



Psychological Well-being of government and private aided Higher Secondary School Teachers

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ABSTRACT

Teachers have always played vital roles in the reconstruction of the society. This study is intended to gain knowledge about Psychological Well-being of Male and Female teachers working in government and private aided higher Secondary schools. This problem has sociological, psychological and educational significance. For that purpose 180 Teachers were selected from different schools out of which 90 were taken government schools and the remaining 90 were taken from Private school. The Psychological Well-being Scale were administered on the selected sample to know their level of Psychological Well-being. Statistical 't'-test and correlation was applied to analyze the data. It was found that there is significant difference in the psychological well-being of male and female teachers. It was also found that there is significant difference in the psychological well-being of government and private aided school teachers.

Key word: psychological well-being, types of school, gender

Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. Sustainable well-being does not require individuals to feel good all the time the experience of painful emotions is a normal part of line, and being able to manage these negative or painful emotions is essential for long-term well-being. Psychological well-being is, however, compromised when negative emotions are extreme or very long lasting and interfere with a person's ability to function in his or her daily life. The concept of feeling not only the positive emotions of happiness and contentment, but also such emotions as interest, engagement, confidence, and affection the concept of functioning effectively involves the development of one's potential having some control over one's life, having a sense of purpose and experiencing positive relationship.

Who where health is defined as "a state of complete physical mental and social

well-being and not merely the absence of disease or infirmity" (who 1948) more recently, the who has defined positive mental health as "a stat of well-being in which the individual realizes is or her own abilities, can cope with the normal stress of life, can work productively, and is able to make a contribution to his or her community" (who 2001)

Psychological well-being is usually used as a term for all phrases that are related to happiness, satisfaction, self-actualization, peace, and happiness with all elements of life. According to Warr(1978), psychological well-being is a concept that is felt by a person about his/her daily activities. Warr defines psychological well-being as feelings that include negative emotional state and also positive view that is more than just satisfaction. He also implies the importance of the measurement of positive mental indicator that includes certain characteristics such as growth and learning from new experiences and success in the search of value. Meanwhile, Ryff (1995)

Chahalet.al,(2003).studied well-being of adolescents in relation to role of adjustment, personality, social support and family environment and found that for females, family cohesion, intellectual-cultural orientation, achievement orientation, socialization, classmates' support, adjustment and sociability were significantly important contributors of well-being; for males, family conflict, organization, adjustment and classmates' support emerged as important contributors of well-being.

Concept of psychological well-being.

"It has been taken to consist of freedom from any subjective feeling of discomfort or Desirability and from any disturbance of mental function."

- Bhogle (1995)

Research suggests that probing your happiness is one of the most important things a doctor can do to predict your health and longevity In health-conscious modern societies, most people overlook one's emotions as a vital component of one's health, while over focusing on diet and exercise. According to Diener & Biswas-Diener, people who are happy become less sick than people who are unhappy. There are 3 types of health: morbidity, survival, and longevity. Evidence suggests that all 3 can be improved through happiness. Morbidity, simply put, is whether or not someone develops a serious illness, such as finding out you have the flu or cancer. In a 30-year longitudinal study, participants who were high in positive emotions were found to have lower rates of many health problems. Some of these illnesses/problems include lower death rates from heart disease, suicide, accidents, homicides, mental illnesses, drug dependency, and liver disease related to alcoholism. Additionally, results showed that depressed participants were more likely to have heart attacks and recurrences of heart attacks when compared to happy people. Survival is the term used for what happens to a person after he/she has already developed or contracted a

serious illness although happiness has been shown to increase health, with survival, this may not be the case. Survival may be the only area of health that evidence suggests happiness may actually be sometimes detrimental.

It is unclear why exactly research results suggest this is the case, however Diener & Biswas-Diener offer an explanation. It is possible that happy people fail to report symptoms of the illness, which can painful or invasive treatments. Longevity is the third area of health, which is measured by an individual's age of death. Head researcher Deborah Danner of the University of Kentucky was determined to find a link between an individual's happiness and that individual's longevity. Danner recruited 180 Catholic nuns from a nearby convent to be the participants of her study. Nuns were chosen because they live very similar lives. This eliminates many confounding variables that might be present in other samples, which can lead to inaccurate results. Such confounding variables could be drug use, alcohol abuse, diet, and sexual risk taking. Since there are few differences among the nuns as far as the confounding variables, this sample offered the best option to match a controlled laboratory setting. Results showed that nuns who were considered happy or positive in their manner and language on average lived 10 years longer than the nuns who were considered unhappy or negative in their manner and language

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Method

Participates:

A sample of 180 Teachers was randomly selected from Ahmedabad city, Gujarat (90 of Private higher secondary school teachers and 90 from government higher secondary school teachers.)

