

# A Descriptive Study on the Mental Health Status of Teaching Faculty at a Selected Arts College in Virudhunagar

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## Abstract

The current research was conducted to evaluate the mental health condition of the teaching staff. The objectives of the study were to assess the mental health status of teaching faculty in selected arts college at Virudhunagar and to identify the association between mental health status of teaching faculty and selected demographic variables in selected arts college at Virudhunagar. A purposive sampling method, specifically non-probability, was employed to select 34 participants. The symptom checklist-90 (SCL-90) was utilized to evaluate mental health status during data collection. Subsequently, the data underwent collection, organization, tabulation, and analysis using both descriptive and inferential statistical techniques. The major findings of the study were, among 34 faculty, 67.64% had good score of mental health status, 32.35% had average score of mental health status and 0% had poor score of mental health status. A notable correlation was observed between the mental health status level and certain demographic factors, including gender, family type, and recreational interests. There was no statistically significant association between the mental health status and selected demographic variables such as age, religion, residence, marital status, socioeconomic status, family income, monthly income, qualification, designation, department, illness and interested in social media. This study concluded that many faculty had good mental health status whereas some of faculty had average mental health status and none of faculty had poor mental health status.

**Keywords:** Health, mental health, mental health status, teaching faculty

## INTRODUCTION

Mental health studies have gained equal importance to physical health. Sigmund Freud defined mental health as the ability to function effectively and form interpersonal relationships. A robust mental health encourages individuals to perform optimally. According to the World Health Organization (WHO), mental health encompasses various aspects such as subjective well-being, perceived self-efficacy, autonomy, competence, and self-actualization. The WHO emphasizes that individual well-being involves realizing one's abilities, coping with life's challenges, engaging in productive work, and contributing to the community. It is estimated that around one in five Canadians will experience a mental health issue annually, and mental health disorders are predicted to become the leading cause of disability worldwide by 2030. Mental health extends beyond the absence of illness to encompass a positive state of well-being and the ability to handle life's adversities. Mental health issues can impact various domains, including education, employment, social life, and family dynamics. Teachers, like other professionals, are susceptible to experiencing mental health challenges [1–3].

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## NEED FOR THE STUDY

Mental health refers to the well-being of the mind, comparable to physical health's focus on bodily well-being. It encompasses the state and functionality of one's mind, akin to physical health's concern for the health and function of bodily organs. Mental health is a significant aspect of societal indices and reflects a broader concept of health. According to the World Health Organization (WHO), mental health entails more than just the absence of mental disorders; it includes aspects such as psychological well-being, self-efficacy, autonomy, competence, intergenerational dependence, and the realization of intellectual and emotional potential. Recent WHO projections indicate a significant increase in the prevalence of depression disorders, with developed countries experiencing a rise from fourth to first place and developing countries from fourth to second place in the global ranking of mental health challenges. Understanding mental health is crucial for teachers, as it enables them to grasp the fundamental principles of human behavior essential for addressing students' issues. Teachers need to maintain emotional stability and cultivate a positive attitude toward teaching. Therefore, this study aimed to assess the mental health status of teachers.

## OBJECTIVES

- To evaluate the mental well-being of faculty members in chosen arts college in Virudhunagar
- To identify the association between mental health status of teaching faculty and selected demographic variables in selected arts college at Virudhunagar.

## HYPOTHESIS

A notable correlation is expected to exist between the mental well-being of teaching staff and specific demographic factors.

## OPERATIONAL DEFINITIONS

### *Assess*

In this study, assess refers to estimation of the level of mental health status of teaching faculty.

### *Mental Health Status*

Mental health refers to a condition of psychological wellness that empowers individuals to manage life's challenges, recognize their capabilities, perform effectively in learning and work environments, and make positive contributions to their communities. In this study, it refers to Mental Health Status of the teaching faculty working in Sri Vidhya Arts and Science College at Virudhunagar.

### *Teaching Faculty*

It refers to those faculty members who serve in academic departments with teaching as their primary duty and are appointed to an academic rank. In this study, Persons who are working in various departments in Sri Vidhya Arts and Science College at Virudhunagar.

### *Arts College*

It refers to an independent institution of higher learning offering a course study leading to a bachelor's degree. In this study, it refers to the institution named as Sri Vidhya Arts and Science College offering various arts courses to the students.

### *Assumption*

- Good mental health status is very important among teaching faculty.
- Mental health status varies from individual to individual.

### *Delimitation*

This study is delimited to:

- The data collection period is only for 1 week.
- This study is delimited to 34 teaching faculty.

### ***Projected Outcome***

The study will identify the mental health status of the teaching faculty.

### **Research Approach**

The quantitative research approach is used for this study.

### ***Research Design***

The non-experimental descriptive research design is used for this study.

### ***Setting of the Study***

The setting of the study is Sri Vidhya Arts & Science College at Virudhunagar, which is affiliated to Madurai Kamaraj University. Around 40 faculty are working in this college. It is situated 5 kilometre away from the Virudhunagar and opposite of V. V. Vanniaperumal Nursing College for Women.

### ***Population***

The population for the study was faculty who are working in arts college at Virudhunagar.

### ***Sample***

All undergraduate, postgraduate teaching faculty working in selected arts college at Virudhunagar.

### ***Sample Size***

The sample is 34 in number in selected arts college at Virudhunagar.

### ***Sampling Technique***

The purposive sampling technique is used for this study.

