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## A STUDY ON MENTAL HEALTH OF PROSPECTIVE TEACHERS

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## A STUDY ON MENTAL HEALTH OF PROSPECTIVE TEACHERS

### Abstract

The present study was intended to find out the mental health of prospective teachers. The objective of the study was to find the significance difference in the mean scores of mental health of prospective teachers with respect to locality of institution, marital status, parental education, and family income. The data were collected from 200 prospective teachers in various colleges of education in Kanniyakumari district using simple random sampling. The method adopted for the study is the Normative survey method. For the analysis of data, the statistical techniques used were t-test and ANOVA. The findings of the study revealed that there is a significant difference in the mean scores of mental health of prospective teachers with respect to the locality of the institution.

**Key Words:** Mental Health, Prospective Teachers

### Introduction

Mental Health is a concept that refers to a human's individual emotional, psychological and intellectual wellbeing (Reddy, 2017). Mental Health describes a level of psychological well being or absence of a mental disorder. From the perspective of "Positive Psychology" or "Holism", mental health may include an individual's ability to enjoy life and create a balance between life activities and efforts to achieve psychological resilience. Mental health is defined as signifying a successful adaptation to a range of demands. there are different types of mental health problems, some of which are common such as depression and anxiety disorder (Anurag Sharma 2018). It is also described as the spectrum of cognitive, emotional and behavioural conditions that interfere with the social and emotional wellbeing and lives and productivity of people (Rao, 2023).

The teaching profession is commonly acknowledged as one of the most mentally challenging and demanding professions. Although teachers are essential in forming the intellectual capacities of future generations, their own mental health and wellbeing are sometimes neglected. Particularly, aspiring educators are at a pivotal point in their careers as they manage the demands of both their personal and academic lives while navigating the difficulties of teacher education programs (Kyriacou 2001).

### Need and Significance of the study

High levels of stress, anxiety, and burnout are common among teachers, and these conditions can have negative impacts on their general well-being, work satisfaction, and mental health. Considering the facts that this group is more susceptible to stress and anxiety, there has not been much focus on the mental health of aspiring teachers. The importance of addressing the mental health of prospective teachers cannot be overstated. Thus the study aims to investigate the mental health of prospective teachers.

With regards to mental concerns, associated risk and protective factors, and support needs of prospective teachers, this study can inform the development of targeted interventions and support strategies in teacher education programs, ultimately enhancing the mental health and well-being of prospective teachers, improving teacher retention rates, and contributing to better student outcomes. Hence a study on mental health of prospective teachers found to be significant.

### Statement of the problem

In the present context, Prospective teachers, who are undergoing training to become future teachers may experience significant stress, anxiety and other mental health concerns that impact their well-being, academic performance, and future teaching effectiveness. The present study is an attempt to study the mental health of prospective teachers in different colleges of Education in Kanniyakumari district. Thus the present study is entitled as “A Study on Mental Health of Prospective Teachers”

### Objective of the study

The objective of the study is to find the significant difference in Mental Health among prospective teachers based on locality of institution, marital status, parental education and family income.

### Hypotheses of the study

1. There exists a significant difference in the mean scores of Mental Health of rural and urban prospective teachers.
2. There exists a significant difference in the mean scores of Mental Health of married and unmarried prospective teachers.
3. There exists a significant difference in the mean scores of Mental Health of prospective teachers with parental education of below SSLC, between SSLC and HSC and above HSC.

4. There exists a significant difference in the mean scores of Mental Health of prospective teachers with family income below 50,000, between 50,000 and 1,00,000 and above 1,00,000.

**Methodology in Brief**

*Method used:*

Normative survey method was used for the study.

*Sample:*

The sample for the study consisted of 200 prospective teachers.

*Tool used:*

The tool used for the study was Mental Health Status Scale developed by Tohid Moradi Shekhjan & Dr. K. Rajeswari in 2016.

*Statistical techniques used:*

In the present study the statistical techniques used were t- test and ANOVA.

**Result and Discussion**

**Table 1: Comparison of mental health of prospective teachers based on locality of institution**

<i>Locality of institution</i>	<i>N</i>	<i>Mean</i>	<i>Std.Deviation</i>	<i>t</i>	<i>p</i>	<i>Remark at 0.05 level</i>
Rural	91	251.86	23.392	-3.640	.000	S
Urban	109	264.93	26.758	-3.685	.000	

From Table 1, it is clear that  $p < 0.05$  and it is significant at 0.05 level. Therefore, there exists a significant difference in the mean scores of mental health of rural and urban prospective teachers.

**Table 2: Comparison of mental health of prospective teachers based on marital status.**

<i>Marital Status</i>	<i>N</i>	<i>Mean</i>	<i>Std.Deviation</i>	<i>t</i>	<i>p</i>	<i>Remark at 0.05 level</i>
Married	53	257.45	23.525	-.497	.620	NS
Unmarried	147	259.53	26.958	-.530	.597	

From Table 2, it is clear that  $p > 0.05$  and it is not significant at 0.05 level. Therefore there exists no significant difference in the mean scores of mental health of married and unmarried prospective teachers.

**Table 3: Comparison of mental health of prospective teachers based on parental education.**

<i>Parental Education</i>	<i>sources</i>	<i>Sum of squares</i>	<i>df</i>	<i>Mean square</i>	<i>F</i>	<i>p</i>	<i>Remarks at 0.05 level</i>
Below SSLC	Between Groups	65.064	2	32.532	.047	.954	NS
Between SSLC and HSC	Within Groups	134980.856	197	685.182			
Above HSC	Total	135045.920	199				

From Table 3, it is clear that  $p > 0.05$  and it is not significant at 0.05 level. Therefore, there exists no significant difference in the mean scores of mental health of below SSLC, between SSLC and HSC and above HSC.

**Table 4: Comparison of mental health of prospective teachers based on family income.**

<i>Family Income</i>	<i>Sources</i>	<i>Sum of squares</i>	<i>df</i>	<i>Mean square</i>	<i>F</i>	<i>p</i>	<i>Remarks at 0.05 level</i>
Below 50,000	Between Groups	749.718	2	374.859	.550	.578	NS
Between 50,000 and 1,00,000	Within Groups	134296.202	197	691.707			
Above 1,00,000	Total	135045.920	199				

From Table 4, it is clear that  $p > 0.05$  and it is not significant at 0.05 level. Therefore, there exists no significant difference in the mean scores of mental health of below 50,000, between 50,000 and 1,00,000 and above 1,00,000.

**Findings of the study**



1. There exists a significant difference in the mean scores of Mental Health of rural and urban prospective teachers.
2. There exists no significant difference in the mean scores of Mental Health of married and unmarried prospective teachers.
3. There exists no significant difference in the mean scores of Mental Health of prospective teachers with parental education below SSLC, between SSLC and HSC and above HSC.
4. There exists no significant difference in the mean scores of Mental Health of prospective teachers with family income below 50,000, between 50,000 and 1,00,000 and above 1,00,000.

### Conclusion

The present study emphasizes how important it is to deal with aspiring teachers' mental health issues. The prospective teachers may suffer from high levels and stress, anxiety, and depression, which may have a significant impact on their general well-being, their ability to teach, and finally the standard of education. In order to improve the mental health of prospective teachers, it is important to have an integrated plan that takes into account all of these factors and promotes overall well-being.

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