

Study of Life Satisfaction as Related to Mental Health of Pre-Service Teachers

Navkiran¹, Dr. Amardeep Kaur Paul² and Dr. M.L.Jaidka³

¹ Research Scholar, Lect., Govt. Sr. Sec. School for Boys, Mandi Phool, Rampura

² Assistant Professor, Guru Kashi University, Talwandi Sabo, Bathinda

³ Associate Professor, D.M. College of Education, Moga

Abstract

The present study was undertaken to study the Life Satisfaction as related to mental health of pre-service teachers. A sample of 100 pre-service teachers from colleges of education within the jurisdiction of Moga district was undertaken. Product moment method of correlation and t-test were used to analyze the data. The results of study showed a positive and significant correlation between life satisfaction and mental health of pre-service teachers. There was significant difference between male and female pre-service teachers and rural and urban pre-service teachers.

Keywords: Life Satisfaction, Mental Health, Pre-Service Teachers

Introduction

India is a developing country as well as the biggest democratic country of the world. The future of any country depends to a very large extent upon the quality of its future citizens, namely, the youth of the present, the quality of youth is in turn determined by the quality of education they get.

Teacher plays pivotal role in the shaping and moulding the habits, manners and attitudes of students. He holds a key position in the whole infrastructure of education. Teacher having effectiveness are generally successful, properly adjusted and well satisfied with their jobs, which leads to life satisfaction.

“Young people are educable, young people are worth educating as upon their wish handling depends the issues of ultimate harmony of conflict the home in workup or isotropy and among the nations”
C.M FLEMING

Satisfaction in life doesn't lie in length of days but in the use of we make in them. A man may live long, may get little from life. Thus satisfaction in life does not depend on number of years, but on will (Barlett, 1977). It is a degree of contentment with one's own life style.

Lavinga (1977) states, “A teacher who is happy with his work and find satisfaction in his life, play a pivotal role in the upliftment of society.”

Teacher's mental health plays an important role in teaching learning process. If the teacher has no source mental health, he can do incalculable harm to the nation in term of poor guidance to the students.

Niwas & Jaidka (2015) conducted a study on 600 teachers from 5 districts of Punjab and revealed that life satisfaction among male and female school teachers is not differ significantly.

Srivastava, S.K. (2004) concluded that optimistic students have better health and adjust in a better way as compared to pessimistic students.

Anita Rani (2016) in her study on 200 teachers of Ferozepur District of Punjab reported that no significant difference exist between male and female teachers on mental health.

Objectives

1. To study life satisfaction of pre-service Teachers.
2. To study mental health of pre-service Teachers.
3. To study relationship between life satisfaction and mental health of pre-service Teachers.
4. To study difference between life satisfactions of male and female pre-service Teachers.
5. To study difference between life satisfaction of Rural & Urban Pre-service Teachers.
6. To study difference between mental health of male and female pre-service Teachers.
7. To study difference between mental health of Rural & Urban pre-service Teachers.

Hypotheses

1. There is no significant relationship between life satisfaction and mental health of pre-service Teachers.
2. There is no significant difference in the life satisfaction of male and female pre-service Teachers.
3. There is no significant difference in the life satisfaction of rural and urban pre-service Teachers.
4. There is no significant difference in the mental health of male and female pre-service Teachers.
5. There is no significant difference in the mental health of rural and urban pre-service Teachers.

Sample

Randomization technique of sampling was used in the present study. The sample was drawn from colleges of Education of district Moga of the State of Punjab. In this way, 100 pre-services Teachers (50 male & 50 female) formed the sample of the study.

Method

Survey method was used

Tools

1. Life satisfaction scale by Dr. (Mrs.) Promila Singh & George Joseph (1996).
2. Mental Health Inventory by Srivastava & Jagdish (1983).

Results and Discussions

Hypothesis-I

There is no significant relationship between life satisfaction and mental health of pre-service teacher (Total sample).

Product moment correlation was worked out between life satisfaction and mental health. The value of correlation is presented in Table 1.

Table 1

Showing relation between life satisfaction and mental health of pre-service teachers
(Total sample)

Variable	N	Correlation
Life satisfaction	100	.202
Mental health		

*Significant at 0.05 level=.197

*Significant at 0.01 level=.256

Table 1 show that the value of correlation is .202, which is positive and significant at 0.05 level of significance. Hence our hypothesis which states that there is no significant relationship between life satisfaction and mental health of pre-service teachers (Total sample) is rejected. Hence we can say that the relationship between life satisfaction and mental health is positive and significant. As earlier study conducted by Singh (2005) also supported to our study that significant relationship exists between life satisfaction and mental health among pre-service teachers.

