

## **EXAMINING THE CORRELATION OF MENTAL HEALTH WITH TEACHER STUDENT RELATIONSHIP SKILLS AMONG D.EL. ED STUDENTS**

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### **Abstract:**

*The tremendous and accelerating advances of modern sciences and technology have led to unprecedented progress and problems. Wherever we look, we see the world changing with incredible rapidity and established customs, traditions, and values changing with it. Indeed, one of the major problems today is the constant adjustment individual must keep making to rapidly changing conditions and to change itself. For efficient functioning of the individual, he should not only possess sound bodily health but sound mental health also. But unfortunately, it is startling to note that mental illness incapacitates more people than all other health problems together. Not only have mental health hazards significantly increased in number and complexity, but these have also affected the physical efficiency of individual. So, mental health is now recognized as an important aspect of an individual's total development. There are various internal and external factors responsible for maintaining the mental health. Compared with stable internal factors, external factors (such as teacher-student relationship) have more room for improvement. Therefore, it is necessary to regard teacher-students relationship in school as an important factor of children's anxiety and depression may be poor mental health. Teachers play a very important role in the relationship between teachers and students. Due to the differences in age, experience, social role and so on, teachers play a dominant role in the teacher-student relationship. Therefore, in order to form an intimate teacher-student relationship and maintain poor mental health of student's teachers should take a more prudent attitude to deal with the problems in teacher-student relationship.*

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*Teacher training programmes plays a role of catalyst in shaping the budding teachers to the fullest. A thought came in mind, Do the student trainees are also facing mental health issues due to relationship with teachers? Can positive teacher student relationship skills can reduce mental health issues among the student trainees. These and some more questions are to be answered through this research*

*So, this paper is intended aims to*

- assess the level of mental health, as well as*
- study the level of teacher relationship skills and*
- explore the corelation between mental health and teacher student relationship skills among D.El.Ed students*

*The study used Survey method to assess the level of mental health, teacher student relationship and its corelation by using standardised tool Mental Health inventory of Jagdish and Srivastava (1988) and The Teacher-Student*

*Relationship Scale which was compiled by Pianta (2001) was modified as per the convenience. This study found that the relationship between teachers and students could significantly solve the mental health issues like depression. When the relationship between teachers and students is intimate, students will be in a more relaxed psychological environment and will help the students to maintain good mental health*

**Key Words:** *Mental health (MH), Teacher Student Relationship Skills(TSR), D.El.Ed Students*

### **Introduction**

The tremendous and accelerating advances of modern sciences and technology have led to unprecedented progress and problems. Wherever we look, we see the world changing with incredible rapidity and established customs, traditions, and values changing with it. Indeed, one of the major problems today is the constant adjustment individual must keep making to rapidly changing conditions and to change itself. For efficient functioning of the individual, he should not only possess sound bodily health but sound mental health also. But unfortunately, it is startling to note that mental illness incapacitates more people than all other health problems together. Not only have mental health hazards significantly increased in number and complexity, but these have also affected the physical efficiency of individual. So, mental health is now recognized as an important aspect of an individual's total development.

### **Mental Health:**

Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community", according to the World Health Organization (WHO). Mental health includes subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others. According to modern psychology Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Children's mental health plays a very important role in their personality development in the early age, while negative mental situation will probably make strong influence to their development of mental health. There are various internal and external factors responsible for maintaining the mental health. Lack of friendliness on the part of teachers, over emphasis on school marks, teacher's partiality, fear of failure, excess homework, heavy curriculum etc. cause mental tension and anxiety in children. Compared with stable internal factors, external factors (such as teacher-student relationship) have more room for improvement.

### **Teacher Student Relationship skills:**

When we look for the "Relationship skills" is the ability to build positive relationships, especially with diverse individuals and groups, using a variety of methods such as active listening, and communication and conflict resolution skills. These skills also include the ability to resist pressure and to seek out and offer help. Relationship skills look like kindness and empathy, cooperation, cultural competency, leadership, avoiding negative peer pressure, and making positive choices. A student-teacher relationship in the classroom is **a positive relationship**

**between the teacher and the student in efforts to gain trust and respect from each other.** This relationship may consist of getting to know your students better, providing choice and encouraging the students to become stronger learners every day.

