

# The Study of mental health status of financed and self-financed teachers

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***The present empirical study was undertaken to examine the effect of studying the mental health status of financed and self financed teachers (in the age group of 28 to 45 years ) by administering the Kumar and Thakur Mithila Mental Health Status Inventory. It was concluded that government aided teachers; Mentally healthier than self-financed teachers.***

The faster we are progressing in the present times, the faster our mental health is also being affected. Statistics show that in almost a decade, due to changing environment and western lifestyle etc., mental health of individuals is being affected in India not only in cities but also in rural areas. Even today in our Indian society, people do not talk openly on the problems related to mental diseases, they feel ashamed. In a developing country like India, the population is increasing so fast that it is not impossible to secure the economic status of all the people or to get a government job, but a difficult task. Today, most of the people are not satisfied with the government jobs, but they have to earn their living by doing private jobs. Which has a profound effect on their mental health. In today's time, it is very important for teachers to be mentally healthy for their quality attitude. The question is, what are the factors affecting the mental health of government and non-government teachers? On the mental health level of teachers, the nature of their occupation, its stability and the remuneration they receive, etc. have an important role. At present, the educational system in higher education is being run by government and non government colleges. Where teachers in government colleges have to do high pay scales and teaching work for a fixed period and they do not even worry about their business and future. On the other hand, teachers in self-financing colleges are always exposed to more labor and uncertainty of business in low pay scales. This affects their mental health. The resources available in government and non-government colleges and the remuneration provided to the teachers are different and the attitude of the society towards them is also different. Does this difference have an effect on his mental health as well? Apart from this, where teachers are selected by the commission according to the full standard in government colleges, teachers are selected under the system of management in self-finance colleges, due to which the standards are not taken full care of, resulting in the teaching efficiency of the teachers. is also affected.

Hence Mantic and C Maropal (1990), Pareek and Raine (1991), Mishra (1993), Pareek and Mehta (1997), Mohanty and Mishra (1998) , Upadhyay (2020), Dr.Premlata Yadav

(2015) and Ranjita Goykal (2016) found in

their studies that government and non government There is variation in the personality, mental health and anxiety level of the employees.

Therefore, in the light of mental health level and study results, this concept becomes firm that at present no research work has been done in the field of mental health level of funded and self-financed teachers of Jaunpur district. That's why this study has been planned.

### **Objective**

To study the mental health status of financed and self-financed teachers.

### **Method**

#### **Hypothesis -**

The present study is based on the hypothesis that there is a potential difference in the mental health status of financed and self-financed teachers.

### **Samples and Instruments**

Under the present study, a random selection of teachers (98 financed and 97 self-financed, Age 28 to 45 ) teachers belonging to various financed and self-financed colleges of Jaunpur district was done as a sample. The Mithila Mental Health Status Inventory (Kumar and Thakur) was used to measure the mental health status of teachers. There are total 50 statements in this case.

Which is related to 5 dimensions. Each dimension consists of 10 statements containing five positive and five negative linguistic statements. The five dimensions of this scale are ego centricity, expressionism, isolationism, emotional instability and social conformity. The reliability of this test was found to be 0.90 by half-section method and 0.87 by test' retest method, which is quite high.

### **Process**

The present study is based on a work survey, in which personal contact with financed and self financed teachers was established and their response was taken on the Mithila Mental Health Status Inventory. The following instructions were complied with by the teachers in a cooperative manner. After compiling the facts, the different mean, standard deviation and T-value of all the teachers financed and related to different colleges were found.

**Result-****Provided details on mental health Status Inventory of financed and self-financed teachers**

<b>Groups N</b>	<b>Mean</b>	<b>SD</b>	<b>CR</b>	<b>P</b>	
<b>Got.Aided Teachers</b>	<b>98</b>	<b>106.23</b>	<b>12.98</b>	<b>2.25</b>	<b>P&lt;0.05</b>
<b>Self-Financed Teachers</b>	<b>97</b>	<b>114.81</b>	<b>13.93</b>		

Under the present study, 98 financed teachers belonging to different colleges got the mean value = 106.23 and the standard deviation = 12.98, whereas, the mean value = 114.81 and the standard deviation = 13.93 was found for 97 self-financed teachers, which is infinite df. but shows a significant difference at the 0.01 level. Which confirms the hypothesis that there is a potential difference in the level of mental health of financed and self-financed teachers. The above hypothesis is also confirmed by the study results of Inspector et al. (2021) and General of Psychosomatic Research (2006). In the light of the above results, it is clear from the subtle analysis that the satisfaction of their needs, the feeling of security and social respect are found in the financed teachers, but the self-financed teachers have the dissatisfaction of the needs and the feeling of insecurity about their future. is found. The level of mental health of financed teachers is found to be higher than the level of mental health of self-financed teachers. The biggest reason for this is also that the future of the financed teachers is secure, so they have more sense of security, their social and economic level is also high. They get all kinds of physical and mental support in the society. Whereas the future of self-financed teachers remains insecure because self-financed teachers have to surrender to them due to dictatorial (managerial system) policies. Social support and economic level are also normal or low, so they do not get all kinds of mental and physical support in the society, which causes poor mental health. Thus, on the basis of exhaustive analysis, it is clear that there exists a significant difference in the level of mental health of financed and self-financed teachers. The present study will be responsible for the researchers as a source of inspiration in relation to the problems of the psychological level of teachers and employees.

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