologically overwhelmed, have doubts on their personal ability, and increase an avoidant mind-set in the direction of their profession. For an academic institution, it's far essential to be aware of the stages of well-being amongst its Prospective teachers, due to the fact well-being has been related to bodily symptoms, mental symptoms such as tension and depression, and faded overall performance and productivity. It is in truth from the literature that teaching is a demanding, innovative profession, uncovered to stress, burnout, and extra in general, a excessive attrition level. Well-being isn't always simply the mere absence of illness at work. Rather, it refers to wholesome and a success functioning of instructors at work. In reality, at the same time as physical, psychological, and intellectual fitness refers extra to the shortage of impairment, well being refers extra to the capacity of instructors to increase a effective though dynamic equilibrium among teachers' sources and their challenges/demands (environmental, social, individual, physical, intellectual, psychological). Well-being has been observed to be connected to a effective relationship with students, colleagues, and families, in addition to to better educational outcomes of the pupils (Devaki et al 2019).

Review of related literature

Many researchers studied the Well Being of student teachers. Akshita Lamba et al (2020) studied Psychological Well-Being and Mental Health Problems in student teachers . Objectives of the studies are:

- To examine the gender distinction in mental well being of university student teachers
- To examine the gender distinction in mental well being of college student teachers.

Samples of the research one hundred sixty college student teachers had been taken from Delhi NCR. Simple random sampling method observed to the have a look at. The study stated that the male college student teachers have a higher mental well being and that they have a less intellectual fitness problem .This findings may be utilized in Indian context and hence important steps may be taken to train the human beings to make their lives higher. They may be made privy to the consequences of the mental health problems. Hamid Allahverdipour et al (2019) studied Psychological Well-being and happiness among women student teachers: The objectives of the research says that To examine the Psychological Well-being and happiness amongst women student teachers. A overall of 167 (55.7%) out of all of the student teachers had reduced degrees of mental wellbeing. The findings of the take a look at Psychological health become located to be extensively decrease many of the women student teachers with low degrees of happiness.

Idris (2018) found a medium and favorable connection between social psychological aspect and academic achievement and considerably positively correlated with subjective satisfaction and life. Most participants to a survey of 379 university student teachers conducted by Lee (2017) assessed their mental wellbeing as being average in all three phases. Individual health condition, peers, parents, and self-appraisal were the highest five dominant factors, in that

category. According to the research, most student teachers experienced depression when their academic environment was unfavourable and when they had disagreements with their parents, friends, or professors. The academic success of student was examined by Sakigawa (2003) in terms of three categories of characteristics: family factors, individual factors, and school factors. The findings indicated that three variables directly influenced how students perceived their academic performance. The pupils' uniqueness is the most important component. Academic achievement of students is directly impacted by their emotional stability.

Objectives of the study

- To find out the level of well-being among prospective teachers.
- To find out the relationship between well-being and academic achievement among prospective teachers.

Hypothesis of the study

- There is no substantial difference in the level on well-being among prospective teachers.
- There is no substantial difference between well-being and academic achievement among prospective teachers.

Significance of the study

Well-being improves a good life and includes positive emotions and effective performance (Huppert, 2009). Well-being as one of the main aspects of mental health refers to inter- and intra-individual levels of positive functioning that can include one's relatedness to others and self-referent attitudes such as ones thoughts about the quality or goodness of their lives and their overall life satisfaction (Burns 2016). The purpose of this study is to determine the level of well-being and its link to academic achievement among prospective teachers from college of education at Dindigul District. Prospective Teachers are most important stake holders of society. In the context of teaching, rerserch studies have shown significant association between the mental health status of teachers and the academic performance of school children. Teaching is a profession associated with high stress, and teaching responsibilities, demands of the pupils and concerns about their behavior and speedy decision-making is often required. It highlights the importance of well-being of Prospective Teachers because if prospective teachers well-being is good and prosperous,they can function more effectively and this might influence their academic achievement which in turn they transform to young generation thus, bringing new prosperity

Operational definition of key terms

Well-being

By the term well-being, the investigator means “the mental state of feeling healthy and happy”.

Prospective Teachers

By the term Prospective Teachers, the investigator means, the B.Ed. Trainees who are perusing the B.Ed. Degree in College of Education at Dindigul district, Tamil Nadu.

Academic Achievement

By the term Academic Achievement, the investigator means, the first semester cumulative grade point average (CGPA) of prospective teachers who are perusing the first year B.Ed degree in College of Education at Dindigul district, Tamil Nadu

Methodology

The investigator has used descriptive survey method in this study to find out the level of well-being and relationship between well-being and academic achievement of prospective Teachers. The investigator has constructed and validated a tool on Prospective Teachers Well-being Scale (PTWBS). This tool consists of five dimension Autonomy, environmental mastery, personal growth, strong interpersonal relationships, and a sense of purpose in life are all linked to academic achievement. The cumulative grade point average is used to assess academic achievement (CGPA). Statistical analysis such as Percentage analysis, correlation were used to find out the results.

Population and sample of the study

The Prospective teachers who are pursuing B.Ed course were randomly selected from a college of education at Dindigul district. The sample size of the study consists of 45 Prospective teachers.

