



A COMPARATIVE STUDY ON THE POSITIVE MENTAL HEALTH AMONG RURAL AND URBAN PRE-SERVICE STUDENT TEACHERS OF AIZAWL CITY

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Abstract- The study was conducted to compare the positive mental health among pre-service student teachers of Aizawl city in relation to their locale i.e. urban and rural. The sample of the study comprised of 200 pre-service student teachers selected by using stratified random sampling. Positive Mental Health Inventory developed by Agashe and Helode (2007) was used to collect the data for the present study. The data analysis showed no significant difference between rural and urban male pre-service student teachers in their positive mental health. The study also finds no significant difference between rural and urban graduate and post-graduate pre-service students in their positive mental health, but there is a significant difference between rural and urban female pre-service student teachers in their positive mental health.

Keywords –Rural and Urban, Positive Mental Health, Pre-Service Student Teacher, Aizawl City

INTRODUCTION

Mental health is a pretty broad term. Some use it as a simple synonym to describe our brain's health. Mental health describes our social, emotional, and psychological states, all wrapped up into one. Someone who experiences "good" mental health, therefore, has found a balance in his or her social, emotional and psychological areas of life. Generally, a person with balance is satisfied and happy with how these areas are performing in their lives, even if it appears to someone else, they are not in balance.

We all have mental health just like we all have physical health. And just as we monitor our bodies for potential problems or pain, we should keep tabs on our mental health and try to better recognize when it needs some attention. 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." There is emerging evidence that positive mental health is associated with improved

health outcomes. Bhatia (1982) considers mental health as the ability to balance feelings, desires, ambitions and ideals in one's daily living. It means the ability to face and accept the realities of life.

The World Health Organization (2013) defines mental health as "a state of wellbeing 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".

REVIEW OF RELATED STUDIES

Veereshwar (1979) studied the mental health and adjustment problems of college going girls. A sample of 406 girls in the age group of 18-20 years was taken from the undergraduate students. There was a significant difference in the area of family adjustment between urban and rural girls. The difference in adjustment of urban and rural girls was not significant in the area of health. Both groups showed quite satisfactory health adjustment.

Anand (1989) studied mental health of high school students. The mental health of class X students in the age group 14-15 years age was investigated. A sample of 262 high school students (169 boys and 93 girls) participated in the study. He found on his study the mental health of students, their academic achievement and the educational and occupational status of parents were positively related.

Thapliyal (2022) studied the relationship between mental health and academic achievement in senior secondary school students and measured the mental health of students with the help of the Mental Health Scale (MHS) developed by Dr. Talesara and Dr. Bano. The findings of the research reflected that the mental health of students has a significant positive relationship with academic achievement of the students.

Sontakke and Patil (2021) studied Mental Health Among Tribals and Non-Tribals College Students and aimed to determine the status of mental health among tribal and non-tribals college students. The sample consists of 240 subjects 120 tribals (60 male and 60 female) and 120 non-tribals (60 male and 60 female) college going students. Total sample selected in the age range of 19 to 24, who are living in different taluka of Jalgaon district. Standardized psychological test (Mental Health) was used for data collection. After doing this, the scoring data treated as a mean, SD and t test. The findings revealed that there was no significant difference in mental health of tribal and non-tribal students and male students have better mental health than female students.

RESEARCH OBJECTIVES

- i) To find out the level of positive mental health of pre-service student teachers of Aizawl city.
- ii) To compare the difference between rural and urban male pre-service student teachers in their positive mental health.
- iii) To compare the difference between rural and urban female pre-service student teachers in their positive mental health.
- iv) To compare the difference between rural and urban graduate pre-service student teachers in their positive mental health.

- v) To compare the difference between rural and urban post-graduate pre-service student teachers in their positive mental health.