### ***Criteria for Selection of Samples***

#### ***Inclusion Criteria***

Teaching faculty,

- who are willing to participate in the study.
- who understands English.

#### ***Exclusion Criteria***

Teaching faculty,

- who are sick at the time of data collection.
- who are not available at the time of data collection.

### ***Description of Tool***

It consists of two parts:

#### ***Part 1***

- Age in years
- Gender
- Religion
- Residence
- Marital status
- Type of family
- Socio economic status
- Family income
- Monthly income
- Qualification

- 
- Designation
  - Department
  - Hobbies
  - Illness
  - Interested in social media

#### *Part 2*

##### *Likert Scale*

10 major headings which includes 3 subitems.

##### ***Scoring Procedure***

- 0–40: Good mental health status
- 41–80: Average mental health status
- 81–120: Poor mental health status

##### **Testing of the Tool**

##### ***Validity***

The validity of the tool was established by submitting the tool to 3 experts in the field of nursing.

##### ***Method of Data Collection***

- Formal permission was obtained from the principal to conduct the study.
- Nature, purpose, and duration of study was explained to the samples.
- Oral consent was obtained from the samples.
- Initially good rapport was maintained with the samples and the purpose of study was explained to them.
- The samples were selected by using purposive sampling technique based on selection criteria.
- Samples were made comfortable, and privacy was provided.
- The questionnaire was distributed and given 15 min to assess the mental health status. After that, investigators collected the data from faculty in person. After that, investigators collected the data from faculty in person.

##### **DATA ANALYSIS**

The data was analysed according to the objectives of the study by using descriptive and inferential statistics.

##### **Descriptive Statistics**

The demographic variables were analysed by using frequency distribution and the percentage.

##### **Inferential Statistics**

The association between the mental health status and demographic variables of samples was analysed by using Chi-square test.

##### **ETHICAL CONSIDERATION**

- Formal permission was obtained from the college authority.
- Oral consent was obtained from the study subjects.
- Anonymity and confidentiality were maintained throughout the study.

##### **DATA ANALYSIS AND INTERPRETATION**

The findings were organized in the following section.

*Section 1:* Distribution of subjects based on the demographic variables.

*Section 2:* Distribution of subjects based on mental health status.

*Section 3: Association between mental health status and selected demographic variables.*

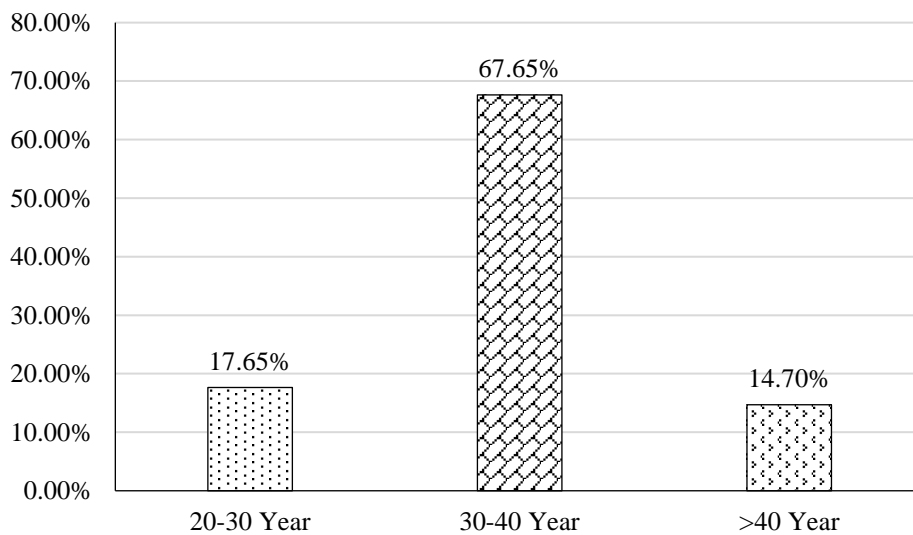
**Section 1: Distribution of Subjects Based on the Demographic Variables**

Table 1 shows that among the faculty age group, most of the subjects' ages are 30–40 years {23(67.65%)}. Regarding gender, 20 (58.82%) were male. Most of the subjects (82.35%) belong to Hinduism. Regarding area of residence, most of the faculty (67.65%) come from urban areas. Regarding marital status, most of the faculty (79.41%) are married. Regarding the type of family, most of them {18 (52.94%)} are from joint families. Regarding socioeconomic status, 32 (94.2%) were in the middle class. 24 (70.59%) of subject families earn ₹ 10,000–20,000. Regarding monthly income, 27 (79.41%) were between ₹ 30,000 and ₹ 40,000. Most of the faculty qualifications, 34 (100%), were postgraduate. Regarding designation, 30 (88.24%) were assistant professors. Regarding the department, 9 (26.47%) were in computer science. Regarding hobbies, 32 (94.12%) said yes. Regarding illness, 28 (82.35%) were nil. Regarding interest in social media, 29 (85.29%) said yes (Figures 1–15).

