

## PERSONALITY AND MENTAL HEALTH AS A PREDICTOR OF TEACHER PERFORMANCE

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### ABSTRACT

This paper aims to investigate the relationship between teacher's personality and mental health as a predictor of teacher performance. Personality and mental health of 500 teachers in the city of Saharanpur (India). To this end, we have used Mental health check list by Parmod kumar, Differential Personality Inventory by Arun kumar and Ashish singh .

Teaching is often said to be the noblest profession among all the professions so the teacher should realized that the work they are doing is noblest and that they need not be apologetic or feel guilty, instead have pride and confidence in their worth and work. Tagore rightly said that "only lighted lamp can lighten another" which means that only an enlightened teacher who remain even alive and struggling in the pursuit of knowledge, could enlighten his pupil and could encourage them for more learning. In current system of education in India as well in globe is putting the future of children in a race where everyone would be searching for a short cut for success in his life. Errors like straw upon the surface flow, one who is in search of truth must dive below. This is the tendency to think that quality factor of teacher performance could be defined in terms of teacher characteristics, their personality , mental health, emotional intelligence, their using teaching strategies, skill using learning aids, technology, the condition by which they have to adjust. Modern life of full of stress of various kinds therefore, the study of mental health has acquired supreme significance these days. Good health depends on the state of both body and mind. A healthy person is not only physically healthy but also mentally healthy. Health means that both body and mind are working efficiently and harmoniously. Mental health is a basic factor that contributes to the maintenance of physical health as well as social effeteness of a person is well adjusted, he has good physical health and desirable social and moral values. A mentally healthy person has enjoyable experiences, happy zestful and creative personality. A mentally healthy person generally posses good character and morality.

We used descriptive serve method and 't' test to analyze the data. The results exhibited a significant relationship between personality and mental health as a big predictor of teacher performance It was indicated that the best predictors for teacher performance is personality and mental health.

**Key Words :** Personality, Mental health and Teacher performance

### Introduction

Personality is understood as dynamic organization of traits which determine person's unique adjustment to his environment. Traits thus constitute the most important unique parts of personality. Traits refer to observed consistency of behavior. According to Eysenck (1947) trait is "an observed

constellation of individual action tendencies." Traits are not directly observed rather inferred from behavior of the person. General cues to the traits are what the person does. How he does it and how well he does it (Guilford, 1954; Singh, 1998, Lawrence 1986. . .

The ten major dimensions are presented below:

- |                   |                   |                        |
|-------------------|-------------------|------------------------|
| 1. Decisiveness   | 2. Responsibility | 3. Emotional Stability |
| 4. Masculinity    | 5. Friendliness   | 6. Hetero Sexuality    |
| 7. Ego-Strength   | 8. Curiosity      | 9. Dominance           |
| 10. Self-Concept. |                   |                        |

### Qualitative Interpretation

The obtained score on the ten dimensions of the inventory may also be qualitatively interpreted as under:

1.	Above P35	Very High
2.	In between P50 and P74	Moderate
3.	In between P25 and P49	Low
4.	At or Below P24	Unsatisfactory

**Kulkarni (2000)** conducted a study on compare male and female secondary school teachers with respect to their personality traits, competency, and teaching effectiveness. **Chu and Emily (2003)** conducted a study to determine the relationship between teachers' personality traits and teaching effectiveness. **Laidra et al (2007)** worked on personality and intelligence as prediction of academic achievement. **Fauziah Binthi Othman (2009)** conducted a study to examine the relationship between personality and teaching effectiveness.

**"Mental health is a state of mind characterized by emotionally well being; relative freedom from anxiety and disabling symptoms and copying with ordinary concept of health extends beyond the proper functioning of the body. It includes a sound efficient mind and controlled emotions. "Health is state of being hale, sound or whole in body and mind"** Mental health which today is recognized as an important aspect of one's total health status is a basic factor that contributes to the maintenance of physically health as well as social effectiveness. It is not mere absence of mental illness that constitutes mental health; on the other hand it is a positive, active quality of the individual daily life. Mental health ability to balance feelings, desires, ambitions & ideals in one's daily leaving.

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### Objective

To find out the relationship of personality and mental health as a predictor of teacher performance

### Hypothesis

- There is no significant difference between teacher's personality and teacher's performance
- There is no significant difference between teacher's mental health and teacher's performance

### Material and Methods

In a group of 500 teachers, 250 women and 250 men were examined. Two methods were applied in the research Mental health check list by Parmod kumar, Differential Personality Inventory by Arun kumar and Ashish singh.

### Result

Variable	N	M	SD	't'	Level of Significance
Teacher mental health	250	126.50	24.54	12.56	N.S.
Teacher performance	250	100.23	22.37		

Variable	N	M	SD	't'	Level of Significance
Teacher Personality	250	114.57	25.84	6.63	N.S.
Teacher Performance	250	100.23	22.37		

The results provide evidence that the relationship between mental health and personality traits does exist.

### Conclusion

Personality and mental health is important predictor of teachers performance and its role grows in confrontation with difficult school reality offered by secondary schools

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