

## **Mental Health as a Factor for Teacher Effectiveness: A Study**

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### **ABSTRACT:**

Effectiveness is a pre-requisite for success in one's profession. Teacher effectiveness is the degree to which the teacher is able to set learning goals for students, engages the learners and impact and lead the learners in the achievement of goals. Only effective teachers can perform their duty well and as such, a sound mental state of the teachers is a pre-requisite to develop a balanced personality and makes the students mentally healthy. Mentally healthy teachers are able to manage stress and they are capable of coping with any good or worst situation of life. They are good decision makers and conflict managers. In order to analyse the link between teacher efficiency and mental health of secondary school teachers, the researcher selected a sample of 104 (70 male and 34 female) secondary teachers from Barkhetri Block, Nalbari District of Assam. The study uncovered that major part of secondary school teachers have high level of efficacy and maximum teachers are mentally healthy and they can perform their duty well.

**Keyword:** Teacher Effectiveness, Mental Health, Secondary school.

### **Introduction:**

Teachers can act as a guide, supervisor and philosopher in every life of the learners. In the teaching-learning activity the teachers' active involvement assists the pupils in the fulfilment of their cherished goals and contributing towards social progress. Teacher can acquire personal competency and commitment and they can act upon multiple responsibilities in the classroom setting and society in almost proficient manner. The sound quality of teaching and teacher performance brings changes and improvement in learning abilities among students in the cognitive, affective and psychomotor domains. The excellence and success of school education depends on eminence of teachers. Teaching is a dynamic process and the role of teacher is more complex. Research in the field of teacher effectiveness in the 1970's and 1980's had given importance on measuring learning outcomes and provide instruction for students learning. Different studies on teacher effectiveness carried out numerous factors related to teacher effectiveness. These are communication skill, Skill to stimulate the learners, positive attitude, adjustment in the teaching-learning process, accountability, working habit etc. In the entire education process teacher play a unique role. "The Education Commission(1964-66) rightly emphasized that the most important factor in the contemplated educational reconstruction is the teacher, his personal qualities, his educational qualification, his professional training and place that he occupies in the school as well as in the community."(Jyoti, 2020)

Therefore, it is believed that the changing time and recent scenario of education system makes teaching-learning process more demanding. Especially after COVID pandemic the teacher are facing

several problems, uncertainties and challenges in the educational process. The prospects from teachers are varying and as such the duty of the teachers are getting complex day-by-day. A teacher with good mental health and high emotional intelligence can adjust well in any circumstance and maximise their effectiveness as well as derive satisfaction. High effective teachers are mentally healthy in comparison to their counterparts. They can create a suitable environment for learning and easily motivate the students for better learning in any situation. (Ahmed, 2019) Goel found that lady teachers were more effective in comparison to their male counterparts. School teachers from urban areas are more effective as compared to teachers from rural areas. Moreover, high effective teachers are also found mentally healthy. (Goel, 2013) Similarly, Dawar reveals that male secondary teachers are mentally healthy and more significant than the female secondary teachers. (Dawar, 2018) Dafare found that the correlation between teacher effectiveness and mental health is 0.472. This indicates that mental health is positively co-related with teacher effectiveness. For increasing effectiveness of teachers, their mental health must be developed. (Dafare, P.R (2021) Trivedi & Kumar revealed that Male secondary school teachers have shown healthier mental health comparatively to female secondary school teachers of Jammu district. The 't' value found in the study is 2.177 which is significant at 0.05 level. A government secondary school male teacher has better mental health than the female secondary school teachers. The 't' value found in the study is 3.635. This is significant at 0.05 levels. (Treivedi ,A.K.&Kumar, R. 2019)

Different studies reveal that effectiveness of teacher depends upon the mental wellbeing of the teachers. The mentally healthy teachers are highly effective. The success of teachers is primarily related with their personal characteristics, proficient abilities, knowledge of the subject matter, working environment, mental state etc. All these factors directly or indirectly motivate them to be effective teachers. The researchers attempt to understand the factors affecting teacher effectiveness and also try to analyse the correlation between teacher effectiveness and mental health.