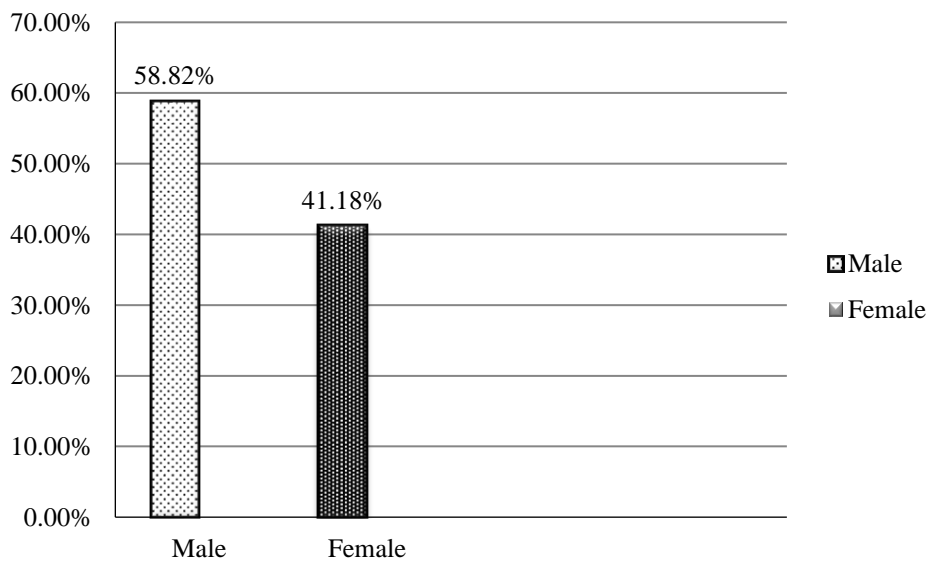
**Table 1.** Distribution of subjects based on demographic variables like age, gender, religion, residence, etc. (N = 34).

S.N.	Demographic variables	No. of participants	Percentage (%)
1.	<b>Age (in years)</b>		
	a. 20–30	6	17.65%
	b. 30–40	23	67.64%
	c. >40	5	14.71%
2.	<b>Gender</b>		
	a. Male	20	58.82%
	b. Female	14	41.18%
3.	<b>Religion</b>		
	a. Hinduism	28	82.35%
	b. Islam	4	11.76%
	c. Christianity	2	5.89%
	d. Others	0	0
4.	<b>Residence</b>		
	a. Urban	23	67.65%
	b. Rural	11	32.35%
5.	<b>Marital status</b>		
	a. Married	27	79.41%
	b. Unmarried	7	20.59%
6.	<b>Type of family</b>		
	a. Nuclear family	16	47.06%
	b. Joint	18	52.94%
	c. Extended	0	0
7.	<b>Socio-economic status</b>		
	a. High class	1	2.94%
	b. Middle class	32	94.2%
	c. Low class	1	2.94%
8.	<b>Family income (in ₹)</b>		
	a. >10000–20000	24	70.59%
	b. >20000–30000	8	23.53%
	c. >30000–40000	2	5.88%
9.	<b>Monthly income (in ₹)</b>		
	a. 30000–40000	27	79.41%
	b. 40000–50000	6	17.65%
	c. >50000	1	2.94%
10.	<b>Qualification</b>		
	a. Undergraduate	0	0
	b. Postgraduate	34	100%
11.	<b>Designation</b>		
	a. Principal	2	5.88%
	b. Head of department	1	2.94%
	c. Assistant professor	30	88.2%
	d. Librarian	1	2.94%
12.	<b>Department</b>		
	a. Computer science	9	26.47%

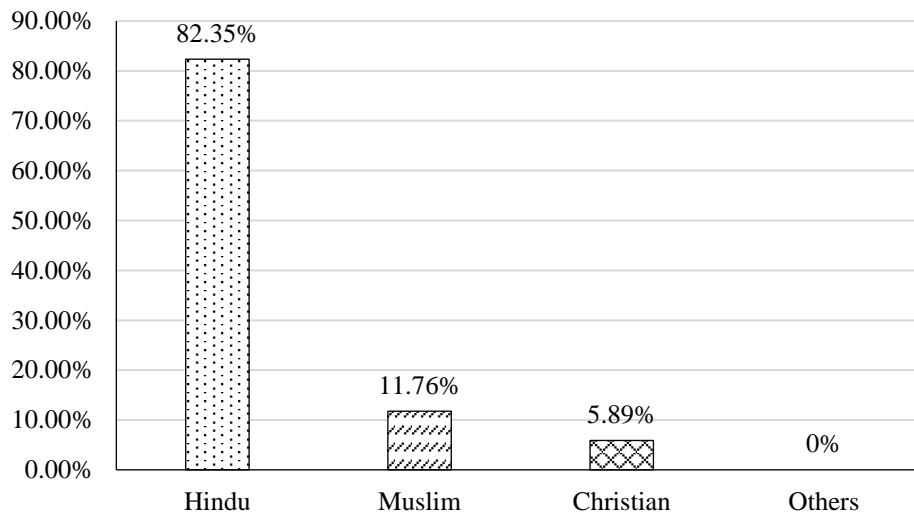
	b. Mathematics	3	8.82%
	c. Commerce	6	17.65%
	d. Chemistry	4	11.76%
	e. English	5	14.72%
	f. Tamil	3	8.82%
	g. Library	1	2.94%
	h. B. Com	2	5.88%
	i. Physics	1	2.94%
13.	<b>Hobbies</b>		
	a. Yes	32	94.12%
	b. No	2	5.88%
14.	<b>Type of illness</b>		
	a. Physical	2	5.88%
	b. Mental	4	11.77%
	c. Nil	28	82.35%
15.	<b>Interested in social media</b>		
	a. Yes	29	85.29%
	b. No	5	14.71%



