

A STUDY OF MENTAL HEALTH AND WELL-BEING OF B.ED. STUDENTS OF AICESR NASHIK

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Abstract:

Mental health is crucial for future educators, aligning with the vision of the National Education Policy 2020. This study explores the mental well-being of B.Ed. students at AICESR, focusing on factors like academic pressure, sleep, diet, stress, and work-life balance. Using a survey conducted via Google Form, the findings show that many students experience moderate stress and struggle to maintain healthy lifestyles. The study highlights the need for institutional support and personal strategies, such as a supportive academic environment, healthy habits, and access to counselling, to improve students well-being and effectiveness as educators.

Keywords : WHO, NEP 2020, Mental health, Well-being, B.Ed.

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Introduction:

1. Background of the Study:

Along with physical health, mental health is also equally important for a happy, balanced, and successful life. The World Health Organization (WHO) says mental health means feeling mentally well, handling stress, learning properly, and working effectively. A mentally healthy person feels satisfied, adjusts well in society, and builds good relationships. Poor mental health can make it hard to study, interact with others, and manage daily life. Teaching is a demanding profession, so student-teachers often face high pressure in their studies and training.

The National Education Policy (NEP) 2020 gives importance to students mental health and overall development by focusing on reducing academic pressure, promoting joyful learning, providing counselling, and creating a safe and positive school environment. It also highlights the need of life skills, physical fitness, and emotional balance among students.

However, mental health and well-being can be affected by various factors such as stress, lack of sleep, unhealthy eating habits, excessive workload, poor work-life balance, family environment, peer pressure, and individual thinking patterns. Therefore, maintaining a healthy lifestyle and supportive surrounding is essential for good mental health and overall well-being.

2. Need and Significance of the Study:

Being a teacher strong emotional balance, ability to handle difficulties, and a positive view of oneself is very important. But many studies show that B.Ed. students have moderate or low mental health during their training because of heavy workload and academic pressure. Today, education policies also focus on holistic

development, so it becomes very important to understand the mental health of student-teachers to create a supportive learning environment.

This study focuses on B.Ed. students of AICESR to understand the college environment, study pressure, and the support given to students, because their mental health will influence how they teach in the future. This research also tries to understand how factors like lack of sleep, eating habits, stress and work life balance influences the mental well-being of these students.

3. Statement of the Problem:

“To Study the Mental Health and Well-being of B.Ed. Students of AICESR Nashik.”

4. Objectives of the Study:

- To understand the current mental health and well-being of B.Ed. students at AICESR.
- To suggest institutional and self management Strategies to improving mental health and well being of students of AICESR.

Methodology:

The descriptive method is used for collecting and analysing the data. Under the descriptive method, the survey method is used to gather information from B.Ed. students through questionnaires.

1. **Sample:** The data collected from 50 students of B.Ed. of AICESR through a Google form. A random sampling method was used.
2. **Data Collection:** Google Form is used as the primary tool for data collection. A structured self made questionnaire was developed with the help of Google Form and share through online platform like WhatsApp.
3. **Data Analysis:** Responses were collected from Google Form and analyse using percentage. The information obtained has been organised and is presented in the table given below, showing the mental health and well-being status of the respondent.

Q.1 Do you get atleast 7-8 hours of sleep regularly?

	Yes	No	Sometimes
No. of Students	24	11	15
Percentages (%)	48%	22%	30%

Interpretation : The above table shows that 48% of the students get 7 to 8 hours of sleep. 22% of the students doesn't get proper sleep and the remaining 30% students says that sometimes they get 7-8 hours sleep.

Q. 2 Do you feel tired during the day due to lack of sleep?

	Yes	No	Sometimes
No. of Students	31	4	15
Percentages (%)	62%	8%	30%

Interpretation : The above data shows that 62% of students feel tired during the day due to lack of sleep, while 8% do not. Another 30% feel this sometimes.

Q. 3 Does your workload affects your sleep schedule?

	Yes	No	Sometimes
No. of Students	33	3	14
Percentages (%)	66%	6%	28%

Interpretation : The above data shows that 66% of students say workload causes sleep loss, while 6% are not affected. Another 28% feel this sometimes.

Q. 4 Do assignment deadlines affect your sleeping time ?

	Yes	No	Sometimes
No. of Students	30	8	12
Percentages (%)	60%	16%	24%

Interpretation : The above data shows that 60% of students say their workload disturbs their sleep, while 16% say it does not. Another 24% experience this sometimes.

Q. 5 Do you have difficulty falling or staying asleep?

	Yes	No	Sometimes
No. of Students	17	18	15
Percentages (%)	34%	36%	30%

Interpretation : The above data shows that 36% of students do not have sleep problems, while 34% do face difficulty. Another 30% sometimes struggle with sleep.

Q. 6 Do you skip meals because of your work ?

	Yes	No	Sometimes
No. of Students	16	19	15
Percentages (%)	32%	38%	30%

Interpretation : The above data shows that 38% of students do not skip meals, while 32% do skip meals. Another 30% sometimes skip meals.

Q. 7 Do you eat meals at regular times everyday ?

	Yes	No	Sometimes
No. of Students	23	16	11
Percentages (%)	46%	32%	22%

Interpretation : The above data shows that 46% of students eat at regular times, while 32% do not. Another 22% sometimes follow a regular schedule.

Q. 8 Do you consume fast food or junk food frequently?

	Yes	No	Sometimes
No. of Students	13	15	22
Percentages (%)	26%	30%	44%

Interpretation : The above data shows that 26% of students eat junk food regularly, while 30% do not. Another 44% eat it sometimes.

