

UGC Approved, Journal No. 49321
Impact Factor : 5.427



ISSN : 0976-6650

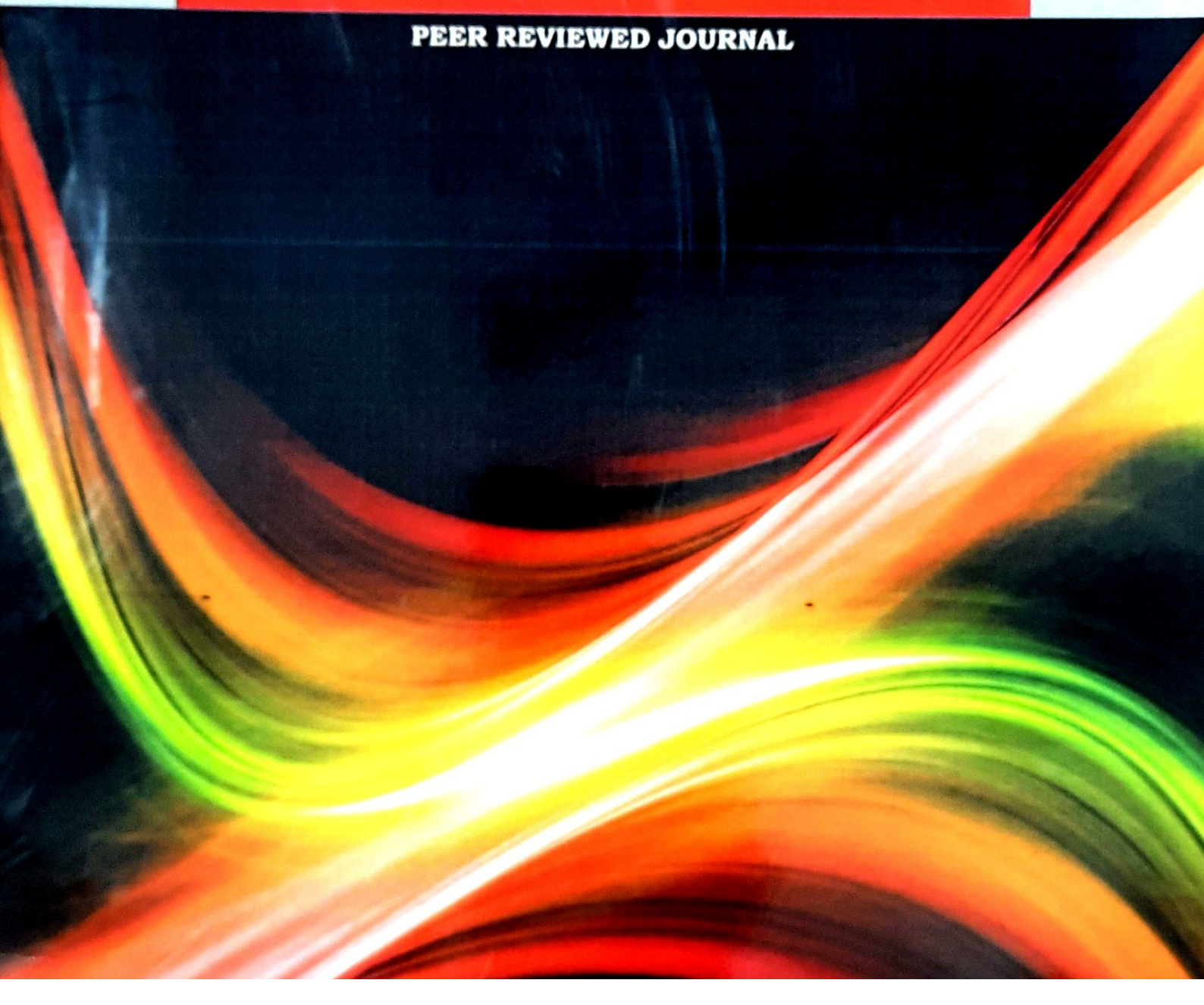
Shodh Drishti

An International Peer Reviewed Refereed Research Journal

Vol. 13, No. 6.1

June, 2022

PEER REVIEWED JOURNAL



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Vol. 13, No. 6.1

Year - 13

June, 2022

PEER REVIEWED JOURNAL

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E-mail : shodhdrishtivns@gmail.com, Website : shodhdrishti.com, Mob. 9415388337

