

COMPARATIVE STUDY OF MENTAL HEALTH & WELL-BEING STATUS OF SECONDARY LEVEL TEACHERS

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Introduction: “Teacher is the back bone of every country”. So importance of Teacher is very vital in making of every educated and advance country. Teacher is not only influences students personal lives but also its academic achievements. Here sound mentally healthy teacher importance arises and it is directly inter-linked with well-being of students. Teacher’s mental health & well-being is very important in education sector because it directly impacts on student – teacher relationship, their surrounding environment & academic achievements.

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Mental health and well-being among Indian teachers have become critical concerns, particularly after COVID Pandemic. While teaching is traditionally viewed as a Nobel profession, modern educators face several psychological distresses due to systematic failures, high workloads and low payouts etc. are some critical and important factors which affects the mental health as well as well-beingness of teachers. To conclude intro; we use following method to study & analyze it.

The Title of the research: - Comparative study of mental health & well-being status of secondary level teachers.

Objectives:

- To assess & compare the levels of mental health (stress, anxiety, depression) among secondary school teachers of granted schools & non-granted schools in Jalgaon city.
- To evaluate the psychological well-being (life satisfaction, resilience, emotional balance) among secondary school teachers of govt. granted schools & non-granted schools in Jalgaon city.

Assumptions:

- It is assumed that secondary school teachers face significant occupational stress due to academic & administrative demands.
- It is assumed that the work environment & institutional policies significantly influence a teacher’s psychological state.

Hypotheses:

- There is a significant difference in the mental health status of secondary school teachers working in govt. granted schools versus non-granted schools.
- Female secondary teachers experience higher levels of occupational burnout compared to their male teachers.

Sample:

For this research, selected 100 secondary teachers of different secondary school in different cities of Jalgaon district, they were selected a sample of 50 govt. granted & 50 non-granted school teachers.

Research Methods:

Survey research method with following tools were used to study this research

Dr. Anand Kumar & Dr. Giridhar Thakur – Mithila Mental Health Status Inventory (MMHSI).



Image for Mental Health & well-being of Secondary Teachers (Source : Google AI Gemini)

Table No. 1 the mean, standard deviation, “t” value of the measurement of mental health & well- being of secondary level govt. granted & non – granted teachers.

Area	Number of Teachers (N)	Mean (M)	Standard Deviation (SD)	Combined Mean (SED comb)	Standard Error (SED)	Independence Quantity (df)	Received “t” Value	Level of Significance
Granted	50	69.58	10.92	2.34	4.70	98	4.70	Significant
Non-granted	50	83.80	12.47					

As per Table No. 1 The difference between the govt. granted & non – granted secondary teachers highlighted. The Zero (0) hypotheses are discarded. The value obtained is 4.70. Similarly, the mental health & well-being of non-granted secondary teacher’s measurement matrix was more than the means of mental health & well-being of the granted teachers, whose meanings exceed the mentally healthy & well-being.

Accordingly, the mental health & well-being of govt. granted secondary school teachers is more than that of non-granted school teachers.

Conclusion: The group whose mental health & well-being is high appears to be more mentally unhealthy & not so much well-being, and the group's quality of the intensity mentally healthy & well-being range is less likely to be the result of the group's overall mentally healthy & well-being with comparison with male & female teachers too.

Before ending this, researcher's additionally wants to add certain additional conclusion as she was worked as Resource Person to train teachers at Jalgaon District Level in NEP 2020 program that – (1) Schools (On Institutional Level Support) as should provide access to full-time counselors, sensible workloads and mental health training foster safer environments for both teachers & students. (2) Teachers (Individual Level) follow regular exercise like Yoga & Mediation (Siddha Sadhak Yoga) are proven to help educators defuse tension. Govt. of India implementing National Education Policy (NEP) 2020 & programs like Manodarpan initiative are beginning to prioritize holistic educator well-being.

References:

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2. **NEP 2020 Background Note on Teacher Education:** A detailed note on the policy's vision for teacher training and professional standards from the Government of India.
3. **Manodarpan Initiative:** A proactive initiative by the Ministry of Education to provide psychosocial support for students, teachers, and families. Resources are available on the Manodarpan portal.
4. **School Teachers' Well-being in India (2026):** This comprehensive review highlights that nearly 50% of Indian teachers show significant indicators of anxiety and depression. It specifically compares government and private schools, noting that government teachers often report better mental status. *Social Science Journal*
5. **Occupational Stress and Mental Health of School Teachers (2025):** This article identifies workload, socio-economic conditions, and institutional support as the primary stressors for Indian educators. It calls for urgent policy changes to protect the teaching workforce. *IJIP*
6. **Teacher Well-being and NEP 2020: A Study of Occupational Stress (2025):** A critical study examining how the implementation of NEP 2020 has added new pressures—such as outcome-based teaching and continuous professional development—to already high workloads. *Research Gate*
7. **A Study of the Emotional Well-being of Teacher Educators in Delhi (2026):** Investigates the role of Emotional Intelligence (EI) as a protective factor, suggesting that teachers with higher EI levels manage stress more effectively. *Research Gate*

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