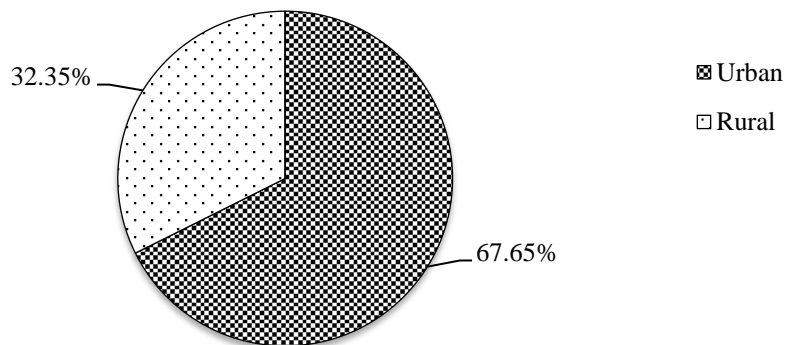
**Figure 1.** Distribution of subjects based on the age (N = 34).



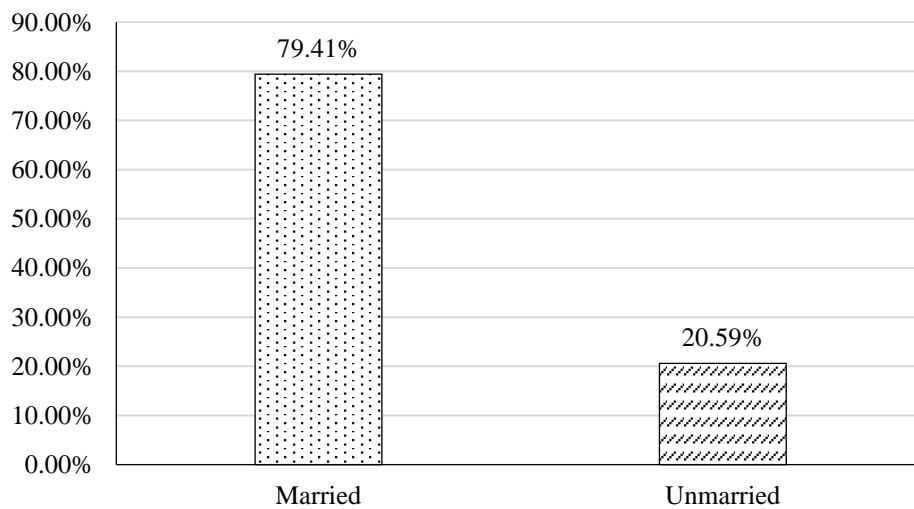
**Figure 2.** Distribution of subjects based on the gender (N = 34).



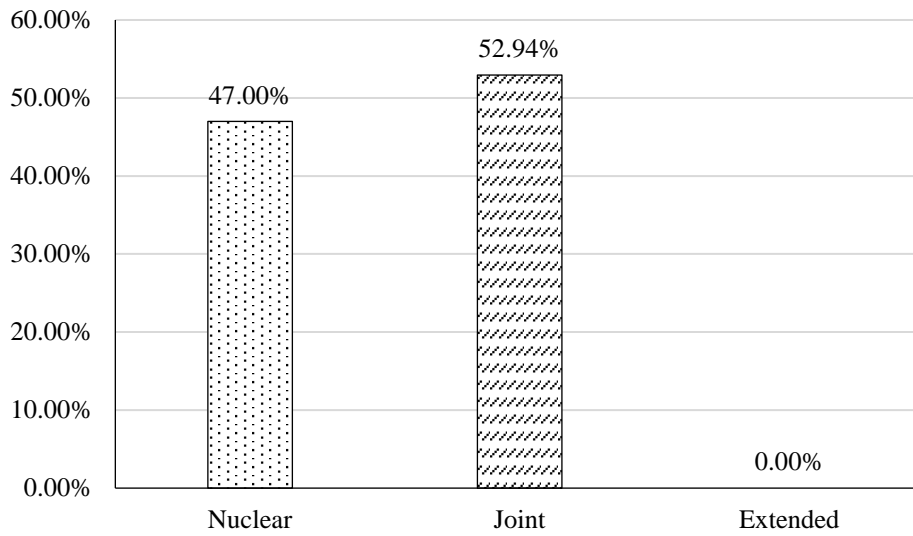
**Figure 3.** Distribution of subjects based on the religion (N = 34).



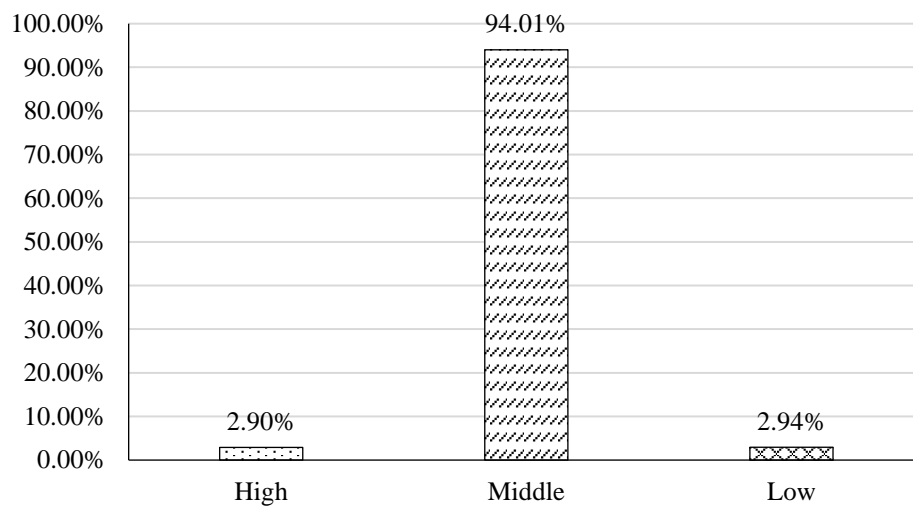
**Figure 4.** Distribution of subjects based on the residence (N = 34).