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Effect of Social Media on Mental Health of Adolescents

Autoshi Banerjee

PG in Psychology, V.K.M., Kamachha (BHU), Varanasi

Ram Prasad Sonkar

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Abstract

Each and every individual has their own virtual world if they have a smart phone and access to the internet. Social media play a major role in the creation of this virtual world among adolescents. They have their active participation in various social media platforms and pandemic worked as fuel in igniting the fire. It brought everything around us on the online platform whether it is work, grocery, seminars, movies, and even basic school education. This study focuses on the adolescent's social media use and its effect on their mental health. This study includes a sample of 64 adolescents where 32 participants were male and 32 were female having age range of 13-19 years old. The tools used for the data collection are mental health inventory (M.H.I) (Jagdish & Srivastava, 1983) and social media addiction scale-student form (SMAS-SF) (Sahin, 2018). The findings of the study reveal that there is no gender difference among adolescents in the context of mental health and social media use. There is no significant difference in the mental health and social media addiction. The finding also suggests that there is no correlation between mental health and social media addiction.

Keywords: Social media addiction, Mental health, Adolescents.

Introduction

Social media is an internet-based platform where an individual as well as a group can exchange and create the idea's which are in the form of content. In the prior times most of the social media were used for interaction where people can meet new unknown people, talk to them, and share information. There are various social networking sites like Facebook, Twitter, Instagram, Snapchat, YouTube, and WhatsApp etc.

Being a social animal, humans wanted to be connected to own their species for which they take the help of social media. Earlier, back in 550 BC communication was difficult as well as slow especially when it came to long-distance. Letters were used as the way of communication which was a time taking process. Telegraph was invented in 1792 which made delivering messages faster as compared to horse riders. After those discoveries like telephone (1890) and radio (1891) were important one, even today there modern versions are being used which are much simpler in function. In 20th century computers came into existence as well. (Hendricks, 2021).

"According to the history of social networking- in the 1980s as well as in the 90s where the new way of virtual talk was bulletin boards, my messaging and online chatting came into existence. Then a social networking site named LinkedIn came to the virtual world in 2002 which is a career-based network. In 2005 YouTube came into existence as a video creating and watching app where people can communicate in a new way and share the videos to anyone across globe in 2004 Facebook was launched and by 2010 Instagram, WhatsApp and Pinterest joined the race, after that Snapchat in 2011 joined as well. (The Evolution of Social Media: How Did It Begin and Where Could It Go Next? 2021).

Effects of Social Media on Mental Health

Social media has both bad and beneficial effects on mental health, according to the study. Anxiety, despair, loneliness, poor sleep quality, poor mental health indicators, self-harm and suicide thoughts, elevated levels of psychological distress, cyber bullying, body image dissatisfaction, fear of missing out, and decreased life satisfaction were among the negative

ISSN : 2393-8358

UGC Approved, Journal No. 48416 (IJCR)
Impact Factor : 2.314



Interdisciplinary Journal of Contemporary Research

An International Peer Reviewed Refereed Research Journal

Vol. 8, No. 11

November, 2021

PEER-REVIEWED JOURNAL

UGC Approved, Journal No. 48416 (IJCR), Impact Factor 2.314

ISSN : 2393-8358



Interdisciplinary Journal of Contemporary Research
An International Peer Reviewed Refereed Research Journal

Vol. 8, No. 11

November, 2021

PEER REVIEWED JOURNAL

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Published by

VPO Nandpur, Tehsil-Jubbal, District-Shimla, Himachal Pradesh

email : ijcrounral971@gmail.com, Website : ijcrjournals.com

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Role of Gender on Job Satisfaction among Bank Employees

Nilesh Singh

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Ram Prasad Sonkar

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Abstract

The aim of the study was to investigate the gender difference on job satisfaction, as the world is moving forward many women are entering into work force and performing the task that only men used to do in past, so it become important to address whether women are satisfied with the task at hand. The study was conducted on 30 (15 male and 15 female) employees of HDFC, BOB and ICICI banks in Varanasi, having age range of 23-40 years. A survey was conducted in order to get the data. The result showed that both men and women are satisfied with their job however female showed slightly higher satisfaction than men. There exists no significant difference between the satisfaction level of male and female employees.

