

Comparative Study of Mental Health of Female School Teachers Working in Public and Private Sector

Himanshi Panwar

Research Scholar, Faculty of Social Science & Humanities, PAHER University, Udaipur

Dr. Deepika Jain

Department of Psychology, PAHER University, Udaipur

Prof. A. K. Malik

Department of Psychology, JNV University, Jodhpur

ABSTRACT

Mental Health is the establishment for prosperity and powerful working for an individual and for a local area and that of females is significant both for their own wellbeing and for the prosperity of their youngsters and families. The research work presents the status of female school teacher's working in public and private sector in Udaipur, Jaipur and Jodhpur.

The COVID-19 pandemic also led to high level of stress, anxiety and depression among school teachers both in private sector and public sector. The well documented model was used as conceptual framework for understanding the theoretical background of the study. The measuring instrument in this research was mental health battery. The tools used to gage the situation was structured and well tested in academics. To achieve the objectives primary research was conducted constituting 378 respondents from the desired area and snowball technique was used to collect the data.

Keywords: Mental Health, School Teachers, Teachers, Educators

Introduction

Today, women's roles are rising in another way with new dedication and profession orientated in addition to dedication to families. So, this in flip results in some of pressure and pressure amongst running women. The running lady has to play twin position, as a domestic maker and additionally a worker related to a few institutions. The stability among process and marriage is one of the distinguished troubles in running married women's lives. Engaging in more than one role also can negatively affect one or greater regions of life. At times, pleasing various position duties and needs can also additionally require conflicting moves which can placed a pressure on their life.

Teaching is likewise one of the worrying

professions like many different professions. In the instructional process, the woman instructors in coaching career have increased. Female instructors are greater liable to pressure as pressure is due to many elements consisting of negative running conditions, shortage of resources, heavy workloads and shortage of administrative and own circle of relatives assist system. As an end result of those worrying components of coaching, pressure will have bad results on teacher's physical, emotional, behavioural and intellectual well-being.

Moreover, female instructors who have small kids even end up compelled to satisfy the double jobs – that is, being a decent educator and addressing the necessities of the kids. It is interested, in any case, that most female instructors announced that they feel better when

they are instructing instead of dealing with their own kids. The family can act both as a cushion against wellsprings of stress, like times of medical affliction, and as a wellspring of models of positive adapting Behavior. Families may likewise negatively affect wellbeing, through family-job related requests and unfortunate communications, particularly for females. This features the need to see how family jobs and obligations are haggled across the life expectancy and vary as not really settled sexual orientation related standards and force connections. Social collaborations are personally associated with the pressure interaction. Passionate help can assist individuals with grappling with stressor, while data and counsel from loved ones are significant guide to dynamic. Simultaneously both relational struggle and the shortfall of social contact (confinement) are normal types of persistent pressure.

Mental Health and its Components

Psychological wellness plays a turn and essential job in human existence. It isn't just significant yet fundamental for endurance as a social being. No space of human existence is past the scope of emotional wellness. It incorporates each viewpoint and measurement of human character and the singular's acclimation to claim self, others and climate. (Singh & Gupta, 1983) described six indices of mental health i.e. Emotional Stability, Over-all Adjustment, Autonomy, Security-Insecurity, SelfConcept, Intelligence.

Ladies educators who have a safe and strong time of puberty and adolescence behind them, and who can practice passionate control and social aptitudes, are better furnished to manage the arrangement of decisions and difficulties that unavoidably introduce themselves in adulthood (WHO, 2012). Ladies Teachers are in the most essential situation to work with a reasonable character improvement and a more sufficient change of the student. The viability of educators in the character improvement and change of

understudies basically relies on instructor's character. Women's educators who are skilled and genuinely developed makes the absolute school climate fitting for learning experience for the understudies. Then again, bumbling and maladjusted educators ruin the school climate. Unsatisfied baffled women's educators can't make understudies glad and composed in the school. In one study by (Chang, 2009) he found that instructors don't feel being minded, understudy's input can influence educator's experience and impression of awful sentiments.