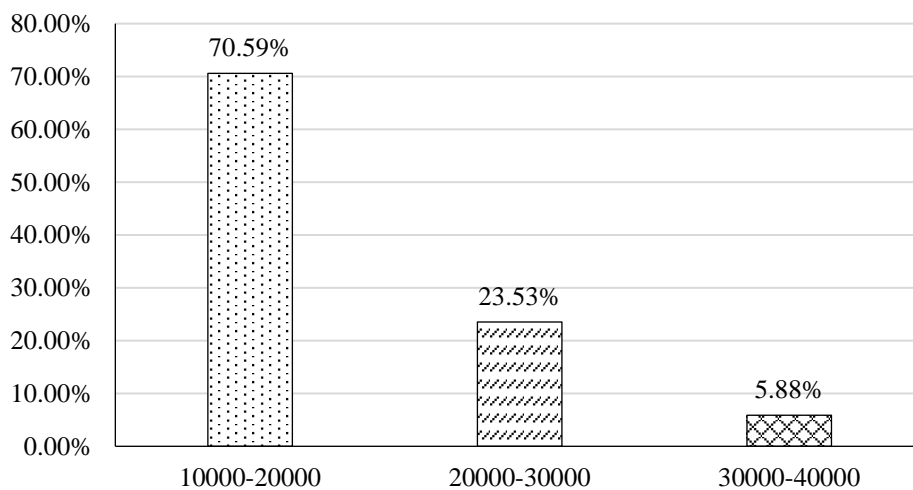
**Figure 5.** Distribution of subjects based on their marital status (N = 34).



