

## **A Study of Mental Health of B. Ed And M. Ed Students.**

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### **Abstract**

*Health and fitness are a matter of concern for all. While so much is written, studied and said about physical health, it is felt that mental health and psychological well being require equal attention. Here it needs to be understood that pupil teachers, who are being groomed to be teachers in schools, shall be taking up the responsibility of teaching students once they start working. Besides academic inputs and guidance, personality development of students, their vocational choices, attitude towards work and society, adjustment in roles, happiness and positive self concept and many such traits are shaped and influenced by teachers. Thus the pupil teachers need to be in a state of good mental health and psychological well being. For this purpose, variables such as gender, stream, locality, economical status and society were taken. The aim was to study the impact of the mentioned variables on the mental health of the pupil teachers. Results revealed no significant impact of the variables upon mental health. Also it was seen that the pupil teachers seemed aware of the need for mental health. However, the need was felt for a positive outlook regarding mental health on the part of the attached agencies namely institutes, staff, society, government etc.*

**Key Words:** *Health, Mental, Psychological well being, Pupil teacher, M.Ed and B.Ed students*

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Mental health, Physical fitness and social adjustability are different components attached with a social being. These components enhance true state of a person's success. To create harmony with environment, we require mental health. Mental health is a term used to describe how well the individual is adjusted to the demands and opportunities of life. The idea of mental health is complex and comprehensive. This term consist of two words 'Mental' and 'Health'. It generally means a condition of well being or freedom from diseases, It is mostly related to the physical health of the individual. A person is said to be physically healthy when his body is functioning well and he is free from pain and troubles. 'Mental' means related to mind and psychological health. Mental health, therefore, may refer to a sound mental condition. A person is in good mental health when his mind and personality is functioning effectively and he is free from emotional disturbance.

Mental health is a term used to describe either a level of cognitive or emotional well-being or an absence of a mental disorder. From perspectives of the discipline of positive psychology, mental health may include an individual's ability to enjoy life and procure a balance between life's activities and efforts to achieve psychological resilience. Mental health is the expression of our emotions and adapts to a range of demands.

The World Health Organization defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stress of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

As Mental health and physical fitness are interrelated, we can say that a physically fit student will be in a condition of possessing a sound mental health. "Mental health may be defined as the adjustment of individual to themselves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and socially considerate behaviour alongwith the ability of accepting the realities of life. The highest degree of mental health might therefore be described as that which permits an individual to realize the greatest success, which his capabilities will permit, with a maximum of satisfaction to himself and the social order, and a minimum of friction and tension." This implies a state of such well-being that the individual is not conscious of unsatisfied tension, does not show socially inadequate or objectionable behaviour, and adjusts himself intellectually and emotionally in any environment and under any circumstance.

However, erratic schedules, urgency to achieve, survival of the fittest, multiple career choices and options, etc. all lead to stressful lives for students. A need arises for the teacher to be able to handle stress amongst students. For this, the mental health and coping strategies of the teacher concerned are of utmost importance.

Here, mental health implies to a state of well being, and a minimum of friction and tension. It also refers to the teachers adjustment with the intellectual and emotional environment under all given circumstances. Mental health is not merely the absence of mental illness, but it is also the ability to cope with the challenges in life. Mental health is as important as physical health to everybody. Students usually experiment with attitudes, appearance, and behaviours. Most of their experiments are harmless, but some experiments may have terrible results. Students experience mental health problems such as stress, anxiety, harassment, family problems, depression, learning disability, etc. Serious mental health problems, such as self-injurious behaviours and suicide, are increasing amount students. A good mental health is essential for leading a good life. Students cannot succeed in academic and personal life effectively if they are struggling with a mental problem, such as depression or unsteady feeling due to academic, social or family pressure.

Failure to detect students mental health problems may result in negative consequences such as increased risk of academic failure, social isolation, unsafe sexual behaviour, drug and alcohol abuse, suicide attempt, unemployment, and poor health. Depression, anxiety, attention deficit, conduct disorders, suicidal thinking, and other serious psychological problems are striking more and more students.

A study was carried out to unravel the mental health of M.Ed and B.Ed pupil teachers in relation to their gender, society, economic status, locality and stream. Studies reveal that mental health is a dynamic term and implies that a person is –

- (a) self directed
- (b) has a sense of belonging
- (c) trusts his own senses and feelings
- (d) accepts self
- (e) has self esteem
- (f) practices stress management

Here a need arises to see whether the teachers under training are apt enough to deal with such stressful situations.

**Objectives of the Study**

1. To study the mental health of male and female students.
2. To study the mean difference between the mental health of male M.Ed. and B.Ed students in relation to their locality.
3. To study the mean difference between the mental health of female M.Ed. and B.Ed students in relation to their locality.
4. To study the mean difference between the mental health of male M.Ed and B.Ed students in relation to their society.