Instruments:

Psychological well-being scale

For the present research work the scale of psychological well-being scale developed by Sudha Bhogle (1995) has been used for data collection, and its translation and publication done in Gujarati by pankaj suvera in (2001). In this scale, there are 28 statements and every stamen have to alternative answer (yes or no.) for this scale positive and negative both types statements given. In positive statements, if on yes (V) than 1 score given same way negative statement's on NO.(√), than 1 score given, and in positive and negative statements opposite sign get 0 score in this scale higher score is 28 and lower score 0 by using test re-test method, this scale get 0.72 Reliability score and 0.84 internal reliability scale. This scales validity score satisfied scale's Gujarati translation by Dr suvera (2001) of main English scale test, Re-test method by so sample on main English scale has been done and the reliability score or it 0.91 this scale analyses that high score have high psychology well-being.Psychological

Procedure:

After finalizing the instruments and receiving the consent of the government higher secondary school teachers and private higher secondary school teachers choose were requested to fill the psychological well-being scale without Omitting and item. All the data analysis using statistical measures such as mean, standard Deviation, 't' test.

Research Design:

The present study attempted to assess the Stress 180 (90 of government higher secondary school teachers and 90 from private higher secondary school teachers.) The 't' test was applied for the purpose of statistical interpretation to test the significant. Result and discussion for the present study are follows:

Result and Discussion:

The present study attempted to assess the level of psychological well-being of 180 higher secondary school teachers. (90 form government school and 90 private school.) The 't' test was applied for the purpose of statistical interpretation to test the significant. Result and discussion for the present study are follows:

Ho.1 There is no significant difference between psychological well-being of government and private higher secondary teachers.

Table no. 1 Showing ‘t’ value and mean differences between psychological well-being of government and private higher secondary school teachers.

Variable	Group	N	Mean	S.D	‘t’ Value	Level of significant
psychological well-being	Government school Teacher	90	21.72	4.34	5.09	0.01
	Private higher Teacher	90	18.21	4.75		

Significant at: 0.01 Level.

Table 1 the ‘t’ test has been applied to find out whether there is any significant differences in the psychological well-being with respects to their types of school. Calculated ‘t’ value is found to be 5.09 which is greater than the table value and significant at 0.01 level. Hence the null hypothesis “There will be no significant difference between the mean score of psychological well-being of government and private higher secondary school teachers” is rejected. Therefore it is concluding that “There is a significant difference between the mean score of psychological well-being of government and private higher secondary school teachers.” This result indicates that the mean scores for the variable of psychological well-being for government higher secondary school teachers were 21.72 and private higher secondary school teachers were 18.21 respectively. The mean value indicates that the government higher secondary school teachers scored better than the private higher secondary school teachers’ score in the psychological well-being. It means government secondary school teachers better level psychological well-being than private school teachers.

Ho.2 There is no significant difference between psychological well-being of male and Female Teachers.

Table no. 2, Showing ‘t’ value and mean differences between psychological well-being of male and female.

Variable	Group	N	Mean	S.D	‘t’ Value	Level of significant
Psychological well-being	Male	90	21.06	4.62	3.21	0.01
	Female	90	18.88	4.59		

Significant at: 0.01

Table 2 the 't' test has been applied to find out whether there is any significant differences in the psychological well-being with respects to their gender. Calculated 't' value is found to be 3.21 which is greater than the table value and significant at 0.01 level. Hence the null hypothesis "There will be no significant difference between the mean score of psychological well-being of male and female teachers" is rejected. Therefore it is concluding that "There is a significant difference between the mean score of psychological well-being of male and female teachers." This result indicates that the mean scores for the variable of psychological well-being for male teachers were 21.06 and female teachers were 18.88 respectively. The mean value indicates that the male teachers scored better than the female teachers' score in the psychological well-being. It means male teachers better level psychological well-being than female teachers.

