

MENTAL HEALTH AS RELATED TO JOB ANXIETY OF PUBLIC SCHOOL TEACHERS

ABSTRACT

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The study was intended to find out the relationship between mental health & job anxiety of public school teachers. A sample of 100 prospective teachers from public schools was taken. Mental Health Check List by Kumar (1992) & Job Anxiety scale by Srivastava & Sinha (1979) were used to collect the data. The results of the study showed a positive significant relationship between mental health & components (2 to 7) But a non-significant relationship was found between Mental Health & Component -1 (Security) of Job Anxiety of public school teachers.

Key Words:- Mental Health, Anxiety, Job Anxiety.

Modern world or age is the age of science and technology. In spite of so many advancements man is not happy. Rather it has made life more complex. Man has become a victim of confusion and mental illness. Majority of the human beings are dissatisfied, unhappy and discontented and all these factors lead to disturbed mental health. Mental health has two aspects individual and social. Mental health is the outcome of five types of health i.e. physical, emotional, moral, spiritual and social health. Mental health is an important component of total health because it is the cause and effect of the other types of health. Chauhan (2004) stated Mental Health is a condition which permit maximum development of physical, social intellectual and emotional status of the individual so that he can contribute maximum to the welfare of society and realize ideas and aims in life. In present era every one suffers from anxiety in greater or lesser degrees from time to time as the result of specific situations for which anxiety is reasonable response. The presence of some degree of fear or anxiety is not necessarily a completely undesirable factor. This emotional condition becomes a problem when it persists over a long period of time or recurs with such intensity as to incapacitate an individual for daily living. The uncertainty of self-concept which often characterizes adolescent period as a fertile source of anxiety. The extent to which they develop anxiety depends largely upon socio-economical hierarchy of their parents. Drever (1976) defined Anxiety is a chronic complex, emotional state with apprehension or dread as its most prominent component characteristic of various nervous and mental disorders. The individuals operating in the context of schools, industries, colleges, business or other employments often indicate apprehensions and vague fears about various components of their jobs as a result of interaction between their certain specific personality characteristics and the variables operating in the job situations. The persistent interactions between personality and these situational variables leads to the development of a

predisposition in the employee, which may be termed as "Job Anxiety". Srivastava & Sinha (1979) refers job Anxiety to employee's predisposition to emotional tension caused by his generalized feelings of vague fear and insecurity, and apprehensions in respect to one or several constituents of his job life. Aggarwal, S. (2001) found that there is a significant relationship between mental health and socio-economic status of the teachers. Kaur, Manjeet (2005) also shows that there exists a significant relationship between mental health and adjustment of teachers. Martin Smalbrugge (2006) the study showed that presence of depression and anxiety has a statistically and clinically significant mega tie impact on well-being.

OBJECTIVES

To study the Mental Health & Job Anxiety of Public School Teachers

To find out the relationship between Mental Health and Job Anxiety of Public School Teachers

SAMPLE

Random sampling technique was applied to select the sample. 100 teachers from Public schools of Ludhiana district were selected for this study.

Measures

- Mental Health Check List by Kumar (1992)
- Job Anxiety scale by Srivastava & Sinha (1979)

PROCEDURE

In the present study the data was collected by using Mental Health Check List by Kumar (1992) & Job Anxiety scale by Srivastava & Sinha (1979). Karl Pearson's coefficient of correlation technique was used to find the relationship between dependent & independent variables.

RESULTS & DISCUSSIONS

Table 1.1 Relationships between the Mental Health & Job Anxiety of Public School Teachers.

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Sr.No	Components of Mental Health	Correlation
1.	Security	-0.032*
2.	Recognition	0.548**
3.	Human relation at work	0.578**
4.	Reward & Punishment	0.388**
5.	Self Esteem	0.335**
6.	Future prospects	0.559**
7.	Capacity to work	0.678**

*Correlation is non-significant at 0.01 level.

** Correlation is significant at 0.01 level (0.256).

Table 1.1 reveals that there exist a positive significant relationship between mental health & components (Recognition, Human relation at work, Reward & Punishment, Self-esteem, Future prospects, Capacity to work) of Job Anxiety But a non-significant relationship was found between Mental Health & Component -1 (Security) of Job Anxiety of public school teachers. So, the hypothesis that there is a significant relation between Mental Health & various components of Job Anxiety of public school teachers of Ludhiana district stands accepted.

IMPLICATIONS

The present study will help government, educationists, policy makers & planners to understand the Mental Health & Job Anxiety because there is no denying fact that the teachers are nation builders & educational institutions are the foundation head of all that goes to makes foundation of nation stronger. Now, the standard of education should rise for the smooth running of tri polar process.

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