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## EMOTIONAL HEALTH STATUS OF SENIOR SECONDARY SCHOOL TEACHERS: A COMPARATIVE STUDY ON PRIVATE AND PUBLIC SCHOOLS OF ODISHA

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### **Abstract:**

*The intended research inquiry is emphasized to investigate the emotional health status of Odisha's private and public-school teachers. The present study was confined to 600 male commerce, arts, and science teachers of private and public schools of Odisha. Data were collected randomly from 600 male commerce, arts, and science teachers of private and public schools of Odisha. Only those private and public male school teachers were enrolled in the present study, teaching senior secondary classes (11<sup>th</sup> and 12<sup>th</sup> classes). Data was gathered with the help of a structured 'Wellness Questionnaire' of Gordon Edlin and Eric Golanty, 2004. After collecting relevant data; to compare the Emotional Health Status of Private and Public-School Teachers of Odisha, an analysis of variance (ANOVA) was employed on the Mean value of the Emotional Health Status domain of the Wellness Scale. Tukey HSD (Honestly Significant Difference) post-hoc test was used for further investigation. To scrutinize the significant difference among Emotional Health Status of commerce, arts and science teachers of private and public schools of Odisha, the level of confidence was set at 0.05. Following the research, it was determined that there is no significant difference in Emotional Health Status among Commerce, Arts, and Science teachers in Odisha's private and public schools.*

**Keywords:** Teacher, private and public School, Emotional health status.

### **INTRODUCTION:**

As life goes on it is obvious that problem must come to us but to deal them with a right strategy is the characteristic of a healthy and successful person. Health is a crucial aspect of every individual's development. It is the base which is interlinked with all the developmental aspects of life. Health is not only confined to physical fitness rather it is a comprehensive field which includes emotional, social, mental aspects of an individual. All these aspects of health are interconnected with each other and necessary also for appropriate development. Out of this emotional health is the foremost feature of quality life which influences other parts of life like attitude, behaviors, performance, satisfaction, cheerfulness. So, to maintain suitable and well-adjusted life one has to

create his/her emotional health become stable and sound. At the present time it is very difficult to find out a person who is emotionally good and completely free from worries and stresses. Because the advance civilization always some sort of anxiety in order to fulfill the desires. The covid-19 pandemic situation excessively influenced our society as people are fails to supply their essential things of life. These are the reasons which mostly affect our emotional health because one person may be physically fit but lots of inner disruption make unhealthy. As per the views of World Health Organization human being to remain healthy free from illness is not necessary rather healthy in all aspects of life. Wellness is not being healthy. Maintaining good health is one component of wellness. Wellness comes from within. It depends on thinking processes, eating habits, culture, and environment. All these dimensions contribute to wellness, and two more essential dimensions that impact individual wellness are environmental wellness and financial wellness.

#### **CONCEPT OF EMOTIONAL HEALTH:**

Emotionally healthy individuals are always developing a favorable attitude towards the whole thing situated around them because they have developed the tendency to see everything positively in the culture. They also generated the capacity how welly manage a complicated situation in order to release troubles and sustain appropriate life. Ultimately this will lead healthful, wholesome, joyfulness and relaxation in life. If anyone fails to deal with the difficulties in a correct strategy, they give rise to emotional disturbance in life. The emotional health never can remain in a constant position it is always dynamic in nature, because it is interlinked with various other attributes of life like family situation, professional condition, society, community, surrounding environments. The emotional health thus directly affected by the economic status of the individual as money is the essential element to accomplish own needs. An Individual's status of mind is an essential aspect of the wellness process of life. This wellness is also called "Emotional Wellness". Education is vital for one's wellness. Education helps individuals to understand the significance of wellness and measures of wellness. An educated individual can take care of himself/herself and others' wellness also. To become emotional health the individual has to developed some strategies and approaches which will provide a well-balanced life.