Introduction

Work is an important aspect of people's live. Most people spend a large part of their lives at work. An avg. adult spend most of their waking hours at work (Judge,2020), since work is taking most of the time of one's day it becomes crucial to know if the individual is satisfied with the work or job they are doing, understanding the factors involved in job satisfaction is crucial to improving employees' performance and productivity In rapidly developing country like India, there is a need to understand the attitude of workers towards their work: determining the job satisfaction has often been linked to organizational commitment turnover intentions and absenteeism (Koh and Boo 2001).

These variables are costly to an organization as they could lead to low morale, poor performance lower productivity, and higher hiring retention and training. Organizations strongly desire job satisfaction from their employees, due to important role of human resource on organization performance, they try to keep employees satisfied. Satisfied employees' would produce superior performance in optimal time which leads to increased profits. On the other hand a lack of job satisfaction results in a low level of employee commitment that in turn, affects performance and the achievement of organizational goals. Furrell and Stamm (1988) draw the conclusion that high employee satisfaction will reduce absenteeism, accidents, and employee stress. Employee's job satisfaction in organizations and institutions has been given close attention by researchers since mid 20th century after the emergence of Maslow's theory of need hierarchy in 1943. Literature in this area is filled with various analytical studies. Many experts believe that job satisfaction trends can affect labour organizational behaviour and influence work productivity, work effort, employee absenteeism and staff turnover.

The concept of job satisfaction was first developed from the Hawthorne studies of the late 1920s and early 1930s by Elton Mayo at the Hawthorne plant of the Western Electric Company in Chicago. Based on comparison among study review of literature in job satisfaction is an affective and emotional response to various facets of one's job (Muldoon,2017) Locke (1970) describe it as "being an emotional response that results from the employee's perceived fulfilment of their needs and what they believe the company to have offered." Robert Hoppock's (1935) definition which was one of the earliest definition of this concept is still the most cited one. He says, job satisfaction is" any combination of psychological, physiological, and environmental circumstances that causes a person truthfully to say "I am satisfied with my job"



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Registration ID : IJCRT_223895

Paper ID : IJCRT2207629

Title of Paper : MENTAL HEALTH AND ACADEMIC PERFORMANCE OF CHILDREN AND ADOLESCENTS DURING COVID-19

Impact Factor : 7.97 (Calculate by Google Scholar) | License by Creative Common 3.0

Publication Date: 29-July-2022

DOI :

Published in : Volume 10 | Issue 7 | July 2022

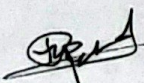
Page No : e800-e806

Published URL : http://www.ijcrt.org/viewfull.php?&p_id=IJCRT2207629

Authors : Nilesh Singh, Ram Prasad Sonkar

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International Journal of Creative Research Thoughts - IJCRT
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INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | ISSN: 2320 - 2882

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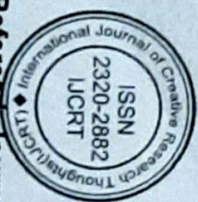
Published In IJCRT (www.ijert.org) & 7.97 Impact Factor by Google Scholar

Volume 10 Issue 7 July 2022 , Date of Publication: 29-July-2022

UGC Approved Journal No: 49025 (18)

PAPER ID : IJCRT2207629

Registration ID : 223895



EDITOR IN CHIEF

Scholarly open access journals, Peer-reviewed, and Refereed Journals, Impact factor 7.97 (Calculate by google scholar and Semantic Scholar | AI-Powered Research Tool), Multidisciplinary, Monthly Journal

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MENTAL HEALTH AND ACADEMIC PERFORMANCE OF CHILDREN AND ADOLESCENTS DURING COVID-19

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PhD Scholar*, Assistant Professor**

Vasant Kanya Mahavidyalya, B.H.U, Kamaccha, Varanasi, Uttar Pradesh-221010

Abstract

Background: Closure of school had an impact on over 94% of the world's student population. COVID-19 pandemic has affected almost 268 million children in India. At least 463 million children worldwide were unable to access remote learning during COVID-19 school closures in 2020.

Aim: The outbreak of COVID-19 pandemic and lockdown has affected students worldwide. Closure of schools and distance from peers has brought many mental health concerns among them. Online education has seen a drop in academic performance due to many reasons like lack of internet access, no face to face contact etc. This study highlights issues concerning such matters with the help of literature review.

