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A study on mental health of students teacher in relation to their achievement in education psychology

P. Ravikumar

Registration No.1907UDP031

Part-Time Research Scholar, Department of Educational Psychology, Tamil Nadu Teachers Education University, Chennai

Dr. P. N. Lakshmi Shanmugam

Assistant Professor, Department of Educational Psychology, Tamil Nadu Teachers Education University, Chennai

Abstract--Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder. Mental health can affect daily living, relationships, and physical health. The study's population is made up of all B.Ed. College students who are teachers. The investigator chose 300 students' teacher from the Theni district at random. The method utilised was a normative survey. The investigator created and standardised the Mental Health Battery Mental Health Battery prepared by Arun Kumar Singh and Alpna Sen Gupta. The finding of present study shows that there is significant difference between male and female student teachers in their Mental health. Female students (67.45) are better than male students (67.45) in their mental health. This is may be due to fact that gender female are very calm, patient, persistence, adjustment than male students' teacher. The finding of the present study Points out that there is significant difference between rural and urban student teachers in their Mental health. Rural student teacher (66.73) are better than urban students (62.95) in their mental health. This is may be due to fact that rural students have better mental health than male. The results concluded that there is significant relationship between mental health and educational psychology of student's teacher. A Strong (positive) linear relationship (positive) linear relationship between mental health and educational psychology of student's teacher.

Keywords--mental health, students teacher, educational psychology.

Introduction

Mental health is more than just a state of happiness or contentment, of outgoingness or adaptability to one's surroundings, though these characteristics may be present. To some, mental health entails feeling safe, enjoying life, being productive, and having a strong ego that can withstand stress. Others argue that these characteristics are a prerequisite for Mental Health, but not Mental Health in and of itself.

Mental health and education

Mental health and education are inextricably linked. The most important condition for any type of education is good mental health. Children who are not in good mental health are unable to concentrate on learning or retain what they have learned in school. Learning is predicated on good mental health. Healthy children want to learn more and more information and skills that will give them more control over their surroundings. Half of all lifetime cases of mental illness are now recognised to begin by the age of 14, with three-quarters beginning by the age of 24. Provides additional challenges to the student at a time when the transition from adolescence to adulthood is in full swing. Aside from the typical physiological, emotional, and cognitive changes associated with this developmental process. Students must adjust to an increasingly complex organisational environment in which what is expected of them is not always explicit or transparent.

Mental health and behavior

The Mental Health Scale is also extremely useful in the treatment of mental, social, and behavioural health issues. And using this scale as a diagnostic tool can lead to better behavioural and well-being treatments. As a result, conditions such as substance abuse, violence, and abuse of women and children on the one hand, and health issues such as depression, anxiety, high unemployment, low income, limited education, gender discrimination, social exclusion, unhealthy lifestyle, and human rights violations on the other, can be eliminated. It is a great relief that our educators have begun to recognise the significance of mental health. The two greatest enemies of mental health are the "feeling of insecurity" and the "feeling of inferiority." Knowledge of mental health and its application aids us in dealing with these two foes. A psychological approach is critical. Our efforts should be directed toward creating appropriate emotional, physical, and intellectual environments in which a child can experience a "feeling of security," a "feeling of equality," and a "feeling of acceptance." The child should feel wanted, that his personality is respected, and that he is given a suitable place. where what is expected of them is not always explicit or obvious.

Adolescent's mental health

The age issue Even the onset of a relatively minor mental health problem during adolescence can have far-reaching consequences for social, emotional, physical, and cognitive development. Adolescence and young adulthood are critical developmental stages in the lifespan, especially for social and emotional well-

being. Even when the problems are severe, young people with mental health problems are unlikely to access mental health services and receive professional help. Early intervention at the onset of a mental health problem aims to prevent the progression of the mental illness and, as a result, to reduce the impact on social, educational, and vocational functioning. Adolescents with emerging mental health problems can be classified as falling between the ages of child and adolescent and adolescent and adult. The foundation for lifelong mental health is laid in childhood. Up to half of all mental disorders begin during adolescence. Mental health issues can be identified in 10% to 20% of young people, with higher rates among disadvantaged population groups. WHO recognises that adolescent mental health is a critical priority for the healthy development of societies around the world. Child and adolescent mental health is critical to the long-term development of low-income countries worldwide. Furthermore, free and forced migration from Africa and other conflict-affected regions of the world brings to the shores of the United States and elsewhere youth who are unable to integrate into society due to mental health issues. The economic and social ramifications are obvious and well documented.