#### **Objectives & Methodology:**

The study is an attempt to investigate the level of teacher effectiveness and mental health of secondary school teachers. A secondary objective stems to discuss the differentiation of teachers on their effectiveness and mental health of secondary teachers on the basis of their sexual category.

#### **Hypotheses:**

In the current study it has been hypothesized that there exists no significant difference of teacher effectiveness and mental health of secondary school teachers on the basis of gender.

#### **Method:**

Descriptive Survey method is used here.

#### **Population & Sample**

In the present investigation, the population include the government and provincialised secondary school teachers of Barkherti Block, Nalbari District of Assam. There are 25 schools in Barkhetri Block and 7 schools were randomly selected based on Simple Random sampling technique. The population consist of the study is 345. Proportionate Stratified random sampling method has been taken to select sample from the population. 104 teachers have been taken for the present analysis. (30% of the population).

#### **Research Tools**

Following research tools has been considered for the present study:

1. TEACHER EFFECTIVENESS SCALE: Dr. Shallu Puri & Prof.S.C. Gakhar developed this scale. (Revised 2020) .This scale consists of 68 discriminating items.
2. EMPLOYEE'S MENTAL HEALTH INVENTORY: Developed by DR.JAGADISH (Revised 2020) .This scale consists of 24 discriminating items.

For the levels of effectiveness of secondary school teachers and employees' mental health inventory norms for interpretation of raw scores are presented below:

**Table -1**  
**Raw scores for Interpretation the level of teacher effectiveness**

Sl. No	Raw Scores	Level
1	300-340	Very High
2	270-299	High
3	200-269	Average
4	170-199	Low
5	68-169	Very low

**Table – 2**  
**Raw scores for interpretation of the level of Employee’s Mental Health**

Sl. No.	Range of Raw Score	Grade	Level of Employee’s Mental Health
1	46 & above	A	Extremely High
2	41 to 45	B	High
3	30 to40	C	Above Average
4	27 to 34	D	Average
5	21 to 26	E	Below Average
6	16 to 20	F	Low
7	15 & below	G	Extremely Low

**Variables:**

These are the variables:

- Teacher effectiveness. (Dependent Variable)
- Mental health .(Independent Variables)

**Procedure for Data Collection:**

The investigator personally visited the sample schools and collected data from the teachers after getting permission from the head teacher.

**Data Analysis and Interpretation:**

After collection of data the investigator analysed and interpretation of the study has been made according to the objectives:

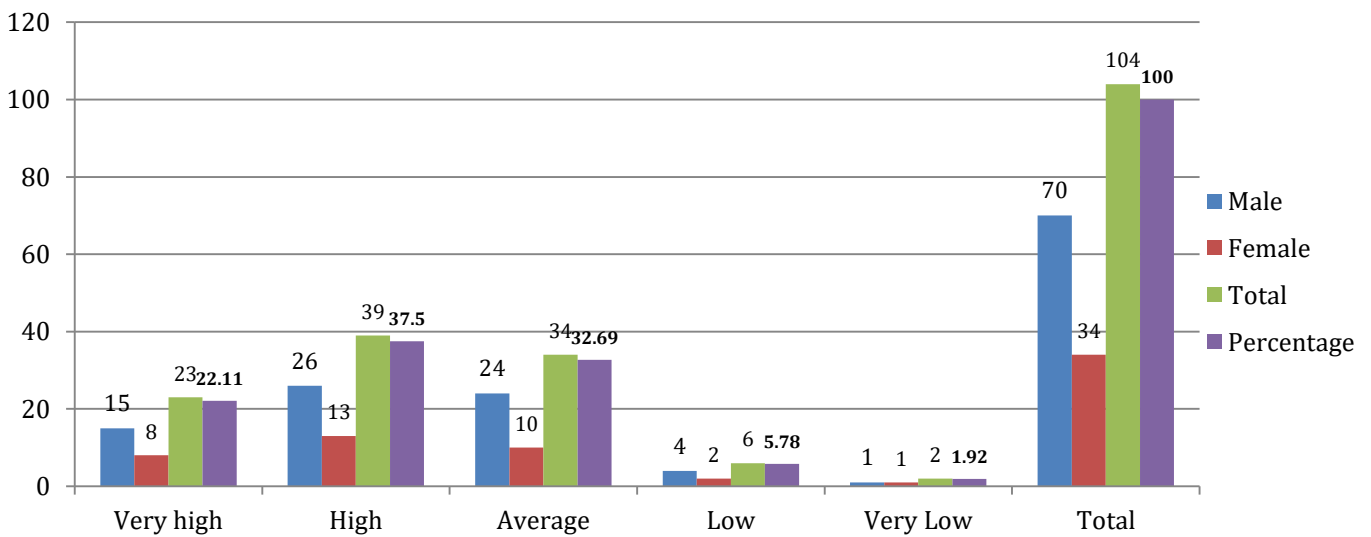
1. To analyse the teacher effectiveness of secondary level teachers.