The relationship between a teacher and his students is one of the most influential factors in a learning environment. This is a key element affecting students' progress, engagement of school and academic motivation, a teacher-student relationship from the basis of the social context also. The students and their teachers' daily interaction has an incommensurable power: they can establish a relationship between teacher and students that could play a vital role in the students' mental health development.

#### **Need and significance of the study:**

It is necessary to regard teacher-students relationship in school as an important factor of children's anxiety and depression may be poor mental health. Teachers play a very important role in the relationship between teachers and students. Due to the differences in age, experience, social role and so on, teachers play a dominant role in the teacher-student relationship. Therefore, in order to form an intimate teacher-student relationship and maintain poor mental health of student's teachers should take a more prudent attitude to deal with the problems in teacher-student relationship.

Teacher training programmes plays a role of catalyst in shaping the budding teachers to the fullest. A thought came in mind Do the student trainees are also facing mental health issues due to relationship with teachers? Can positive teacher student relationship skills can reduce mental health issues among the student trainees. These and some more questions are to be answered through this research.

#### **Objectives:**

- 1) To assess the level of mental health among D.El Ed Students
- 2) To study the level of teacher student relationship skills among D.El Ed Students
- 3) To study the correlation between mental health and teacher student relationship skills among D.El Ed Students

#### **Hypothesis of the Study:**

- 1) The level of mental health among D.El Ed Students is average.
- 2) The level of teacher student relationship skills among D.El Ed Students is average.
- 3) There is no significant correlation between mental health and teacher student relationship skills among D.El Ed Students

#### **Delimitation of the study:**

The study is limited to D.El.Ed students studying Seva Sadan's College of Education .Ulhasnagar of Thane district only.

#### **Methodology:**

The study used Survey method to assess the level of mental health, teacher student relationship and its correlation by using standardised tool Mental Health inventory of Jagdish and Srivastava (1988) and The Teacher-Student Relationship Scale which was compiled by Pianta (2001) was modified as per the convenience. The investigator

has randomly selected 45 D.El.Ed Students. The Google form link was sent in Students’ WhatsApp group and response was sought from the students.

**Statistical Analysis:**

Based on following score range, the collected data is analysed and categorised in to three levels i.e., High, Average and Low for both Mental Health and Teacher Student Relationship skills respectively.

Sr.No	Score Range	Levels
1	40 to 60	High
2	30 to 39	Average
3	20 to 29	Low

**Objective. 1)** To assess the level of mental health among D.El Ed Students

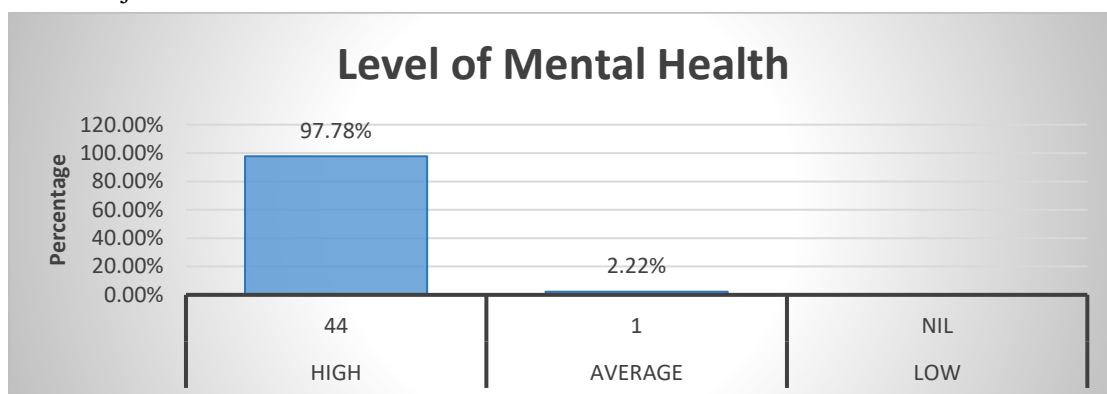
**Hypothesis:** The level of mental health among D.El Ed Students is average

**Table 1. Level of Mental Health**

No of Respondents	High	Average	Low
N=45	44 (97.78%)	1 (2.22%)	NIL

**Interpretation:**

It can be observed from the Table 1 that The level of Mental among D.El.Ed Students is High (97.78%).Hence the Hypothesis is rejected.



