



## Mental Health with Defensive Behaviour of Secondary School Teachers and Counselling Requirements

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**Abstract:** *Mental Health is an essential condition in life, as well to factors similar to aptitude, awareness, knowledge and behaviour. Mental health is defined not straight except ultimately by its indicators – Personal happiness, Job satisfaction, touching permanence, adjustment, inspiration universal interpersonal relatives, sense of humour and undertaking in life. Mental health of teachers is not only a individual requirement but a particular conscientiousness as well. A teacher with sound mental health is possible to facilitate a classroom climate contributing to mental health of students.*

*Defensive behaviour of teachers is not influenced by category of school and teaching knowledge but influenced by area of specialization. The relationship between mental health and defensive behaviour is negligible. Globally the relationship connecting Mental Health and Defensive Behaviour is negligible. Hypothetically the relationship must be negative. Though practically since some Defensive Behaviours facilitate Mental Health to some amount, when one attempts to channelize one's unconstructive emotions into healthy avenues, mental health gets boosted.*

**Keywords:** *Mental Health, Defensive Behaviour, Secondary School.*

**Introduction:** Mental health as a state of well-being in which the personality realizes own ability, can deal with the ordinary stresses of life, can work effectively and productively and is competent to make a contribution to area. In this positive sense mental health is the establishment for well-being and successful functioning for an individual in the community. Mental health have consign to complete and pleasant-sounding functioning of our entirety personality through to bio-socio-psychological and spiritual wellbeing. Mental health is far more than the deficiency of mental illness. Happiness, peace of mind, satisfaction in accomplishment and satisfaction of life are all aspects of mental health. A person has good mental health adjusts healthy with himself and environment.

The mental health of teachers is necessary in order to recognize their abilities, cope with regular stresses of life, can work effectively and to make involvement to the learning community. Consequently the mental health of teachers should be enriched in order to make the students to face the difficulties persist within the social order. With altering socio economic situation the value of teacher and their professional anxiety with the position have forcibly undergone a transform adversely affects this mental health. The level of mental health of a teacher affects working as well as directorial climate. An sociable teacher who understands the needs of his pupils and himself well adjusted is an advantage to any school.

Defensive Behaviour is defined as that behaviour which occurs when an individual perceives threat or anticipates threat in the group. The person, who behaves defensively, even though he or she also gives the

same attention to the common task, devotes an appreciable portion of energy to defending himself or herself. People display defensive behaviour in conflict situations. They execute this behaviour as a response to psychological attacks and threats and to their effects. Defensive persons use force or aggression in order to ward off an attack making the threat go away to prevent injury themselves. Defensive behaviour stems from fear and self reservation and it is purely an instinctive response. It varies from person to person and it depends upon the temperament of a person.

Counselling programmes which are practiced with school should have included all significant components to maintain emotional well being of teach staff which in turn will produce students with disturbing stability. Counselling practices that are child- and family-centered and that take also into consideration the needs of the learning staff for emotional maintain and professional guidance seem to be the mainly effectual in responding to children's problems and learning difficulties.

## **2. Review of Related Literature:**

**Chanderkant Gorsy, Neeraj Panwar, Sandeep Kumar (2015)** Studied about, Mental Health among Government School Teachers. Teaching is being considered as one of the noblest profession because ancient times. With the changing socio-economic situation and increasing joblessness, the values of teachers' and their professional concern with the job have forcibly undergone a radical change which adversely affects their mental health. The level of mental health of a teacher has been established affected with numerous personal with professional demands. Health of teachers, on social, material and mental health domains adds to the effectiveness not only to their professional enlargement and development but also to their individuality.

**Pachaiyappan, P and Ushalaya Raj (2014)** studied about Mental Health of Secondary & Higher secondary Teachers. The learning aims to analyze the mental health of secondary and higher secondary school teachers. Teachers are the most powerful agents who influence the behaviour of the students and therefore teachers should possess emotional steadiness as well as healthy attitude towards life. Health of a teacher, in cooperation physical and mental, adds to the efficiency of work. Survey method has been used in the in attendance study. Mental Health Inventory (MHT) was used for collecting the data. 130 secondary and higher secondary school teachers were chosen for the study. The data was analyzed using mean, Standard deviation, 't' test and one way ANOVA. The study reveals that the Government school teacher's mental health and Higher Secondary school teachers' mental health is higher than their counterparts.

**Subhadra Das Baro, Dr. Bibhutti Bhusan Panda (2014)** studied about, Relationship between mental health and job satisfaction among primary school teachers: a study with special reference to Bongaigaon district of Assam. Education is the most influential and influencing medium of development. Superiority of education mainly depends on the teachers and quality of teachers depends on their personal as well the professional quality. Mental health and job satisfaction are two pre-requisites of the teachers. Together of these are most important for the teachers to perform their duties and responsibilities properly. Hence the researcher has attempted to behaviour the present study.