Charts

Chart . 1

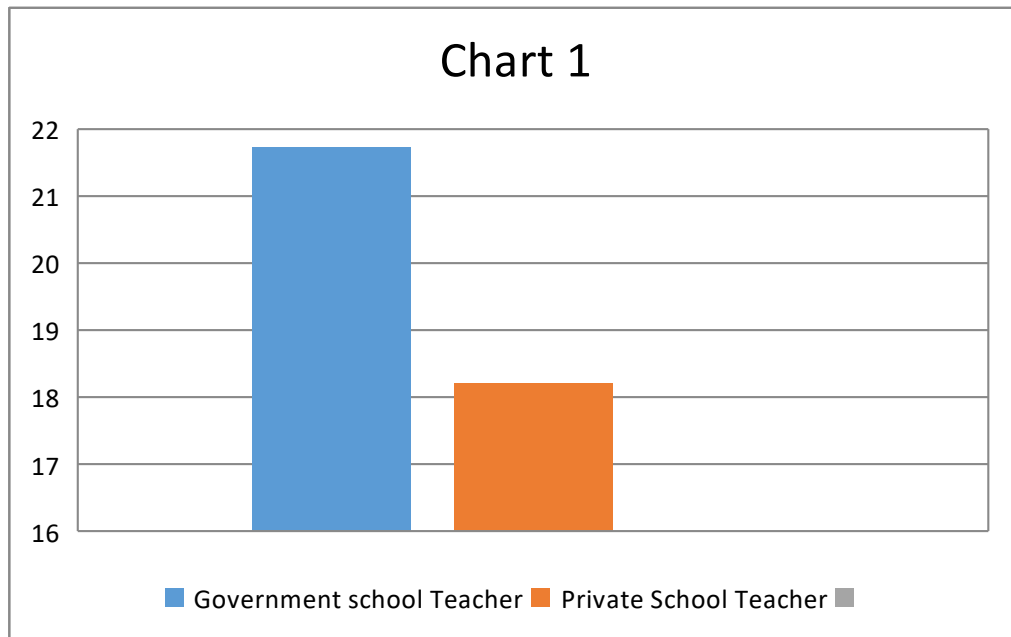
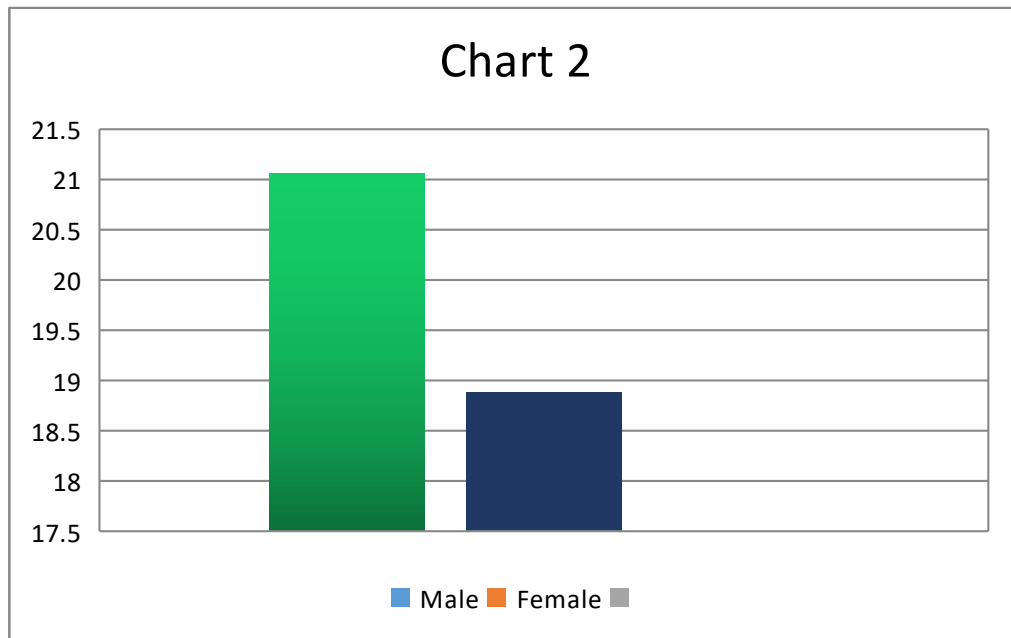


Chart. 2



Summary of the Finding:

- ✓ Government higher secondary school Teacher's Psychological well-being is higher than private higher secondary school Teacher.
- ✓ Male teacher's Psychological well-being is higher than female Teachers.

Limitation of the study:

- The study was conducted in only Ahmedabad city (Gujarat) one of the most limitation of this study is small sample size of 180 government and private higher secondary school teachers. The finding made in the study may be biased participants in sample selection for this research random method was used. The present research is only a part of the study, thus generalization should not be consummated, and the scientific is not approached in the selection of sample.

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