**Figure 6.** Distribution of subjects based on the family (N = 34).

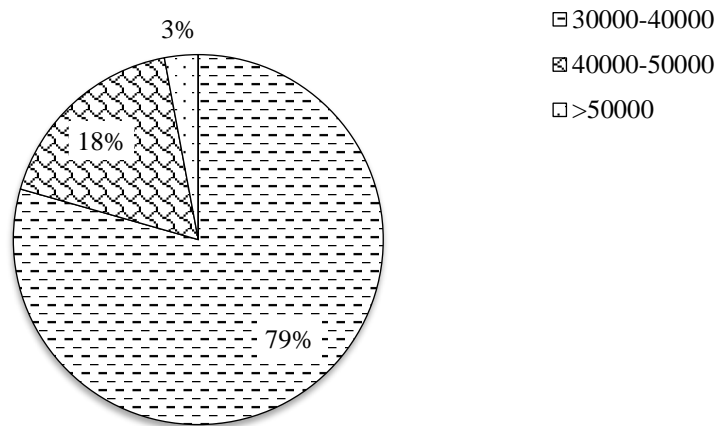


**Figure 7.** Distribution of subjects based on the socioeconomic status (N = 34).

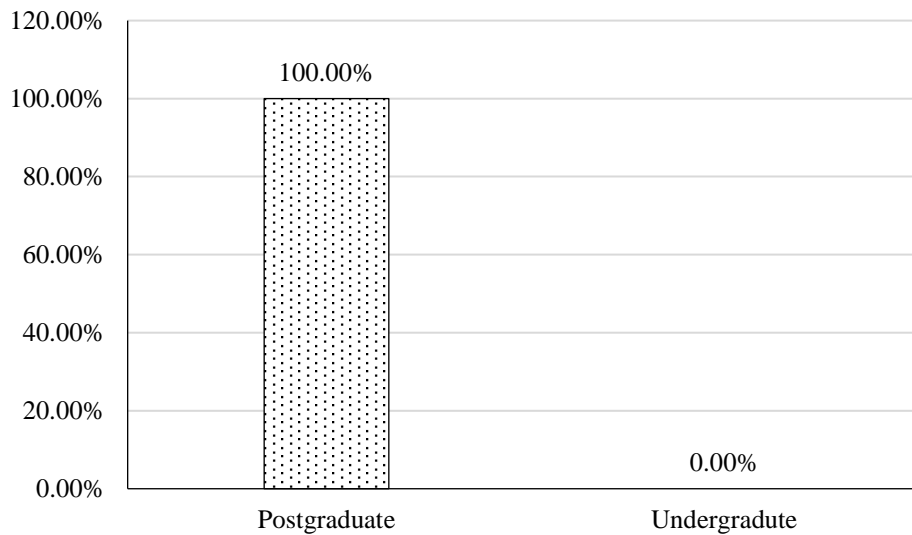


**Figure 8.** Distribution of subjects based on the family income (N = 34).

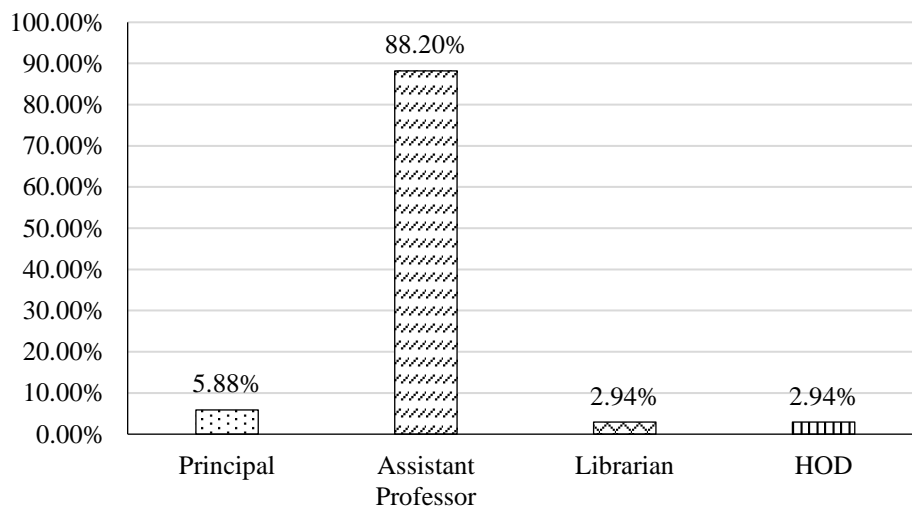




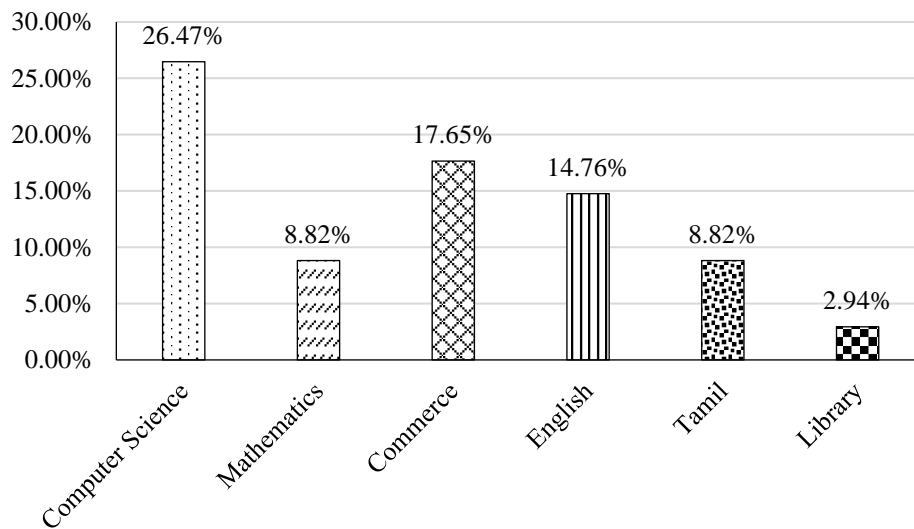
**Figure 9.** Distribution of subjects based on the monthly income (N = 34).



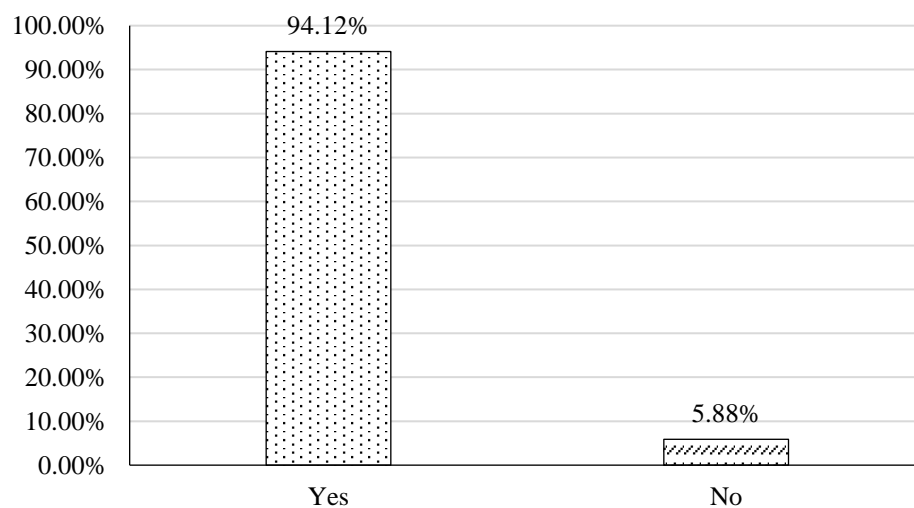
**Figure 10.** Distribution of subjects based on the qualification.



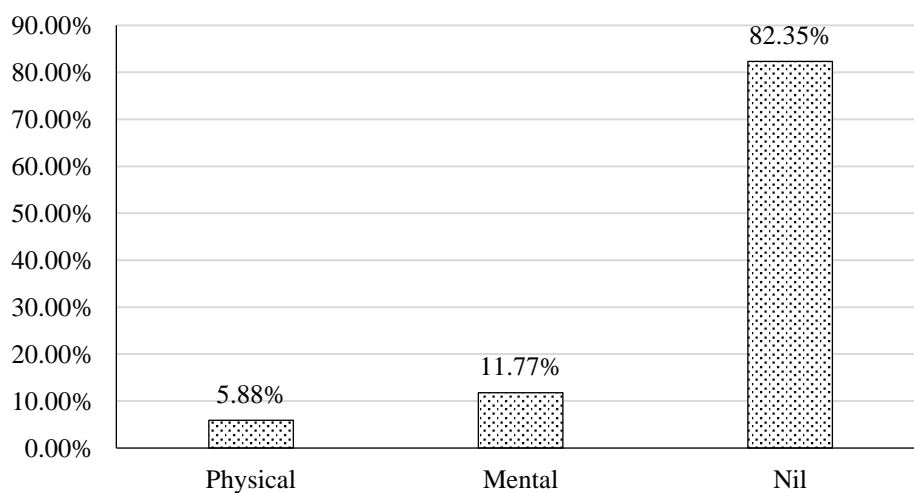
**Figure 11.** Distribution of subjects based on the designation (N = 34).