Analysis of data

Table 1
Level of Well-being of Prospective Teachers interms of well-being dimensions

<i>Well-being dimensions</i>	<i>Low (%)</i>	<i>Moderate (%)</i>	<i>High (%)</i>	<i>Total (%)</i>
1. Autonomy	8	45	47	100
2. Environmental Mastery	6	44	50	100
3. Personal growth	6	46	48	100
4. Positive relationship with others	3	47	50	100
5. Purpose in life	2	45	53	100
Average in Total	5	45.4	49.6	100

Source: Author

Table 2
The relationship between five dimension of well-being with academic achievement

<i>Variables</i>	1	2	3	4	5	6
1. Autonomy	1					
2. Environmental Mastery	0.091**	1				
3. Personal Growth	0.826**	0.813**	1			
4. Positive relationship with others	0.813**	0.852**	0.928**	1		
5. Purpose in life	0.852**	0.215	0.765**	0.862**	1	
6. Academic Achievement	0.215	0.336*	0.348*	0.240	0.110	1

** . Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Source: Author

Findings and Discussion

The disseminated questionnaire was completed by 45 first-year prospective teachers. The overall wellbeing of Prospective teachers is high. Based on descriptive analysis indicates that 8 % of prospective teachers have a low level, 45 % have moderate level and 47% have high level of wellbeing interms of Autonomy dimension. 6 % of prospective teachers have a low level, 44 % have moderate level and 50% of prospective teachers have high level of wellbeing interms of Environmental Mastery dimension. 6 % of prospective teachers have a low level, 46 % have moderate level and 48 % of prospective teachers have high level of wellbeing interms of Personal Growth dimension. 3 % of prospective teachers have a low level, 47 % have moderate level and 50 % of prospective teachers have high level of wellbeing interms of Positive relationship with others dimension. 2 % of prospective teachers have a low level, 45 % have moderate level and 53 % of prospective teachers have high level of wellbeing interms of Purpose in life dimension. Therefore the level of wellbeing of prospective teachers is high in purpose in life dimension.

Correlation analysis indicates

That there is a significant relationship between five dimension of well-being and academic achievement. The r value 0.091 reveals that significant correlation exist between the dimension of well-being which are environmental mastery and autonomy at 0.01 level. The r value 0.826 reveals that significant correlation exist between the dimensions of well-being which are personal growth and autonomy at 0.01 level. The r value 0.882 reveals that significant correlation exist between the dimensions of well-being which are personal growth and environmental mastery at 0.01 level. The r value 0.813 reveals that significant correlation exist between the dimension of well-being which are positive relationship with others and autonomy at 0.01 level. The r value 0.828 reveals that significant correlation exist between the dimension of well-being which are positive relationship with others and environmental mastery at 0.01 level. The r value 0.928 reveals that

significant correlation exist between the dimension of well-being which are positive relationship with others and personal growth at 0.01 level. The r value 0.852 reveals that significant correlation exist between the dimensions of well-being which are purpose in life and autonomy at 0.01 level. The r value 0.832 reveals that significant correlation exist between the dimensions of well-being which are purpose in life and environmental mastery at 0.01 level. The r value 0.765 reveals that significant correlation exist between the dimension of well-being which are purpose in life and personal growth at 0.01 level. The r value 0.862 reveals that significant correlation exist between the dimension of well-being which are purpose in life and positive relationship with others at 0.01 level. The r value 0.336 reveals that significant correlation exist between environmental mastery and academic achievement at 0.05 level. The r value 0.348 reveals that significant correlation exist between personal growth and academic achievement at 0.05 level. There is no significant correlation between well-being dimension autonomy and academic achievement. There is no significant correlation between well-being dimension positive relationship with others and academic achievement. There is no significant correlation between well-being dimension purpose in life and academic achievement.

According to the findings, prospective teachers have higher level of well being in the dimensions of Environmental Mastery and positive relationship with others . The present study result correlates from with (2019) research findings, which was reported that fifty six percent of prospective teachers had higher level of well being in Autonomy and forty three percent of Personal growth. The prospective teachers well being will impact on academic achievement (Burke and Sutherland 2004; Khan 2011). The educational colleges need to provide adequate knowledge and awareness to prospective teachers about well being during the B. Ed. program.

Conclusion

Findings of this study show that prospective teachers have a high level of well-being and that there is a link between well-being and academic ability. This suggests that well-being influences academic performance. As a result, academic performance improves as one's well-being improves. The findings of this study show a strong link between academic achievement and the dimensions of well-being of environmental mastery, personal growth, meaningful interpersonal relationships, and life purpose. It emphasising the importance of well-being because prospective teachers' potential can be realised more successfully if their well-being is good and wealthy, potentially improving their academic achievement. Prospective teachers who are unhappy, unsatisfied with life, or who have low self-esteem may experience more stress as a result of their low well-being. Their academic achievement may be affected as a result of this problem. This demonstrates that they are self-assured in expressing their views, even if they differ from the majority. They can make solid decisions based on what they consider significant and are not influenced by others' opinions. They didn't feel overburdened with tasks or unable to manage them effectively. They can also get along with the people and community around them. In terms of personal development, they believe they have gone through a lifelong process of learning, adjustments, and development that has helped them mature.

In conclusion, this study indicates that prospective teacher's well-being is at a decent level. However, there is a small number of prospective teachers who might need assistance because they have shown low level of well-being. They are easily stressed, worried and depressed which can cause deterioration of their academic achievement. Therefore, college need to organize a continuous program to help these teachers. In order to go outside their intellectual "comfort zone" and explore new concepts and viewpoints, which is essential to academic achievement, Prospective Teachers need to have a strong, supportive well-being. Positive emotions are linked to the growth of adaptability and flexibility, openness to diverse cultures and beliefs, self-efficacy, and the ability to tolerate ambiguity, all of which are fundamental to the prospective teachers.

Recommendations

According to the findings of the present study the investigator has given the following suggestions for further research.

- "A comparative study on well-being of teachers working in the government schools and the aided schools."
- "A study on well-being of teachers teaching Language, Science and Social Science at the college level."

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