Women's instructors ought to be awake and stable to foster sharpness and soundness in understudies. The women's educator's conduct will mirror the understudy's conductor. To check the status of mental health of the female school teachers data was collected both from public and private schools of Udaipur, Jodhpur and Jaipur structured questionnaire was used. The questionnaire was developed by M. C. Joshi & A. K. Malik and widely used in the academia and research. This instrument is already been tested for reliability and consistency. The instrument contains 258 questions related to mental health of the employees further these questions were divided in 13 factors

1. Realistic Self Appraisal (RSA)
2. Social Acceptance (SA)
3. Philosophy of Life Directedness (PLD)
4. Responsibility Acceptance (RA)
5. Acceptance of Emotional Control (AEC)
6. Realistic Evaluation of Achievement (REA)
7. Acceptance of Reality (AR)
8. Goal Orientation (GO)
9. Autonomy (AUTO)
10. Outer Orientation (OO)
11. Realistic Appraisal of situation (RAS)
12. Happiness (HE)
13. Lying (L)

Research Methodology

The primary objective of the study was to study the mental health of women working in public and private sector. The universe for the study was the teachers working in the selected public and private sector schools of the Udaipur, Jaipur and Jodhpur district. They were from different types of schools like primary, secondary and senior secondary.

To achieve the desired objective Purposive sampling was used to collect the primary data.

Initially some schools were visited to collect the data and employees were contacted and requested to provide the data but due to poor response rate. Later on snow-ball sampling technique was used to collect the data in it the reference of the school teachers were collected and then they were asked to provide the information and give new references. Total 378 responses were collected from these schools.

The data was analyzed with the help of Microsoft Excel, SPSS and appropriate hypothesis testing tools like chi-square test was applied.

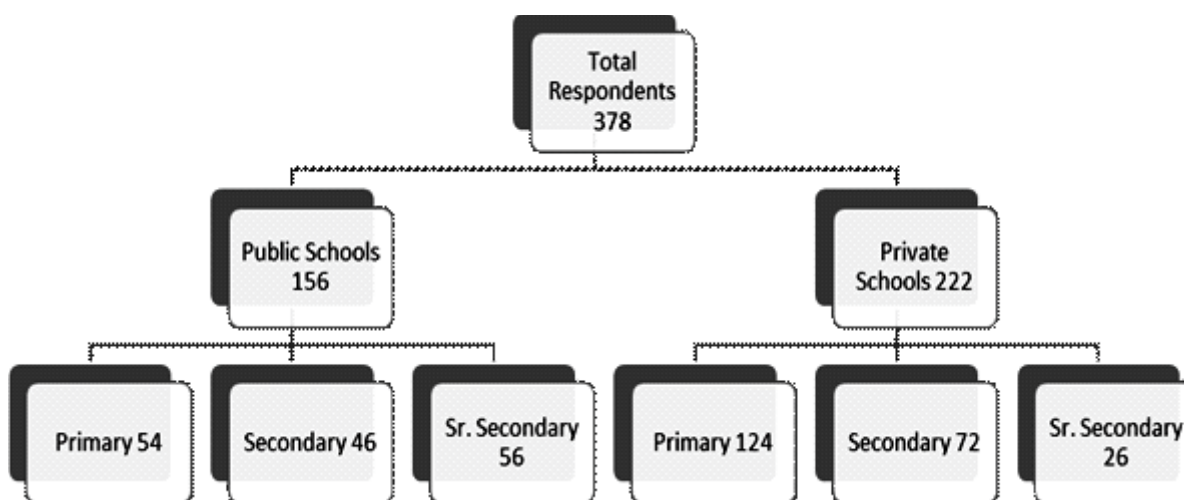
Data Analysis

Table No. 1 Demographic Factors with Percentage

	Particulars	No. of Respondents	Percentage	Cumulative
School Type	Public	156	41.2698	41.2698
	Private	222	58.7302	100.0000
Level	Primary	178	47.0899	47.0899
	Secondary	118	31.2169	78.3069
	Sr. Secondary	82	21.6931	100.0000
Age	< 30	58	15.3439	15.3439
	31-40	138	36.5079	51.8519
	41-50	120	31.7460	83.5979
	> 50	62	16.4021	100.0000
Marital Status	Single	38	10.0529	10.0529
	Married	330	87.3016	97.3545
	Divorced	10	2.6455	100.0000
Salary	< 20000	92	24.3386	24.3386
	20000-30000	60	15.8730	40.2116
	30000-40000	48	12.6984	52.9101
	40000-50000	50	13.2275	66.1376
	50000-60000	44	11.6402	77.7778
	> 60000	84	22.2222	100.0000

Education	Graduation	62	16.4021	16.4021
	Post-Graduation	276	73.0159	89.4180
	Ph. D.	22	5.8201	95.2381
	Other	18	4.7619	100.0000
Job Tenure	< 5 years	86	22.7513	22.7513
	5- 10 years	98	25.9259	48.6772
	10- 15 years	78	20.6349	69.3122
	15- 20 years	48	12.6984	82.0106
	> 20 years	68	17.9894	100.0000

Figure No. 1 Sample Distribution



Analysis of Mental Health Inventory

The questions were dichotomous in nature having Yes and No option for each question. Some questions were positively inclined and some were negatively inclined.