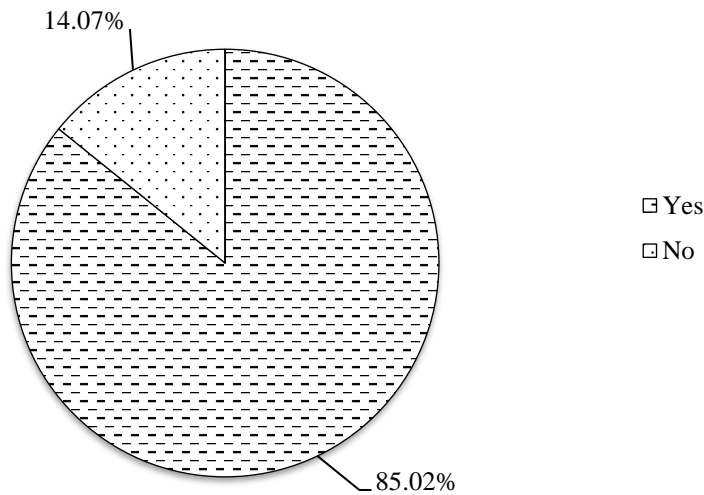
**Figure 12.** Distribution of subjects based on their department (N = 34).



**Figure 13.** Distribution of subjects based on the hobbies (N = 34).



**Figure 14.** Distribution of subjects based on illness (N = 34).



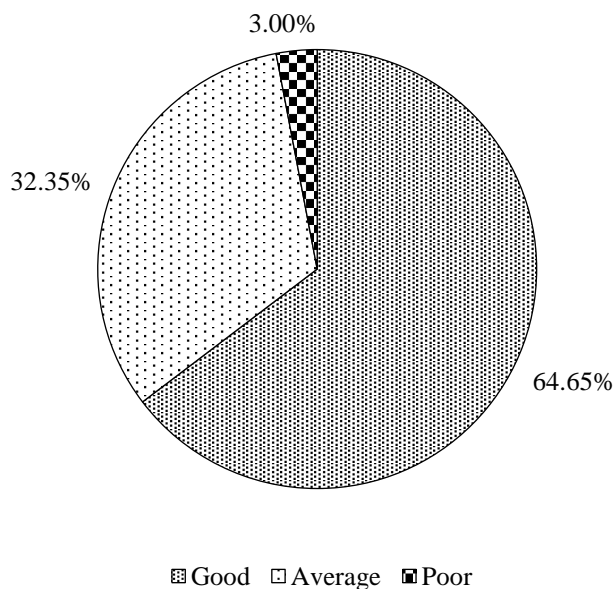
**Figure 15.** Distribution of subjects based on the interest in social media (N = 34).

**Section II: Distribution of Subjects Based on the Mental Health Status**

The data presented in Table 2 shows that out of 34 faculty, 67.65% had good score of mental health status, 32.35% had average score of mental health status, and 0% had poor score of mental health status (Figure 16).

**Table 2.** Distribution of subjects based on the level of mental health status (N = 34).

S.N.	Mental health status	Number	Percentage (%)
1.	Good	23	67.65%
2.	Average	11	32.35%
3.	Poor	0	0
	<b>Total</b>	34	100%



**Figure 16.** Distribution of subjects based on the level of mental health status (N = 34).

### Section III: Association between Mental Health Status and Selected Demographic Variables

Table 3 shows that there was a statistically significant association found between level of mental health status and selected demographic variables such as gender (13.7032), types of family (12.2459), and hobbies (7.9298). There were no statistically significant correlations found between the mental health status and various demographic variables, including age, religion, residence, marital status, socioeconomic status, family income, monthly income, qualification, designation, department, illness, and interest in social media.

