



### REVIEWER'S REPORT

Manuscript No.: IJAR-50792

Date: 27-03-2025

**Title:** A Study on Mental Health of Prospective Teachers

**Recommendation:**

- Accept as it is.....**YES**.....
- Accept after minor revision.....
- Accept after major revision .....
- Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality	√			
Techn. Quality		√		
Clarity		√		
Significance			√	

**Reviewer's Name:** Dr Aamina

**Reviewer's Decision about Paper:**      **Recommended for Publication.**

**Comments** (*Use additional pages, if required*)

### Reviewer's Comment / Report

The research paper titled "A Study on Mental Health of Prospective Teachers" presents a well-structured and insightful examination of the mental health challenges faced by future educators. The study effectively highlights the **importance of mental well-being in teacher education programs** and the necessity of addressing stressors that impact prospective teachers.

#### **Abstract**

The abstract provides a **clear overview** of the study, including its **objective, methodology, sample size, statistical tools used, and key findings**. The mention of significant differences in mental health scores based on institutional locality is particularly relevant, as it indicates external factors influencing mental well-being. The use of **t-test and ANOVA** for analysis reflects a **robust statistical approach**.

## REVIEWER'S REPORT

### Introduction

The introduction effectively **defines mental health** and its **relevance** to the teaching profession. The inclusion of perspectives from **Positive Psychology and Holism** enriches the conceptual framework. The references to **previous studies** (Reddy, 2017; Anurag Sharma, 2018; Rao, 2023) enhance the credibility of the discussion. Additionally, the explanation of **mental health challenges specific to teachers** provides a strong rationale for the study.

The discussion on **the demanding nature of teaching** and its impact on mental health is **well-articulated**. The mention of **Kyriacou (2001)** adds a historical perspective, reinforcing the long-standing concerns about teacher stress.

### Need and Significance of the Study

This section effectively **establishes the relevance** of the research. The emphasis on **stress, anxiety, and burnout** as common issues among teachers highlights the necessity of studying mental health in this group. The discussion on **teacher retention rates and student outcomes** further strengthens the argument for prioritizing mental well-being in teacher training programs.

### Statement of the Problem

The problem statement is **well-defined** and **clearly articulates the research focus**. The acknowledgment of **mental health concerns among prospective teachers** in the **Kanniyakumari district** provides **contextual relevance**. The direct connection between mental health, **academic performance, and teaching effectiveness** adds depth to the study's objectives.

### Overall Evaluation

The paper is **well-organized, methodologically sound, and conceptually strong**. The discussion is **comprehensive** and effectively highlights the **importance of addressing mental health concerns among prospective teachers**. The study's **rationale, objectives, and potential implications** are clearly presented, making it a **valuable contribution to teacher education research**.