The positively inclined questions were coded with variable name followed by Y and negatively inclined questions were coded with variable name followed by N. The table containing the codes is given below:

Hypothesis Testing

Ho1 The dimensions of mental health of women working in public and private sector Schools are independent of ownership.

Ha1 The dimensions of mental health of women working in public and private sector Schools are dependent of ownership

Table No. 2 Hypothesis Testing Chi-Square Test

Question No.	Code	Observed				Expected				Chi Square p value	Significance
		Public		Private		Public		Private			
		1	2	1	2	1	2	1	2		
27	AECN	114	42	180	42	121.33	34.667	172.67	49.33	0.334496	No
41	AECN	60	96	88	134	61.079	94.921	86.921	135.1	0.996772	No
60	AECN	44	112	90	132	55.302	100.7	78.698	143.3	0.107204	No
67	AECN	38	118	44	178	33.841	122.16	48.159	173.8	0.774358	No
91	AECN	86	70	104	118	78.413	77.587	111.59	110.4	0.472875	No
105	AECN	74	82	74	148	61.079	94.921	86.921	135.1	0.053863	No
129	AECN	54	102	66	156	49.524	106.48	70.476	151.5	0.799005	No
144	AECN	22	134	50	172	29.714	126.29	42.286	179.7	0.239418	No
159	AECN	40	116	62	160	42.095	113.9	59.905	162.1	0.970332	No
161	AECN	44	112	54	168	40.444	115.56	57.556	164.4	0.868843	No
203	AECN	118	38	174	48	120.51	35.492	171.49	50.51	0.942174	No
207	AECN	120	36	176	46	122.16	33.841	173.84	48.16	0.960136	No
218	AECN	122	34	150	72	112.25	43.746	159.75	62.25	0.161979	No
227	AECN	50	106	108	114	65.206	90.794	92.794	129.2	0.015637	No
228	AECN	96	60	100	122	80.889	75.111	115.11	106.9	0.018711	No
241	AECN	32	124	52	170	34.667	121.33	49.333	172.7	0.92993	No
20	AECY	150	6	208	14	147.75	8.254	210.25	11.75	0.775487	No
38	AECY	66	90	56	166	50.349	105.65	71.651	150.3	0.006632	Yes
43	AECY	126	30	150	72	113.9	42.095	162.1	59.9	0.043904	Yes
49	AECY	148	8	200	22	143.62	12.381	204.38	17.62	0.412582	No
92	AECY	82	74	130	92	87.492	68.508	124.51	97.49	0.720444	No
95	AECY	120	36	170	52	119.68	36.317	170.32	51.68	0.999872	No
101	AECY	130	26	176	46	126.29	29.714	179.71	42.29	0.806926	No
153	AECY	148	8	192	30	140.32	15.683	199.68	22.32	0.068038	No
164	AECY	40	116	56	166	39.619	116.38	56.381	165.6	0.999797	No
205	AECY	32	124	36	186	28.063	127.94	39.937	182.1	0.765878	No
210	AECY	56	100	88	134	59.429	96.571	84.571	137.4	0.909111	No
216	AECY	64	92	114	108	73.46	82.54	104.54	117.5	0.27016	No
238	AECY	130	26	172	50	124.63	31.365	177.37	44.63	0.581626	No
26	ARN	34	122	46	176	33.016	122.98	46.984	175	0.995838	No
51	ARN	28	128	70	152	40.444	115.56	57.556	164.4	0.032047	Yes
108	ARN	60	96	114	108	71.81	84.19	102.19	119.8	0.105569	No
196	ARN	84	72	116	106	82.54	73.46	117.46	104.5	0.992615	No
219	ARN	46	110	62	160	44.571	111.43	63.429	158.6	0.990718	No