#### **RELATIONSHIP OF EMOTIONAL HEALTH TO PROFESSIONAL LIFE OF TEACHER:**

In the present context struggle in professional time is gradually expanded with the decline of quality circumstances in work place. Similar condition also arises in the education sector which affects the emotional health of teachers. The emotional health become distracted due to challenging situations arise in the schools. Teacher are the role models for the students as well for society. So, the teachers have to sustain equilibrium in professional life along with respectable personality. Though teachers are the nation builders they have to remain in an emotional stable state. Because any type of disturbance in emotional health affects to their teaching learning and class management

system. A teacher who is emotionally not sound cannot teach and assess the students accurately. To deliver exact instructions in school a teacher has to free from all the personal and social pressure. When emotional health of teacher is in a proper state then only effective teaching is possible. By the involvement of both body and mind, teacher can give full dedication to his/her teaching profession. School is a societal system so teachers' role is to maintain a proper relation with all the stakeholders. In educational institutions as comparable to female teachers the male teachers are engaged some additional works along with teaching. They made more responsible for the institution's developmental aspects along with the curricular activities. The male teachers also have to spend more time in schools after the usual routine time in order to discuss other official works. The additional assigned workloads to specifically male teachers affect their emotional health. When teachers are unable to submit the assigned reports excluding teaching in due time they are pressurize to complete from higher authorities. This makes disruption of emotional health which affects to the personal and professional life. Hence the researcher gives attention to study the emotional health of male school teachers of higher secondary schools of Odisha.

#### **OBJECTIVES:**

To study the emotional health status among commerce, arts, and science teachers in private and public schools of Odisha.

#### **HYPOTHESIS:**

There is no significant difference in the mean score of emotional health among commerce, arts, and science teachers in private and public schools of Odisha.

#### **METHODOLOGY AND PROCEDURE:**

A descriptive survey research methodology was used for the existing study to compare the Emotional Health Status of Private and Public-School Teachers of Odisha. The data were collected randomly from 600 male teachers consisted of three streams of higher secondary schools of Odisha state. These are the variables used by the researcher for the current study.

**Independent Variable:** Commerce, arts, and science teachers of private and public schools.

**Dependent Variable:** Emotional health status.

#### **SAMPLE:**

The present study was confined a sample of 600 male teachers. These 600 male teachers were taken from the commerce, arts and science subjects of different higher secondary schools of Odisha state. Out of 600 teachers each of the three-subject consisting of 200 male teachers from both private and public schools. Only those private and public male school teachers were enrolled in the present study, teaching senior secondary classes (11<sup>th</sup> and 12<sup>th</sup> classes).



**Table-1(a): Showing distribution of sample**

Streams	Type of male school teachers		Total
	Private	Public	
Commerce	100	100	200
Arts	100	100	200
Science	100	100	200
<b>Total</b>	300	300	600

**TOOL:**

Data was gathered under the emotional health domain with the help of a structured “Wellness Questionnaire” of Gordon Edlin and Eric Golanty, 2004.

**DELIMITATION OF THE STUDY:**

- The study Is delimited to 600 teachers only.
- The study is restricted only to senior secondary school teachers.
- The sample is delimited only the schools of Odisha state.
- The study is delimited only to study the emotion one gender i.e., male teachers.
- The study is delimited to study only the emotional aspects of health.

**STATISTICAL TECHNIQUES:**

After collecting relevant data; to compare the Emotional Health Status of Private and Public-School Teachers of Odisha, analysis of variance (ANOVA) was employed on the Mean value of emotional health status domain of the Wellness Scale. Tukey HSD (Honestly Significant Difference) post-hoc test was used for further investigation. To scrutinize the significant difference between the Emotional Health Status of commerce, arts and science teachers of private and public schools of Odisha, the level of confidence was set at 0.05.

**PROCEDURE:**

The researcher will take permission from the head of all educational institutions of Odisha state regarding collection of data from the male teachers. After the general introductions provided by the researcher regarding the study to teachers, he analyzed the necessary information to get proper data. The researcher clearly instructed how to and on what aspects they have to filled the questionnaire.