Significance of the study

Concerns about age Even the onset of a relatively minor mental health problem during adolescence can have profound effects on social, emotional, physical, and cognitive development. Adolescence and young adulthood are critical developmental stages in the lifespan, particularly in terms of social and emotional well-being. Even if the problems are severe, young people with mental health problems are unlikely to access mental health services and receive professional help. Early intervention at the onset of a mental health problem aims to prevent the progression of the mental illness, thereby minimising the impact on social, educational, and vocational functioning. Adolescents with emerging mental health problems may fall between the age groups of child and adolescent and adolescent and adult. The foundation of lifelong mental health is laid in childhood. Adolescence accounts for the onset of up to half of all mental disorders. Mental health problems can be identified in 10% to 20% of young people, with higher rates among disadvantaged population groups. WHO recognises that the mental health of adolescents is a critical priority for the healthy development of societies around the world. Child and adolescent mental health is critical to the future development of low-income countries around the world. Furthermore, free and forced migration from conflict-torn Africa and other parts of the world brings to the shores of the United States and elsewhere youth who are unable to integrate into society due to mental health issues. The economic and social consequences are obvious and well documented.. The title of the present study has been decided and kept as "MENTAL HEALTH OF STUDENTS TEACHER IN RELATION TO THEIR ACHIEVEMENT IN EDUCATION PSYCHOLOGY"

Statement of the problem

The title of the present study has been decided and kept as" MENTAL HEALTH OF STUDENTS TEACHER IN RELATION TO THEIR ACHIEVEMENT IN EDUCATION PSYCHOLOGY"

Definition of key terms

Mental Health

Mental health refers to a person's emotional well-being. A man cannot live a healthy and happy life if he does not have good mental health. Mental health has an impact on physical health, relationships, and daily life. It is a man's ability to enjoy life.

Students of Teacher

A student teacher, also known as a prac teacher (practise teacher), is a college, university, or graduate student who teaches under the supervision of a certified teacher to earn a degree in education.

Educational psychology

Educational psychology involves the study of how people learn, including teaching methods, instructional processes, and individual differences in learning. The goal is to understand how people learn and retain new information.

Objective of the study

- To find out whether there is any significant difference between male and female student teachers in their Mental health.
- To find out whether there is any significant difference between rural and urban student teachers in their Mental health.
- To find out whether there is any there is no significant difference among arts, science and Mathematics student's teacher in their mental health.

Hypothesis of the study

- There is no significant difference between male and female student teachers in their Mental health.
- There is no significant difference between rural and urban student teachers in their Mental health.
- There is no significant difference among arts, science and Mathematics student's teacher in their mental health.

Variables of the study

The variables involved in this study are as follows:

- Dependent Variables:
 - Mental Health
 - Educational Psychology
- Background of the study
 - Gender: Male/Female
 - Locality: Rural/Urban

- Subject: Arts/English/Mathematics

Method for present study

Among the various methods of conducting research, the survey method with "Descriptive Survey Design" was deemed appropriate. This research design was deemed the best for obtaining answers to research questions that arose. Non-experimental or co-relational research, as it is also known, is concerned with the relationships between variables, the testing of hypotheses, and the development of generalizations, principles, or theories with universal validity. It's about the functional relationship.

Population

A population is any group of people who share one or more characteristics that researchers are interested in. A statistical parameter was used to calculate the population value. In the current study, the researcher focused on a specific population, namely all primary teachers in the Theni District.

