

## **MENTAL HEALTH OF TEACHERS DURING COVID-19 PANDEMIC OUTBREAK IN PUNJAB**

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### **ABSTRACT**

*During Covid-19 Pandemic situation there are number of challenges faced by teachers in the whole world like teaching online to students, getting learning outcome of students, proving feedback to students using different software, lack of electronic gazettes, remote teaching, salary cut by Private schools, delayed salary in Government sector, responsibilities of family, online classes of wards, less or no income from the part of spouse, shutdown of business, pressure by social and print media. All the above factors are responsible to affect the Mental Health of teachers at all. In the present study investigator tried to find mental health of teachers in relation to their job style and gender in Punjab state. This was an online descriptive survey study in which Mental Health questionnaire was prepared on Google form and sent to teachers teaching in various secondary schools of Ludhiana district in Punjab state. Only 100 teachers working in secondary schools were selected. Results revealed that male teachers remains mentally healthy than female teachers and teachers teaching in government schools are mentally healthy than teachers teaching in private schools during this pandemic period.*

### **INTRODUCTION**

Throughout the COVID-19 pandemic, teachers, school counsellors, and school employees have remained acutely focused on supporting their students and continuing to do their jobs at this time. In some cases, this may mean teaching, care-taking (whether for children or other loved ones), and continuing to work through the same challenges that anyone else is. While resources related to mental health have been (rightfully) front and center for supporting students, parents, and others, less focus has been paid on maintaining the mental health of the educators who are also trying to find balance in our new way of living and with salary cut from private sector etc.

### **MENTAL HEALTH**

Good health depends on the state of mind and body. Each exerts a direct influence on the other, but owing to the power of mind over nature, good health is of supreme importance. Health Education Authority (1997) described mental health as the emotional and spiritual resilience, which enable us to survive pain, disappointment and sadness. Kumar (1992) stated that mental health is an index that shows the extent to which the person has been able to meet his environmental demands social, emotional or physical. As laid down in the Surgeon General's report (1999) mental health is a state of successful performance of mental function resulting in productive activities, fulfilling relationships with other people and the ability to adopt to change and cope with adversity. Mental health is indispensable to personal well-being family and interpersonal relationships, and contribution to community or society. Mental health is the springboard of thinking and communication skills, learning, emotional growth, resilience and self-esteem. As described by World Health Organization (1948) mental health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. World Health Organization (2004) viewed that mental health is a state of well-being in which the individual realizes his or her own abilities and can cope with the normal stresses of life can work productively and fruit fully and is able to make a contribution to his or her community. Mental health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. According to Commonwealth Department of Health and Aged Care (2000) mental health in the population requires a long term approach involving multiple sectors of the community for example, having supportive and loving parents, a sense of belonging at school and protection from bullying and other forms of discrimination. Singh and Singh (2006) revealed that though the subjects are normal in general, but a substantial proportion is at risk of developing psychological stress generated problems that may affect their mental health whereas as is described in Dictionary of Cancer terms (2007) mental health is a person's overall psychological and emotional condition. Good mental health is a state of well-being in which a person is able to cope with everyday events, think clearly, be responsible, meet challenges and have good relationship with others. Thus, it is concluded that mental health of teachers is necessary, both for their well-being and effectiveness and quality in carrying out teaching-learning processes in the classroom in general, and in particular, for the all round development of students . A teacher is a central axis of the educational community and acts as coordinator for an entire network of interpersonal relationships and educational processes. For reducing disabling and debilitating mental and somatic symptoms and increasing teacher effectiveness, development of coping strategies among teachers is must. The most prominent hurdles in the way of achievements among pupils and teachers are mental imbalances i.e. anxiety, frustrations, tensions etc. Thus good mental health of a teacher contributes to the effectiveness of a teacher.

## **SIGNIFICANCE OF PROBLEM**

During Covid-19 Pandemic situation there are number of challenges faced by teachers in the whole world like teaching online to students, getting learning outcome of students, proving feedback to students using different software, lack of electronic gazettes , remote teaching, Financial Cut by Private schools, delayed salary in Government sector, responsibilities of family, Online classes of wards, Less or no income from the part of spouse, shutdown of business, pressure by social and print media. All the above factors are responsible to affect the Mental Health of teachers at all. In the present study investigator tried to find mental health of teachers in relation to their job and gender in Punjab state.

