

General well- being of teachers and professors during the Covid-19

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ABSTRACT

The present study is intended to examine the general well-being of teachers and professors during the Covid-19. The variables included for the study apart from general well-being are gender and types of designation. The study was conducted on a sample of 30 teachers (male, female) and 30 professors (male, female) randomly selected from the various schools and colleges located in mahisagar and panchmahal districts. A standardized questionnaire “**General well-being measure**” developed by Dr.Santosh K.Verma and Dr. Amita Verma was adopted for this study. The data was analyzed to examine the influence of individual factors on general well-being variables. ‘t’ test was used for calculation. The results show that there was no significant difference between the mean score of general well-being of teachers and professors, and there was no significant difference between the mean score of general well-being of male and female.

Key words: General well-being, Teachers, Professors, Gender.

1. Introduction:

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress. More generally, well-being is just feeling well.

Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well. many indicators that measure living conditions fail to measure what people think and feel about their lives, such as the quality of their relationships, their positive emotions and resilience, the realization of their potential, or their overall satisfaction with life—i.e., their “well-being.” Well-being generally includes global judgments of life satisfaction and feelings ranging from depression to joy.

Well-being integrates mental health (mind) and physical health (body) resulting in more holistic approaches to disease prevention and health promotion. Well-being is a valid population outcome measure beyond morbidity, mortality, and economic status that tells us how people perceive their life is going from their own perspective. Well-being is an outcome that is meaningful to the public. Advances in psychology, neuroscience, and measurement theory suggest that well-being can be measured with some degree of accuracy.

In this research, an attempt has been made to know the level of general well-being among teachers and professors during Covid-19.

2. Review of literature:

(1) Ms. Lokesh Kumari (2018): “General Well-Being, Emotional Intelligence and Adjustment of Senior Secondary School students in relation to some Demographic Variables”. The sample was collected from selected four districts. 640 senior secondary school students were selected as a sample. The tools are Emotional Intelligence Questionnaire (developed by the Investigator) General Well Being Scale by Dr. Ashok K. Kaliya & Ms. Anita Deswal (2005) A. K. P. Sinha & R. P. Singh Adjustment Inventory for School Students (2005) was used for this study. Mean and Standard Deviation were used For further investigation, “t”-test was employed. Pearson Correlation was computed to determine the relationship between variables. The main findings are significant difference was found between urban and rural area school students on general well-being. significant difference was found between urban and rural area school students on emotional intelligence. significant difference was found between urban and rural area school students on overall adjustment.

(2) Vali Mehdinezhad (2012): “Relationship between High School teachers’ wellbeing and teachers’ efficacy”. The sample of this study was high schools’ teachers in 9th to 11th grades in Zahedan, Iran. sample of this study was 290. The two questionnaires are Oxford Happiness Questionnaire of the Hills and Argyle (2002) and Teachers’ Sense of Efficacy Scale of the TschannenMoran and Woolfolk-Hoy’s (2001) was used for this study . SPSS 15 was used to produce mean, standard deviations, Pearson Product Moment Correlation (r), t-test, and Analysis of Variance. The results showed that the high school teachers scored over average on wellbeing and also marked relatively high scores on teachers’ efficacy and factors related to this variable. There was a positive relationship between teachers’ wellbeing and their efficacy in instructional activities. The results also showed that there was relatively high positive correlation between teachers’ wellbeing, teacher efficacy and sub variables related to teacher efficacy in female, older, married, and also teachers with 5-10 years job experiences in comparison with male, younger, single, and teachers with more than 10 years job experiences.

3. Objectives:

1. To study of general well-being of teachers and professors during the Covid-19.
2. To study of general well-being of male and female during the Covid-19.

4. Hypothesis:

1. There is no significant difference between the mean score of teachers and professors towards general well-being during the Covid-19.
2. There is no significant difference between the mean score of male and female towards general well-being during the Covid-19.

5. Method:

1. Sample:

In the present study sample was selected randomly. We taken 30 teachers (male, female) and 30 professors (male, female) selected from different schools and colleges of Mahisagar and Panchmahal districts. So, Total 60 sample was selected in this study. Data was collected by Google form.

Break-up of the sample:

		Types of designation(A)		Total
		Teachers (A1)	Professors (A2)	
Gender (B)	Male (B1)	15	15	30
	Female (B2)	15	15	30
TOTAL		30	30	60

2. Tool:

In order to measure general well-being of teachers and professors of mahisagar and panchmahal districts, we have used **General Well-Being Measure** developed by **Dr.Santosh K.Verma and Dr. Amita Verma**. There are 20 Items in this inventory. Reliability measured by K.R. 20 formula and was found to be 0.98. The test- retest reliability is at the rate of 0.91 for English version and 0.86 for hindi version. The validity of the scale of **General Well-Being Measure** is very high. This inventory is measured current level of General well-being.