3	ARY	98	58	166	56	108.95	47.048	155.05	66.95	0.101565	No
30	ARY	156	0	206	16	149.4	6.6032	212.6	9.397	0.008328	Yes
44	ARY	144	12	208	14	145.27	10.73	206.73	15.27	0.9647	No
46	ARY	102	54	162	60	108.95	47.048	155.05	66.95	0.474442	No
80	ARY	120	36	138	84	106.48	49.524	151.52	70.48	0.026591	No
99	ARY	148	8	208	14	146.92	9.0794	209.08	12.92	0.972268	No
111	ARY	134	22	172	50	126.29	29.714	179.71	42.29	0.239418	No
152	ARY	146	10	208	14	146.1	9.9048	207.9	14.1	0.999982	No
171	ARY	140	16	196	26	138.67	17.333	197.33	24.67	0.978158	No
12	AUTO N	36	120	68	154	42.921	113.08	61.079	160.9	0.453779	No
18	AUTO N	98	58	118	104	89.143	66.857	126.86	95.14	0.321234	No
73	AUTO N	144	12	196	26	140.32	15.683	199.68	22.32	0.651045	No
83	AUTO N	56	100	68	154	51.175	104.83	72.825	149.2	0.764311	No
84	AUTO N	70	86	76	146	60.254	95.746	85.746	136.3	0.223871	No
116	AUTO N	70	86	78	144	61.079	94.921	86.921	135.1	0.302332	No
6	AUTO Y	92	64	154	68	101.52	54.476	144.48	77.52	0.225479	No
56	AUTO Y	152	4	216	6	151.87	4.127	216.13	5.873	0.99985	No
57	AUTO Y	80	76	82	140	66.857	89.143	95.143	126.9	0.052671	No
59	AUTO Y	144	12	192	30	138.67	17.333	197.33	24.67	0.370032	No
90	AUTO Y	142	14	188	34	136.19	19.81	193.81	28.19	0.344461	No
100	AUTO Y	110	46	182	40	120.51	35.492	171.49	50.51	0.076589	No
199	AUTO Y	118	38	156	66	113.08	42.921	160.92	61.08	0.723176	No
220	AUTO Y	112	44	168	54	115.56	40.444	164.44	57.56	0.868843	No
225	AUTO Y	100	56	158	64	106.48	49.524	151.52	70.48	0.549349	No
242	AUTO Y	130	26	178	44	127.11	28.889	180.89	41.11	0.895588	No
15	GO N	102	54	118	104	90.794	65.206	129.21	92.79	0.130818	No
24	GO N	106	50	178	44	117.21	38.794	166.79	55.21	0.061916	No
85	GO N	24	132	46	176	28.889	127.11	41.111	180.9	0.630528	No
112	GO N	64	92	112	110	72.635	83.365	103.37	118.6	0.351731	No
147	GO N	96	60	174	48	111.43	44.571	158.57	63.43	0.005256	Yes
1	GO Y	138	18	194	28	137.02	18.984	194.98	27.02	0.991969	No
68	GO Y	124	32	166	56	119.68	36.317	170.32	51.68	0.767637	No
89	GO Y	136	20	178	44	129.59	26.413	184.41	37.59	0.363058	No
142	GO Y	128	28	196	26	133.71	22.286	190.29	31.71	0.405615	No
244	GO Y	132	24	200	22	137.02	18.984	194.98	27.02	0.462918	No
23	HE N	58	98	88	134	60.254	95.746	85.746	136.3	0.971938	No