Method: The studies were selected based on several inclusion and exclusion criterion like age range of sample i.e. 3-19 years, academic performance and mental health status.

Result: Studies showed that during COVID-19 schools and colleges have seen a drop in academic performances of adolescent also there has been a lot of mental health concerns like anxiety issues, symptoms of depression, child abuse etc. COVID-19 has affected and will continue to affect the mental health and academic performance of children and adolescents.

Conclusion: These studies reached the conclusion that COVID-19 has brought many adverse effects on both academic performance & mental health of adolescents. It also talks about some of the preventive measures that can be taken into consideration in order to protect adolescents so that early signs and symptoms of poor mental health can be managed and also it talks about measures that can help in improving academic performance.

Keywords: Covid-19, Mental Health Academic Performance, Children, Adolescents

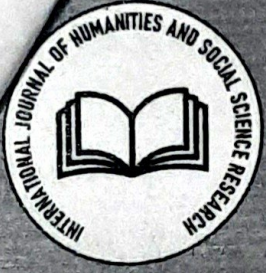
Introduction

According to WHO, a new coronavirus namely SARS-COV-2 is spreading a disease called COVID-19. First ever case to be reported of COVID-19 was in Wuhan, China on Dec 31, 2019 (WHO, 2020). The outbreak of COVID-19 caused very serious health hazards all across the world. The outbreak resulted in pandemic and eventually global lockdown. As a part of lockdown, educational institutes, schools and colleges had also been shut, this has become a challenge for both teachers and Students (Clark, Nong, Zhu and Zhu, 2021). COVID-19 pandemic has affected almost 268 million children in India. At least 463 million children worldwide were unable to access remote learning during COVID-19 school closures in 2020 (UNICEF). Due to the closure of schools and colleges, online education has begun in order for courses to be completed.

Lockdown and online classes have restricted movement, and it can have many psychological impacts (Tang, Xiang, Cheung and Xiang, 2020). Adolescents with a history of mental health find it easier to cope with their issues by following a fixed school routine. Due to school closure their schedule has been disturbed and learning methods have changed. Now it is getting difficult for them, especially children who are in need of special education like one with autism and ADHD to adjust to a new normal. It can affect their mental health severely as it is difficult to adjust back to normal life (Lee, 2020; Imran et al. 2020; He et al. 2021; Singh et al. 2020). Due to COVID-19, parents had to re-organize their life at home and now they have to work and take care of children at the same time. This sudden increase in pressure is causing stress in parents which is eventually increasing the risk of emotional and behavioral problems in adolescents. (de Figueiredo et al. 2021; Imran et al. 2020).

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International Journal of Humanities and Social Science Research

Indexed Journal, Refereed Journal, Peer Reviewed Journal

ISSN: 2455-2070, Impact Factor: RJIF 8

Publication Certificate

This certificate confirms that **Ram Prasad Sonkar** has published article titled **Happiness and perceived self acceptance among women of Varanasi.**

Details of Published Article as follow:

Volume : **8**
Issue : **6**
Year : **2022**
Page Number : **34-37**
Reference No. : **8-5-29**
Published Date : **9-11-2022**

Regards

International Journal of Humanities and Social Science Research

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Happiness and perceived self acceptance among women of Varanasi

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Abstract

The idea of happiness varies among people and had been given several definitions over the decades. Many variable have been accounted for the reason of happiness among people, one such variable is perceived self-acceptance. The purpose of this study is to examine the relationship between happiness and perceived self-acceptance among women of Varanasi city, an online survey was conducted in which 93 women participated having age range of 18-30 years. A survey method of research was used and data was collected using Oxford Happiness Questionnaire and Perceived Self-Acceptance scale. The test results confirmed that there is a positive correlation between happiness and perceived self-acceptance, there lies no significant difference between the self-acceptance of financially dependent and financially independent women also there is no significant difference in the happiness among women living in rural and urban area.

