

RELATIONSHIP BETWEEN TEACHER FREEZING WITH MENTAL HEALTH AND PERSONALITY AMONG SECONDARY SCHOOL TEACHERS

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Abstract

The purpose of this research was to examine the relationship between teacher freezing with mental health and personality among secondary school teachers. A total of 250 secondary school teachers (140 men and 110 women) between the ages range of 28-49 years old participated in this research. To collect data, all subject filled out a. Teacher Freezness Scale Constructed and standardized by Taj (1996) Parmod Kumar - Mental Health check list.

Arun Kumar Singh and Ashish Singh - Differential Personality Inventory

The results of present research showed that mental Health extraversion, openness to experience, agreeableness were negatively significant correlations with teacher freezing sub-scales ($P < 0.05$) but neuroticism was positively significant correlation with theme ($P < 0.05$). On the other hand, conscientiousness was not significant with teacher freezing sub-scales ($P > 0.05$). Thus, the strength of the correlations obtained in the present study suggests that mental health and personality have a significant role in teacher freezing in secondary school teachers.

Keywords: Teacher Freezing, Personality, Mental Health, Teachers.

Introduction

Epidemiologists have long been aware that social and environmental factors can contribute to the incidence of many human diseases]. Among this can be noted the Teacher freezness is related to teacher competency, teacher effectiveness, change proneness and teacher innovativeness (Taj, 1996). These factors explain indirectly about teacher freezness. Ankleshwaria (1983), Singh (1985), Anand (1983), Kaur (2004) conducted studies on teacher effectiveness. Studies on innovativeness are done by Levine (1971) and Shukla (1980). Studies of Miller (1976) and Valland (1983) are related to change proneness among teachers.

Kumar (2006) found that low job satisfied teacher educators were more freezed than high job satisfied teacher Educators. Massey (2010) investigated that sex, type of school and significantly experience of teachers affect teacher freezness and its dimensions.

Teacher freezing has been recognized as a serious threat, particularly for employees and teachers who work with people and students.

A number of studies measured teaching competency, teacher effectiveness change proneness and teacher innovativeness. A very innovative study was done by Taj (1996) of Bangalore to find out the freezness among school teachers.

Kumar (2006) studied impact of Job satisfaction on teacher freezness and massey studied effect of sex & type of school on teacher freezness. Hence, a step is taken by the investigator to study the impact of medium of instruction on teacher freezness. among health care workers that results from demanding and emotionally charged relationships between caregivers and their recipients. freezing is an important variable not only because it is an indicator of poor employee wellbeing, but also because it is related to employee attitudes, health, and behavior Thus, in addition to background factors, several organizational and personality factors have been related to freezness. Among this can be noted the mental health and personality traits. Based on WHO definition, mental health is a state of complete physical, mental and social well-

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being, and not merely the absence of disease. It is related to the promotion of well being, the prevention of mental disorders, and the treatment and rehabilitation of people affected by mental disorders.

On the other hand, freezing is sometimes explained as the outcome of transaction between, contextual and personality variables, personality has been less studied and even ignored for some time, and some recent reports state that relations between freezing and personality have not been large enough to merit further investigation in dispositional context. It has been reported to be related to freezing mental illness, and morality. In longitudinal studies, even when situational variables were controlled for, personality continued to account for a significant portion of the variance in freezing scores, thus, freezing features may differ depending on personality characteristics of individual subjects. Several studies over the past four decades have revealed that adverse job characteristics may have a deep impact on feelings of exhaustion and negative attitudes toward work.

Borg & Falzon (1989) stated that even if many teachers are fond of their job and experience little strain, several surveys have documented that up to a third of the teachers consider teaching as highly stressful [19]. Thus, based on the present evidences, the purpose of this research was to examine the relationship between freezing with mental health and personality traits among secondary school teachers.

Objective

The study aimed to achieve the following objectives. To find out the relationship of teacher freezing, teacher mental health, teacher personality, among secondary school teachers.

Hypotheses

The hypotheses framed to test relationship of teacher freezing, teacher personality, teacher mental health among secondary school teacher.

- There exist no significant relationship between teacher freezing and teacher mental health.
- There exist no significant relationship between teacher freezing and teacher personality.
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- There exist no significant relationship between teacher freezing, teacher mental health and teacher personality.

Materials and Methods

This study was the correlation study decision. Participants included 250 secondary school

teachers from Saharanpur City There were 140 men and 110 women, and their ages ranged from 28-49 years-old.

Tools

- Parmod Kumar - Mental Health check list.
- Arun Kumar Singh and Ashish Singh - Differential Personality inventory.
- Hassen Taj - Teacher Freezing scale
- Shubhara Mangal - Teacher's Emotional Intelligence Inventory.

The collected data was analyzed by descriptive (mean and standard deviation) and inferential (Pearson's correlation test) statistical tests with SPSS Version 15.

Results

Table 1 shows the mean (M) and standard deviation (SD) of burnout, personality traits and general health variables.

Table 1
Mean and Standard Deviation of the Variables used in this Research

Variables	M	SD
Exhaustion	19.45	10.12
Depersonalization	4.73	3.34
Personal Accomplishment	32.18	10.34
Extraversion	14.12	4.50
Openness to Experience	13.34	4.45
Conscientiousness	16.54	4.04
Agreeableness	16.36	5.44
Neuroticism	11.76	3.54
General Health	24.50	4.50

Conclusion

The purpose of this research was to investigate the relationship between with mental health and personality traits among secondary school teachers. The analysis of Pearson Correlations in this research showed that mental health negatively related to burnout subscales. These results were consistence with findings of Hudek et al. (2006).

These authors reported the negative correlation between freezing and mental health. Furthermore, results showed that neuroticism is positively correlated to emotional exhaustion. Extraversion is positively related to In addition, the correlation among all variables that used in this research presented in table 1.

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