Hypothesis-2

There is no significant difference in the life satisfaction of male and female pre-service teachers.

To verify this hypothesis, critical ratio was worked out between mean scores of male and female pre-service teachers in respect of life-satisfaction score.

Table 2

Significance of difference between mean scores of life satisfaction of male and female pre-service teachers.

Sub-sample	N	Mean	S.D.	S.Ed.	CR
Male	50	142.10	2.37	.467	2.35
Female	50	143.20	2.31		

*Value significant at 05 level=1.96

*Value significant at 01 level=2.58

Table 2 shows that critical ratio between mean scores of male and female pre-service teachers in respect of life satisfaction which is significant at .05 level of significance. Hence our hypothesis-2 which states that there is no significant relationship between life satisfactions of male and female pre-service teachers is rejected. This indicates that female pre-service teachers are more satisfied than male pre-service teachers. It interprets that teaching profession is much better for females as compared to their counterparts.

Hypothesis-3

There is no significant difference in life satisfaction of rural and urban pre-service teachers.

To verify this hypothesis, critical ratio was computed between mean scores of rural and urban pre-service teachers in respect of life satisfaction score.

Table 3
Significance of difference between mean scores of life satisfaction of rural and urban
Pre-service teachers.

Sub-sample	N	Mean	S.D.	S.Ed.	CR
Rural	60	140.02	2.25	.466	2.64
Urban	40	141.25	2.10		

*Value significant at .01 level=2.58

Table 3 shows that critical ratio between the mean scores of rural and urban pre-service teachers in respect of life satisfaction is 2.64 which is significant at 0.1 level of significance.

Result:

Hence hypothesis-3 which states that there is no significant difference in life satisfaction of rural and urban pre-service teachers is rejected. Urban pre-service teachers have more life satisfaction than rural pre-service teachers.

Hypothesis-4

There is no significant difference in the mental health of male and female pre-service teachers.

To verify this hypothesis, critical ratio was computed between the mean scores of male and female pre-service teachers in respect of mental health.

Table 4

Significances of difference between mean scores of mental health of male and female pre-service teachers.

Sub-sample	N	Mean	S.D.	S.Ed.	CR
Male	50	161.50	19.20	374	.278 NS
Female	50	162.54	18.20		

N stands for not significant.

Table 4 shows that critical ratio between mean scores of male and female pre-service teachers in respect of mental health are .278 which is not significant. This indicates that there is no difference in mental health of pre-service teachers with respect to sex.

Result:

Therefore, the hypothesis which states that there is no significant difference in the mental health of male and female pre-service teachers stands accepted.

Hypothesis-5

There is no significant difference in the mental health of rural and urban pre-service teachers.

To verify this hypothesis critical ratio was computed between the mean scores of rural and urban pre-service teachers in respect of mental health.

Table 5

Significance of difference between mean scores of mental health of rural and urban pre-service teachers.

Sub-sample	N	Mean	S.D.	S.Ed.	CR
Rural	60	162.05	21.65	4.42	0.011 NS
Urban	40	162.10	21.70		

N stands for not significant.

Table 5. shows that critical ratio between the mean scores of rural and urban pre-service teachers in respect of mental health is 0.011 which is not significant.

Result:

Therefore, the hypothesis which states that there is no significant difference in the mental health of rural and urban pre-service Teachers is accepted. Hence mental health score does not affect pre-service teachers with respect to locale.

Findings of the Study:

1. The hypothesis 1 which states that, “There is no significant relationship between life satisfaction and mental health of pre-service Teachers (Total sample)” is rejected. As per the result of the study the relationship between life satisfaction and mental health is positive and significant among pre-service teachers.
2. The hypothesis 2 which states that, “There is no significant relationship between life satisfaction of male and female pre-service Teachers” is rejected. The result of the study indicates that pre-service female teachers are more satisfied than male pre-service teachers. It also interprets that teaching profession is much better for female as compared to their counterparts.
3. The hypothesis 3 which states that, “There is no significant difference in life satisfaction of rural and urban pre-service Teachers” is rejected. Urban pre-service teachers shows better life satisfaction as compared to rural area Pre-Service Teachers, because better facilities are available in urban area training colleges.
4. The hypothesis 4 which states that, “There is no significant difference in the mental health of male and female Pre-service teachers” is accepted. Hence there is no significant difference among male and female Pre-service Teachers with respect to mental health.
5. The hypothesis 5 which states that, “There is no significant difference in the mental health of rural and urban pre-service teachers” is accepted. Hence mental a health score does not affect pre-service teachers with respect to locale.

