

“A Comparative Study of the Depression among Sahayak and Permanent Teachers”

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ABSTRACT

Aim of the research is to find out the Depression among teachers so investigator selected two groups one is Sahayak teacher and other is permanent teacher, both groups have 180 teachers. In each group has 90 sahayak teachers and other one groups has 90 permanent teacher. Data were collected from Palanpur, Gujarat. Scale was use for data collection is personal datasheet and Depression scale was developed by derogates (1994) and its translated in Gujarati by Desai (1998), 2x2 factorial design was used and data were analysis by ANOVA test. Result show that, there is significant difference of depression between Sahayak and permanent teachers. The sahayak teachers posses more depression than the permanent teacher. There is no significant difference of depression between male and female teachers. There is no significant interaction effect of type of teacher and sex on depression.

Keywords:

Introduction:

Depression is one of the most common of all mental health problems. In present scenario, where the human being are surrounded by many social and individual complexities, it has been rightly called "The age of depression".

Today it has become dominant factors in modern civilization which seems to be present in each and every individual to an extent. Depression is a condition in which a person feels discouraged, sad hopeless and disinterested in life in general. American psychologist Abraham Maslow suggested that depression could arise when people are unable to attain their needs or to self actualize or realize their full potential. Depression is often associated with unemployment and poverty. The signs and symptoms of depression refers individuals loss of interest in activities. Depressed teachers do not take Interest in their teaching profession. The symptoms of depression can be defined as feeling of guilt, worthlessness, helplessness, hopelessness, loss of appetite, depressed mood, or disturbed sleep.

Teaching is considered to be one of the most stressful professions chosen by many in India. Stress experienced by the teachers is steadily increasing due to many additional roles and requirements from the institute, boards of education, and universities etc.(Kapse, Pathak & Sharma, 2010) Depression, anxiety and somatoform disorders are known to occur among working professionals.

A study done in India during 2002, to know the gender differences in occupational stress of professional and non- professionals revealed that women professionals experience significantly higher occupational stress than men. (Triveni S., Aminabhavi V., 2002) As teaching job may be more stressful, the job may make female teachers more vulnerable to depression. In addition to stress leading to depression, a study on primary school teachers from Dharwad city also revealed that more than half of the teachers(55.2%-64.8%) having average to high levels of stressors, showed a positive significant relationship between stressors and health status. (Holeyannavar , P.G, Itagi ,S.K. 2010) A study done at Varanasi, India targeting middle aged female teachers during 2006 showed 54% of teachers experienced moderate to high levels of stress, 32% reported moderate anxiety, 44% exhibited somatic symptoms and low level of depression was present in 92% of subjects. (Singh M & Singh G. 2006)

Aims of the study:

1. To study of the depression among Sahayak and permanent teachers.
2. To study of the depression among the male and female teachers.
3. To study of the effect of interaction on depression among the types of teachers and sex.

Hypothesis:

1. There is no difference between the depression of the Sahayak and permanent teachers.
2. There is no difference between the depression of the male and female teachers
3. There is no interaction effect of the depression in the types of teachers and sex.

Method:**Sample:**

Sample in this study consist of 180 subjects the sample were selected in different schools in Palanpur. In survey of Palanpur, researcher had got the information about the Sahayak and the permanent teachers who doing jobs in various schools in Palanpur. The teachers which were randomly selected in there 90 were Sahayak and 90 were permanent. from that 45 male and 45 female selected to study by Sahayak teacher and the other 45 male and 45 female were selected to study by permanent teachers.

Tools used:

The following tools were used in the present study:

1) Personal Data sheet:

A personal data sheet developed by the investigator was used to collect information about type of teachers and sex.

2) Depression Scale:

Depression scale was developed by derogates (1994) and its translated in Gujarati by Desai (1998). The scale consists 29 items each sentence a 5 options, like..Never, Sometime, Average, Good level and Very much. The subject chooses on one of this five options. The scoring system of the scale was 0, 1, 2, 3, 4, for each sentence. The reliability of the scale is 0.84 to 0.87 and test –retest reliability is 0.75 to 0.84 the validity of the scale is 0.65 to 0.70

Statistical Analysis:

In this study 'F' test was used for statistical analysis.

Result and Discussion:

The objective was to study of depression with reference to types of teacher and sex. In this context, 3 null hypotheses (Ho.1 to 3) were constructed. For this purpose 2x2 factorial design was framed. To examine these null hypotheses, statistical techniques of two ways ANOVA was used. The results obtained are presented in table No. 1 to 3.

Table No-1
(N=180)

Mean and SD of depression with reference to types of teacher and sex of the teachers

Independent variable		Male	Female
Sahayak teacher	Mean	18.89	15.27
	SD	13.40	7.76
	N	45	45
Permanent teacher	Mean	14.02	13.18
	SD	6.04	8.05
	N	45	45

Table No. 2
(N=180)

ANOVA summary of depression with reference to types of teachers and types of sex of teachers.