### **OBJECTIVES:**

1. To study the mental health of teachers teaching at secondary schools in Punjab.
2. To study relationship of mental health with income.
3. To find significance of difference in the mean scores of mental health among teachers with regard to gender.
4. To find significance of difference in the mean scores of mental health among teachers with regard to School.

### **HYPOTHESES:**

1. There exists no significant relationship between mean scores of mental health of teachers with regard to income.
2. There exists no significant difference in the mean scores of mental health among male and female teachers.
3. There exists no significant difference in the mean scores of mental health among Government and Private school teachers.

### **RESEARCH METHODOLOGY**

**Sample:** Sample of 100 teachers teaching in Senior Secondary Schools of Punjab. Among 100 teachers 50 were male and 50 female. Further 25 each in each category teaching in Government schools and 25 each from privately run schools in various.

**Design:** This was an online descriptive survey study in which Mental Health questionnaire was prepared on Google form and sent to teachers teaching in various secondary schools of Punjab.

#### **Tools Used:**

Tool namely ‘Mental Health of Teachers during Covid-19’ was constructed by consulting various online and offline tools on Mental Health. This tool was framed on Google Forms.

### **RESULTS AND DISCUSSION**

Mental Health	N	Mean Scores	t- ratio	Significance
Male	50	22.07	3.93	Significant
Female	50	16.13		
Govt.	50	23.12	3.88	Significant
Private	50	17.09		

- Mean scores of Mental Health of Male teachers are 22.07 and female teachers 16.13, t-ratio is 3.93 which is highly significant at both levels of significance. Hence there exists significant difference in mean scores of mental health among male and female teachers of Punjab. Male teachers of Punjab are mentally healthy than female teachers.
- Mean scores of Mental Health of teachers teaching in government schools are 23.12 and of teachers teaching in private schools are 17.09, t-ratio is 3.88 which is highly significant at both levels of significance. Hence there exists significant difference in mean scores of mental health among teachers teaching in government schools and teaching in private schools of Punjab. Government school teachers of Punjab are mentally healthy than Private school teachers.

#### **FINDINGS:-**

- ✓ There exists positive relationship between the scores of mental health and income. Thus more the income of teacher more he or she is mentally strong and vice versa. So, to keep the teachers mentally healthy income of teachers should be more.
- ✓ Government school teachers of Punjab are mentally healthy than Private school teachers, this may be due to job security, more salary, less working hours in government sector etc., Thus government should take action to keep both the fraternities equal in all factors like job security, income and work load etc.
- ✓ Male teachers of Punjab are mentally healthy than female teachers. So, provisions should be there to improve the mental health of female teachers.

#### **SUGGESTIONS:-**

To improve the mental health of teachers :-

- Control the Controllable During COVID-19
- Carve Out Time for Self-Care to Maintain Mental Health
- Get Your Body Moving to Help Your Mental Wellness.
- Model Self-compassion.
- Set Reasonable Expectations (for yourself and others).
- Communication is Vital for Maintaining Mental Health for Teachers.
- Be unapologetic.
- A Dedicated Work Space Can Improve Mental Wellness.
- Set Office Hours While Remote Teaching.

- Improve the economic status of teachers.
- If you feel like you are having a tough time, and are struggling in any way with enjoying things, balancing your mood, or finding time to take care of yourself– or if you have any thoughts of hurting yourself– please reach out to a counsellor.

#### **LIMITATIONS:-**

1. Only 100 teachers of Ludhiana district were taken for the study.
2. Online multiple choice questions were given.

#### **SCOPE FOR FURTHER RESEARCH:**

- This research was conducted in limited time period of Covid-19 in the month of April 2020 by online method; this can be conducted in offline mode.
- Only 100 teachers from Ludhiana district were selected for the research, it can be carried out on more population across the world.
- Only teachers were selected for the research other professionals from other sectors can be selected.
- Other variables like well-being, other physical and mental health factor can be considered for further research.

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