Educational Implications

The teachers are the nation builders. Those who are satisfied with their job as well in the work field can play an effective role in the effective functioning of the educational system, which leads to progress and prosperity of the nation.

Life satisfaction is found positively and significantly correlated with mental health among pre-service teachers when total sample is taken into consideration. It is also indicated that female teachers are more satisfied than male teachers during training period.

On the other side it is noted that urban Pre-service teachers have more life satisfaction than rural area teachers. It is due to more facilities available for urban area teachers than rural area teachers. Mental health score does not effect with respect to sex and locale as per study indicated. Hence better facilities should be provided to teachers trainees during training period and ultimately quality of education would be enhanced.

References

- Agashe, C.D(1991). "Psycho-Social study of Mental Health of Player and non-player"- Ph.D. Thesis, Buch, M.B. Fifth Survey of Research in Education (1988-92), Vol.II, NCERT, New Delhi.
- Ahuja G.C.(1975).Mental Health of Student Teachers. Teacher Education, Vol. IX No.2, Jan, 34-35
- Alam Q.J. & Srivastava R. (Dr.)."Manual for Life satisfaction Scale" National Psychological Corporation, 4/230, Kacheri Ghat, Agra.
- Anand, S.P(1989).“Mental Health of High School Students” Buch, M.B. Fifth Survey of Educational Research, Vol.L, NCERT, New Delhi, P-962.
- Anita Rani(2016).Study of Mental Health among teachers. A quarterly international peer reviewed research journal of Education, Edu-Res.PP12-17 Vol-9, No.9 March 2016, Abohar (Pb)
- Archana (2004).“Effect of Academic Strees on Mental Health and Self esteem of secondary School students”, M.Ed. Dissertation, P.U. Chandigarh.
- Coke and Margee M(1990).Correlates of Life satisfaction among elderly Africa-American, Dissertation Abstracts International Vol.51 No.1,1318
- Cooper, R.S (1991).The effect of early retirement on life satisfaction of early retirees. D.A.I. Vol.52, No.5, Pg.1587 A
- Cribb, K(2000).Life satisfaction and who has it. Phychology of Adjustment, Clearinghouse music. Edu/manuscripts/156 asp.

- Crow and Crow,(1951) .“Educational Psychology” Eurasia Publishing House (Pvt.) Ltd, Ram Nagar, New Delhi-1.
- Davis (1965).*Education for positive Mental Health” Chicago Aldine Publishing Company.
- Farahbaksh,S(2004).“Mental Health of Secondary School Principals in relation to occupational variables”- Indian Education Abstract, Vol.IV, No.2 July 2004, P-61.
- Garg.R(2000).Mental Health in Relation Neuroticism of B.Ed. Trainees Unpublished M.Ed. Dissertation, P.U. Chandigarh
- Gupta S.(2002).Mental Health in Relation to Self-concept of Adolescents Unpublished M.Ed. Dissertation, P.U. Chandigarh.
- Goldenson, R.M(1984).Longman Disctionary of Psychology and psychiatry. New York and London. Longman.
- Hadfield, J.A(1980).“Psychology and Mental Health.” George Allan Uniwin Ltd, London.
- ICMR(1984).Final Report of task Force: Project on Multicentre study of the Pattern of Child and Adolescent Psychiatric Disorders (1981-83)(Mimeographed)
- Jagdish & Srivastava.“Manual for Mental Health (MHI)” Published by Manovaigninikm Parikchhan Sansthan, U.H.B-28, Sanjay Nagar, Colony, Chowkghat, Varansai.
- Johoda,M.(1958) Current Concepts of Positive Mental Health, New York Basic Books, 23 & 136.
- John W.Best, James V Kahn,“Research in Education “Prentice Hall of Idnia Pvt. Ltd.,M-97, Connaught Circus, New Delhi-110001.20.
- J.S.Waalaa (2005).Philosophical and Sociological Bases of Education by Paul Publishers.
- Kaur.“Life Satisfaciton as resultant of Teacher attitude “M.Ed. dissertation 2000, P.U. Chandigarh.
- Kaur, Gurjit (2002).Moral Judgment, Intelligence and Parental Behaviour as correlates of Mental Health, Ph.D., Thesis, Deptt. Of Edu., Panjab University, Chandigarh.
- Kaur,K.(1990).Work attitudes-motivation and performance. Professional Psychology, Pg.409-12.
- Kaur,Satinder(2004).Occupational Strees in Relation to Self esteem and Life Satisfaction of School teachers Ph.D.Thesis, Dpet. Of Edu., P.U. Chandigarh.
- Maninder Pal(2001).“A Comparative Study of Attitude of School and College Teachers towards Creative Learning and teaching in Relation to Mental Health, “Ph.D. Thesis, Deptt. Of Edu.P.U. Chandigarh.