Source of variance	Sum of square	Df	Mean sum of square	F
A (types of teacher)	544.27	1	544.27	*6.372
B (Sex)	224.45	1	224.45	2.63 (NS)
AxB	86.81	1	86.81	1.02 (NS)
SSW	15032.80	176	85.414	
SST (cr.total)	15888.32	179		
NS – Not Significant, *-p>0.05				

Table No.3
N=180

Mean scores and difference of Mean of depression of school teachers with respect to types of teacher and sex.

Independent variables	N	Mean	Difference of mean
A1 (Sahayak)	90	17.08	3.48
A2 (Permanent)	90	13.60	
B1(Male)	90	16.46	2.24
B2(Female)	90	14.22	

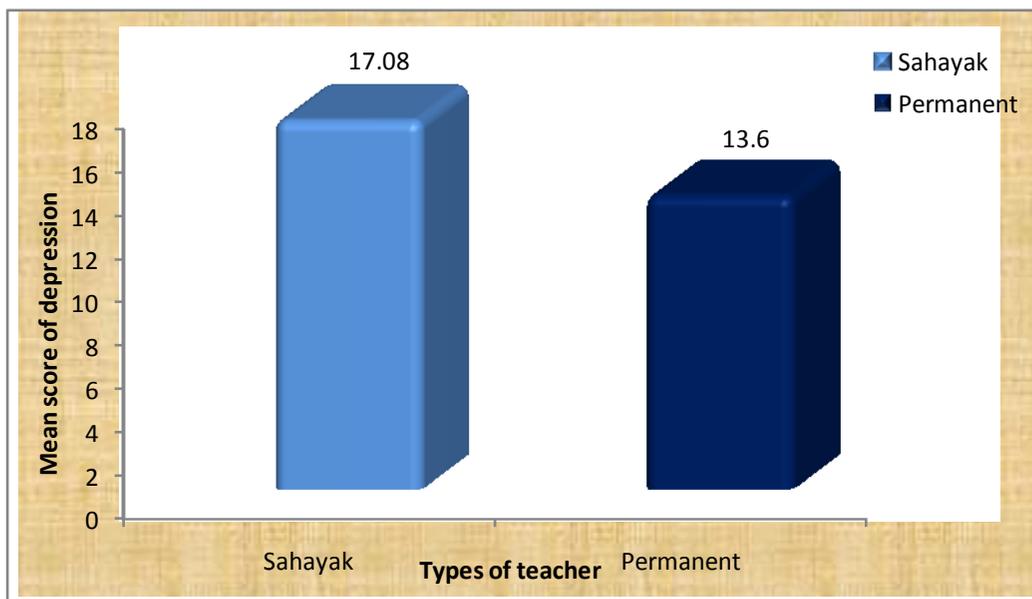
❖ Depression with reference to sahayak and permanent teachers:

The F value of the types of teacher (Table No. 2) is 6.37. The present value is statistically significant at 0.05 level. When check the difference between depression of sahayak and permanent teachers by F test, significant F value was found. Table No. 3 reveals that, the mean scores of depression of sahayak and permanent teachers are 17.08 and 13.60 respectively and the difference between two is 3.48 which is high and not negligible. Hence the null hypothesis No. 1 is rejected and it is conclude that, there is significant difference between the depression of sahayak and permanent teachers. The sahayak teachers possess high depression than the permanent teachers. This difference can also be seen from graph No. 1 designed on the basis of obtained result.

Graph No. 1

Chart Showing Mean Scores of depression with reference to sahayak and permanent teachers

X = Types of Teachers (Sahayak A₁ and Permanent A₂)
 Y= 1.00 Sem. = 2 Average Score



❖ Depression with reference to male and female teachers:

According to table no. 2 it is observed that 'F' value of depression of the male and female teachers is 2.63 which does show no significant difference at a level of 0.05, from the hypothesis the obtained value is accepted. The results get no significant difference.

According to the table no. 3 it is observed that mean score of depression of male and female teacher are 16.46 and 14.22. The difference is 2.24 so we can say that there is no effective difference between male and female about depression. According to result the null hypothesis no. 2 is accepted.

❖ Depression with reference to interaction effect of the types of teacher and sex :

The F value of interaction between types of teachers and sex (Table No. 2) is 1.02 which is statistically not significant. To show the interaction effect of types of teacher and sex (AXB) on depression no significant effect found. Hence the null hypothesis No. 3 is maintained and it is conclude that there is no significant interaction effect of types of teachers and sex on depression.

Conclusion:

1. There is significant difference between the depression among the Sahayak and permanent teachers. The sahayak teacher posses more depression than the permanent teacher.
2. There is no significant difference between the depression among the male and female teachers
3. There is no significant interaction effect between the types of teacher and sex on depression.

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