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## A study on mental health of secondary school teachers post pandemic

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### Abstract

The study intends to report on the mental health of secondary school teachers of Raipur city post-pandemic. The primary objective of the study was to find out the significant difference in the mental health of the secondary school teachers teaching in Chhattisgarh State Board Schools in the city of Raipur. The sample consisted of 100 secondary school teachers, males, and females, 50 from Government Schools and 50 from Private schools. The tool used for the study is developed by Shri S.P. Anand, Reader, Regional College of Education, Bhubaneswar. The statistical techniques used were mean standard deviation and t-test. The study's findings demonstrated that government school teachers are more mentally healthy than private school teachers. However, the results indicate that though is no significant difference between the mental health of male and female teachers of Government secondary schools there exists a significant difference between the mental health of male and female teachers of Private secondary schools, Government school female teachers were found mentally healthy than private school female teachers.

**Keywords:** mental health, teachers, teaching

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### Introduction

Mental health has been a growing concern for a couple of decades, especially during and post-pandemic. Life has become very complicated and to remain adjusted to oneself in an ever-changing environment in the modern world is a challenge. Adjusting to the lockdowns, a new way of living amidst the pandemic caused stress, anxiety, and many other mental health issues to most individuals. Despite some people creating awareness about it, mental health is still now seen at par with physical illness and is often neglected. Negligence of mental health can cause inefficiency in work but affect one's mental peace and living. To live a happy and well-adjusted life we need individuals who are emotionally and spiritually intelligent and also physically and mentally healthy. Several studies based on the mental health of school teachers took place in the last couple of years during the COVID pandemic, and the prevalence of which ascertained that the pandemic era glimpsed an adverse impact on the mental health and personal wellbeing of everyone.

(Jakubnowski, 2021) <sup>[3]</sup> Conducted a study on Teachers' mental health during the first two waves of COVID 19 pandemic in Poland and found that the teachers experienced a mild levels of stress, anxiety and depression both during the first as well as the second waves of the pandemic.

(Courtney N Baker, 2021) <sup>[1]</sup> Conducted a study on the teachers to find the experience of COVID 19 on the mental health, coping strategies and teaching and found that the teachers experienced considerable stress as a result of the pandemic, which was related to poorer mental health, coping strategies.

(Lisa E Kim, 2022) <sup>[6]</sup> did a longitudinal study of teachers' mental health and well-being during the COVID 19 pandemic and found generally teachers' mental health and well-being seemed to have declined throughout the pandemic, especially for primary school leaders. Uncertainty, workload, negative perception of the profession, concern for others well-being, health struggles and multiple roles contributed positively to this.

(Joanne R Beames, 2021) <sup>[4]</sup> in their study found that there has been a lack of research focussing on teacher mental health both internationally and in Australia. However the available indicates that teacher mental health is likely to have deteriorated substantially during the pandemic. They emphasized that teachers are the forgotten frontline of pandemic and make recommendations to facilitate improvements into the future.

(Niko Sudibjo, 2022) <sup>[8]</sup> in their study on the role of happiness at work on mental health in the education sector in Indonesia found that the happiness at work is the highest predictor of teachers mental health and perceived organizational support is the highest predictor of job satisfaction.

(Shoshana Cohen-Fraade, 2021) <sup>[10]</sup> administered an online survey to full-time public school teachers simultaneously enrolled in a master's degree program in education and found that overall teachers felt an increase in symptoms of anxiety and depression between March 2020 and February 2021 and noteworthy percentage of participants said they were seeking mental health supports.

Keeping that in mind, it is the need of the hour to assess the mental health of these individuals and understand if the decrease in COVID cases and the reopening of educational centres have had a positive or negative impact on their mental health.

The following study attempts to compare the mental health of male and female teachers of both government and private secondary schools. Teachers in the Private Secondary schools had to initially shift to an online mode of teaching. While their workload only increased as they not only had to manage students virtually but understand the new method of teaching, their salaries only decreased. Teachers teaching in Government Secondary schools also had to shift to an online approach, but since a majority of students lacked the infrastructure and amenities to attend online classes and examinations, it was comparatively easy for them compared to the teachers in the private sector. But the post-COVID scenario was the opposite for these teachers, as they now had to teach students who almost didn't study for two years. The study gap among the students in the Corona period made teaching difficult for the faculties, thus affecting their mental health. It is definite that the teachers in both private and government secondary schools faced challenges in the COVID period, and it didn't seem to get better post-COVID.

