

## **Report of UGC Minor Research Project**

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### **A STUDY ON THE MENTAL HEALTH OF SECONDARY SCHOOL TEACHERS AS A DETERMINANT OF THEIR JOB SATISFACTION AND STUDENTS ACADEMIC ACHIEVEMENT**

The study on the topic” **A Study on the Mental Health Of Secondary School Teachers As A Determinant Of Their Job Satisfaction And Students Academic Achievement**” was undertaken with the main objective that whether the nature of the institution have influenced the mental health of teachers and also suggesting some measures for improving the mental health of the teachers.

With the changing socioeconomic scenario and increasing unemployment, the value of teacher and their professional concern with the job have compulsorily undergone a change which adversely affect their mental health. The level of mental health of a teacher has affected his/her working as well as organizational climate. Mental health of the teacher and learner is very important for efficient teaching, learning and for proper development of personality. So the study is selected to analyze whether there is any significance of mental health on job satisfaction of teachers .and which in turn affects students mental health and achievement.

#### **OBJECTIVES**

- ❖ To find out the current mental health status of secondary school teachers of Kerala.
- ❖ To compare the mental health status of secondary school teachers based on the subsamples: gender, Nature of the Institution, and Academic Qualifications.
- ❖ To find out the level of job satisfaction among secondary school teachers of Kerala.
- ❖ To prepare some suggestion for improving the mental health of teachers.

#### **METHODOLOGY**

The present study was conducted by using a survey method to collect information regarding the current level of mental health of teachers. For the study the investigator used questionnaire tool. The tool consists of a set of 25questions based on the mental health of the teachers and 15 questions based on job satisfaction of the teachers.

## **SAMPLE**

The sample used for the present study consists of 300 teachers of various schools

## **FINDINGS**

The major findings are:

1. The nature of the institution has high influence on the mental health of teachers.
2. Occupational hazards: criticisms, restrictions, extra work, poor salaries, load of work, insecurity of service all affect the mental health of teachers.
3. Autocratic Supervision The supervision and inspection of the teacher's work is autocratic. The higher authority interferes unnecessarily in the work of teachers. They are generally in habit of finding faults only and do not find ways to improve the teaching work which ultimately affect their mental health.
4. Recruitment System: In most of the cases teachers are appointed on the basis of other considerations rather than teaching aptitude and teaching ability. This situation creates conflict and jealousy among the teachers which leads to frustration.
5. Personal difficulties and lack of professional aptitude are also the causes of poor mental health.
6. The obtained data for the job satisfaction of teachers revealed that the mental health and job satisfaction are positively related. The educational climate of the institution also affects the job satisfaction of the teacher. If the teacher is not in sound mental health, he can do immense hurt to the nation in terms of poor assistance to the students.
7. The mental health and job satisfaction of teachers positively affect the student's academic achievement.

## **EDUCATIONAL IMPLICATIONS AND RECOMMENDATIONS**

- The biological, emotional, social and intellectual development of students should be developed under the guidance and support of teachers.
- The teachers should be always mentally alert and stable.
- Teachers can make drastic changes in the attitudes and behavior of students to make them socially responsible.
- The teachers should find out their limitation and shortcomings and try to remove them.