RESEARCH HYPOTHESES

- i) There is no significant difference between rural and urban male pre-service student teachers in their positive mental health.
- ii) There is no significant difference between rural and urban female pre-service student teachers in their positive mental health.
- iii) There is no significant difference between rural and urban graduate pre-service student teachers in their positive mental health.
- vi) There is no significant difference between rural and urban post-graduate pre-service student teachers in their positive mental health.

METHODOLOGY AND PROCEDURE

For the purpose of this study, descriptive survey method was used. A sample of 200 pre-service student teachers were collected from IASE, MZU and DIET Aizawl using stratified random sampling. Positive Mental Health Inventory developed by Agashe and Helode (2007) was used to collect the data. Appropriate descriptive and inferential statistical techniques such as Percentage, Mean, Standard Deviation and t-test were used for this study.

FINDINGS

1. Level of Positive Mental Health of Pre-Service Student Teachers of Aizawl City

Level of Positive Mental Health	No. of Respondents	Percentage
Very High Positive	13	6.5%
High Positive	60	30%
Moderate Positive	83	41.5%
Low positive	26	13%
Very Low Positive	18	9%

2. To compare the difference between rural and urban male pre-service student teachers in their positive mental health.

Type of Locality	N	Mean	SD	t-value	Level of Significance
Rural	34	19.44	3.11	0.49	Not Significant
Urban	43	19.84	4.17		

The above table shows that the calculated t-value is 0.49 which is smaller than the critical value at 0.05 which is 2.00. Hence, there is no significant difference between rural and urban male pre-service student teachers of Aizawl city in their positive mental health. Therefore, the null hypothesis, i.e., “There is no significant difference between rural and urban male pre-service student teachers in their positive mental health” is accepted.

3. To compare the difference between rural and urban female pre-service student teachers in their positive mental health.

Type of Locality	N	Mean	SD	t-value	Level of Significance
Rural	83	19.18	3.11	2.73	Significant
Urban	40	18.17	3.14		

The above table shows that the calculated t-value is 2.73 which is larger than the critical value at 0.05 which is 1.98. Hence, there is a significant difference between rural and urban female pre-service student teachers of Aizawl city in their positive mental health. Therefore, the null hypothesis, i.e., “There is no significant difference between rural and urban female pre-service student teachers in their positive mental health” is rejected.

4. To compare the difference between rural and urban graduate pre-service student teachers in their positive mental health.

Type of Locality	N	Mean	SD	t-value	Level of Significance
Rural	35	19.49	3.07	1.45	NS
Urban	42	18.43	3.28		

The above table shows that the calculated t-value is 1.45 which is smaller than the critical value at 0.05 which is 2.00. Hence, there is no significant difference between rural and urban graduate pre-service student teachers in their positive mental health. Therefore, the null hypothesis, i.e., “There is no significant difference between rural and urban graduate pre-service student teachers in their positive mental health” is accepted.

5. To compare the difference between rural and urban post-graduate pre-service student teachers in their positive mental health.

Type of Locality	N	Mean	SD	t-value	Level of Significance
Rural	38	19.64	4.28	0.62	NS
Urban	84	19.16	3.09		

The above table shows that the calculated t-value is 0.62 which is smaller than the critical value at 0.05 which is 1.98. Hence, there is no significant difference between rural and urban post-graduate pre-service student teachers in their positive mental health. Therefore, the null hypothesis, i.e., “There is no significant difference between rural and urban post-graduate pre-service student teachers in their positive mental health” is accepted.

CONCLUSION

Mental health is an important component of the total health of person because it is both the cause and effect of other types of health. A mentally healthy person shows a homogenous organization of desirable attitudes, healthy values and righteous self-concept and the scientific perception of the world as a whole. The result of the findings shows that majority of the pre-service student teachers of Aizawl city has a moderate positive mental health and that there is no significant difference between rural and urban male pre-service student teachers in their positive mental health and rural and urban graduate and post-graduate pre-service teachers in their positive mental health. The study reveals a significant difference between female pre-service student teachers from urban and rural areas in their positive mental health.

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