39	HE N	22	134	46	176	28.063	127.94	39.937	182.1	0.436835	No
47	HE N	114	42	170	52	117.21	38.794	166.79	55.21	0.896299	No
53	HE N	142	14	188	34	136.19	19.81	193.81	28.19	0.344461	No
55	HE N	74	82	88	134	66.857	89.143	95.143	126.9	0.517538	No
76	HE N	68	88	96	126	67.683	88.317	96.317	125.7	0.99992	No
149	HE N	88	68	104	118	79.238	76.762	112.76	109.2	0.34039	No
167	HE N	112	44	164	58	113.9	42.095	162.1	59.9	0.97743	No
198	HE N	110	46	120	102	94.921	61.079	135.08	86.92	0.015329	Yes
206	HE N	46	110	48	174	38.794	117.21	55.206	166.8	0.386448	No
240	HE N	138	18	170	52	127.11	28.889	180.89	41.11	0.035483	Yes
8	HE Y	118	38	194	28	128.76	27.238	183.24	38.76	0.032487	Yes
16	HE Y	146	10	194	28	140.32	15.683	199.68	22.32	0.272713	No
19	HE Y	128	28	160	62	118.86	37.143	169.14	52.86	0.169648	No
36	HE Y	78	78	98	124	72.635	83.365	103.37	118.6	0.738019	No
70	HE Y	54	102	86	136	57.778	98.222	82.222	139.8	0.880707	No
106	HE Y	72	84	118	104	78.413	77.587	111.59	110.4	0.61593	No
130	HE Y	118	38	184	38	124.63	31.365	177.37	44.63	0.39298	No
132	HE Y	70	86	140	82	86.667	69.333	123.33	98.67	0.006486	Yes
134	HE Y	74	82	142	80	89.143	66.857	126.86	95.14	0.016787	Yes
150	HE Y	144	12	204	18	143.62	12.381	204.38	17.62	0.999157	No
188	HE Y	146	10	186	36	137.02	18.984	194.98	27.02	0.041259	Yes
214	HE Y	130	26	186	36	130.41	25.587	185.59	36.41	0.999582	No
239	HE Y	130	26	178	44	127.11	28.889	180.89	41.11	0.895588	No
247	LY	30	126	36	186	27.238	128.76	38.762	183.2	0.901514	No
248	LY	104	52	172	50	113.9	42.095	162.1	59.9	0.142596	No
249	LY	110	46	160	62	111.43	44.571	158.57	63.43	0.990718	No
250	LY	136	20	200	22	138.67	17.333	197.33	24.67	0.852845	No
251	LY	122	34	128	94	103.17	52.825	146.83	75.17	0.000621	Yes
253	LY	124	32	180	42	125.46	30.54	178.54	43.46	0.985535	No
254	LY	32	124	58	164	37.143	118.86	52.857	169.1	0.661348	No
255	LY	32	124	44	178	31.365	124.63	44.635	177.4	0.998804	No
256	LY	118	38	164	58	116.38	39.619	165.62	56.38	0.985082	No
257	LY	38	118	64	158	42.095	113.9	59.905	162.1	0.818408	No
258	LY	62	94	82	140	59.429	96.571	84.571	137.4	0.95889	No
28	OO N	124	32	210	12	137.84	18.159	196.16	25.84	0.000145	Yes
58	OO N	64	92	120	102	75.937	80.063	108.06	113.9	0.101166	No
71	OO N	68	88	80	142	61.079	94.921	86.921	135.1	0.533068	No
124	OO N	72	84	152	70	92.444	63.556	131.56	90.44	0.000287	Yes
140	OO N	82	74	88	134	70.159	85.841	99.841	122.2	0.102985	No

163	OO N	76	80	90	132	68.508	87.492	97.492	124.5	0.477561	No
174	OO N	82	74	152	70	96.571	59.429	137.43	84.57	0.020095	Yes
193	OO N	84	72	120	102	84.19	71.81	119.81	102.2	0.999983	No
194	OO N	32	124	58	164	37.143	118.86	52.857	169.1	0.661348	No
202	OO N	130	26	188	34	131.24	24.762	186.76	35.24	0.988638	No
208	OO N	74	82	126	96	82.54	73.46	117.46	104.5	0.362568	No
217	OO N	82	74	94	128	72.635	83.365	103.37	118.6	0.278431	No
221	OO N	128	28	192	30	132.06	23.937	187.94	34.06	0.708478	No
226	OO N	92	64	110	112	83.365	72.635	118.63	103.4	0.351731	No
233	OO N	130	26	206	16	138.67	17.333	197.33	24.67	0.04019	Yes
245	OO N	76	80	88	134	67.683	88.317	96.317	125.7	0.380337	No
35	OO Y	146	10	186	36	137.02	18.984	194.98	27.02	0.041259	Yes
50	OO Y	126	30	172	50	122.98	33.016	175.02	46.98	0.897576	No
61	OO Y	100	56	82	140	75.111	80.889	106.89	115.1	5.66E-06	Yes
74	OO Y	130	26	170	52	123.81	32.19	176.19	45.81	0.465601	No
75	OO Y	152	4	204	18	146.92	9.0794	209.08	12.92	0.162008	No
102	OO Y	142	14	198	24	140.32	15.683	199.68	22.32	0.952001	No
119	OO Y	126	30	184	38	127.94	28.063	182.06	39.94	0.964214	No
170	OO Y	142	14	196	26	139.49	16.508	198.51	23.49	0.867184	No
177	OO Y	90	66	156	66	101.52	54.476	144.48	77.52	0.094602	No
179	OO Y	80	76	104	118	75.937	80.063	108.06	113.9	0.868159	No
182	OO Y	62	94	82	140	59.429	96.571	84.571	137.4	0.95889	No
204	OO Y	74	82	74	148	61.079	94.921	86.921	135.1	0.053863	No
209	OO Y	82	74	146	76	94.095	61.905	133.9	88.1	0.083152	No
222	OO Y	118	38	172	50	119.68	36.317	170.32	51.68	0.981826	No
224	OO Y	18	138	40	182	23.937	132.06	34.063	187.9	0.397631	No
54	PLD N	136	20	198	24	137.84	18.159	196.16	25.84	0.94842	No
62	PLD N	30	126	52	170	33.841	122.16	48.159	173.8	0.813814	No
88	PLD N	78	78	100	122	73.46	82.54	104.54	117.5	0.824748	No
126	PLD N	50	106	84	138	55.302	100.7	78.698	143.3	0.719504	No
136	PLD N	108	48	144	78	104	52	148	74	0.852845	No
146	PLD N	56	100	62	160	48.698	107.3	69.302	152.7	0.438522	No
181	PLD N	94	62	162	60	105.65	50.349	150.35	71.65	0.079316	No
7	PLD Y	100	56	184	38	117.21	38.794	166.79	55.21	0.000614	Yes
29	PLD Y	44	112	120	102	67.683	88.317	96.317	125.7	1.6E-05	Yes
37	PLD Y	92	64	172	50	108.95	47.048	155.05	66.95	0.001911	Yes
42	PLD Y	134	22	194	28	135.37	20.635	192.63	29.37	0.981183	No
64	PLD Y	34	122	56	166	37.143	118.86	52.857	169.1	0.897734	No
79	PLD Y	148	8	194	28	141.14	14.857	200.86	21.14	0.11377	No

