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in teacher education colleges.

**KEYWORDS:** Mental Health, College Teachers.

## INTRODUCTION

According to Hadfield, "Mental health is the full and harmonious functioning of the whole personality". A mentally healthy person lives a "fuller, happier, harmonious and effective life" (Nagarajan, 2009, pp.369-370). Mental health is a term used to describe either a level of cognitive or emotional well-being or an absence of a mental disorder. From perspectives of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience (Babu Muthuja, Usha & Anamika, 2009, pp.3-4).

## MENTAL HEALTH OF COLLEGE TEACHERS ON THE BASIS OF MARITAL STATUS: A STUDY

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## ABSTRACT:

The present investigation is intended to study mental health of college teachers on the basis of their marital status. The sample of the study consists of 150 college teachers from Kanchipuram, Chennai, Thiruvallur and Vellore Districts of Tamil Nadu. The results showed that there is no significant difference between married and unmarried teachers working

## NEED FOR THE STUDY

The investigator is a married woman with two children. The investigator was even working as a teacher before entering marital relationship. The investigator had an assumption that marital life and family would impact her professional goals hence reducing mental health. But, she later realized that she was able to cope up with both work and family. Thus the investigator was eager to compare and analyse the mental health of Married and Unmarried teachers.

## REVIEW OF RELATED LITERATURE

**Maheshbabu and Jadhav (2012)** conducted a study on job satisfaction and mental health of secondary school couple. The objectives were: to study the level of job satisfaction and

mental health of couple teachers working in secondary schools and to know the correlation between job satisfaction and mental health of secondary school couple teachers. 50 secondary school couple teachers selected randomly from Gulbarga and Yadagir districts of Karnataka state was taken as their sample. The findings showed that there is no significant difference in the job satisfaction and mental health of couple teachers where as there is a significant and positive correlation between job satisfaction & mental health of couple teachers.

**Naima Akhtar Malik and Kaj Bjorkqvist (2018)** studied about occupational stress and mental and musculoskeletal health among university teachers. The sample consisted of 610 university teachers, 329 from

Pakistan and 281 from Finland. The findings of this study revealed that female university teachers experienced more stress and health issues than males. Pakistani university teachers scored considerably higher on all of the scales than their Finland teachers. Interaction effects existed at the multivariate level, but could not be identified at university levels.

### OBJECTIVE OF THE STUDY

- ❖ To find out the difference between the teachers working in teacher education college with respect to marital status on mental health.

### HYPOTHESIS

1. There is no significant difference between the teachers working in teacher education college with respect to marital status on mental health.

### METHODOLOGY

The survey method was used in this study. A sample of 150 Teacher Education College Teachers was selected from Kanchipuram, Chennai, Thiruvallur and Vellore Districts of Tamil Nadu. The investigator for her study adopted Mental Health Scale developed by Dr. S. Sathiyagirirajan. The statistical techniques used in this study was t-test.

### RESULTS AND DISCUSSION

**Table 1: Difference between Married and Unmarried Teachers working in Teacher Education Colleges on Mental Health**

Mental Health	Marital Status	Mean	SD	SEMD	t-value	Remark
	Married	107.4	12.36	1.15	0.82	Not Significant
	Unmarried	105.3	15.56	2.59		

From Table-1, the calculated t-value 0.82 is less than the table value (1.96) at 0.05 level of significance. Thus, there is no significant difference between married and unmarried teachers working in teacher education colleges.

### CONCLUSION

The results show that there is no significant difference the mental health of married and unmarried teachers working in teacher education colleges. Mental health is higher for both married and unmarried teachers. Mental health among both married and unmarried teachers can be improved by promoting work life balance. Sound mental health of teachers is considered crucial for healthy student-teacher relationship.

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