**Table - 1**  
**Level of teacher effectiveness**

Level	No. of teachers			Percentage (%)
	Male	Female	Total	
Very high	15	8	23	22.11

High	26	13	39	37.5
Average	24	10	34	32.69
Low	4	2	6	5.78
Very Low	1	1	2	1.92
Total	70	34	104	100

**Fig: 1 Level of teachers effectiveness**



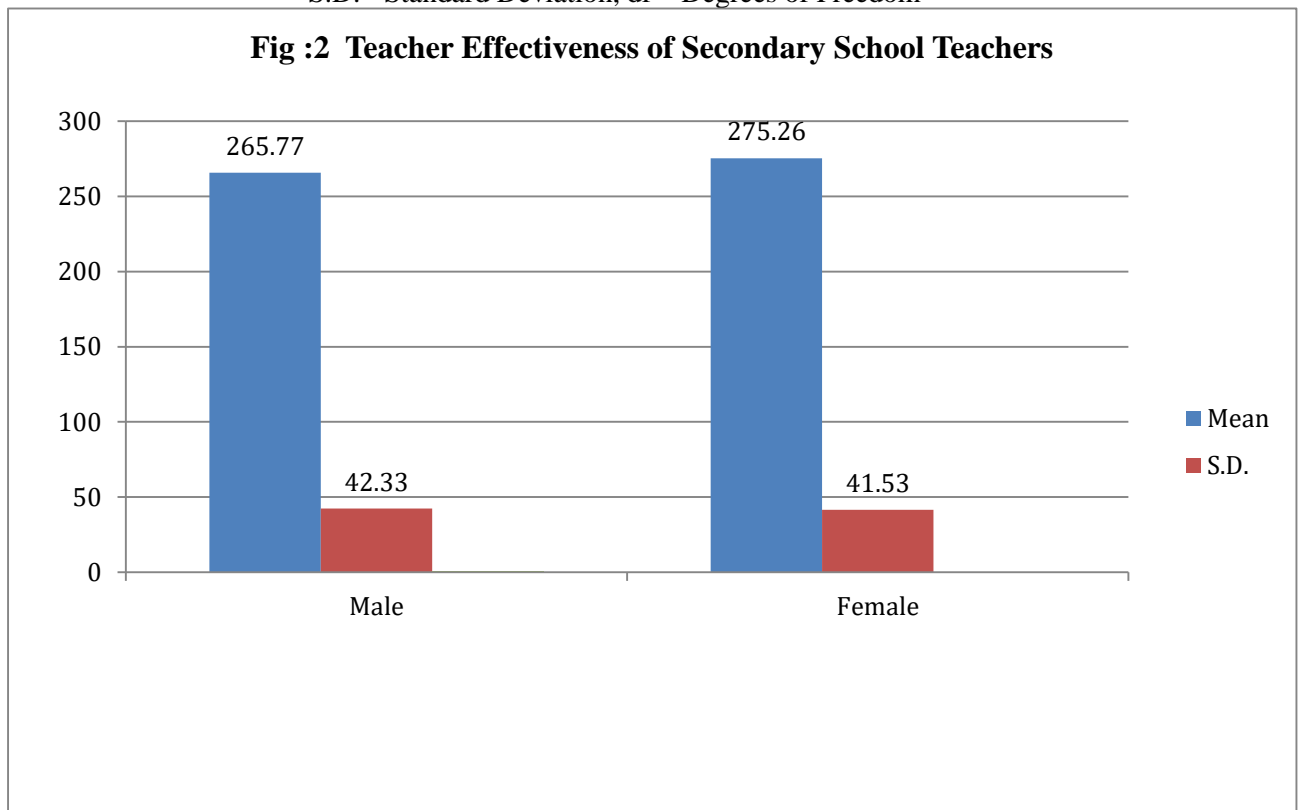
**Interpretation:** On the basis of Table 3 and figure 1 it has been understood that 22.11% teachers have very high and 37.5% teachers have high level of teacher effectiveness. Again 32.69% and 5.78% teachers are in average and low level of teacher effectiveness. The table also reveals that 1.92% teachers have very low level of teacher effectiveness. It is noticed from the table that majority of the secondary level teachers are highly effective. It may be mentioned that maximum number of secondary teachers have professional degree and they are well versed with the teaching methodology.