86	PLD Y	132	24	164	58	122.16	33.841	173.84	48.16	0.101254	No
115	PLD Y	118	38	168	54	118.03	37.968	167.97	54.03	1	No
117	PLD Y	70	86	98	124	69.333	86.667	98.667	123.3	0.999272	No
131	PLD Y	144	12	198	24	141.14	14.857	200.86	21.14	0.793018	No
215	PLD Y	52	104	80	142	54.476	101.52	77.524	144.5	0.961063	No
231	PLD Y	136	20	182	40	131.24	24.762	186.76	35.24	0.603373	No
235	PLD Y	128	28	178	44	126.29	29.714	179.71	42.29	0.976284	No
4	RA N	84	72	152	70	97.397	58.603	138.6	83.4	0.039267	Yes
13	RA N	54	102	44	178	40.444	115.56	57.556	164.4	0.015149	Yes
40	RA N	92	64	124	98	89.143	66.857	126.86	95.14	0.94761	No
63	RA N	76	80	68	154	59.429	96.571	84.571	137.4	0.005308	Yes
69	RA N	40	116	66	156	43.746	112.25	62.254	159.7	0.859236	No
81	RA N	58	98	94	128	62.73	93.27	89.27	132.7	0.797435	No
93	RA N	76	80	90	132	68.508	87.492	97.492	124.5	0.477561	No
97	RA N	110	46	184	38	121.33	34.667	172.67	49.33	0.043768	Yes
114	RA N	94	62	106	116	82.54	73.46	117.46	104.5	0.124232	No
118	RA N	72	84	70	152	58.603	97.397	83.397	138.6	0.039267	Yes
125	RA N	38	118	74	148	46.222	109.78	65.778	156.2	0.315743	No
127	RA N	66	90	64	158	53.651	102.35	76.349	145.7	0.060804	No
128	RA N	80	76	88	134	69.333	86.667	98.667	123.3	0.169648	No
168	RA N	146	10	202	20	143.62	12.381	204.38	17.62	0.838235	No
180	RA N	30	126	56	166	35.492	120.51	50.508	171.5	0.599134	No
190	RA N	110	46	142	80	104	52	148	74	0.621881	No
2	RA Y	146	10	212	10	147.75	8.254	210.25	11.75	0.88163	No
5	RA Y	146	10	198	24	141.97	14.032	202.03	19.97	0.53839	No
11	RA Y	152	4	212	10	150.22	5.7778	213.78	8.222	0.809184	No
25	RA Y	148	8	196	26	141.97	14.032	202.03	19.97	0.183025	No
32	RA Y	148	8	206	16	146.1	9.9048	207.9	14.1	0.881174	No
121	RA Y	134	22	196	26	136.19	19.81	193.81	28.19	0.924909	No
122	RA Y	140	16	194	28	137.84	18.159	196.16	25.84	0.920091	No
137	RA Y	104	52	108	114	87.492	68.508	124.51	97.49	0.007126	Yes
155	RA Y	104	52	150	72	104.83	51.175	149.17	72.83	0.998369	No
185	RA Y	108	48	176	46	117.21	38.794	166.79	55.21	0.175392	No
48	RAS N	48	108	114	108	66.857	89.143	95.143	126.9	0.001218	Yes
175	RAS N	134	22	186	36	132.06	23.937	187.94	34.06	0.957163	No
230	RAS N	70	84	92	130	66.857	88.317	95.143	125.7	0.893925	No
234	RAS N	38	118	62	160	41.27	114.73	58.73	163.3	0.896478	No
236	RAS N	84	72	90	132	71.81	84.19	102.19	119.8	0.088518	No
237	RAS N	84	72	110	112	80.063	75.937	113.94	108.1	0.878596	No

