



A comparative study of positive mental health between school teachers belonging to public and private sector of Uttar Pradesh

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Abstract: The aim of the present study was to compare positive mental health between school teachers belonging to public and private sector of Uttar Pradesh. For the purpose of the present study 200(Two Hundred) male school teachers of Uttar Pradesh (100 from public sector and 100 from private sector) were selected randomly as subject who falls between the age group of 30 to 45 years. Assessment of positive mental health by using Positive mental health assessment questionnaire development by Prof. C.D. Agashe was applied to collect the data. Independent samples t-test was applied to calculate the collected data at 0.05 level of Significance. The all statistical analyzed was carried out using MS Excel and SPSS 20.0 version. The result of the study indicates that there was no significant difference of positive mental health between public and private sector school male teachers of Uttar Pradesh.

Keywords: Mental Health, teachers, public and private sector.

1. INTRODUCTION

An individual is only said healthy when he is physically fit, mentally sound, emotionally stable and socially outgoing. The total wellbeing of one's life depends upon his/ her mental psyche, up to a large extent. Mental health is more than the absence of a mental health condition or illness: it is a positive sense of well-being, or the capacity to enjoy life and deal with the challenges we face. Mental health impacts each and every one of us. We all have mental health, just as we all have physically healthy. People living with a mental health issue or condition can experience positive mental health, and an individual may experience poor mental health without a mental health condition. Mental health is not fixed. It is influenced by a range of factors, including our life experiences, workplace or other environments, social and economic

conditions that shape our lives. Mental and physical health is fundamentally needed. There are multiple associations between mental health and physical conditions that significantly impact people's quality of life. The World Health Organization (WHO) defines: health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The WHO states that "there is no health without mental health. Mental health is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". Mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. WHO states that the mental well-being of an individual is encompassed in the realization of their Abilities, coping with normal stresses of life, productive work and contribution to their community? A person struggling with his or her behavioral health may face stress, depression, anxiety, relationship problems, addiction, or learning disabilities, mood disorders, or other psychological concerns an age behavioral. Physical activity is good for our mental health. Experts believe that exercise releases chemicals in your brain that make you feel good. Regular exercise can also boost our self-esteem and help us in concentrating, sleep, look and feel better. Leading an active life can help raise your self-worth and improve our confidence. It can help us feel valued – and value our self. Exercise and physical activity can provide something worthwhile in our life. Something that we really enjoy, that gives us a goal to aim for and a sense of purpose. (George, E. (2012),

The World Health Organization (WHO) defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work

productively and fruitfully, and is able to make a contribution to his or her community.” Singh, O. (2016),

Singh, O., conducted a study on “physical activity/exercise in the prevention and management of mental health disorders among refugees and the internally displaced persons.” About 51.2 million people are displaced worldwide and 60% of this number can be found in just 5 countries namely, Syria, Iraq, Nigeria, Democratic Republic of Congo and Sudan. The figure is on the increase everyday with the conflicts and natural disasters across the globe. While some of these persons are displaced within their countries, others have crossed international borders. Many of the displaced persons are subjected violence, harsh weather conditions, and sexual abuse, killings, kidnappings and loss of properties. These conditions predispose the displaced persons to risks of mental illness. Governments and Non-governmental organizations have been doing their best in the provision of the physical needs of displaced persons. One important need of the displaced persons that is most often neglected is that of mental health. The paper reviews nature of mental illness among the displaced persons and the impact of physical activity/exercise in its prevention and treatment. The paper recommends the inclusion of physical activity /exercise programmes in the displaced persons camps in order to forestall cases of mental illness that may break out among this category of the population. Singh, O. (2016),

1.1 Objective of the Study:

The purpose of the study was compared the positive mental health between teachers belonging to public and private sector.

2. METHODOLOGY:

2.1 Selection of Subjects:

200 (Two Hundred) male teachers of Uttar Pradesh (100 from public sector and 100 from private sector) were selected randomly as subject who falls between the age group of 30 to 45 years.

2.2 Selection of Variables:

After reviewing through all the scientific literature, journals, magazine and keeping feasibility criteria in mind contents related to positive mental health was selected for the purpose of the present study.

2.3 Criterion measures:

Assessment of positive mental health by using positive mental health questionnaire of Prof. C.D. Agase.

2.4 Administration of questionnaire & collection of data:

Public and private sector school male teacher was consulted personally and their co-operation was solicited. Respondents were given a questionnaire and measurement with necessary instructions. Necessary instructions were passed on to the subjects before providing the questionnaire.

2.5 Statistical analysis of data:

Percentage was used to compare positive mental health between school teachers belonging to public and private sector. Independent samples t-test was employed to compare the positive mental health of teachers belonging to public and private sector.

3. RESULT AND DISCUSSION OF THE STUDY:

TABLE: Mean and S.D. of positive mental health and Comparison between school teachers belonging to public and private sector of Uttar Pradesh.

Groups	N	Mean	S.D.	SED	T value
Public School	100	19.34	3.68	0.51	0.70
Private School	100	19.70	3.54		

Significant level at 0.05 level.

Figure

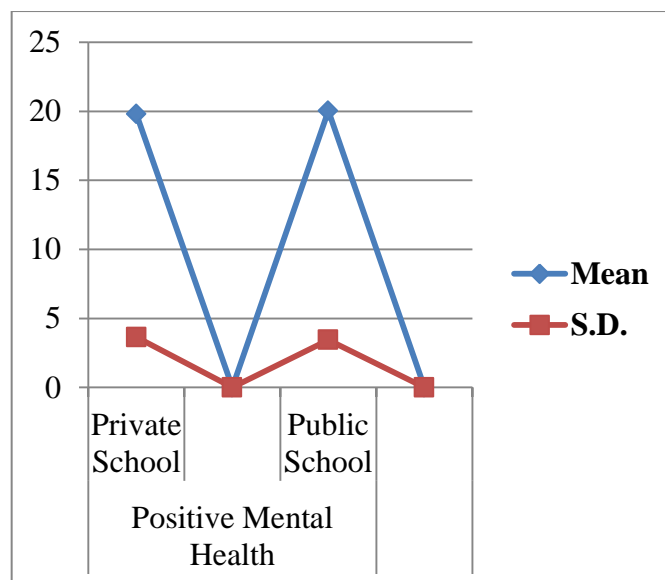


Table Gives information regarding positive mental health of public and private sector School teachers table shows that there were no significant differences in positive mental health of public and private sector School teachers. The Mean of positive mental health



of public and private sector School teachers were 19.34 and 19.70. The S.D. of positive mental health of public and private sector School teachers were 3.68 and 3.54 respectively. 't' test was applied and t-value (0.70) appeared no significant. Graphical representation (Fig.) also indicates similar trend of this study.

4. CONCLUSION AND FINDING

It was documented from the table that calculated value 't'(0.70) was lower than tabulated 't' (1.98) which indicated that no significant difference between public and private sector School male teachers in relation to positive mental health at 0.05 level of significance.

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