**Table 3.** Association between mental health status and selected demographic variables (N = 34).

S.N.	Demographic variables	Good	Average	Poor	Chi-square	df
1.	<b>Age (in years)</b>				0.4363#	4
	a. 20–30	4	2	0		
	b. 30–40	17	6	0		
	c. >40	3	2	0		
2.	<b>Gender</b>				13.7032*	2
	a. Male	12	8	0		
	b. Female	12	2	0		
3.	<b>Religion</b>				8.7058#	6
	a. Hinduism	21	7	0		
	b. Islam	2	2	0		
	c. Christianity	1	1	0		
	d. Others	0	0	0		
4.	<b>Residence</b>				0.3784#	3
	a. Urban	17	6	0		
	b. Rural	7	4	0		
5.	<b>Marital status</b>				0.9712#	2
	a. Married	18	9	0		
	b. Unmarried	6	1	0		
6.	<b>Type of family</b>				12.2459*	4
	a. Nuclear	10	6	0		
	b. Joint	14	4	0		
	c. Extended	0	0	0		
7.	<b>Socioeconomic status</b>				0.8844#	4
	a. High	1	0	0		
	b. Middle	22	10	0		
	c. Low	1	0	0		
8.	<b>Family income (in ₹)</b>				2.6794#	4
	a. >10,000–20,000	15	9	0		
	b. >20,000–30,000	7	1	0		
	c. >50,000	2	2	0		
9.	<b>Monthly income (in ₹)</b>				1.0855#	4
	a. 30,000–40,000	18	9	0		
	b. 40,000–50,000	5	1	0		
	c. >50,000	1	0	0		
10.	<b>Qualification</b>				0#	2
	a. Undergraduate	0	0	0		
	b. Postgraduate	24	10	0		
11.	<b>Designation</b>				5.741#	6
	a. Principal	2	0	0		
	b. Head of department	0	1	0		
	c. Associate professor	22	8	0		
	d. Librarian	0	1	0		
12.	<b>Department</b>				9.6919#	16
	a. Computer science	6	3	0		
	b. Mathematics	3	0	0		
	c. Commerce	5	1	0		
	d. Chemistry	2	2	0		
	e. English	4	3	0		
	f. Tamil	3	0	0		
	g. Library	0	1	0		
	h. B. Com (CA)	1	1	0		
	i. Physics	0	1	0		
13.	<b>Hobbies</b>				7.9298*	2
	a. Yes	23	9	0		
	b. No	1	1	0		

14.	<b>Type of illness</b>					
	a. Physical	1	1	0	5.2715#	4
	b. Mental	1	3	0		
c. Nil	22	6	0			
15.	<b>Interested in social media</b>					
	a. Yes	20	9	0	0.2498#	2
	b. No	4	1	0		

DF: Degree of freedom, \*: Significant, #: Not significant.

## DISCUSSION

Among the faculty, 17.65% were in the age group of 20–30 years, 67.65% were in the age group of 30–40 years, and 14.71% were in the age group of >40 years. Regarding gender, 58.82% were male and 41.18% were female. Regarding religion, 82.35% were Hindu, 11.76% were Muslim, and 5.89% were Christian. Regarding residence, 67.65% were in urban areas and 32.35% were in rural areas. Regarding marital status, 79.41% were married, and 20.59% were unmarried. Regarding type of family, 47.06% were in a nuclear family, and 52.94% were in a joint family. Regarding socio-economic status, 2.94% were in high, 94.2% were in middle, and 2.94% were in low class. Regarding family income, 70.59% were in the range of ₹ 10000–20000, 23.53% were in the range of ₹ 20000–30000, and 5.88% were in the range of ₹ 30000–40000. Regarding monthly income, 79.41% were in the range of ₹ 30000–40000, 17.65% were in the range of ₹ 30000–40000, and 2.94% were in the range of >₹ 50000. Regarding qualification, 0% were undergraduates, and 100% were postgraduates. Regarding designation, 5.88% were principal, 88.24% were assistant professor, 2.94% were librarian, and 2.94% were head of department (HOD). Regarding departments, 26.47% were in computer science, 8.82% were in mathematics, 17.65% were in commerce, 11.76% were in chemistry, 14.72% were in English, 8.82% were in Tamil, 2.94% were in the library, 5.88% were in B.Com. (CA), and 2.94% were in physics. Regarding hobbies, 94.12% were yes and 5.88% were no. Regarding illness, 5.88% have physical illness, 11.77% were having mental illness, and 82.35% have nil. Regarding interest in social media, 85.29% said yes, and 14.71% said no [4–7].

The first objective of the study was to assess the mental health status among teaching faculty:

The present study represented the level of mental health status among teaching faculty. It was evident that out of 34 faculty, 67.64% had good grades, 32.35% had average, and 0% had poor mental health status.

The second objective of the study was to find out the association between the mental health status-related demographic variables, such as age, gender, religion, residence, marital status, type of family, monthly income, family income, qualification, designation, department, hobbies, illness, and interest in social media. It was evident that:

- A notable correlation was observed between the mental health status and certain demographic factors like gender, family structure, and leisure activities.
- There was no statistically significant association between the level of mental health status and selected demographic variables such as age, religion, residence, marital status, socio-economic status, family income, monthly income, qualification, designation, department, illness, and interest in social media.

These findings were conducted in a non-experimental study to assess the mental health status of degree college lectures in a selected college in Rayalaseema Zone, Andhra Pradesh, India. Using the convenience sampling technique, 60 male lectures and 60 female lectures were selected. Information was gathered through a survey instrument aimed at evaluating mental health status. Findings from the study reveal a notable distinction (at the 0.01 significance level) between male and female educators concerning their mental well-being. As a result, the researcher partially validated the research hypothesis [8–10].

## CONCLUSION

The objective of this study was to evaluate the mental well-being of teaching faculty within a chosen arts college. The research was carried out at Sri Vidhya Arts & Science College in Virudhunagar.

Employing a descriptive research design, the study employed non-probability purposive sampling to select 34 participants. Mental health status among teaching faculty was assessed using the symptom check list-90, with data collection, organization, tabulation, and analysis conducted using both descriptive and inferential statistical methods. The findings of this investigation revealed that among the 34 teaching faculty members, 67.64% exhibited good mental health status, while 32.35% displayed an average mental health status, with none showing poor mental health status. Furthermore, a notable association was observed between the mental health status of teaching faculty and various demographic variables, including gender, family type, and hobbies. There was no significant association between the mental health status of teaching faculty and selected demographic variables such as age, religion, residence, marital status, socioeconomic status, family income, monthly income, qualification, designation, department, illness, and interested in social media.

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