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Psychological well-being of government and private school teachers Ahir Dharmishtha k.*

“Psychological well-being of government and private school teachers”

ABSTRACT

Aim of the research is to find out the psychological well-being among government and private school teachers. The sample consisted of 120 teachers were selected from different schools out of which 60 were taken government schools and the remaining 60 were taken from private school. For this purpose of investigation ‘Psychological well-being scale by Dr. Devendra Singh Sisodia and Ms. Pooja Chaudhary was used. The obtained data was analyzed through ‘t’ test to know the mean difference between the two groups. The result shows that there is a significant difference in the psychological well-being of government and private school teachers, government male-female teachers and government and private female teachers at 0.01 levels. There is no significant difference in the psychological well-being of private school male-female teachers and government and private school male teachers.

Introduction:-

Psychological well-being is very important for mental health, positive relations with others, self acceptance, autonomy, personal growth, environmental mastery etc.... well-being is related to people’s feeling about their daily lives.

Psychological well-being is becoming growing concern in recent studies of various fields especially in teaching. Now well-being concept is growing concern for research in new field of psychology that is positive psychology for studying happiness, healthy, well-being and how to foster them. Well-being is important for all people to flourish in their lives. Well-being equals to happiness, purposeful living, growth of a person etc.

Psychological well-being is based on humanistic theories of positive functioning. Psychological well-being is about our lives going well. People with good well-being, do better and having a more desirable life.

Definitions:-

Well-being derives from Aristotle’s philosophy of happiness that is Nicomachian Ethics in which well-being involves “living well and doing well”.

World health organization 1952 defines well-being as, “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

Well-being is relation to health, education, psychology, philosophy and the balance point between an individual’s resource pool and the challenges faced.

Methodology

Objective: Psychological well-being of government and private school teachers.

Hypothesis: There is no significant difference between psychological well-being of government and private school teachers

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Variable:

Independent variable:- Government and private school teachers

Depended variable:- To get score of psychological well-being in government and private school teachers.

Sample: The sample consisted of 120 samples was selected by purposive method from different schools (60 government schools teachers and 60 private school teachers).

Tools: In this research psychological well-being scales were used from the data collection by Dr. Devendra Singh-Sisodia and Ms. Pooja Chaudhary

Statistical methodology:

The obtained data was analyzed through “t” test.

Result discussion (conclusion):

The result shows that there is a significant difference in the psychological well-being of government and private school teachers, government male-female teachers and government and private female teachers at 0.01 levels. There is no significant difference in the psychological well-being of private school male-female teachers and government and private school teachers.

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