**2. To find out the differentiation of secondary level teachers on their effectiveness on the basis of gender.**

**Table - 2**  
**Result of t test**

Gender	N	Mean	S.D.	df	't' value	Level of Significance
Male	70	265.77	42.33	102	1.08	Not significant at 0.5 level
Female	34	275.26	41.53			

S.D. - Standard Deviation, df – Degrees of Freedom



**Interpretation:** From the Table and figure it has been revealed that the mean score and SD scores of teacher effectiveness among secondary male teachers are 265.77 and 42.33 respectively. Again, the table also found that the value of mean is 275.26 and standard deviation 41.53 in case of teacher effectiveness of the female teachers. From the obtained t value (1.08) it has been found that this value is not significant at 0.05 level of significance. Hence, it may be interpreted there is not any significant difference of teacher effectiveness of secondary school teachers regarding their level of teacher effectiveness. Therefore, the null hypothesis “There exists no significant difference of teacher effectiveness of secondary level teachers in relation to gender.” can be accepted.

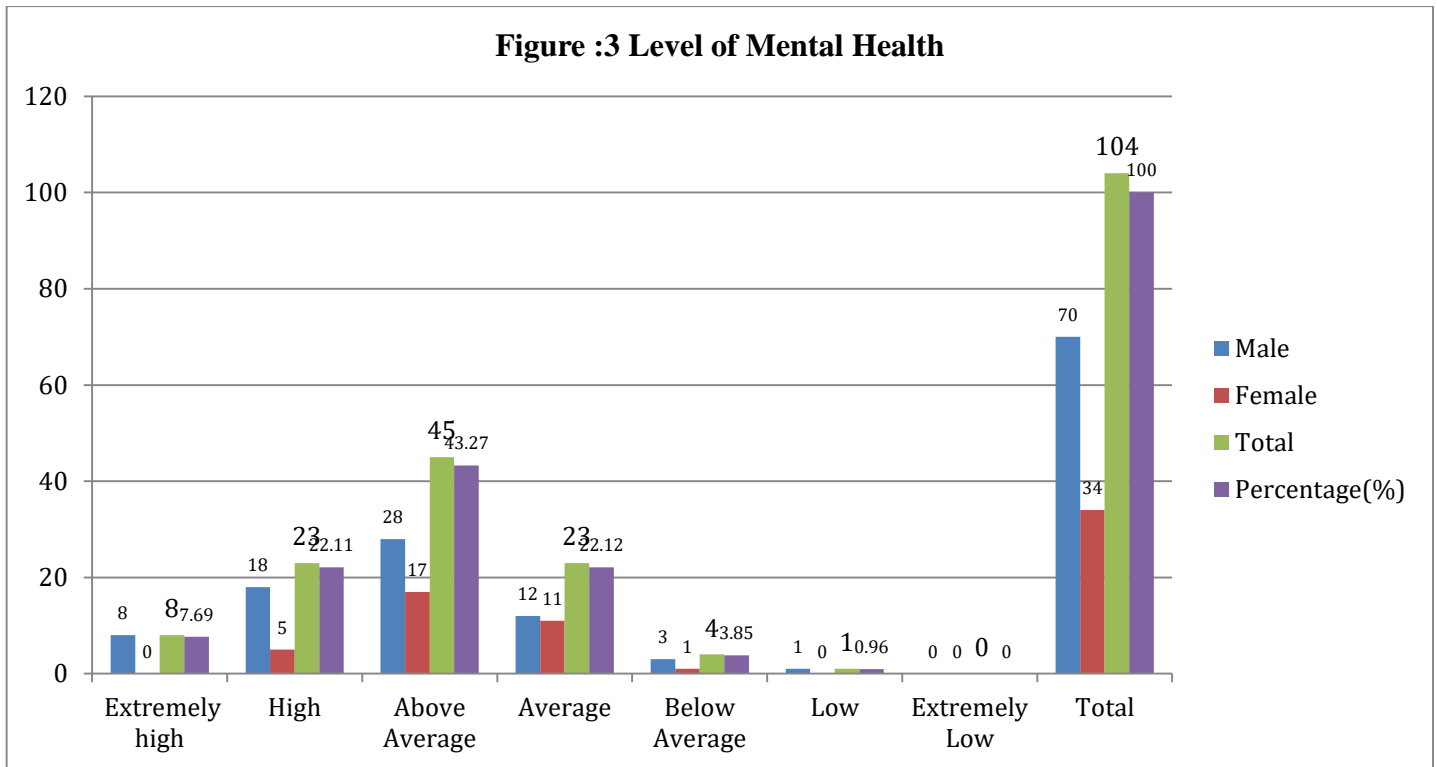
**3. To enquire the mental health of the secondary school teachers.**

