

Anxiety and mental health of Higher Secondary School Teachers

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The purpose of this study is to know the impact anxiety on mental health of the teachers. The study was conducted among government and private school teachers in Bhilai. 80 teachers were randomly selected from different schools and were administered anxiety and mental health scale to investigate the effect of anxiety on mental health. Survey method had been employed and the study was conducted on higher secondary school teachers. The data was analyzed using descriptive analysis, and t-test was applied. Result shows that there is a significant difference between anxiety and mental health of government and private school teachers.

Keywords: anxiety, mental health, government school teachers private school teachers.

The future of the nation is being shaped in her classroom. The teachers play an important role in nation building. If a teacher is mentally fit and free from all anxiety, he will teach effectively. Mental health is key of wisdom, knowledge and management of the class. The level of mental health of a teacher has been found affected with numerous personal as well as professional demands. Health of teachers on social physical and mental health domains adds to the efficiency not only to their professional growth and development but also to their personality; moreover, they have also been considered as the constructors of the future of a country. Present study aimed to know the impact of anxiety on mental health of teachers.

Mental health in layman terms is a level of psychological well-being or an absence of a mental disorder. Mental health may be defined as the adjustment of the individuals to themselves and the world at large with a maximum of effectiveness, satisfaction, cheerfulness and

socially considerate behavior and the ability of facing and accepting the realities of life, with minimum friction and tension. According to Gorsy, C and Panwar, N (2015) The improvement of mental health is essential because every culture is looking mental health based on their specific criteria. Goal of Society is to prepare conditions that ensure the health of Community Member.

All the above mentioned tasks and responsibilities are not an easy task for a teacher to fulfill the expectations of the Society. Such overload of work leads him to the State of "Anxiety". Sometimes in our life we all face tension or uneasiness that stems from the anticipation of danger, which may be internal or external. Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure (APA). Anxiety is a state of heightened emotional arousal containing feeling of apprehension and dread. Risk factor, trauma

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stress due to illness mental health disorder, Drug or alcohol are causes of anxiety.

Landikenneth and Eliana (2020) have studied Health Anxiety and mental health outcome during covid -19 lockdown in Italy: The mediating and moderating roles of psychological flexibility. Results indicated that the Interaction between Anxiety and mental health was significant the impact of Anxiety on mental health outcomes during a pandemic lock down is conditional on the level of psychological flexibility. Akhtarulislam (2020) studied depression and anxiety among university students during the covid 19 pandemic results show that no significant difference between male and female with relation to depression or anxiety.

Naushad, Farooqui,,Sharma, Singh, & Verma (2014) studied that proportion and determinants of depression among college students. Result shows that there is need for college students to be educated about depression in order to improve recognition and diagnosis. Tonsing, (2014). Studied that psychometric properties and validation of nepali version of the depression anxiety stress scales. Result shows that the greek depression anxiety scale can be used as a reliable and valid instrument for the measurement of depression, anxiety and stress in the greek population.

Sibnath, Strode and Hansen (2015) studied academic stress, parental pressure, anxiety and mental health among Indian high school students results shows that academic stress was positive correlated with parental pressure and psychiatric problem while examination related anxiety also was positively related to psychiatric problem. Beiter and Sammut (2015)studied that the prevalence and correlates of depression, anxiety and stress in a sample of college students. result shows that the top three concerns were academic performance, pressure to succeed and post graduation plans. Demographically, the most stressed, anxious, and depressed students were

transfers, upperclassmen, and those living off-campus.

Pooja and Johal (2016) studied that Relationship between mental Health and psychological well being of prospective Female teacher. Results indicate the significant positive correlation between mental health and psychological well being of prospective female teachers. These results could sensitize prospective teachers regarding the issues of psychological well being and assist them in promoting mental health among their students. Pozzi, G, I. Band C. Fiorilli (2014): studied that teacher - pupil relationship and mental health the result showed that strengths of Emotional intelligence defined in terms of Higher moderate and low El. significantly impacted the TPR and MH Scores.

OBJECTIVES

1. To measure the correlation of anxiety and mental health of teachers in government and private school.

- 2.To study the effect of anxiety on government and private school teachers.

- 3.To study the effect of mental health on government and private school teachers.

HYPOTHESES

1. There would be no significant correlation between anxiety and mental health of teachers.

2. There would be no significant difference between anxiety of government and private schoolteachers.

3. There would be no significant difference between mental health of government and private schoolteachers.

Tools

In order to achieve the objective of the study the investigators used the following Standardized tools.

1. Anxiety Depression stress scale by Pallavi Bhatnagar, Megha Singh, Manoj Panday ,Sandhya & Amitabh.

2. Mental Health Scale by Kamlesh Sharma.

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Results and Discussion

In order to analyze and interpret data the following Statistical techniques were used for the present study i.e. t-test and correlation

coefficient used. The obtained data were analyzed by Applying descriptive statistics mean, SD and correlation.

Table 1
Correlation between Anxiety and mental health of govt. and private school teachers

Variables	N	M	SD	Obtained r value
Anxiety	40	51.60	2.66	-0.024
Mental Health	40	42.22	1.77	

The result shows that $p > .01$ it means that there is a no significant correlation between government and private schools teacher. So our hypothesis is rejected. Mental health and anxiety have established a strong negative correlation

among the teachers of both government and private schools. It means as well as anxiety will increase, mental health status will decrease. So our first hypothesis is rejected.

Table 2
Effect of mental health on government and private school teachers

Mental health Score	N	Mean	SD	t
Government School	20	53.05	2.41	14.76
Private School	20	42.50	2.09	

This indicates that there is a significant difference of mental health of government and private school teachers. Mean mental health score of government school teacher was found 53.05 which significantly greater than private

school teachers mental health score (42.50). Our second hypothesis is also rejected because there is found significant difference between mental health statuses of government and private school teacher.

Table 3
Effect of anxiety on government and private school teachers

Anxiety	N	mean	SD	t
Government School	20	53.05	2.41	4.06
Private School	20	50.15	2.08	

Result shows that there is significant difference of anxiety of government and private school teachers. Thus third hypothesis of this study also to be rejectd.

The present study was conducted on anxiety and mental health of government and private school teachers. Relationship between anxiety and mental health is found to be negative this indicates that teachers who belongs either government or private schools they have workload and continuously facing the anxious environment. When a person becomes prone to sever anxiety would be unable to perform efficiently at work.

Good mental health is highly essential for all in general and particularly teachers. poor mental health of teachers, has an adverse effect

indirectly as well as sometimes directly on the development of learner's personality. All the school administrators and higher authorities should take Keen Interest in developing and maintaining positive mental health of teachers. Therefore, it is necessary to establish guidance and counseling cell in all schools. It will help to solve mental psychological and health related problems of teachers and students. mental health promotion related workshop, seminar, group discussion and Conference should be organized at the different level. The teachers mental health is directly related to the workof classroom. Thus, good mental health of the teacher should as impotant qualificationas academic competence.

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