**RESULT AND DISCUSSION:**

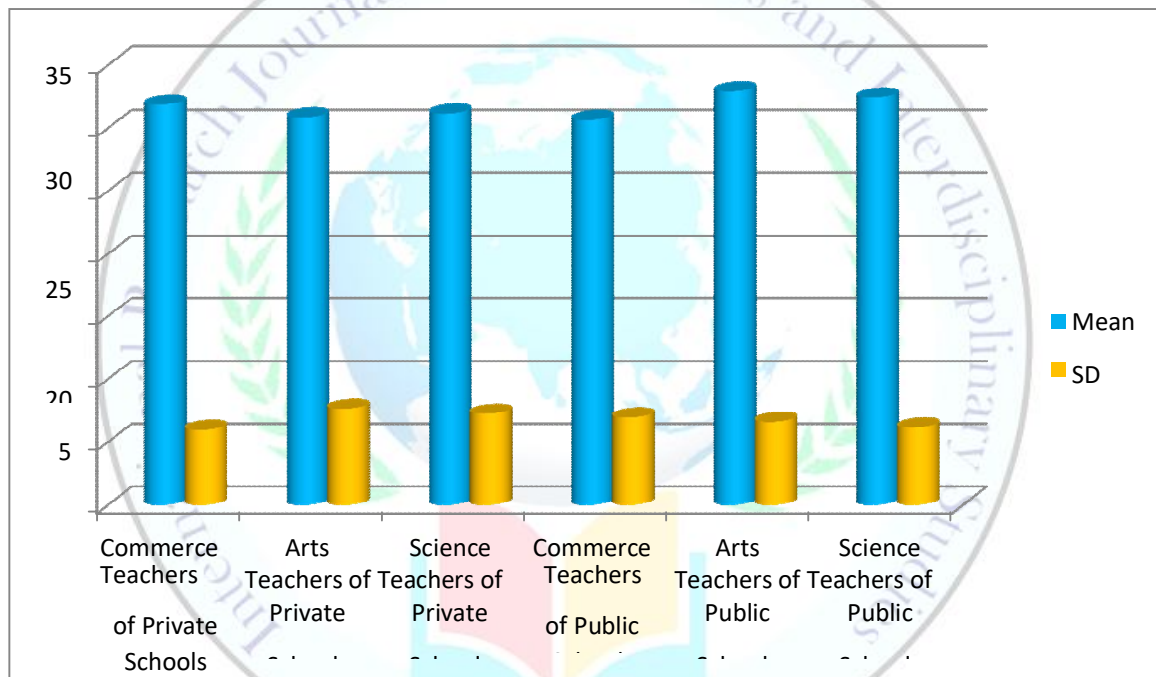
**Table- 1 (b):** Mean and Standard Deviations of Emotional Health Status among Commerce, Arts and Science teachers in Private and Public Schools of Odisha.

Group	Mean	SD	N
Commerce Teachers of Private Schools	31.86	5.96	100

Arts Teachers of Private Schools	30.84	7.63	100
Science Teachers of Private Schools	31.14	7.23	100
Commerce Teachers of Public Schools	30.64	6.93	100
Arts Teachers of Public Schools	32.95	6.59	100
Science Teachers of Public Schools	32.45	6.15	100

From the above Table-1 (b) it is indicated that the mean values of emotional health status among Commerce, Arts and Science teachers in Private Schools of Odisha are 31.86, 30.84, and 31.14, respectively.

The mean values of emotional health status among Commerce, Arts, and Science teachers in Public Schools of Odisha are 30.64, 32.95, and 32.45, respectively. The graphical illustration of the mean has been demonstrated in figure - 1.



**Figure No-1:** Comparison of Mean and Standard deviation Values of Emotional Health Status among Commerce, Arts and Science teachers in Private and Public Schools of Odisha

**Table 1(c):** Analysis of Variance (ANOVA) results about Emotional Health Status among Commerce, Arts and Science teachers in Private and Public Schools of Odisha

Source of variance	Sum of Square	Degree of freedom	Variance	'F' value	Sign.
Between Groups	430.66	5	86.133	1.8739	0.097
Within Groups	27303.13	594	45.964		
Total	27733.80	599			

Table1(c) reveals that there is no significant difference in the mean scores of Commerce, Arts and Science teachers in Private and Public Schools of Odisha about the Emotional Health status. As the p-value 0.097 of the ANOVA table is greater ( $P > 0.05$ ) than 0.05, it reveals that there is no significant difference in Emotional Health status among Commerce, Arts and Science teachers in Private and Public Schools of Odisha.

### CONCLUSION:

Following the results of the research, it is determined that there is no significant difference in Emotional Health Status among Commerce, Arts, and Science teachers in Odisha's private and public schools. A proper emotional health is the crucial provision to lead a happy life for all. Low emotional health of teachers has a destructive effect on their teaching and every activity organized in school. Thus, in school it is the major prerequisite to always maintain stable, well-adjusted and proper climate where teacher can teach and work in a calm and peaceful mood. Different types of extension activities related to emotional stability like workshops, seminars, refresher courses, group trips should be organized by the authorities. So, it is promoted and assist teachers to remain fine and proper emotional health. A quality education is impossible until a teacher is emotionally healthy.

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