



A STUDY OF MENTAL HEALTH AND TEACHING ABILITY OF MEN TEACHER TRAINER

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Abstract

The purpose of this study was to study, Mental Health and Teaching Ability of Teacher Trainer. Teacher Trainers from B.Ed. College (n = 205) from Pune city were selected. Stratified random sampling technique was implemented to select the subjects. the subjects. Mental health of the subject was assessed by C.D. Agashe's Mental Health Test and the Teaching ability by Mutha and Bakar Medi's Teaching Ability Test. Correlation between Mental health and Teaching Ability was calculated with the Pearson correlation coefficient. It was found that though there was positive correlation this relation was not statistically significant.

Keywords: *Mental health and Teaching ability, Teacher Trainer*



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INTRODUCTION

Background of the Study

Due to scientific invention and explosion of knowledge in every sphere of human society, the life has become more sedentary and is habituated to be in the state of more comfort. The intensity of struggling for basic human needs (cloth, food & Shelter) has comparatively declined than our last generations. Along with the comfortable life and sedentary lifestyles, the grace in physical movement and tenacity for more physical activity has become questionable (Casperson *et al.*, 1986; Stephens *et al.*, 1985). As per the *Darwin's principle of use* i.e., "*less use less strengthens of the organ and systems of human being,*" the human today has become a depot of various psychosomatic ailments associated with declined state of physical fitness and immunity too. This, in fact, results into a low-fit society not only representing a poor state of physical health by exhibiting poor muscular as well as organic development, but also indicating a declined state of mental health.

Although the factors viz., stress, social support, life events, education and childhood traumas are the positive as well as negative indicators of mental health, its status is relatively poor among youth and it, in fact, improves with age. However, there is no independent relation between mental health and income adequacy. Similarly one's ability of adjustment is negatively associated with the level of insecurity (Kavitha, 1993), it has positive association with total self esteems, physical health, daily functioning, social interaction and overall quality of life. Stephens *et al.*, (1999) have revealed that along with some potential demographic and psychosocial determinants one's sound physical condition is positively associated with mental health.

As the **Teaching ability** is positively associated with one's **mental health** and **well being** (Morgan & Goldstone, 1987), recent trend of extremely comfortable as well as sedentary lifestyle is bound to affect the coordinated functioning of body and mind. As a result a person loses his psycho-physical homeostasis and persistent state of such an imbalance resulting to decline one's physical and mental health.

Many investigators (Stephens *et al.*,1985; Stephens & Craig, 1990) support that level of leisure physical activity is positively associated with general well-being and mood and negatively associated with depression and anxiety. Such result in turn reveals the existence of positive relationship between exercise and mental health.

United States of America, therefore, chalked out a programme of "National Health Awareness 2000" and recommended the **profession of physical education** to take over the challenge. Various investigators (American College of Sports Medicine, 1988; Malina, 1987; Sallis & McKenzie, 1991) also suggest improving the health and fitness of the low-fit individuals in our society so as to facilitate one's level of mental health.

However, considering the complex and complicated nature of Indian socio-cultural setting and as the lifestyle of various socio-culture groups of Indian society is different, the level of '*socio-economic and psychosocial factors*' in relation to Physical Fitness and Mental Health has become an interesting area of research.

Literature reveals that lot of works has been done on different dimensions of mental health; however, no report regarding the association of **mental health and Teaching ability** is available so far. Moreover, no attempt has been made to predict one's level of mental health based on the performance on physical fitness. The topic undertaken for investigation in this piece of research, therefore, seems to be justified.

Statistical Techniques

(Mean), (Standard Deviation) (Two tailed test) *correlation*

Research methodology

Three hundred (n=205 Men) B.Ed.college, age ranged from 22 to 35 years, were the subjects of this study. The subjects were selected on the basis of *stratified random sampling* technique. The names of all the B.Ed. Colleges in Pune city were listed region-wise as strata and then 10 Colleges were selected randomly. College by applying Fisher's Random Sampling technique without considering caste, creed and color.

Tools

1) Since all the subjects, participated in this study, were well-versed with Marathi language, a standard '*Mental Health Scale*' (Marathi version) as developed by Agashe (1988) has been administered to measure the status of subjects' *Mental Health*. Although this questionnaire is reliable and valid for the subjects of this study, the researcher instantly determined its reliability ($r=0.76$, $p<0.01$) which is statistically significant.

Table No. 1 Descriptive Statistics: Mental Health & Teaching Ability

| Variable | M | Mdn. | S. D. |
|---------------|-------|-------|-------|
| Mental Health | 22.82 | 23.00 | 4.46 |
| T.A. | 75.25 | 78.44 | 7.71 |

Table No. 2 Co-relation of variable Mental Health & Teaching Ability

| VERIBLE | TE | MH |
|---------|----|------|
| TE | 1 | .027 |
| MH | . | .577 |
| N = 205 | | |

* Correlation is significant at the 0.05 level (2-tailed)

** Correlation is significant at the 0.01 level (2-tailed)

Findings

Results on Relationship between Variables

1) Positive as well as not significant correlation between *Mental Health* and Teaching Ability was evidently seen Coefficient ($r=.027$) ($p=.577$) ($p>0.05$)

Conclusion

There exists a positive correlation but it is very low between Mental Health and Teaching Ability of boys Teacher Trainer.

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