



A STUDY ON MENTAL HEALTH PROBLEMS AMONG TEACHER TRAINEES

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Abstract

A Study on Teacher Trainees having psychological problems at the time of Training. Some of the Mental Health problems that required a wide range of therapeutic interventions to address. The study illustrated how to overcome the mental-health problems among the Teacher Trainees and also develop their personality. The study indicates that the mental health problems such as depression among trainee teachers. The mental health problems have focused mainly on depression, anxiety and stress. The amount of anxiety and stress were higher in female trainees than male trainees. In addition the depression, anxiety and stress were more prevalent in female students than males. Moreover, the study also highlighted the importance of psychological assessment in educational counseling and the lack of adequate psychotherapy resources for students with high support-needs in mental-health.

Keywords: *Psychological assessment, Mental-health, Counseling, Psychotherapy, Trainee teacher*

Introduction:

The study indicates that the mental health problems such as depression, stress among trainee teachers. The mental health problems have focused mainly on depression, anxiety and stress. The amount of anxiety and stress were higher in female trainees than male trainees. In addition the depression, anxiety and stress were more prevalent in female students than males. The Depression, anxiety and stress and other mental health problems might co-exist may be due to the fact that they share a few common symptoms, causes, and effects such as faulty cognitions or having cognitive distortions. Apart from depression, anxiety, and stress, there are many other mental health problems such as psychoticism and schizophrenia that affect tertiary students. Some of the mental health problems such as pressure of academic work, poverty, diseases and unrealistic expectations from parents and teachers. In Training institutions the mental-health problems are resolved with the help of suitable teaching learning methods.

The Mental health problems are usually identified with certainty when concerned students are comprehensively assessed using diagnostic observations, interviews, the mental status examination and psychometric tests. The mental health problems through policies such as inclusive education, special education, and curriculum reforms. Despite these efforts, students in India still largely depend on various alternative sources of help such as parents,

friends, and religion to solve their personal problems. However, there are signs that the situation is changing slowly in India with the increased recognition of psychology, psychiatry, counseling psychologist and mental health professions. These professions have potential to make meaningful contributions to improving the quality of life for Indian people.

Increase in Demand for Counseling Services:

The serious mental health problems are taken into consideration by the Training college and university counseling centers have also been experiencing a sharp increase in the demand for counseling services. Many surveys reported that a record number of students are using campus counseling services for longer periods of time than ever before. The Trainee teachers are often considered as one of the most stressful profession. In the last two decades, intensive researches have been carried out in India concerning the sources and symptoms of teachers' professional stress. Studies in the field of teacher's stress show that the greater part of stress is associated with the rapid pace of changes in Teacher Education, particularly in the 1980s and 1990s. Teaching profession is generally considered as a noble profession with lots of expectations from the parents towards their children's Education and the development of their personalities. These expectations may also contribute as a source of stress.

Reasons for Increases in Psychological counseling:

The demand for counseling along with the severity of the mental health problems increased. A variety of social and cultural factors such as instability, poor parenting skills, poor frustration tolerance and violence, early experimentation with drugs, alcohol and poor interpersonal attachments may account for some of the increase. Many psychological disorders such as Depression, stress, fear, Bipolar Disorder, and Schizophrenia first manifest themselves in late adolescence or early adulthood. The effectiveness of newer medications has also made it possible for many Student Teachers with serious psychological disabilities to attend Training- College who would not have been able to do so in the past. The increased demand for Psychological counseling on training college campuses also reflects the pressures and problems that are present in India. The fact that more students are seeking counseling may also reflect a positive attitude about Mental Health treatment and indicate a greater acceptance of treatment for mental health problems by the current generation.

The Impact of Mental Health Problems on Campus:

Mental health problems can have a profound impact on all aspects of campus life at the individual level, the interpersonal level and even the institutional level. At the individual level, Mental Health problems can affect all aspects of the student's physical, emotional, cognitive, and interpersonal functioning. Common symptoms of depression, stress, lack of

sleep may include disturbed mood, fatigue and low energy, sleep and eating problems, impaired concentration, memory, decision-making, motivation and self-esteem, loss of interest in normal activities, isolation and social withdrawal, and in some cases suicidal thoughts.

Mental health problems may also have a negative impact on academic performance, retention, and graduation rates. The psychologists found that high levels of psychological distress among Teacher Training students were significantly related to academic performance. Students with higher levels of psychological distress were characterized by higher test anxiety, lower academic self-efficacy, less effective time management and use of study resources. They were also less likely to persist when faced with distraction or difficulty and less likely to use effective learning strategies such as seeking academic assistance. Students with emotional and behavioral problems have the potential to affect many other people on campus, including room-mates, class-mates, faculty, and staff, in terms of disruptive, disturbing, or even dangerous behavior. At the more extreme end of the continuum, there is the potential that impaired students may physically harm themselves. The needs of troubled students can be demanding and require extra attention and time from administrators, faculty, and staff.

The increased demand and the severity of student mental health problems may have the most impact on student affairs and counseling center staff, who are on the front lines of dealing with student behavioral problems. Counseling center staff copes with more serious cases and heavier workloads and are spread too thinly, thus raising the potential for higher levels of stress and burnout. Counseling center directors and student affairs administrators should actively safeguard the well-being of counseling center staff and prevent undue stress and burnout by encouraging them to set reasonable limits and priorities and to realize their problems. Many counseling centers have also been forced to make preventive model of counseling towards a more clinical and crisis-oriented model in order to meet the needs of students with serious psychological problems.

Recommendations:

The Universities and Training Colleges must respond effectively to the challenges posed by the increased demand for counseling services and the increase in serious psychological problems among the Student Teachers at the Institutional level, the active support of top level administrators who are willing to consider mental health needs a priority and provide adequate funding is critical. Psychologically institutions need to adopt the attitude that student teacher mental health is an important and legitimate concern and

responsibility of everyone involved in higher education. The student mental health is of particular concern to student affairs and counseling center staff who works closely with Student Trainees to facilitate their growth and development and address problems.

The entire institution has a “role in prevention, providing support, and in offering a range of opportunities to enable students to participate in higher education”. Counseling psychologist and student affairs officers can play an important role in education system. Good mental health services help institutions retain students may also help prevent tragedies. In the wake of those tragedies both Institutions have made changes to improve campus mental health services. Counseling centers can also implement a variety of innovative strategies to meet the mental health needs of students and the demand for services. In terms of direct clinical services, these strategies may include offering more immediate and accessible appointments, especially for students in crisis, by providing phone consultations and evening and drop-in appointments. Peer counselors and graduate interns can also be an important resource that allows counseling centers to serve more students. Group therapy and self-help programs are alternatives to individual counseling that can be effective for many students

Conclusion:

The Universities and colleges are dealing with substantial challenges posed by the changing Mental Health needs of today’s Teacher Training college students. It is important for administrators, faculty, and staff to understand the profound impact that take steps to balance the demand for services with existing resources by reviewing priorities, establishing appropriate limits, employing innovative strategies, and practicing good self-care to minimize stress and burnout. The need for counseling centers has never been greater. They will continue to play an important role in supporting the mission of Higher Education Institutions by providing counseling for students who are experiencing problems and assisting them in achieving their educational and personal goals.

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