Sample

A sample is a finite portion of a statistical population whose properties are studied in order to learn more about the entire population (Webster 1985). When it comes to people, it can be defined as a respondent (People) chosen from a larger population for the purposes of the study. The researcher used the random sampling method to select the sample for this study. The researcher chose one teacher from each of the 300 students and teachers at random.

Tool for present study

The tool Mental Health Battery Mental Health Battery prepared by Arun Kumar Singh and Alpna Sen Gupta.

Scoring

Mental Health Battery Mental Health Battery scoring is on 5 point scale i.e. 5, 4, 3, 2 and 1.

Reliability

Reliability is found by test – retest and even method. All correlation values were significant ($P < .01$).

Data Analysis

The level of Mental health of student teacher

Objective:1

To find out the level of Mental health of student teacher.

Table 1
Level of mental health of student teacher

Low		Moderate		High	
Count	%	Count	%	Count	%
120	40.0	135	45.0	45	15.0

It is inferred from the above table that, 40.0% of student's teacher have low, 45.0% of them have moderate and 15.0% of them have high level of Mental health of student teacher.

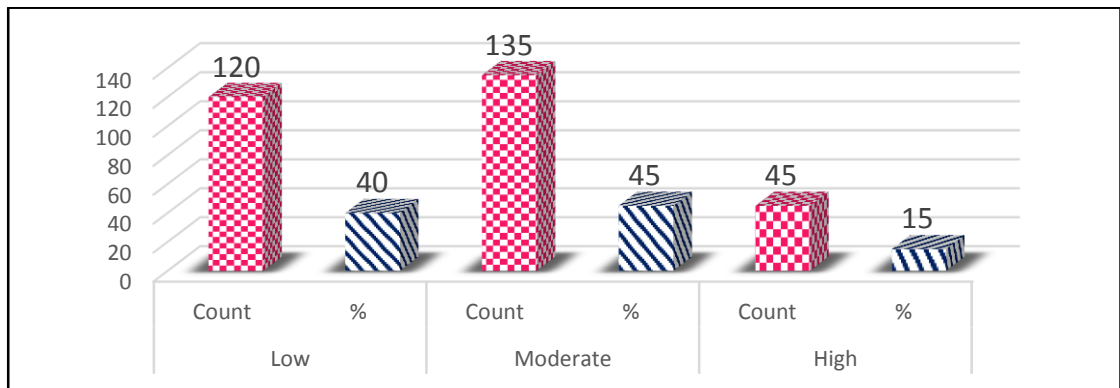


Figure 1. Level of mental health of student teacher

Inferential Analysis

Null Hypothesis: 1

There is no significant difference between male and female student teachers in their Mental health

Table 2
Difference between male and female student teachers in their mental health

Gender	N	Mean	SD	Calculated 't' value	Remarks at 5% level
Male	143	62.329	11.5343	3.736	S
Female	157	67.452	12.1557		

(At 5% level of significance, for df 298, the table value of 't' is 1.96). It is inferred from the above table that calculated 't' value (2.071) is greater than the table value (1.96) for df 298 and at 5% level of significance. Hence the null hypothesis is rejected. It shows that there is significant difference between male and female student teachers in their Mental health.