**Mohan Galgotra (2013)** studied about, mental health of High School Teachers in Relation To Their Sex and Job Satisfaction. Teaching is considered as one of the oldest and noblest occupation. With the changing socioeconomic situation and increasing unemployment, the value of teacher and their professional anxiety with the job have compulsorily undergone a modify which adversely affect their mental health. The altitude of mental health of a teacher has affected working with organizational atmosphere. Keeping this thing in consideration, the study is aimed at finding the mental health of government along with private teachers and its relation to sex and job satisfaction of Jammu.

**Dr. Nandoliya, H.G. (2013)** studied "Mental Health of Higher Secondary School Teachers in Relation to Sex, Habitat, Types of Schools and Faculty". The present paper examined the mental health of higher

secondary schools teachers in relative to sex, habitat, types of school and ability. The sample consisted of 720 higher secondary schools teachers. The sample was selected randomly from Mehsana, Banaskantha and Patan districts. The mental health was considered as dependent changeable with respect to sex, habitat, types of schools and faculty. The result of ANOVA on mental health scale shows that important difference existed connecting male and female teachers on mental health. Significant difference existed among urban and rural teachers on mental health.

**3. Statement of the Problem:** The statement of the problem together in question form or as a declarative declaration attempts to focal point on a goal and thereby gives path to the research problem. It must be limited in capacity to make a definite conclusion possible. A problem suggests a specific answer or close. A cause-and-effect relationship may be suggested on the basis of personal observation, experience, and review of earlier studies. The statement of the study is stated as follows:

**“Mental Health with Defensive Behaviour of Secondary School Teachers and Counselling Requirements.”**

#### **4. Objectives of the Study**

- ❖ To study mental health of higher secondary school teachers in the district Howrah of West Bengal.
- ❖ To study the Defensive Behavior of higher secondary school teachers in the district Howrah of West Bengal.

**5. Research Design:** A research design encompasses the methodology along with procedures employed to conduct scientific research. The design of a study defines the study type and sub-type, research question, hypotheses, independent along with dependent variables, experimental design and if applicable, data collection methods and a statistical analysis plan.

**6. Method of the Study:** Sampling Technique: Stratified Random sampling.

**7. Population and Sample of the study:** A higher Secondary School teacher has working in the district Howrah of West Bengal. The investigator selected 300 School teachers from in and about Howrah district for the study on the foundation of stratified Random Sampling, in such a way that sample is extremely representative of the population.

**8. Tools:** The tools of research are prepared based on the review of related literature, conceptual frame work, related studies, tools of research, and on experts' attitude. The investigator analyzed the existing tools on Mental Health and Defensive Behaviour, which were prepared by Researcher.. The investigator constructed and validated the following tools.

• **Mental Health Rating Scale:**

• **Defensive Behaviour Rating Scale.**

**9. Statistical method of the study:** The following statistical method were used for the Analysis of data-

1. Mean
2. Standard Deviation
3. Critical ratio test (t)

#### **10. Analysis of Data and Interpretation:**

- ❖ **[Objective 1: To study mental health of higher secondary school teachers in the district Howrah of West Bengal.]**

**Table- 1 : Frequency distribution of Level of Mental Health**

Sl. No	Level of Mental Health	Frequency			Percentage		
		Total	Men	Women	Total	Men	Women
1.	Low	154	57	101	52.19	45.6	56.7
2.	Moderate	112	55	55	36.62	43.0	30.4
3.	High	34	13	19	11.19	11.4	12.9
<b>Total</b>		<b>300</b>	<b>125</b>	<b>175</b>	<b>100</b>	<b>100</b>	<b>100</b>

**Interpretation:** The above table 5.2 shows that 52.19% of the samples are from low level, 36.62% of the sample is from moderate level and 11.19% of the sample are from high level in mental health.

❖ [Objective 2: To study the Defensive Behavior of higher secondary school teachers in the district Howrah of West Bengal.]

**Table 2 : Frequency distribution of Level of Defensive Behaviour**

Sl. No	Level of Defensive Behaviour	Frequency			Percentage		
		Total	Men	Women	Total	Men	Women
1.	Low	138	42	95	46.7	34.2	54.8
2.	Moderate	120	62	60	40.7	50.6	34.4
3.	High	42	21	20	12.7	15.2	10.9
<b>Total</b>		<b>300</b>	<b>125</b>	<b>175</b>	<b>100</b>	<b>100</b>	<b>100</b>

**Interpretation:** The above table 5.3 shows that 46.7% of the samples are from low level, 40.7% of the samples are from moderate level and 12.7% of the sample are from high level in defensive behaviour.

**11. Conclusion:** Mental Health is not debilitated by factors like socio- economic educational status: gender, type of institution, rural–urban background. Mental Health is facilitated by individual personal qualities, personal dimensions, and coping behaviour. Though defensive behaviours, theoretically speaking, affect mental health, there are certain defensive behaviours, if employed to a limited extent, which will boost mental health. The investigator hypothesized a negative relationship between mental health and defensive behavior but the findings indicate only a low or negligible relationship in several cases. The implication is that some defensive behaviours may not really affect mental health and some defensive behaviours do really boost mental health to some extent.

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