5. To study the mean difference between the mental health of female M.Ed and B.Ed students in relation to their society.
6. To study the mean difference of male M.Ed and B.Ed students in relation to their economical status.
7. To study the mean difference of female M.Ed and B.Ed students in relation to their economical status.
8. To study the mean difference between mental health of male M.Ed and B.Ed students in relation to their stream.
9. To study the mean difference between mental health of female M.Ed and B.Ed students in relation to their stream.

**Hypothesis of the Study**

1. There is no significant difference between mental health of male and female students of M.Ed and B.Ed students.
2. There is no significant difference between mental health of male students of M.Ed and B.Ed students in relation to their locality.
3. There is no difference between mental health of female students of M.Ed and B.Ed students in relation to their locality.
4. There is no significant difference between mental health of male students of M.Ed and B.Ed students in relation to their stream.
5. There is no significant difference between mental health of female students of M.Ed and B.Ed students in relation to their stream.
6. There is no significant difference between mental health of male students of M.Ed and B.Ed students in relation to their economic status.
7. There is no significant difference between mental health of female students of M.Ed and B.Ed students in relation to their economic status.
8. There is no significant difference between mental health of male students of M.Ed and B.Ed students in relation to their locality.
9. There is no significant difference between female students of M.Ed and B.Ed students in relation to their locality.

**Methodology**

A sample of 200 M.Ed (100 Male and 100 Female) students and 400 B.Ed (200 Male and 200 Female) students were taken from M.Ed and B.Ed colleges of Rohilkhand region of Uttar Pradesh. The gender, locality, society, economical status and stream were kept under consideration. Tools used are as follows:

1. Mental Health Inventory (MHI Z) by Jagdish and Dr A.K. Shrivastava
2. Brain Mapping
- Social survey

- Questionnaire
- Anecdotal records
- Interview
- Group discussion

### ***Inferences About Mental Health***

Human social cognition rules on an ability to predict what others will think, feel or do in novel situation. Research in neuroscience has consistently observed several brain regions that contribute ubiquitously to those abilities including medial prefrontal cortex and aspect of lateral and medial parietal cortex.

What does it take to read the mind of another person?

Although the idea of mind reading implies the possession of super natural abilities, or exotic technology. At times, even ordinary humans are accomplished telepaths. In addition, such people can not only passively read, but also actively control other persons minds, influencing what others think, feel and do through our communicative acts and social behavior.

In recent years, psychologists have suggested that either of the two broad classes of cognitive process could serve to generate suitable inferences about other minds:

First class- 'Theory Theory concept' suggests that perceivers may bring to bear a sophisticated set of rules for internal working of other minds.

Second class- focusses on the use of ones own knowledge of self as the basis for understanding others.

These two strategies of rule based mentalizing are considered as a mutually exclusive possibility as to how the human minds make inferences about mental status of others (Saxe, 2005). The same study has been applied to study the mental health of students of M.Ed and B.Ed students in relation to their gender, locality, society, economic status and stream.

### ***Findings of The Study***

1. There is no significant difference between mental health of male and female M.Ed and B.Ed students.

2. There is no significant difference between mental health of the male and female students of M.Ed and B.Ed in relation to their locality as well as society.

3. There is no significant difference between mental health of male and female students of M.Ed and B.Ed students in relation to the stream they belong to.

4 There is no significant difference between the mental health of male and female students of M.Ed and B.Ed students in relation to their economic status.

### **Results and Discussion**

1. Results revealed that no significant difference was found on the mental health of students on the basis of gender. It also supported the fact that students appeared aware and positive towards achievement of mental health.
2. No significant difference arose between male urban and male rural student, similarly no significant difference appeared between female urban and female rural students.
3. Societal difference could also not be detected between the B.Ed and M.Ed students.
4. Further, the SES did not seem to affect the mental health of M.Ed and B.Ed students.
5. Similarly the male arts and male science students alongwith female art and female science students showed no significant difference in mental health.

These findings support the view that awareness regarding mental health has reached all pockets of society. Meaningful discussions on various media channels, views from experts, interactive sessions, newspaper columns, books on self help, meditation camps etc. have played a significant role in creating awareness regarding mental health. Here a special mention is required regarding the role of government, local bodies and voluntary organizations in creating mass awareness on issues such as de-stressing oneself through yoga, performing yoga in groups, celebrating it world over, lifestyle management awareness etc. All of this has created a positive impact on youth in today's times and so the study has found mental health awareness amongst pupil teachers with no difference with regard to gender, locality socioeconomic background, society or stream.

Further a need is felt regarding –

- Creating and maintaining of a stress free environment by the training institution as well as work place.
- Pupil teachers expecting academic environment to be more peaceful calm and helpful.
- Also, the attitude of college staff, society and government towards people linked to teaching profession needs to go through a positive change.

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