3. Variables:

In Present research work the nature of various variables is given in the following table.

<i>Sr. No</i>	<i>Name of Variables</i>	<i>Nature of variables</i>	<i>Number of level</i>	<i>Area of level</i>
1	Type of Designation	Independent	2	1.Teachers 2.Professors
2	Gender	Independent	2	1.Male 2.Female
3	General Well-Being	Dependent	1	Raw score of General Well-Being.

6. Statistical Calculation:

Obtained information analyzed as per mean, SD & 't' Test method and hence, internal effect on the independent factors was examined.

7. Results and discussions:

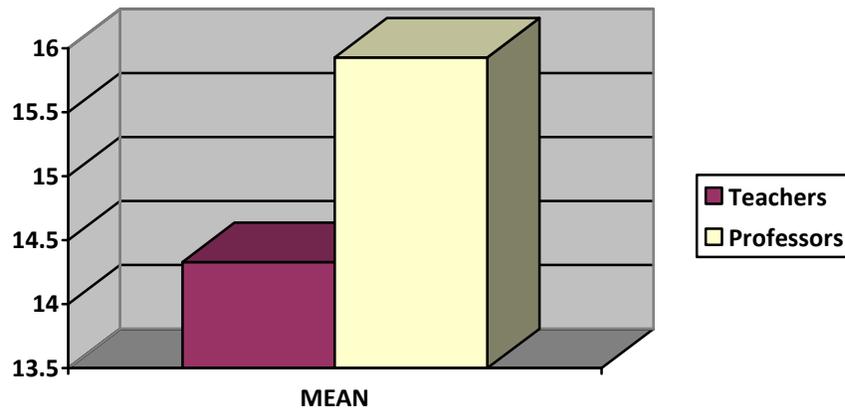
1. Table-1:

Showing Mean, SD & 't' value of general well-being in relation to their types of designation.

Sr. No	Group	N	Mean	SD	't' Value	Level of Sign.
1	Teachers	30	14.33	3.82	1.90	NS
2	Professors	30	15.93	2.54		

Table value=2.00 at 0.05 level

As can be seen from table that 't' value of 1.90 is not significant at 0.05 level. This means that the two groups under the study differ not significantly in relation to general well being. The mean score of teachers group is 14.33 as against the mean score of 15.93 of the professors group. It should be remembered here that, according to scoring pattern, higher score indicate higher general well-being. Thus from the result according to the mean it could be said that the teachers and professors have equal level of general well-being. The hypothesis that "There is no significant difference between the mean score of teachers and professors towards general well-being during the Covid-19" is accepted.



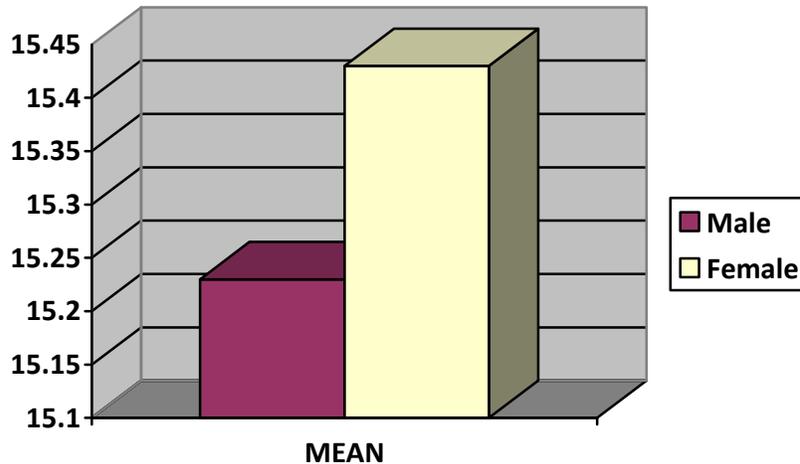
2. Table-2:

Showing Mean, SD & 't' value of general well-being in relation to their Gender.

Sr. No	Group	N	Mean	SD	't' Value	Level of Sign.
1	Male	30	15.23	3.21	0.27	NS
2	Female	30	15.43	2.47		

Table value=2.00 at 0.05 level

As can be seen from table that ‘t’ value of **0.27** is not significant at 0.05 level. This means that the two groups under the study differ not significantly in relation to general well-being. The mean score of male group is **15.23** as against the mean score of **15.43** of the female group. It should be remembered here that, according to scoring pattern, higher score indicate higher general well- being. Thus from the result according to the mean it could be said that the male and female have equal level general well-being. The hypothesis that “There is no significant difference between the mean score of male and female towards general well-being during the Covid-19” is accepted.



8. Conclusions:

1. Significant difference was not found between teachers and professors towards general well-being.
2. Significant difference was not found between male and female towards general well- being.

9. References:

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