



## MENTAL HEALTH OF B.Ed. STUDENTS



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### ABSTRACT:

*The present study was explored to find out the mental health of B.Ed. students. Survey method was conducted on a random sample of 240 B.Ed. students from Madurai District. Data was analyzed by using t-test and F-ratio. Results indicated that there is no significant difference in mental health of B.Ed. students with regard to gender, location of institution, nature of institution and locality of residence.*

**Keywords:** Mental Health, B.Ed. Students.

### INTRODUCTION

Mental health is ambiguous as it is not only difficult to agree on its general application, but even in a single context it may be used in many different ways (Schwartz et al., 1968). The noun mental health has one meaning that the psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment. According to Longman's Dictionary of Psychology and Psychiatry (Goldenson, 1984), "mental health is a state of mind characterized by emotional well-being, relative freedom from anxiety and disabling symptoms, and coping with ordinary demands and stresses of life".

### OBJECTIVES OF THE STUDY

- To find out the level of mental health of B.Ed. students.
- To find out the significant difference in mental health of B.Ed. students based on gender, location of institution, nature of institution and locality of residence.

### HYPOTHESES

1. There is no significant difference in mental health of B.Ed. students with regard to gender.

2. There is no significant difference in mental health of B.Ed. students with regard to location of institution.
3. There is no significant difference in mental health of B.Ed. students with regard to nature of institution.
4. There is no significant difference in mental health of B.Ed. students with regard to locality of residence.

**RESEARCH METHOD & SAMPLE**

Normative survey method is employed for this study. For the present study, a sample of 240 B.Ed. students was selected through random sampling technique from Madurai District, Tamil Nadu.

**Tool**

- Mental Health by Peter Beckar (1987).

**Data Analysis**

**Table 1: Level of Mental Health of B.Ed. Students with respect to Background Variables**

Categories	Sub-Samples	N	Mean	SD	Level
Gender	Male	120	48.97	2.87	Average
	Female	120	49.23	2.83	Average
Location of Institution	Rural	93	48.69	3.03	Average
	Urban	147	49.36	2.71	Average
Nature of Institution	Government	129	49.00	2.59	Average
	Private	111	49.21	3.13	Average
Locality of Residence	Rural	106	48.74	2.90	Average
	Urban	134	49.38	2.79	Average
Year of Study	First	156	48.93	2.99	Average
	Second	84	49.41	2.56	Average

In this study, based on normal curve of B.Ed. students secured scores in between 46.24 to 51.95 (-1σ to +1σ) are classified as having average level of mental health. Table-1 shows that the mental health mean values are less than 51.95 and more than 46.24. Therefore, it is found that B.Ed. students irrespective of their gender, location of institution, nature of institution, locality of residence and year of study have average level of mental health.

**Table 2: Mental Health of B.Ed. Students based on Gender**

Gender	Sub-Samples	N	Mean	SD	t-value
Gender	Male	120	48.97	2.87	0.700 <sup>Not Significant</sup>
	Female	120	49.23	2.83	

Table-2 depicts that the t-value 0.700 is not significant at 0.05 level. Hence, the hypothesis-1 is accepted.

**Table 3: Mental Health of B.Ed. Students based on Location of Institution**

Location of Institution	Sub-Samples	N	Mean	SD	t-value
	Rural	93	48.69	3.03	1.757 <sup>Not Significant</sup>
	Urban	147	49.36	2.71	

Table-3 shows that the t-value 1.757 is not significant at 0.05 level. Hence, the hypothesis-2 is accepted.

**Table 4: Mental Health of B.Ed. Students based on Nature of Institution**

Nature of Institution	Sub-Samples	N	Mean	SD	t-value
	Government	129	49.00	2.59	0.563 <sup>Not Significant</sup>
	Private	111	49.21	3.13	

Table-4 reveals that the t-value 0.563 is not significant at 0.05 level. Hence, the hypothesis-3 is accepted.

**Table 5: Mental Health of B.Ed. Students based on Locality of Residence**

Locality of Residence	Sub-Samples	N	Mean	SD	t-value
	Rural	106	48.74	2.90	1.739 <sup>Not Significant</sup>
	Urban	134	49.38	2.79	

Table-5 shows that the t-value 1.739 is not significant at 0.05 level. Hence, the hypothesis-4 is accepted.

**FINDINGS**

- The level of mental health of B.Ed. students is average.
- There is no significant difference in mental health of B.Ed. students in terms of gender, location of institution, nature of institution and locality of residence.

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