Q. 9 Do you feel your eating habits impact your mood or energy levels ?

	Yes	No	Sometimes
No. of Students	29	5	16
Percentages (%)	58%	10%	32%

Interpretation : The above data shows that 58% of students feel their eating habits affect their mood or energy, while 10% do not. Another 32% say it sometimes affects them.

Q. 10 Do you eat fruits or healthy snacks during college hours?

	Yes	No	Sometimes
No. of Students	23	11	16
Percentages (%)	46%	22%	32%

Interpretation : The above data shows that 46% of students eat fruits or healthy snacks during college hours, while 22% do not. Another 32% eat them sometimes.

Q. 11 Do you feel overwhelmed balancing studies and personal life?

	Yes	No	Sometimes
No. of Students	26	6	18
Percentages (%)	52%	12%	36%

Interpretation : The above data shows that 52% of students feel overwhelmed while balancing studies and personal life, while 12% do not. Another 36% feel this sometimes.

Q. 12 Do you find enough time for relaxation or hobbies?

	Yes	No	Sometimes
No. of Students	10	26	14
Percentages (%)	20%	52%	28%

Interpretation : The above data shows that 20% of students find time for relaxation or hobbies, while 52% do not. Another 28% manage it sometimes.

Q. 13 Do you receive support from family or friends in managing your responsibility?

	Yes	No	Sometimes
No. of Students	33	6	11
Percentages (%)	66%	12%	22%

Interpretation : The above data shows that 66% of students get support from family or friends, while 12% do not. Another 22% get support sometimes.

Q. 14 Do you maintain healthy balance between college and home responsibilities?

	Yes	No	Sometimes
No. of Students	18	13	19
Percentages (%)	36%	26%	38%

Interpretation : The above data shows that 36% of students can balance college and home responsibilities, while 26% cannot. Another 38% manage it sometimes.

Q. 15 Do you feel stressed because of academic responsibilities?

	Yes	No	Sometimes
No. of Students	27	5	18
Percentages (%)	54%	10%	36%

Interpretation : The above data shows that 54% of students feel stressed due to academic work, while 10% do not. Another 36% feel stressed sometimes.

Q. 16 Do you find it difficult to manage your stress?

	Yes	No	Sometimes
No. of Students	21	6	23
Percentages (%)	42%	12%	46%

Interpretation : The above data shows that 42% of students find it hard to manage stress, while 12% do not. Another 46% struggle with it sometimes.

Q. 17 Do exams and deadlines increase your stress level ?

	Yes	No	Sometimes
No. of Students	36	5	9
Percentages (%)	72%	10%	18%

Interpretation : The above data shows that 72% of students feel exams and deadlines increase their stress, while 10% do not. Another 18% feel this sometimes.

Q. 18 Do you experience physical symptoms (like headache or fatigue) when stressed ?

	Yes	No	Sometimes
No. of Students	37	4	9
Percentages (%)	74%	8%	18%

Interpretation : The above data shows that 74% of students experience physical symptoms like headache or fatigue when stressed, while 8% do not. Another 18% experience this sometimes.

Q. 19 Do you practice relaxation technique like deep breathing or meditation?

	Yes	No	Sometimes
No. of Students	18	17	15
Percentages (%)	36%	34%	30%

Interpretation : The above data shows that 36% of students practice relaxation techniques, while 34% do not. Another 30% use them sometimes.

Q. 20 Has your daily life been filled with things that interest you?

	Yes	No	Sometimes
No. of Students	16	12	22
Percentages (%)	32%	24%	44%

Interpretation : The above data shows that 32% of students feel their daily life is interesting, while 24% do not. Another 44% feel this sometimes.

Finding :

- 1) Almost half of the students (48%) get enough sleep of 7–8 hours regularly.
- 2) Most students (62%) feel tired during the day because of lack of sleep.
- 3) For many students (66%), workload affects their sleep schedule.
- 4) Around 60% of students say that academic work and assignment deadlines disturb their sleep time.
- 5) More than half of the students (58%) feel that their eating habits affect their mood and energy.
- 6) Around 52% of students feel stressed while managing both studies and personal life.
- 7) A large number of students (66%) get support from friends and family in handling their responsibilities.
- 8) Academic work is a major cause of stress, as 54% of students feel stressed because of it.
- 9) Exams and deadlines increase stress levels for most students (72%).
- 10) Many students (74%) also face physical problems like headaches or tiredness due to stress.

Institutional Strategies :

1. College should make a well proportioned timetable so students get enough rest.
2. Teachers should not give too many assignments at the same time.
3. Awareness programs on sleep, food, and stress should be arranged.
4. Counselling should be available for students.
5. College should create a friendly and supportive environment.
6. Activities like sports and relaxation should be included.

Self-Management Strategies :

1. Students should follow a daily routine and sleep on time.
2. Manage time properly between study and personal life.
3. Eat healthy food regularly.
4. Take breaks and do simple exercises to reduce stress.
5. Talk to friends, family or teachers when feeling stressed.
6. Finish work on time to avoid last-minute pressure.

Conclusion:

The study shows that many students face problems related to lack of sleep, stress, and heavy workload. Due to academic pressure, assignments, exams and submission, students feel tired and find it difficult to balance their studies and personal life. Unhealthy eating habits also affect their mood and energy levels, and stress sometimes leads to physical problems like headaches and fatigue. However, support from friends and family helps students manage these challenges. Therefore, both institutions and students should take responsibility—colleges should create a supportive and stress-free environment, while students should manage their time well and follow healthy habits. Overall, maintaining a balanced routine can help improve students well-being and academic performance.

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