### Objectives

1. To compare the Mental Health of Government secondary school teachers and Private secondary school teachers post pandemic.
2. To compare the Mental Health of male and female teachers of Government secondary schools post pandemic.
3. To compare the Mental Health of male and female teachers of Private secondary schools post pandemic.

### Hypothesis

1. Mental Health of Government school teachers will be better than Private school teachers.
2. No Significant difference will exist between the mental health of male and female teachers of Government secondary schools.
3. No significant difference will exist between the mental health of male and female teachers of Private secondary schools.

### Methodology

Looking at the nature of the problem descriptive survey method was used for the present study. The investigator has used the random sampling technique to select the sample of 100 secondary school teachers from Government and Private Chhattisgarh Board Schools, situated in the city of Raipur.

### Tools Used

The scale used to study Mental Health is constructed following Likert Technique by Shri S.P. Anand, Reader in Regional College of Education, Bhubenewhar. The scale consists of 60 statements and against each statement there are five alternative responses i.e. (SA, A, UD, D, and SD). The statements are both positive and negative. The scale is based upon the individual's self-concept, concept of life, perception of self-amongst others, perception of others and how does one look at his personal adjustment. The split half reliability index of the test is 0.79 and concurrent validity of the test is 0.49.

### Statistical Techniques Used

For proper analysis and interpretation of data, mean, standard deviation and t-test have been used.

### Analysis and Result

**Table 1:** Analysis of Data for Hypothesis 1

Category	Total Number	Mean Score	Standard Deviation	SE <sub>D</sub>	Df	t-Value
Government School Teachers	50	174.14	31.12	6.28	98	2.37*
Private School Teachers	50	160.21	31.78			

To verify hypothesis 1, t-value was calculated. Table Number 1 reveals that the calculated critical value is 2.37 and the degree of freedom is 98. The table value at 0.05 level is 1.98, thus the calculated value of 2.37 is more than the table value. Hence hypothesis 1 is accepted at 0.05 level. Hence it can be said that government secondary school teachers are mentally healthy than private secondary school teachers post pandemic.

**Table 2:** Analysis of Data for Hypothesis 2

Category	Total Number	Mean Score	Standard Deviation	SE <sub>D</sub>	Df	t-Value
Government School Male Teachers	25	176.13	32.88	8.99	48	0.986
Private School Male Teachers	25	167.26	30.69			

To verify hypothesis 2, t-value was calculated. Table Number 2 reveals that the calculated critical value is 0.986 and degree of freedom is 48. The table value at 0.05 level is 2.01 which is higher than calculated value of 0.986. Therefore hypothesis 2 is accepted and it can be said that no significant difference exists between the mental health of male and female teachers of government secondary schools post pandemic.

**Table 3:** Analysis of Data for Hypothesis 3

Category	Total Number	Mean Score	Standard Deviation	SE <sub>p</sub>	Df	t-Value
Government School Female Teachers	25	173.28	27.19	8.08	48	2.23*
Private School Female Teachers	25	155.22	29.92			

To verify hypothesis 3, t-value was calculated. Table Number 3 reveals that the calculated critical value is 2.23 and degree of freedom is 48. The table value at 0.05 level is 2.01 which is less than the calculated value of 2.23. Therefore hypothesis 3 is rejected and it is found that Government school female teachers are mentally healthy than private school female teachers post pandemic.

### Educational Implications of the study

While both teachers, whether teaching in government or private, encountered several mental issues during the pandemic. It is crucial to comprehend the discrepancy between the two post-pandemic. While the teachers in the private schools had to initially unlearn the traditional teaching methods, deviate to an online mode of education, and later shift back to classroom methods post-pandemic. The teachers in the government schools, while also having to shift to an online method, had to teach students that almost lost touch with studies during the pandemic too. As such, there is no overall difference between the mental health of teachers teaching in either of the institutions. And there is no significant difference between the mental health of male and female teachers of Government secondary schools post-pandemic, given a good pay scale. On the other hand, the mental health of female teachers in the private sector was proven to be affected to a greater extent, keeping into consideration the low pay scale, leading to work dissatisfaction and exhaustion. The management and the government have to come up with policies for the betterment of the mental health of the teachers in both government and private sectors. But more towards the female faculties in the private secondary schools as it is the teachers who shape the future of the country, and they can provide adequate education to the pupils only when the teachers are satisfied and mentally healthy.

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