



A STUDY ON THE NECESSITY OF GOOD MENTAL HEALTH FOR THE TEACHERS



**Mr. Debabrata
Bhattacharjee¹**

¹Guest Lecturer, Institute of
Advanced Studies in
Education, Kunjaban,
Tripura, India.

ABSTRACT

A sound body can not be made without a sound mind and as the teachers are called the second parent of the child so it is hence worthy required to have a sound mental health for the teachers also. The aim of the paper is to focus on the importance of good mental health for the teachers; to examine the barriers of retaining good mental health for the teachers and to find out the ways to improve and maintain it. The study is descriptive in nature and the methodology relies on the secondary data related to its area. The study has the findings about the importance of good mental health for the teachers; implication of good mental health of the teachers etc. As the study is universal in nature so it has universal scope to apply into practical situation and perspectives.

KEY WORDS: mental health, teacher, maladjustment

1.INTRODUCTION

Imagination of a good society and civilization is hardly possible without good health and good health must be secured by good mental health. The utter existence of human entity solely depends upon possession of good mentality otherwise the whole human entity will be annihilated and the history of human civilization has the gallant witness of such by the glittering examples of many inhumane wars, battles etc . The root of all these are in a nut shell , the lack or absence of possession of good mental health. The possession of good mental health is a true quality and the children can learn or acquire it in many ways and among them the teachers are main as they are known as the “Second Teachers” of the children or students. So, possession of good mental health is a pre-requisite for the teachers for the utter benefit of the human civilization and its entity.

2.WHAT IS MENTAL HEALTH

Mental health includes how people feel about themselves and other people, how they approach problems and challenges, and how they cope with life. Good mental health helps people handle stress, make wise decisions, and get along with others in childhood and throughout adulthood. It is a state of well-being and adopt in any situation and not to express or possess disturbed mentality towards situation.

3.CHARACTERISTICS OF GOOD MENTAL HEALTH

- ☆ They are overwhelmed by their own emotions.
- ☆ They can take life’s disappointments in their own stride.
- ☆ They have a tolerant ,easy-going attitude towards themselves as well as others.
- ☆ They neither under-estimate nor over-estimate their abilities.



- ☆ They can accept their own shortcomings.
- ☆ They have self-respect.
- ☆ They feel able to deal with most situations.
- ☆ They can take pleasure in simple, everyday things.
- ☆ They are able to give love and consider the interests of others.
- ☆ They like and trust others, and feel that others will like and trust them.
- ☆ They trust others and feel that others will like and trust them.
- ☆ They respect the many differences they find in people.
- ☆ They feel a sense of responsibility to fellow human beings.
- ☆ They accept their responsibilities.
- ☆ They welcome new experience and new ideas.
- ☆ They put their best effort into what they do, and get satisfaction from doing it.

4.NECESSITY OF THE STUDY

In Formal Education system, there are main four components:— teachers, students, curriculum, school or educational organization. So, the teachers are the catalyst and they are the most important component to make any educational objective successful and also to educational policy implementation. It has often been observed that if the teachers do not possess good mental health so the students too do not possess good mental health. So, the future of the society would not be in worthy hands and the “Children are called the future of the tomorrow.” So to nurture and to preserve the future is first and foremost duty of the society and in Formal Education system is the most comprehensive means of achieving that one. Thus, it is necessities that a students can best receive and possess good mental health if his/ her teachers do possess good mental health. The teachers have the necessity of possessing good mental health in-order-to secure good mental health for the students for the utter benefit of human civilization in a wider perspectives.

5.OBJECTIVES OF THE STUDY

- ***To focus about the importance of good mental health of the teachers.
- *** To the examine the barriers of retaining good mental health for the teachers and
- ***To find out the ways to improve and maintain it.

6.SCOPE OF THE STUDY

As the concept of good mental health is pre-requisite for every teachers irrespective to any geographical boundary so the scope of the study is universal in its nature and it is applied to pre-primary, primary, secondary, higher-secondary, college and post-graduate level and too other levels also.

7.RESEARCH METHODOLOGY

This present study is purely a Descriptive Study and is based on secondary data related to its area and need.