- Mishra A(1996).“A study of B.Ed. Trainees studying in Govt. & Private Colleges of Education, “M.Ed Dissertation P.U. Chandigarh.
- Niwas, Ram & Jaidka M.L.(2015).Study of life satisfaction in relation to organizational climate. Excellence international journal of Education Research, PP-21-31, Vol-2 July 2015 Department of Education, Aligarh Muslim University.
- Philips and Lesile, R (1990).The relationship of life role salience to life satisfaction in order adults. Dissertation Abstracts International, Vol. 50, No.11.204 A.
- Plomin, R.Screir, M.F. Bergeman, C.S. and Pedersen, N.L.(1992).Optisism, Pessimism and mental health. A twin/adoption analysis. Personality and Individual difference. Vol.13(8), 921-930.
- Singh Onkar(2005).“Life satisfaction as related to mental health of teacher trainees” Unpublished M.Ed Dissertation, P.U. Chandigarh.
- Sodhi and Suri (2006).“Philosophical and Sociological Foundations, of Education. Bawa Publications, 1414 Urban Estate Phase-II, Patiala.
- Rani,P(2004).“A study of life satisfaction in relation to locus of Control” M.Ed. dissertation, P.U. Chandigarh.
- Sharma,B(2004).“Life Satisfaction as related to emotional maturity of Teacher “M.Ed. Dissertation, P.U. Chandigarh.
- Shivani (2001).“Life satisfaction as related to personality structure of Teacher”M.Ed. Dissertation, P.U. chandigarh.
- Schneider, A.A(1991).Personal development and mental health, Psychological studies, Vol.36, No.3
- Shin, D.C and Johnson, D.M. (D.M).Arrowed happiness as an overall assessment of the quality of life. Social Indicators Research, 5, 475-492.
- Singh and Mulay (1982).As cited in “Occupational Stress in Relation to Self-esteem and Life-Satisfaction of School teacher” Ph.D. Thesis, K.Satinder (2004), Deptt. Of Edu., Punjab University, Chandigarh.
- Srivastava, S.S. Rai, V.K.(1987).A Study of Mental Health of Post Graduate Students. Indian Psychological Review, 32 (3), 30-33.
- Sullivan, N.S(1954).The International Theory of Psychiatry, New York, Norton.
- Symands,(1939).The Psychology of Parent Child Relationship, New York, Application Century, 506-510.
- Taak,(1999).Factor Influencing Mental Health, Unpublished M.Ed. Dissertation, P.U. Chandigarh.

- Taburan,V.(1993).Factors affecting the life satisfaction of retired. Thai Military officers, D.A.I. Vol.54, No.8, Pg.3068A.
- Toseland,R.(1979).Correlates of life satisfaction an aid analysis International Journal of Aging and Human Development, 10(2), 203-211.
- Usha,K.(2007).“Comparative study of life satisfaction of Teacher’s of Degree and professional college in relation to demographic variables. “Unpublished M.Ed dissertation Panjab University, Chandigarh.
- Wallerstein,M.(1974).The practice of nursing, St.Louis Mosby, wall Webster International Disctionary (1976). The New International Disctionary, William Benton Publication.
- Webster International Dictionary (1976).The new International Dictionary. William Benton Publication.
- W.H.O.”.Collaborative Study on Strategy for Mental Health Care”.
Indian Psychological Abstract, 22:375, 1984.
- White House Conference preliminary Report (1930),.New York: Appleton- Century Craft Inc., 465. In Bgrnad, H.W(1982) Mental Hygiene for class room teachers, 13.
- Wilson, J (1968).“Happiness”-Analysis,Vol.29,13-21
- Wolman, B.B(1973).Dictionary of Behavioural Science, Van Nostrand, Reinhold Co.,333.