



**"A study of job involvement of senior secondary school  
teachers in relation to their mental health"**

**Dr. Rajesh Sharma**

(Assi. Professor) Faculty of Education  
Tantia University, Sri Ganganagar

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**Abstract**

The main objective of the present study is to investigate the study of job involvement of senior secondary school teachers in relation to their mental health. The study was conducted on 150 teachers of senior secondary schools (males & females). Mental Health inventory developed by Dr. Jagdish and Dr. Srivastava. Job involvement scale developed by Prof. Santosh Dhar and Upinder Dhar were used for data collection. There is significant relationship between job involvement and mental health of senior secondary school teachers. There is no significant difference in job involvement of male and female senior secondary school teachers having poor mental health.

**Keywords :**

Job Involvement, Mental Health.

**Introduction :**

Modern world is full of stress and strain for everybody due to stiff competition. Everybody wants to show his/her existence by doing something extraordinary. In order to prove unique identity. She is over exhausted which lead to a bad mental health. Mental health has direct relation with the job involvement of a person. If a person has a sound mental health, then she will be fully involved in his work that gives more satisfaction to him.

In the history of mankind, education has formed a continuum and the basis for the development of human society. Through development of attitudes, values, capabilities, both of knowledge and skills, education provides strength and resilience to people to respond to changing behavior and situations. The teacher occupies a unique place and is the heart and soul of any educational institution. It is s/he who builds the foundation upon which the students build their personality. Without proper, well qualified teachers, even the best building richest curriculum,

updated library and the most extensive equipment will be of no use.

**Mental Health :**

The concept of mental health is as old as human beings. Our ancient scriptures are full of reference to mental diseases. The word mental implies something more than the purely cerebral functioning of a person

**Job Involvement :**

Job involvement is a concept that is generally viewed as managing discretionary effort, that is, when employees have choices, they will act in a way that further their organization interests. An engaged employee is a person who is fully involved in and enthusiastic about his or her work.

**Emergence of the Study :**

Success of any organization depends upon availability and proper use of human and non human resources. Human resources play a very important role in the successful functioning of the institution. So far as human resources are concerned, job involvement is an important factor leading to the success. Further job involvement is related to so many other factors like organizational climate, internal motivation and above all mental health of the personnel working in the organization. That is why the investigator felt the need to study the relationship between job involvement of senior secondary school teachers and their mental health.

**Statement of the Problems :**

**“A study of job involvement of senior secondary school teachers in relation to their mental health”**

**Objective of the study :**

1. To study the relationship between job involvement of male and female senior secondary school teachers having sound mental health..
2. To study the relationship between job involvement of male and female senior secondary school teachers having poor mental

**Hypothesis of the study :**

1. There is no significant difference in the job involvement of male and female senior secondary school teachers having sound mental health.

2. There is no significant difference in the job involvement of male and female senior secondary school teachers having poor mental health.

**Sample of the study :**

The study was conducted on 150 teachers of senior secondary schools (males & females).

**Sampling Technique :**

A Stratified disproportionate sampling technique was adopted for selecting appropriate sample.

**Method :**

The descriptive survey method was employed for the present study.

**Tools used :**

1. Mental Health inventory developed by Dr. Jagdish and Dr. Srivastava.
2. Job involvement scale developed by Prof. Santosh Dhar and Upinder Dhar.

**Statistical Techniques :**

K – S test and t-test.

**Data Analysis :**

1. There is no significant difference in the job involvement of male and female senior secondary school teachers having sound mental health.

**Table – 1**

showing job involvement of male and female senior secondary school teachers having sound mental health.

Category	N	M	S.E. <sub>D</sub>	t-value
Job Involvement of male having sound mental health	20	48.3		
Job Involvement of female having sound mental health	20	48.76	0.75	0.61

Table show depicts that t-value between means scores of job involvement of male and female school teachers sound mental health is 0.61. t-value at 39 degree of freedom in order to be significant should be greater than 2.02 and 2.71 at 0.05 and 0.01 level respectively. Calculated t-value is less than both these values and hence not significant at both levels. So the hypothesis that "There exists no significance difference in job involvement of male and female senior secondary school teachers having sound mental health. " is found to be accepted.

There is no significant difference in the job involvement of male and female senior secondary school teachers having sound mental health.

**Table – 2**

showing relationship between job involvement of male and female senior secondary school teachers having sound mental health.

Category	N	M	S.E.D	t-value
Job Involvement of male having poor mental health	20	38.45	1.39	0.25
Job Involvement of female having poor mental health	21	38.09		

The table shows that coefficient of correlation between job involvement of male and female senior secondary school teachers having sound mental health has been found to be 0.75 r-value at 148 degree of freedom in order to be significant should be .159 and .208 at 0.05 levels and 0.01 levels respectively. Calculated value of  $r = 0.75$  is greater than both these values and hence significant at both levels. So, the hypothesis, "There exists significance relationship between job involvement of male and female senior secondary school teachers having sound mental health " is found to be accepted.

**Findings of the study :**

1. There is significant relationship between job involvement and mental health of senior secondary school teachers.
2. There is no significant difference in job involvement of male and female senior secondary school teachers having poor mental health.

**References :**

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