8.BARRIERS OF GOOD MENTAL HEALTH OF THE TEACHERS

- ☺ **Lack of professional aptitude and spirit:—** Most of the teachers in our country do not feel passion towards teaching profession rather most of the teachers come to the teaching profession when they do not get any other suitable profession and then only most of them come to teaching profession. Thus, they can never adjust to the profession properly.
- ☺ **Occupational hazards:—** There are a lots of criticism, restrictions in this profession from the part of others. So, it prevents from sustaining a good mental health in the profession.
- ☺ **Extra work:—** Most of the time, the teachers have to do a lots of extra work for which they hardly get any recognition and for such their mental state becomes disturbed.
- ☺ **Lack social prestige:—**Although, the teachers are regarded as the “Social Engineers” but hardly they receive any due recognition in the society. Hardly they are invited to hold any signficatory post any social function and it plays as a mental stigma to continue in this profession without due honour from the society and community.
- ☺ **Poor salary structure:--** In this era of Globalization and Commercialization, economic wealth is the utmost necessity and possessing good economic wealth creates a social structure in the society. As the salary structure of the teachers in India is not very high so their position in the society also not becomes high and it has a negative impact on the teaching profession.

- ☺ **High moral expectation:**--- Society expects a teacher to be saint but a teacher is a human being like other members of the society. So, if a teacher commits any type of mistakes so he/she has to suffer a lots negative criticism from the society.
- ☺ **Work load:**--- Both in Govt. and Private educational institutions, there are a lots of work load of taking too much classes and other related academic activities which prevent the teacher to maintain a good sound mental health.
- ☺ **Mis-trust relationship with other workers:**---It is found that most of the teachers do not possess a mutual relationship among them. So there exists a rat-race and an air of mis-trust among the teachers and it turmoil the mental condition of the teachers as it becomes very much problematic --whom to trust and whom to not trust.
- ☺ **Feeling of caste, creed and religion:**---Most of the time, people forget that they are Indian first then they belong to any caste, colour and creed. But, people trust on the people of the same community and it is applicable to the teachers also. Thus, there comes a barrier among the teachers.
- ☺ **Insecurity of service:**---In Govt. sector the contractual services and in private sector services, there always sustains an air of tension of termination which always work in the mind and prevents to possess a good mental health of the teachers.
- ☺ **Lack of facilities:**--- Most of the teachers do not get many facilities like in the same rank people get due to some academic and other activities and these also play as barrier to possess and maintain a good mental health of the teachers.

9.WAYS TO IMPROVE AND MAINTAIN GOOD MENTAL HEALTH FOR THE TEACHERS

- ⇒ **Loving teacher-teacher relationship:**---Irrespective to caste, colour and creed, every teacher has to awake the mentality of helping mentality from their inner psyche so then there will be no artificiality in relationship among the teachers.

- ⇒ **Improving teacher-principal relationship:**---The structure division of high and low will not always be reminding thus the barrier can be removed and in join-hands both can work smoothly as only one Principal is not being able to control the educational institution without the active and co-operative teachers or faculty members.
- ⇒ **Professional growth:**---There must be the provision of professional development such as conduction of various training, orientation course, refresher course , training in ICT in-order-to professional development of the teachers.
- ⇒ **Seminars , workshops, conference etc:**---These types of activities develop the inter-personal skills, use of proper posture and gesture and voice modulation etc in teaching-learning situations and also in other related academic activities to decrease inferiority complex.
- ⇒ **Teacher community relationship**
A teacher can never be successful except his/her linkage with the community. There must be the provision of proper integration with the community . For example, in various types of programmes, the active participation of the teachers can be assured so that a teacher can proudly feel that he/she is an active part and parcel of the community.
- ⇒ **Service security:**---There must be the provision of service security in-order-to create a positive mind set-up of the teachers so that a phobia of termination would not sustain among the teachers.
- ⇒ **Democratic Behaviour:**--- The Principal and higher-authority must maintain a well democratic behavior towards all especially towards the teachers so tha t the teachers can feel the school as of their own
- ⇒ **Freedom of Work:**---The teachers must provide the proper freedom of work and to express their views freely .Thus, the active and spontaneous participation of the teachers would be secured and good mental health of the teachers would be assured in a great sense.

⇒ **Positive Criticism:**— Criticism are basically two types—negative and positive. But, the teachers are the founding pillars in the educational organization so positive criticism must be done to the teachers to sustain good mental health of the teachers. Thus, the teachers can freely work for the betterment of the students and school in a positive mind set.

10.FINDINGS OF THE STUDY

It has been observed that a large section of the teaches by choice have not taken “Teaching” as profession rather taken “Teaching” as others means of earnings have not fulfilled and here lies the serious alarming matter; so whether by force choice or by inner urge “Teaching” has been taken as profession, there lies a great responsibility upon them as future generation is going to be prepared by them only. Hence they should not only possess but also to transmit good mental health to their students also.

11.CONCLUSION

“Teaching” as profession is very challenging from every respect as the teachers have to deal with the students; so future is in the proves of creation by hands of the teachers. Thus, maintain from both the corner:— from the corner of Teachers for the sake of the profession and from the corner of the future preparation: the role of good mental healthy teachers can easily be comprehended.

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