



Well-Being and Professional Fulfillment: A Study of Male and Female Educators in Ghaziabad's Self-Financed Institutions

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Abstract:

This study examines the well-being and professional fulfillment of male and female educators working in self-financed institutions in Ghaziabad, focusing on disparities in mental health and job satisfaction. The research employs a descriptive-analytical design to explore the key factors influencing educators' psychological well-being, workplace satisfaction, and gender-specific experiences. Surveys and interviews were conducted among 150 educators from various self-financed colleges to collect data on stress levels, coping mechanisms, institutional support, and job satisfaction dimensions, including intrinsic motivation, workplace environment, and professional growth opportunities. The findings reveal notable gender disparities, with female educators reporting higher stress levels due to work-life balance challenges and institutional biases, while male educators highlighted issues related to career progression and recognition. Both groups emphasized the importance of a supportive institutional environment for enhancing their overall job satisfaction and mental health. This study underscores the need for tailored policies and interventions to address gender-specific challenges, promote mental health awareness, and foster professional fulfillment among educators. By addressing these disparities, self-financed institutions can enhance teacher retention, productivity, and educational outcomes.

Keywords: *Well-being, Professional Fulfillment, Job Satisfaction, Mental Health, Gender Disparities, Self-Financed Institutions, Educators, Ghaziabad, Workplace Support, Work-Life Balance.*

Introduction:

The well-being and professional fulfillment of educators are pivotal to ensuring the quality and effectiveness of educational institutions. In the context of self-financed institutions, where challenges such as job insecurity, workload, and limited institutional support are often prevalent, understanding the mental health and job satisfaction of teachers becomes crucial. These factors not only impact the personal lives of educators but also influence their teaching effectiveness and the overall learning environment.

Gender plays a significant role in shaping experiences of well-being and job satisfaction. Male and female educators often face distinct challenges influenced by societal norms, workplace dynamics, and personal responsibilities. For instance, women may experience added stress from balancing professional and domestic roles, while men may face pressures related to traditional expectations of financial stability. Self-financed

institutions, with their unique operational structures, may further amplify these gender-specific challenges, creating disparities in professional experiences. This study aims to examine the mental health and job satisfaction of male and female educators working in self-financed institutions in Ghaziabad. By analyzing these dimensions, the research seeks to identify patterns of disparity, explore contributing factors, and suggest actionable strategies for creating equitable and supportive work environments for educators.

Literature Review:

The study of mental health and job satisfaction among educators has gained prominence, particularly in the context of gender disparities. Educators' mental health significantly impacts their job performance, classroom environment, and overall well-being (Schaufeli & Bakker, 2004). Self-financed institutions often add unique stressors due to job insecurity, high workloads, and limited institutional support, which can exacerbate mental health challenges (Skaalvik & Skaalvik, 2018).

Gender plays a critical role in shaping these experiences. Studies indicate that female educators often face higher levels of stress and work-life balance issues due to societal expectations and dual responsibilities at work and home (Sharma & Gupta, 2020). In contrast, male educators may experience stress related to fulfilling financial expectations and maintaining professional competitiveness (Kumar & Singh, 2019). Job satisfaction, a key factor in workplace well-being, is influenced by intrinsic and extrinsic motivators. Research shows that female educators derive satisfaction from interpersonal relationships and the intrinsic value of teaching, while males are more motivated by career advancement and financial rewards (Jyoti & Sharma, 2021). However, in self-financed institutions, both genders face challenges such as inadequate salaries and lack of professional growth opportunities, which can diminish job satisfaction (Mehta & Rana, 2017). Existing literature highlights the interplay between mental health and job satisfaction, emphasizing the need for supportive workplace environments. However, limited research focuses on gender-based disparities in self-financed institutions, particularly in regions like Ghaziabad. This study seeks to bridge this gap, offering insights into the well-being and professional fulfillment of educators in these settings.

Significance of the Study:

This study on the well-being and professional fulfillment of male and female educators in self-financed institutions of Ghaziabad is significant for several reasons.

- **Understanding Gender Disparities:** The study sheds light on gender-based differences in mental health and job satisfaction, offering valuable insights into the challenges faced by male and female educators in private educational settings. This understanding can inform targeted interventions to address disparities.
- **Enhancing Educator Well-Being:** By analyzing factors influencing mental health and job satisfaction, the study highlights areas requiring institutional improvement. This can help in creating supportive environments that enhance educators' overall well-being.
- **Policy Development:** The findings can guide policymakers in formulating strategies to promote equitable work conditions and mental health support systems in self-financed institutions, ensuring a fair and inclusive workplace for all educators.
- **Improving Institutional Effectiveness:** The study emphasizes the link between educator well-being and professional performance. By addressing the identified issues, institutions can foster greater teacher engagement and productivity, leading to improved educational outcomes.
- **Contributing to Literature:** This research adds to the limited body of work on the mental health and job satisfaction of educators in self-financed institutions, particularly in the Indian context, offering a foundation for further studies in this area.

This study underscores the importance of fostering a balanced, inclusive, and supportive professional environment for educators.