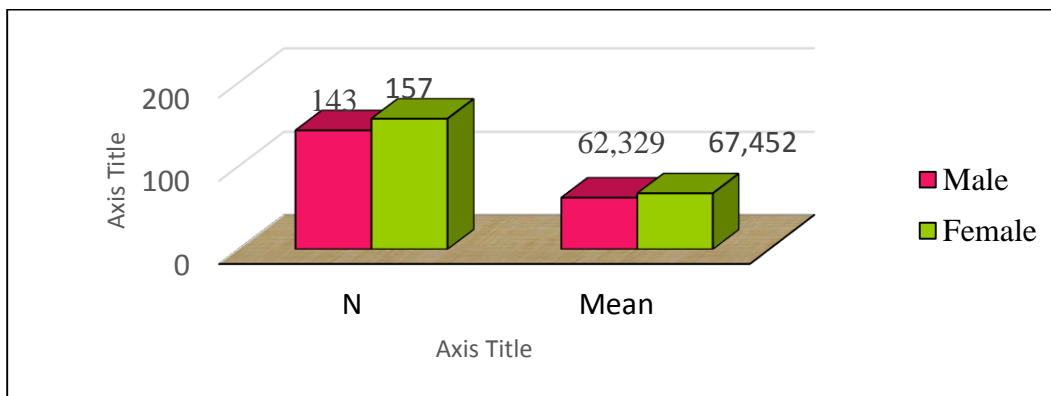


Figure 2. Difference between male and female student teachers in their mental health

Null Hypothesis: 2

There is no significant difference between rural and urban student teachers in their Mental health

Table 3

Difference between male and female student teachers in their mental health

Locality	N	Mean	SD	Calculated 't' value	Remarks at 5% level
Rural	163	66.736	12.6368	2.720	S
Urban	137	62.956	11.1717		

(At 5% level of significance, for df 298, the table value of 't' is 1.96). It is inferred from the above table that calculated 't' value (2.720) is greater than the table value (1.96) for df 298 and at 5% level of significance. Hence the null hypothesis is rejected. It shows that there is significant difference between male and female student teachers in their Mental health.

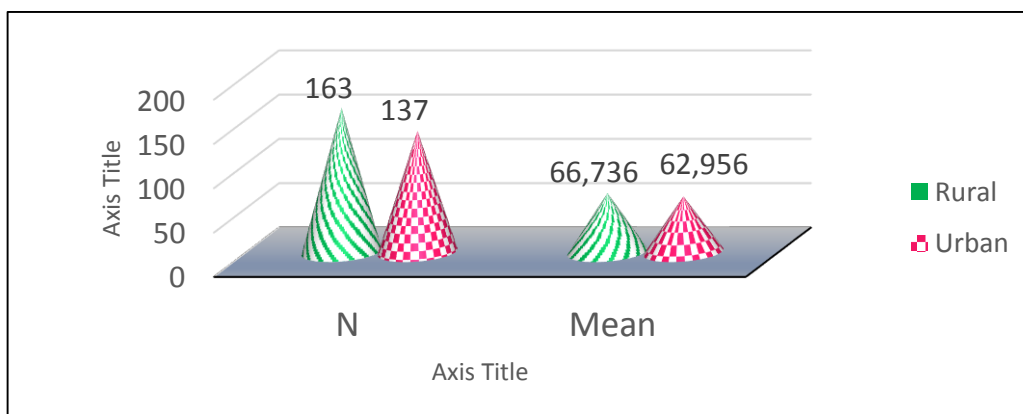


Figure 3. Difference between male and female student teachers in their mental health

Null Hypothesis: 3

There is no significant difference among arts, science and Mathematics student's teacher in their mental health.

Table 4

Difference among arts, science and mathematics student's teacher in their mental health

Variables	Sources	Sum of square	Degrees of freedom	Mean square	Calculate 'F' Value	Remarks at 5% Level
Mental Health	Between	222.417	2	111.208	0.756	NS
	Within	43684.553	297	147.086		
	Total	43906.970	299			

(At 5% level of significance, the table value of 'F' is 3.02). It is inferred from the above table that calculates 'F' value (0.756) is lesser than the table value (3.00) for df (2, 297) and at 5% level of significance. Hence the null hypothesis is accepted. It shows that there is no significant difference among arts, science and Mathematics student's teacher in their mental health.