Keywords: acceptance among women, rural and urban area

Introduction

Psychology is characterised by a particularly strong focus on happiness and well-being (Ryan & Deci, 2001) [27]. Despite the fact that for long of the 20th century, the study of happiness and wellness was eclipsed by efforts to end suffering and curtail psychopathology. Happiness is a state of emotion in which human beings tend to express positive feelings (Sundriyal and Kumar, 2014) [30]. People typically show positive emotions when they are happy, which is a state of emotion (Sundriyal and Kumar, 2014) [30]. When a person experiences less anxiety, guilt, wrath, fear, and hostility, they are seen to be joyful (Michalos, 2017) [20]. Joy, a type of happiness, can be found in every category of "underlying" human emotions. Happiness is inherent to the life experiences, and most people experience it frequently, if not all the time (Diener & Diener, 1996) [10]. Numerous definitions of happiness have been offered by philosophers and social scientists. The Hedonic Approach and the Eudaimonic Approach are two perspectives on happiness (Szentagotai and David, 2013) [31]. According to the hedonic perspective, happiness can be attained through material possessions and achieving one's goals. The Eudaimonic perspective contends that happiness results from carrying out morally righteous and virtuous deeds (Gorsy and Panwar 2016) [14, 15].

There is no question that man desired happiness above all other objectives in life, according to Freud (1930-1961), who defined happiness as the pinnacle of excellence in the art of living. Happiness, according to Altson and Dudley (1987), is the capacity to take pleasure in experiences while also feeling a certain amount of excitement. Similar to this, Argyle, Martin, and Crosland (1989) [2] held that happiness is made up of three interrelated elements: pleasure with life in general, lack of negative effects, and good affects. Due to the fact that it results in meaningful and satisfying lives, the successful pursuit of happiness is essential to life satisfaction. Mental wellness depends on self-acceptance. Lack of the capacity for unconditional acceptance of oneself

unrestrained rage and sadness. The individual who is preoccupied with self-evaluation rather than self-acceptance may also be extremely needy and may invest a lot of time and energy into self-aggrandizement in an effort to make up for perceived weaknesses. In terms of a notion, self-acceptance means accepting yourself for who you are right now, regardless of your past. Self-understanding and a realistic assessment of one's strengths and flaws are necessary for an individual to feel satisfied with his or her overall well-being. One of the essential components of contentment and independence from repressed emotions and neurotic being, according to Roger (1947), is total acceptance. There are various theories surrounding self-acceptance, which provides compelling evidence to support this idea.

Literature Review

Happiness among women

There is no discernible difference between the happiness of working and non-working women, according to a study by Gahtori and Rawat (2020) on 202 non-working and working Indian women. Housewives are happier than working women, according to a different study by Sato (2021) on Japanese women. Despite the fact that the results were influenced by the number of kids these women have. In order to determine the level of happiness among working and unemployed women in three different nations, Torosyan and Pignatti (2020) [32] did a study. They discovered three distinct findings from their research. In comparison to the non-working group, there was a sizable and negative disparity for working women in Armenia and a lesser negative difference for working women in Azerbaijan. There was no such difference for Georgia.

Self-Acceptance among women

In their study of 100 working and non-working women, Rathore and Mertia (2020) [26] found that working women have better levels of self-acceptance than their non-working

Mind *and* Society

*A Peer Reviewed Research Journal
in Humanities and Social Sciences*

Volume : 09
Number : I & II
March & June, 2020

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Depression in Relation to self- efficacy of Male and Female Adults

* Ram Prasad Sonakar
* *Jay Singh

Received
15 April 2020

Reviewed
25 April 2020

Accepted
28 April 2020

Depression has been one of the three biggest health concerns of human life and the leading cause of various behavior problems in day to day life. COVID-19 pandemic has make the situation worsen in which the number of people living with depression increased by nearly 50 percent. Present study examines the effect of depression on perceived quality of life of male and female adults. Sample consists of 60 participants including 30 males and 30 females for the age range of 21-40 years belonging from middle socio-economic status and educated at least high school level. Sample was selected across Varanasi district by purposive sampling technique. All the subjects were assessed on Depression Scale (Karim and Tiwari, 1986) and Self Efficacy Scale (Sud, Swarzer and Jerusale, 1981). Analysis shows no significant difference between male and female participants on depression as well as self efficacy scales. Result of correlation shows that there is significant negative correlation between depression and self efficacy of both male and female adults.