17	RAS Y	106	50	166	56	112.25	43.746	159.75	62.25	0.548762	No
45	RAS Y	144	12	198	24	141.14	14.857	200.86	21.14	0.793018	No
98	RAS Y	146	10	190	32	138.67	17.333	197.33	24.67	0.114412	No
104	RAS Y	146	10	212	10	147.75	8.254	210.25	11.75	0.88163	No
107	RAS Y	142	14	202	20	141.97	14.032	202.03	19.97	1	No
148	RAS Y	150	6	206	16	146.92	9.0794	209.08	12.92	0.595933	No
151	RAS Y	128	28	188	34	130.41	25.587	185.59	36.41	0.926863	No
154	RAS Y	132	24	160	62	120.51	35.492	171.49	50.51	0.042019	Yes
156	RAS Y	144	12	188	34	137.02	18.984	194.98	27.02	0.173186	No
157	RAS Y	126	30	186	36	128.76	27.238	183.24	38.76	0.901514	No
169	RAS Y	118	38	168	54	118.03	37.968	167.97	54.03	1	No
172	RAS Y	90	66	112	110	83.365	72.635	118.63	103.4	0.586829	No
243	RAS Y	136	20	196	26	137.02	18.984	194.98	27.02	0.991183	No
10	REA N	58	98	46	176	42.921	113.08	61.079	160.9	0.006006	Yes
21	REA N	58	98	136	86	80.063	75.937	113.94	108.1	9.26E-05	Yes
22	REA N	34	122	74	148	44.571	111.43	63.429	158.6	0.112738	No
33	REA N	48	108	90	132	56.952	99.048	81.048	141	0.286943	No
96	REA N	88	68	64	158	62.73	93.27	89.27	132.7	2.25E-06	Yes
123	REA N	74	82	84	138	65.206	90.794	92.794	129.2	0.32475	No
139	REA N	36	120	96	126	54.476	101.52	77.524	144.5	0.000941	Yes
141	REA N	18	138	42	180	24.762	131.24	35.238	186.8	0.291264	No
143	REA N	76	80	114	108	78.413	77.587	111.59	110.4	0.968407	No
173	REA N	28	128	112	110	57.778	98.222	82.222	139.8	5.12E-09	Yes
184	REA N	140	16	196	26	138.67	17.333	197.33	24.67	0.978158	No
189	REA N	82	74	108	114	78.413	77.587	111.59	110.4	0.905107	No
191	REA N	110	46	134	88	100.7	55.302	143.3	78.7	0.24809	No
211	REA N	128	28	188	34	130.41	25.587	185.59	36.41	0.926863	No
212	REA N	132	24	198	24	136.19	19.81	193.81	28.19	0.630528	No
213	REA N	128	28	192	30	132.06	23.937	187.94	34.06	0.708478	No
9	REA Y	112	44	146	76	106.48	49.524	151.52	70.48	0.673757	No
14	REA Y	84	72	124	98	85.841	70.159	122.16	99.84	0.985294	No
65	REA Y	56	100	50	172	43.746	112.25	62.254	159.7	0.043552	Yes
72	REA Y	110	46	132	90	99.873	56.127	142.13	79.87	0.182369	No
78	REA Y	146	10	198	24	141.97	14.032	202.03	19.97	0.53839	No
103	REA Y	144	12	202	20	142.79	13.206	203.21	18.79	0.976781	No
135	REA Y	142	14	188	34	136.19	19.81	193.81	28.19	0.344461	No
138	REA Y	114	42	136	86	103.17	52.825	146.83	75.17	0.126532	No
145	REA Y	92	64	176	46	110.6	45.397	157.4	64.6	0.00038	Yes
187	REA Y	90	66	120	102	86.667	69.333	123.33	98.67	0.920828	No

