

A Study of Mental Health of B. Ed and M. Ed Students

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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.

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 consists 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 wellbeing 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 along with 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.

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.

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

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