Key words- depression, self efficacy

Introduction:

During the last decades, depression has been a significant field of concern for the Clinicians, Psychiatrists, Psychologists and Educationists. Moreover, during the last ten years theoretical and empirical investigations have been carried out and two international conferences have been as well as held with childhood depression as their major theme. Depression has become the part and parcel of our everyday life now, as every now and then experience depression. Since ours is the age of anxiety and moreover life has become so complex that one can hardly deny the experience of depression. As for example, the death of a loved one, the loss of a job, or disappointment in a love affair

experienced by each and everyone may initiate depression.

Hippocrates the Physician of Greece's Golden Age, believed that many physical and emotional problems were related to imbalances in the body's humor's or liquids. Depression, according to him, derived from an excess of black bile, a fluid involved in the digestive processes. Depression is also termed as MELANCHOLIA; 'melan' means black and 'cholia' means bile. Often we feel depression in moral degree but sometimes when the depression is exaggerated out of proportion to the event and continues to cross the limit where many of us, begin to recover, then it is termed as neurotic depression. The chief symptoms of depression are passivity and dejection,

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ISSN NO. 2348-6228

Impact Factor: 5.132

Current Journal

JOURNAL FOR ALL RESEARCH

A Blind Peer Reviewed Quarterly Journal

**An international research Referred Journal Related to Law,
Human Rights, Literature, Language, Science, Commerce,
Management, Communication and Social Science**

Vol. 8-1, No. 21, April-June 2020



CURRENT JOURNAL

Journal For All Research

An International Peer Reviewed Research Refereed Quarterly Journal

Editor in Chief

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Faculty of Social Science
Banaras Hindu University
Varanasi

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Dept. of History
Faculty of Social Science
Banaras Hindu University
Varanasi

Volume 8-1

No. -21

April-June -2020

Published by
Vishal Bharat Sansthan
Varanasi (U.P.) India

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Mental health of migraine patients during COVID-19 Pandemic

Ram Prasad Sonkar *

Today migraine is generally seen as a psychosomatic problem which produced many adjustments related problems in day-to-day life. Various factors are included in the migraine problem. Mental health is an important factor of migraine problem, where mental health refers to egocentrism, alienation, expression, emotional instability and social non-conformity. Present study examined the mental health level of migraine patient in comparison to control group. For this study a group of 50 migraine patients (25 males and 25 females) were selected from the various hospitals and clinics of Varanasi district and 50 normal people (25 males and 25 females), age group of the of 20-25 years were selected the various area of Varanasi district as the sample on the basis of quota sampling method. All the subjects were assessed on Mithila Mental Health Status Inventory (MMHSI) developed by Kumar and Thakur (1986). On the basis of data analysis, it was found that migraine patients and control group are significantly different in the term of mental health. Migraine patients showed lower mental health in comparison to control group. On the basis of gender, mental health is significantly different in migraine and control group. Results also show that the interaction between of gender and migraine or normal condition is significant. Therefor it was conducted that the mental health level of migraine patients significantly affects by the health level. So, we can say that for controlling the migraine problem we need of patients improve the mental health of the individual suffering from this problem.

Introduction

A good Mental health is very necessary to our productive life and management of daily life hassles (Shah & Beinecke, 2009). It is important to every stage of life from childhood to old age. It includes emotional, psychological and social well-being. It affects how to think, feel and act (Thakur & Kumar, (2013). According to WHO "Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community (Orr, Potter, Ma, & Colman, 2017., Osterhaus, Townsend, Gandek, & Ware, 1994). It is also helps determine how to handle stress, understanding to others and make healthy choices (Ehde & Holm,1992). In the conditions of poor mental health individual can experience periods of physical, mental and social well-being. WHO estimates that about 7.5% Indians suffer from some mental health issues and after some years approximately 20% Indians will suffer from mental health problems?

Migraine is a burdensome disease and that migraine patients experience several Psychosocial difficulties, in particular emotional problems, reduced vitality, pain, increased disability, difficulties with work, mental and physical health. Symptomatic and prophylactic treatments, by decreasing headache frequency and reducing pain, also determine a reduction in patient difficulties, thus reducing the burden associated with migraine. (Raggi et. al. 2012., Buse et al. 2013). Migraine is associated with major depressive disorder, bipolar disorder, panic disorder, and social phobia. Migraine in association with various mental health disorders results in poorer health-related outcomes compared with migraine or a psychiatric condition alone (Radat, & Swendsen, 2005., Sharma, Remanan & Singh, 2013., Hamelsky & Lipton, 2006). Understanding the psychiatric correlates of migraine is important in order to adequately manage this patient population and to guide public health policies regarding health services utilization and health-care costs (Jette et. al. 2008., Monastero, Camarda, Pipia, & Camarda, 2006).