**Objective 2)** To study the level of teacher student relationship skills among D.El Ed Students

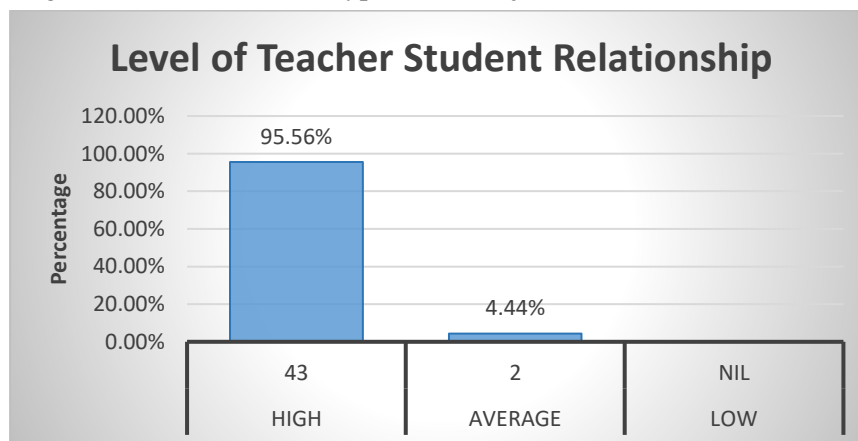
**Hypothesis:** The level of teacher student relationship skills among D.El Ed Students is average.

**Table 2. Level of Teacher Student Relationship skills**

No of Respondents	High	Average	Low
N=45	43 (95.56%)	2 (4.44%)	NIL

**Interpretation:**

It can be observed from the Table 2 that The level of Level of Teacher Student Relationship skills among D.El.Ed Students is High (95.56%).Hence the Hypothesis is rejected.



**Objective 3)** To study the correlation between mental health and teacher student relationship skills among D.El Ed Students

**Hypothesis:** There is no significant correlation between mental health and teacher student relationship skills among D.El Ed Students

**Table 3. Correlation Between Mental Health and Teacher Student Relationship Skills**

Variable	N	'r' calculated value
Mental Health Vs Teacher Student Relationship Skills	45	0.352 Significant at .05 level

**Interpretation:**

It can be observed from Table 3 shows the Correlation between Mental Health and Teacher student relationship skills. The Correlation between Mental Health and Teacher student relationship skills was found to be 0.352. It is significant at 0.5 level, there is corelation between mental health and teacher student relationship skills .so the hypothesis is rejected,

**Findings**

The findings obtained from the present research were;

- 1) The level of Mental among D.El.Ed Students is High (97.78%).Hence the Hypothesis is rejected.
- 2) The level of Level of Teacher Student Relationship skills among D.El.Ed Students is High (95.56%).Hence the Hypothesis is rejected.
- 3) The Correlation between Mental Health and Teacher student relationship skills was found to be 0.352. It is significant at 0.5 level so the hypothesis is rejected.

**Conclusion:**

From the above study, it can be concluded that the D.El.Ed students has High Mental Health it may be due to cordial relations with the teachers and favourable environment in the institution. Secondly it may be the nature of syllabus and activities of the D.El.Ed programme are channelising pent up energies of students as well as core course has a topic related to mental health where by teachers tries to understands mental state of students and accordingly deals with the class. The Teacher student relationship is also high among students, it can be due to support, respect from teacher's side develops good relationship skills among teachers and students. Statistically there is significant correlation between mental health and teacher students' relationship skills. Our analysis suggests that support, closeness, trust, respect, and care are positive attributes of Teacher student Relationship that might be associated with student mental health in a positive way.

When the relationship between teachers and students is intimate, students will be in a more relaxed psychological environment and will help the students to maintain good mental health. Teachers play a very important role in the relationship between teachers and students.

***“If a teacher has a good relationship with students, then students will more readily accept the rules and procedures and the disciplinary actions that follow their violations as well as male them capable be deal with mental health issues”***

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