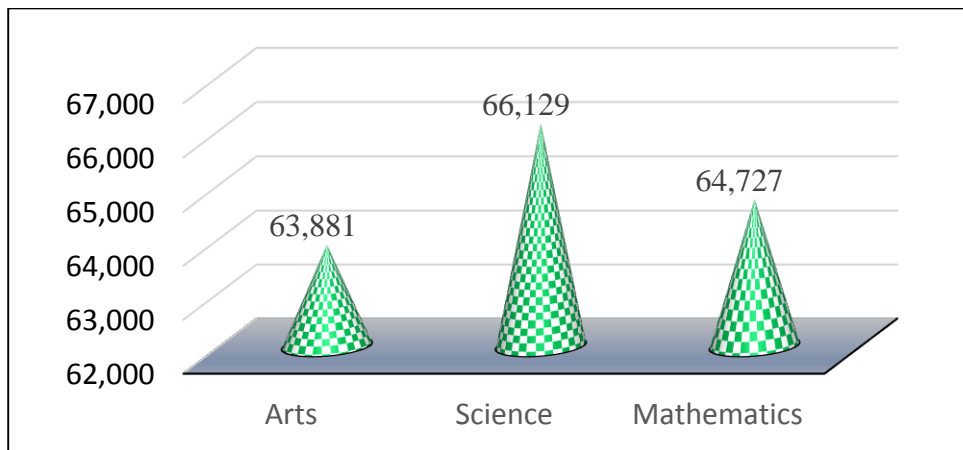


Figure 4. Difference among arts, science and mathematics student's teacher in their mental health

Null Hypothesis: 4

There is no significant relationship between mental health and educational psychology of student's teacher

Table 4
Relationship between mental health and educational psychology of student's teacher

Category	N	df	Table Value	'r' Value	Remarks	Level
Mental Vs Educational Psychology	300	298	0.113	0.423	S	Strong (positive) linear relationship

(At 0.05 level of significance the table value of 'r' is 0.113). The above table 4. impels that calculated' value is "0.423' greater than the critical values of 0.113 at 0.05 level of significance. Hence, the null hypothesis is rejected and concluded that there is significant relationship between mental health and educational psychology of student's teacher. A Strong (positive) linear relationship (positive) linear relationship between mental health and educational psychology of student's teacher

Finding of major study

- 40.0% of student's teacher have low, 45.0% of them have moderate and 15.0% of them have high level of Mental health of student teacher.
- There is significant difference between male and female student teachers in their Mental health.
- There is significant difference between rural and urban student teachers in their Mental health.
- There is no significant difference among arts, science and Mathematics student's teacher in their mental health.

Interpretation and Discussion

The finding of present study shows that there is significant difference between male and female student teachers in their Mental health. Female students (67.45) are better than male students (67.45) in their mental health. This is may be due to fact that gender female are very calm, patient, persistence, adjustment than male students' teacher. This finding is supported by the finding of Bailey, Darcie-Anne(2022) shows that physical health, lack of clarity about positive mental health, positive qualities (emotions and actions) and mental health components.

The finding of the present study Points out that there is significant difference between rural and urban student teachers in their Mental health. Rural student teacher (66.73) are better than urban students (62.95) in their mental health. This is may be due to fact that rural students have better mental health than male. This finding is in agreement with the finding of the studies by Stein, Rachel(2021). The finding of present study shows that there is no significant difference among arts, science and Mathematics student's teacher in their mental health. Arts, science and mathematics subject students equal and similar knowledge in their mental health. The finding of present study shows that that there is significant relationship between mental health and educational psychology of student's teacher. A Strong (positive) linear relationship (positive)

linear relationship between mental health and educational psychology of student's teacher

Suggestions for future research

- An intervention-based study on the effects of life skills training on adolescent mental health and their resilience to stress can be conducted.
- An assessment of quality of life of adolescents among children from single and dual parent homes can be conducted.
- A study on the specific mental health concerns of young women can be conducted.
- A study on mental health, quality of life and Coping Strategies on delinquent adolescents can be conducted.
- A study can be conducted on Mental Health and Coping Strategies of adolescents engaged in self-harming behaviors.
- Intervention based studies can be conducted on adolescents from special sections of society (example, adolescent children of alcoholics, adolescent children of criminals etc).

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