Effect of Knowledge of Psychology on Mental Health of Trainee Teachers

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Introduction

Mentally healthy person feels comfortable about him, and not bowled over by his own fears, jealousy and guilt. He has a tolerant, easy going attitude towards himself as well as others. He never underestimates or over estimates his as well as others abilities and easily accepts his own shortcomings. Keeping respect towards others, maintaining his own self respect. Always ready to face the odd situations whichever comes in his life. He enjoy pleasure of life and feel satisfied from his occupation.  

He has a positive attitude towards his own group and others also. He likes ,loves, and trusts others. He has a satisfying and lasting relation ship with others and also considers the interest of others. He feels happy among the group and feels a part of the group. He feels responsibility to his friends, relatives, neighbors, co-workers and others. All these characteristics are within individuals and are nurtured by knowledge psychology. 

Mentally healthy person is able to solve his own problems and not get disturbed by them. He easily adopt the different environment and try to cope up with others ,also put efforts to make it better .He plan for future but not anxious about it and always apply his natural capacities to fulfill and to set the goals of life. He think for himself and take own decisions. Mentally healthy person performs all his duties with full confidence and satisfaction about the result. 

Allin (1949) described the characteristics of mentally healthy person as happy in spite of his shortcomings, independent in actions and decisions, self confident, fairly relaxed with himself and others, aware of the feelings of others and eager to attend new challenging tasks.
happily. Bernard (1969) stated that mentally healthy individuals are adjusted to themselves and the world at large with maximum effectiveness, satisfaction, cheerfulness, socially considerate behaviour with the ability of facing and accepting their realities of life.

We all know how knowledge of psychology changes the attitude of a person to see towards Life. It’s well known that a teacher is the backbone of the whole education system unless and until he is not healthy mentally how he can understand the students. As each and every student is an individual personality, he has to tackle it, communicate the child by understanding the individual differences. This can be possible only when the teacher is aware of knowledge of psychology. So in B.Ed there is one compulsory subject: psychology... Subject name is “learner and learning process”. Trainee teachers learn it in the first semester....it has found that they show most interest in studying the said subject. We observed the trainees during the internship how they tackle the students...they tackle very tenderly with great understanding.

When trainee teachers gain knowledge of psychology, they learn Innate nature of child.... His natural urges, instincts, potentialities and propensities, behaviour, he understands the nature of learning, nature of behaviour, individual differences heredity, environment, he also receive knowledge of mental health and adjustments and a person who possessed sound mental health can prevent maladjustment and is able to promote mental health in children.

Review of Related Literature

Kumar (2013) studied on mental health and school satisfaction of truant and non truant secondary school students and found that there was significant difference in school satisfaction of truants depending upon their locale.

Mangal and Varun (2013) studied 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.

Mqbool, Shrivastava and Pandey (2014) studied on mental health of working women and housewives of Baramulla district of Jammu & Kashmir and found significant difference in their mental at .05 level of significance, housewives are better on mental health than working women.

Jageshwar and Viswanatha (2016) studied the effect of school environment ,home environment and mental health status on achievement motivation among high school students and found that there was a significant impact of the three variables on achievement motivation of the students.

Jaychandran (2017) studied on analysis of mental health and peer relation of higher secondary school students and revealed that there is significant difference in mental health among higher secondary school students based on gender and type of school.

Murugan (2018) studied on mental health and academic achievement of higher secondary school students and found that male and female students differ significantly on mental health and not differ significantly with respect to school type, also students from joint family and nuclear family differ significantly. A significant relationship between mental health and academic achievement has been found.

Dhurandar and Agrawal (2015) found that mental health of science students and arts students not differ significantly on the mental health also gender wise. Jerome visoers cleophas (2020) studied on student involvement, mental health and quality of life of college...
students in a selected university in Manila, Philippines. Result suggests that the involvement in school organization was correlated to the depression levels, general positive effect and life satisfaction. Social interaction with entities in schools was also related with life.

Kenneth and Eliana (2020) studied Health Anxiety and mental health outcome during covid-19 lockdown in Italy: The mediating and moderating roles of psychological flexibility and found that the Interaction between Anxiety and mental health shows significant impact i.e. Anxiety on mental health outcomes during a pandemic lock down is conditional on the level of psychological flexibility.

Objectives of the study
The following objectives have been set for the present study by the researcher.
To assess the knowledge of psychology and mental health of trainee teachers.
To find the effect of knowledge of psychology on the mental health of trainee teachers.

Hypothesis for the study
There would be a significant effect of knowledge of psychology on the mental health of trainee teachers.

Method: Descriptive survey method of research was applied for Execution of the study.
40 trainee teachers have been selected randomly and the mental health Scale has been administered by sending a scale online to the trainees and scored as given in manual, for knowledge of psychology the scores of first semester in their psychology subject has been taken.

Result and Discussion
Median of scores of psychology subjects calculated and the high and low group has been formed and the group wise mean and sds of scores on mental health scores were calculated.
't' value calculated shown in the following table.

<table>
<thead>
<tr>
<th>Groups of knowledge of psychology</th>
<th>Mean</th>
<th>SD</th>
<th>N</th>
<th>t- value</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>66.29</td>
<td>2.59</td>
<td>23</td>
<td>7.17</td>
<td>P&lt; .01 df = 38</td>
</tr>
<tr>
<td>Low</td>
<td>59.38</td>
<td>3.29</td>
<td>17</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TABLE for mental health of trainee teachers on the basis of knowledge of psychology
From above table it has found that 't' value is significant at df = 38
Giving evidence that knowledge of psychology has an effect on the mental health of trainee teachers.
From the table it can be said that 't'-Value calculated is significant at .05 level of significance. Also it has been observed that high group of knowledge of psychology showed greater Mean score as compared to a lower group of knowledge of psychology. also it can be said that psychology is also applied in our daily life so many matters it make us to understand others in many ways like to understand your emotions as well as others around you you are able to feel feelings of others evaluate emotional reactions carefully when you understand others emotions our stress and so many conflicts get solved and you feel relaxed resultant your good mental health. The result is
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