**Table - 3**

Grade	Level	No. of Teachers			Percentage (%)
		Male	Female	Total	
A	Extremely high	8	0	8	7.69
B	High	18	5	23	22.11
C	Above Average	28	17	45	43.27
D	Average	12	11	23	22.12
E	Below Average	3	1	4	3.85

F	Low	1	0	1	0.96
G	Extremely Low	0	0	0	0
Total		70	34	104	100

**Level of Mental Health**



**Interpretation:** From the above table and figure 3 it is seen that 7.69% teachers have extremely high and 22.11% teachers have high level of mental health. Again 43.27% and 22.12% teachers have above average and average in their level of mental health. The table also reveal that 3.85% have below average and 0.96 teachers have very low level of mental health. From the table it is evident that maximum secondary school teachers have above average level of mental health. It is seen that maximum secondary school teachers are mentally healthy and they can perform their duty well.

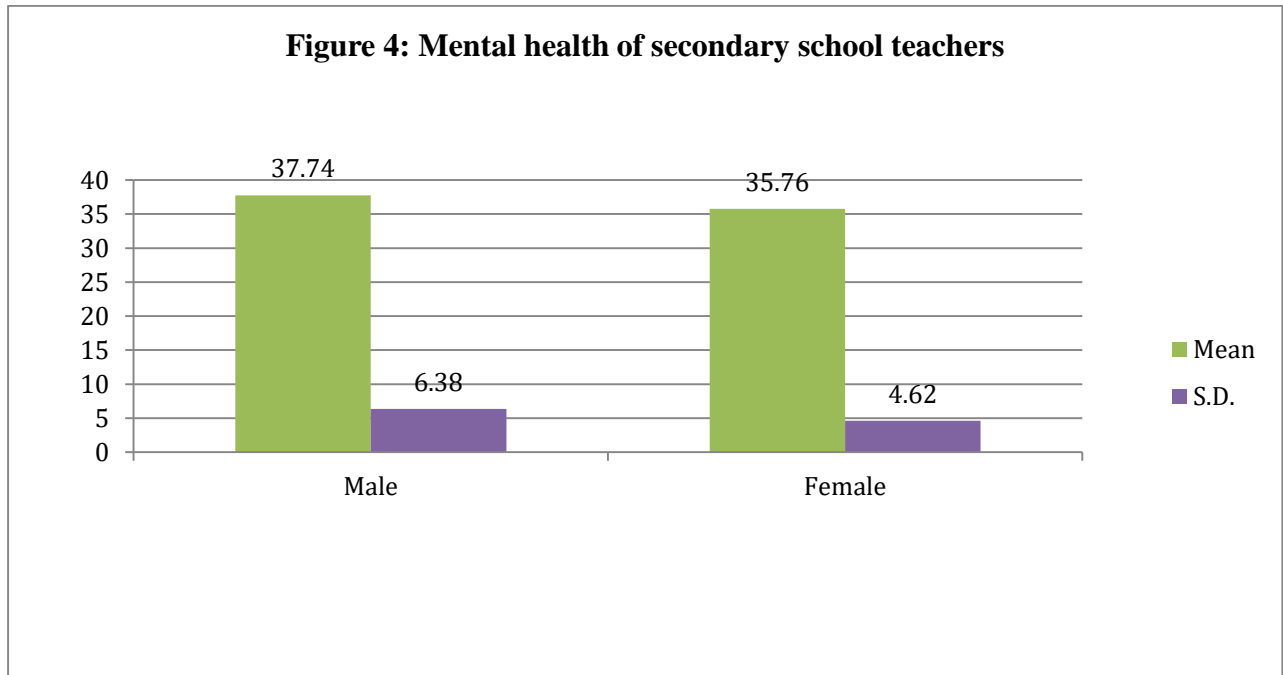
**4. To find out the distinction of mental health of secondary school teachers on the basis of gender.**