192	REA Y	84	72	90	132	71.81	84.19	102.19	119.8	0.088518	No
201	REA Y	44	112	54	168	40.444	115.56	57.556	164.4	0.868843	No
229	REA Y	40	116	72	150	46.222	109.78	65.778	156.2	0.566884	No
77	RSA N	76	80	124	98	82.54	73.46	117.46	104.5	0.599066	No
94	RSA N	92	64	82	140	71.81	84.19	102.19	119.8	0.000459	Yes
133	RSA N	80	76	84	138	67.683	88.317	96.317	125.7	0.080595	No
160	RSA N	112	44	124	98	97.397	58.603	138.6	83.4	0.019222	Yes
166	RSA N	106	50	118	104	92.444	63.556	131.56	90.44	0.040069	Yes
176	RSA N	130	26	164	58	121.33	34.667	172.67	49.33	0.191593	No
200	RSA N	40	116	52	170	37.968	118.03	54.032	168	0.970075	No
31	RSA Y	154	2	204	18	147.75	8.254	210.25	11.75	0.036417	Yes
52	RSA Y	84	72	136	86	90.794	65.206	129.21	92.79	0.557856	No
87	RSA Y	36	120	70	152	43.746	112.25	62.254	159.7	0.3553	No
110	RSA Y	132	24	194	28	134.54	21.46	191.46	30.54	0.897945	No
113	RSA Y	130	26	172	50	124.63	31.365	177.37	44.63	0.581626	No
178	RSA Y	142	14	202	20	141.97	14.032	202.03	19.97	1	No
183	RSA Y	24	132	50	172	30.54	125.46	43.46	178.5	0.397073	No
195	RSA Y	72	84	78	144	61.905	94.095	88.095	133.9	0.199518	No
34	SA N	126	30	192	30	131.24	24.762	186.76	35.24	0.523592	No
66	SA N	64	92	60	162	51.175	104.83	72.825	149.2	0.043111	Yes
82	SA N	32	124	60	162	37.968	118.03	54.032	168	0.549641	No
109	SA N	40	116	100	122	57.778	98.222	82.222	139.8	0.002003	Yes
120	SA N	70	86	134	88	84.19	71.81	119.81	102.2	0.031391	Yes
158	SA N	32	124	58	164	37.143	118.86	52.857	169.1	0.661348	No
162	SA N	38	118	52	170	37.143	118.86	52.857	169.1	0.997561	No
197	SA N	130	26	180	42	127.94	28.063	182.06	39.94	0.95718	No
223	SA N	62	94	100	122	66.857	89.143	95.143	126.9	0.788804	No
232	SA N	28	128	56	166	34.667	121.33	49.333	172.7	0.422406	No
252	SA N	108	48	156	66	108.95	47.048	155.05	66.95	0.997328	No
165	SA Y	128	28	166	56	121.33	34.667	172.67	49.33	0.422406	No
186	SA Y	142	14	182	40	133.71	22.286	190.29	31.71	0.105937	No
246	SA Y	34	122	64	158	40.444	115.56	57.556	164.4	0.50105	No

With the help of chi-square test the dependency of ownership of schools on mental health was checked. Only a few cases show the significant difference else there was no difference in the mental health of the female school teachers.

Conclusion

From the above analysis it is clear that the

dimensions of mental health of women working in public and private sector Schools are independent with respect to the ownership of schools. During the personal interaction with the female school teachers some interesting facts causing poor mental health were also collected. The female school teachers shared that they have excessive work load, low pay, lack of supporting

staff, poor facilities, lack of planning at top level, incapable administration etc.

The COVID-19 pandemic also led to high level of stress, anxiety and depression among school teachers both in private sector and public sector. In private sector the salaries were frozen and increased working hours with extra responsibilities. On the other hand in public sector transfers and additional duties were the main sources of the problem.

Suggestions

We must respect the school teachers as they are the nation builders by transferring the knowledge to the young minds. The society should thank and give respect and regards to the teachers for shaping the young minds in the positive direction. In order to provide good mental health of the school teachers, the policy makers and authorities should take this seriously and provide teachers with the required enthusiasm and favourable working conditions to stabilize their mental wellbeing. The teachers should be limited to their own work only and must also be talked in advance before any new assignment.

Train the teachers (TOT), In order to refresh the knowledge and content of seminars, conferences and workshops should be planned. The teachers should be invited to deliberate their problems which they face in their work environment and get experts advice to handle it.

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