COMMON SYMPTOMS OF POOR MENTAL HEALTH

- Feeling of excessive sadness
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and favorite activities
- Significant tiredness, low energy and sleeping issues
- Inability to cope with daily problems or stress

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Registration No. 1803/2008

ISSN No. 2319-6297
Impact Factor: 3.963

The Original Source

JOURNAL FOR ALL RESEARCH

An Interdisciplinary Quarterly Research Peer Reviewed Journal

Vol. 14

No. 20

Jan-Mar 2021

UGC Approved Journal

Chief Editor

Prof. (Dr.) Ashok Kumar Singh

Editors

Dr. Rajeev Kumar Srivastav

Dr. B.K. Srivastav

Impact Factor : 3.963 (IIJF)

Registration No. 1803/2008

UGC NO.46953

ISSN :- 2319-6297

The Original Source

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Founder

Late Prof. S.N. Sinha

Eminent Historian & Former HOD

Dept. of History

Jammia Millia Islamia, New Delhi

Volume 14

No. - 20

Jan.-March 2021

Published by

**Centre for Historical and Cultural Studies & Research
Varanasi (U.P.) India**

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Gender Difference in Mental Health among School Teachers during COVID-19

Nilesh Singh* and Ram Prasad Sonkar**

Abstract

The aim of the study was to investigate the gender difference on mental health among teachers, as the world is moving forward many women are entering into work force and performing the task that only men used to do in past, teaching profession has always been related to women as they have motherly instinct and they can provide better emotional and mental support but does that mean their mental health is at peace? In this study we want to find out the mental health of male and female teachers of 'Mahamana Madanmohan Malaviya Inter College'. A total of 40 teachers participated in the study out of which 20 were male teachers while 20 were female teachers, having age range of 35-45 years. A survey was conducted in order to get the data. The result showed that both men and women have positive mental health while there exists no significant difference between the overall mental healths of both the employees.

Keywords: Mental Health, Gender difference, School Teachers.

Introduction

It is generally understood that when a person is free from any kind of mental illness, then he is considered mentally healthy and this state is called mental health. Modern clinical psychologists have defined mental health as the main criterion for the ability to adjust. It is in this context that Strent (1965) defined mental health as "mental health refers to learned behaviour that allows a person to cope adequately with his life". Horwitz and Scheid (1999), "Mental health involve many dimensions, self-esteem, the ability to experience one's inner strengths, the ability to maintain meaningful and good relationships, and psychological excellence. The importance of mental health and mental health science has been explained a lot in psychology. Mental health, in layman terms, is a level of psychological well-being, or an absence of a mental disorder (Singh, 2004). Parent, society and school has an important role. Teachers and parents take important steps for the all-round development of children in school and at home respectively. According to Kornhauser (1965), a person's entire level of personal efficiency, success, pleasure, and the excellence of operating as a person are determined by their behaviours, perceptions, and feelings. It depends on setting and maintaining goals that are really achievable and maintain one's self-belief in oneself as a deserving, capable human being. Mental health is also important in the development of personality. The intellectual, physical and emotional development of a person is possible only when he is mentally healthy. Normal development of personality is not possible in the condition of mental illness, according to Korchin (1985) positive mental health is the key to successful development of an individual. In order to not to generate any destructive force in the personality, it is necessary that the person should have good mental health balance.

Mental health brings good awakening in social life and all-round development of the society. When majority of the people in a society have good mental health, it raises the morale of the society and activates organizational responses. This secures the future of the society and the society keeps moving in the welfare direction. Mentally healthy leader of society under whose leadership all round development of the society is possible. It is clear that the importance of mental health is more desired from many perspectives.

Gender differences in the mental health among teachers:

Dr. Maria Gardiner and Marika Tiggemann and other psychologists have suggested that women in male-dominated industries experience pressure on their mental states when they change leadership styles. This fact is based exclusively on public opinion and evidence. In male or female dominated

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