

# A study of Mental Health of pupil teachers in relation to their Social adjustment

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**Abstract:** The present research aims to examine the mental health of pupil teachers in relation to their Social adjustment. The current study targeted a population of 50 pupil teachers of Fatehgarh Sahib. Descriptive survey was done for the collection of data. The data was analyzed statistically by using mean, standard deviation (S.D.), t-test and Pearson's coefficient of correlation (r). Findings of the study revealed that no significant relationship exists between mental health and Social adjustment of pupil teachers. Study, recommends future research on how mental health and social adjustment fluctuate and test if both can be improved by implementing workshop, counseling and health talk by experts.

**Keywords:** Mental health, Social adjustment

## I. INTRODUCTION

In the today's changes in society, life is becoming so complex and conflicting. Due to this, it is seen that stress, overload, anxiety and despair are very common problems to all. In the present situation, everyone is living in a stressful situation and under notable pressures from their peers, family, parents or society. So, these students may suffer from remarkable psychological issues that create challenges regarding physical and mental health.

The World Health Organization (WHO) suggested that nearly half of the world's population is affected by mental illness with an impact on their self-esteem, relationship and ability to function in everyday life. The major role of mental health in human life is very crucial as it influences the individual's life as well as their peace and synchronization in societies also. A person is considered healthy when he/she is physically and mentally fit.

Mental health is a dynamic process in which a living person strives to attain a balance between internal demands and requirements of changing life setup. It act as an adjustment of human beings towards world and to each other with maximum effectiveness and happiness. It is one's ability to maintain an even temper, an alert brainpower, socially understanding behavior and joyful disposition (Manninger, 1930)

World Health Organization (WHO, 2014) said about it as a state of wellbeing by which individual realizes his/her own potential, can cope with the normal stresses of life, work efficiently and be able to make a contribution to his/her community.

Adjustment is a inbuilt mechanism to deal with problematic situations of life activities. It is believed to be the index of assimilation and harmonious behavior of the person by which others recognize about his or her adjustment level. Social adjustment deals with social responsibilities and a sense of responsibilities towards fellows and keenness contribution towards social welfare.

Social adjustment is the adjustment which a person makes in response to the social demands places before him ( Feldman,

2011). It is the degree to which the child develops a harmonious relationship by adapting himself/ herself into the social environment. It includes psychological comfort, physical health, work efficiency and social acceptance. The main characteristics of a well socially adjusted person are physical health, psychological comforts, work efficiency, social acceptance, flexibility in behavior healthy attitudes and interests and a good philosophy of life.

## II. REVIEW OF LITERATURE

Kumari and Bansal (2020) conducted a study on mental health and adjustment and reported that only a mentally healthy person can be able to analyze the thoughts of his family members correctly. He can understand the literal and nonverbal signs and treat every member with respect and care. Minchekar and Mangore (2019) studied on home emotional and social adjustment and mental health among hostel students and performed on 300 respondents aged between 20 to 23 years and found that mental health of them was significantly predicted by adjustment.

Maryam, et.al. (2013) investigated a study on the relationship of emotional and social adjustment with marital satisfaction. The results depicts that there is a significant relationship between social and emotional adjustment and marital satisfaction. Generally, social adjustment and emotional adjustment, both predict marital satisfaction but emotional adjustment has a higher predictive power.

Tanggri and Verma (1992) compared the social burden between the mothers of mentally handicapped children with those of the mothers of the physically handicapped and found that former category of mothers had higher social burden. Some other researchers observed that mothers belonging to female mentally retarded children had greater burden and various needs for unexplainable services that cause mental strain and restlessness to predominant mothers with moderate to rigorous MRC.

## III. HYPOTHESES OF THE STUDY

1. There will be no significant difference in the mental health of male and female pupil teachers.

- There will be no significant difference in the social adjustment of male and female pupil teachers.
- There will be no significant difference in the correlation between mental health and social adjustment of pupil teachers.

#### IV. METHOD OF THE STUDY

In the present study, descriptive survey method is used to collect data.

##### 4.1 Sample

The sample comprised of 50 pupil teachers of class B.A.-B.Ed. of Fatehgarh Sahib, out of these, 25 male pupil teachers and 25 female pupil teachers were selected randomly. For the selection of students, Random sampling technique was employed here.

Table 1: Results showing mean, standard deviation (S.D.) and t-value on mental health between male and female pupil teachers

Variable	Mean(M)		S.D.		t-value	Level of Significance
	M <sub>1</sub> (Male=25)	M <sub>2</sub> (Female=25)	S.D. <sub>1</sub> (Male)	S.D. <sub>2</sub> (Female)		
Mental health	19.08	18.32	4.09	3.53	0.24	Not Significant

Table 1 shows that the mean scores of mental health of male and female pupil teachers do not differ significantly.

Table 2: Results showing mean, standard deviation (S.D.) and t-value of social adjustment between male and female pupil teachers

Variable	M <sub>1</sub> (Male=100)	M <sub>2</sub> (Female=100)	S.D. <sub>1</sub> (Male)	S.D. <sub>2</sub> (Female)	t-value	Level of Significance
Social adjustment	61.76	60	6.09	5.66	0.14	Not Significant

Table 2 shows that the mean scores of social adjustment of male and female pupil teachers do not differ significantly.

Table 3: Results showing correlation between mental health and social adjustment

Variables	N	Value of 'r'
Mental health and Social adjustment	50	0.0183**

From table 3, it can be seen that the coefficient of correlation between mental health and social adjustment was not significant.

\*\*Correlation is significant at the 0.01 level (2-tailed).

#### VI. CONCLUSIONS

- The mental health of male and female pupil teachers do not differ significantly.
- The social adjustment of male and female pupil teachers do not differ significantly.
- The mental health of pupil teachers was not significantly correlated with their social adjustment.

It means social intelligence has a no influence on the development level of mental health of the pupil teachers. It is suggested that proper guidance and counseling should be

#### 4.2 Tools used

- Positive Mental Health Inventory (PMHI) developed by Agashe and Helode (2008)
- Social Adjustment Scale (SAS-KA) developed by Kumar (2016)

#### 4.3 Statistical techniques used

In this study, descriptive statistical technique is used, that involve mean, standard deviation (S.D.), t-test and Pearson correlation.

### V. RESULTS AND DISCUSSION

#### Hypothesis 1

#### Hypothesis 2

#### Hypothesis 3

provided to them so that they will be able to manage their mental health and build a positive adjustment in their social setup. Hence, the pupil teachers are allowed with suitable environment so that they flourish themselves in all rounds of fulfillment.

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