**Table - 4**  
**Result of t test**

Gender	N	Mean	S.D.	Df	t value	Level of Significance
Male	70	37.74	6.38	102	1.61	Not significant at 0.5 level
Female	34	35.76	4.62			

S.D. - Standard Deviation    df – Degrees of Freedom

**Figure 4: Mental health of secondary school teachers**



**Interpretation:** From the table 6 and figure 4 it is reflected that the mean value and standard deviation scores of mental health among secondary male teachers are 37.74 and 6.38 respectively. Again, the table also has shown that the value of mean is 35.76 and standard deviation 4.62 in case of mental health of the female teachers. Again the calculated' value, i.e. 1.61 is less than the critical value at 0.05 level, which indicate that there is no significant difference in mental health of male teachers and female secondary school teachers. Consequently, the null hypothesis "There exists no significant distinction of mental health of secondary school teachers on the basis of gender." can be accepted. The high mean value of male secondary teachers indicates that they are sound mental health than their counterparts.

#### **Findings of the Study:**

- 59.61% secondary school teachers have high level of effectiveness. Maximum numbers of secondary teachers have professional degree and they are well trained.
- Teachers from the secondary schools are not significantly different in their teacher effectiveness.
- The mean observed that teacher effectiveness of the lady teachers is (275.26) which are higher than the male teachers (265.77). It implies that they have sound academic and professional knowledge.
- 73.07% secondary school teachers have above average level of mental health. It is seen that maximum secondary school teachers are mentally healthy and they can perform their duty well.
- The mean represents mental health of secondary school male teachers (37.74%) is comparatively higher than the female teachers (35.76%).
- Male teachers are slightly sound in their mental health than the female teachers. They have mental satisfaction and are not easily disturbed in any unfavourable situation.

#### **Suggestions:**

The following suggestions can be considered for improving the effectiveness and mental health of secondary school teacher's are-

1. In rural area for rising teacher effectiveness of secondary school teachers there must be a provision for training programme, workshop and seminar. So that teachers can update their knowledge.

2. There should be facilities for daily health check up and counselling programme for secondary teachers especially in rural areas.
3. For developing sound mental health of secondary school teachers they must provide a suitable and peaceful environment for fruitful learning.
4. There must be an orientation and contact program for enhancing effectiveness of teachers.

#### **Conclusion:**

From the analysis and explanation it can be said that the teacher effectiveness and mental health plays a considerable role in teaching - learning process. The quality and relevance of education is dependent on the effectiveness, personality and mental health of secondary teachers. It is revealed from the study that the gender of the teacher is not a contributing factor to the differences in their effectiveness and mental health. This study will motivate the secondary school teachers to strive for attainment of competencies and become effective facilitator of the same. It will not only help in enhancing quality of process in terms of education, but will promote the secondary level teachers to achieve the goals of education in the true sense.

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