Objectives:

- To analyze the mental health status of male and female educators in self-financed institutions of Ghaziabad and identify the factors influencing their psychological well-being.
- To examine the level of job satisfaction among male and female educators in these institutions and explore the gender-specific disparities in professional fulfillment.
- To investigate the interrelationship between mental health and job satisfaction among male and female educators and its implications for institutional policies and practices.

Methodology:

This study employs a descriptive-analytical research design to explore the well-being and professional fulfillment of male and female educators working in self-financed institutions in Ghaziabad. The aim is to gain an in-depth understanding of the factors contributing to their job satisfaction, professional experiences, and overall sense of well-being. This methodology aims to provide a comprehensive understanding of the factors influencing the well-being and professional fulfillment of educators in Ghaziabad's self-financed institutions, with a particular focus on gender differences.

Discussion:

The *first objective*, exploring the mental health and job satisfaction of male and female educators in Ghaziabad's self-financed institutions, reveals critical insights into the challenges and disparities they face. Mental health, an essential component of overall well-being, is influenced by factors such as workload, institutional policies, and personal responsibilities. The findings suggest that male educators often report higher levels of job satisfaction due to perceived professional autonomy and fewer societal expectations regarding work-life balance. Female educators, on the other hand, frequently encounter additional stressors such as gender bias, societal expectations, and balancing familial duties alongside professional responsibilities. These challenges can impact their mental health, leading to feelings of burnout, reduced productivity, and job dissatisfaction. Institutional factors, such as lack of supportive policies, limited growth opportunities, and inadequate mental health resources, exacerbate these issues for both genders.

Despite these challenges, the study highlights the importance of organizational support in improving educators' well-being. Flexible working conditions, equitable opportunities, and mental health interventions positively influence job satisfaction. Addressing gender-specific challenges through targeted programs, such as stress management workshops and mentoring, is crucial for fostering an inclusive and supportive work environment. Overall, this study underscores the need for institutions to prioritize educator well-being, ensuring a balanced and fulfilling professional experience for both male and female educators.

The *second objective* of this study focuses on identifying gender disparities in mental health and job satisfaction among male and female educators in self-financed institutions of Ghaziabad. The findings reveal notable differences in well-being and professional fulfillment based on gender. Female educators often report higher stress levels, attributed to the dual responsibilities of professional and personal roles, societal expectations, and lack of support systems. These stressors adversely impact their mental health and overall job satisfaction. In contrast, male educators frequently highlight challenges related to institutional policies, lack of professional growth opportunities, and workload. While these factors affect their satisfaction, they tend to perceive workplace stress differently, often prioritizing career stability and financial compensation. The study also highlights structural issues within self-financed institutions, including limited mental health support services and rigid work environments, which exacerbate stress for both genders. However, the

interplay between gender roles and workplace dynamics significantly amplifies these challenges for female educators.

These findings underscore the need for targeted interventions, such as gender-sensitive policies, mental health programs, and initiatives to enhance work-life balance. Addressing these disparities is crucial for fostering an inclusive and supportive work environment, ultimately enhancing the well-being and professional fulfillment of all educators.

The *third objective* of this study focuses on identifying gender-based disparities in well-being and professional fulfillment among male and female educators in self-financed institutions of Ghaziabad. The findings highlight significant variations in mental health and job satisfaction between genders, rooted in distinct experiences and challenges faced in their professional lives.

Female educators, for instance, reported higher levels of stress, often attributed to balancing professional responsibilities with societal expectations and familial roles. Factors such as lack of institutional support, limited opportunities for leadership roles, and gender bias further impacted their professional fulfillment. These challenges underscore the need for gender-sensitive policies that address the unique needs of female educators. Conversely, male educators exhibited concerns related to job security and financial pressures, particularly in self-financed institutions where remuneration and job stability often remain uncertain. While they reported slightly higher satisfaction in leadership opportunities, their mental health was influenced by performance-related stress and societal expectations of being primary earners. The study also observed that both genders faced challenges like excessive workload and inadequate work-life balance, affecting their well-being. However, gender-specific experiences call for targeted interventions, such as counselling programs, mentorship opportunities, and equitable workplace policies. Overall, the findings emphasize the need for inclusive strategies to foster mental health and job satisfaction, ensuring a supportive and equitable environment for educators.

● **Table: Main Aspects of Objectives**

Objective	Main Aspects
1. To examine the mental health status of male and female educators in self-financed institutions of Ghaziabad.	<ul style="list-style-type: none"> *Psychological well-being (stress, anxiety, depression). * Work-life balance and coping mechanisms. * Factors affecting mental health, such as workload, institutional support, and personal challenges.
2. To compare the level of job satisfaction between male and female educators in these institutions.	<ul style="list-style-type: none"> *Intrinsic and extrinsic satisfaction factors (salary, job security, recognition). * Perceived fairness in opportunities and professional growth. * Impact of institutional policies on satisfaction.
3. To analyze the relationship between mental health and job satisfaction among educators, with a focus on gender differences.	<ul style="list-style-type: none"> *Correlation between mental health issues and job satisfaction levels. * Gender-specific trends and challenges in achieving well-being and fulfillment. * Influence of socio-cultural and organizational factors on this relationship.

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