

A Study of Effect of Optimism on the Emotional Health of Teachers

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Abstract - The profession of teaching has traditionally been seen as a labor of kindness and love. The unusual privilege of handling the motherland's most priceless materials belongs to the teacher educator. The teacher educator has always been known for the well-being of the group and advancement of its culture throughout the ages and shapes the national character and destiny of the country as he has sound Mental Health and Emotional Intelligence. His road wasn't simple then, nor is it simple now, or in the technological era.

Index Terms - Emotional Health, Teacher Educator, Optimism.

INTRODUCTION

Due to its fast spread, the 2019 Corona viral illness (COVID-19) has resulted in a global pandemic that has already claimed millions of lives. It's probable that changes in teachers' emotional well-being are connected to changes in their working circumstances. Low morale, terrible life events, poor self-perception, and struggles to keep one's personal standards and values in the classroom can all contribute to a teacher's level and kind of stress (Worrall & May 1989).

According to Milstein Farkas (1988), stressors in the teaching profession include pressure from parents and the larger community, student misbehaviors and discipline issues, low motivation on the part of the students, a heavy workload and time crunch, role conflict and role ambiguity, and conflicting staff relationships with management and administration.

OBJECTIVE

To study the dimension Optimism of teacher Educators of SGVU on the basis of their Gender.

Hypothesis

There is no significant difference of optimism dimension of Emotional Health among the Teachers of SGVU on the basis of their Gender.

TECHNICAL TERMS DEFINED

Emotional Health:

Emotional health is about how we think and feel. It is about our sense of wellbeing, our ability to cope with life events and how we acknowledge our own emotions as well as those of others.

Teacher Educators:

The preparation, instruction, or facilitation of teacher educators is referred to as education of teacher educators. Today, "teacher educators" refers to anybody who initiates, directs, and supports teacher learning over the lifetime. This includes both those who educate future teachers and those who educate current teachers. However, there are occasions when the phrase "teacher educators" solely refers to individuals who instruct future teachers, not those who offer professional development for working teachers.

Optimism

Finding the positive in every situation is the essence of optimism. You're optimistic if you believe the day will be excellent despite the fact that the bills are due, you misplaced your wallet, and you forgot to pack a lunch.

Population

The population of the study was the teacher educators of private universities of Jaipur district, Rajasthan

Sample

The current study's sample included 30 teacher educators. Two groups were created from the sample. (15 male and 15 female).

S. NO	VARIABLE	SAMPLE	TOTAL
1	Male	15	30
2	Female	15	

Operational Hypothesis

[1] Comparison between male and female emotional health.

Hypothesis

There is no significant difference of Optimism dimension of Emotional Health among the Teacher Educators of SGVU on the basis of their Gender.

TABLE-4

N	Sum	Score	Percentage
Male (15)	75	71	94.66%
Female (15)	75	69	92%

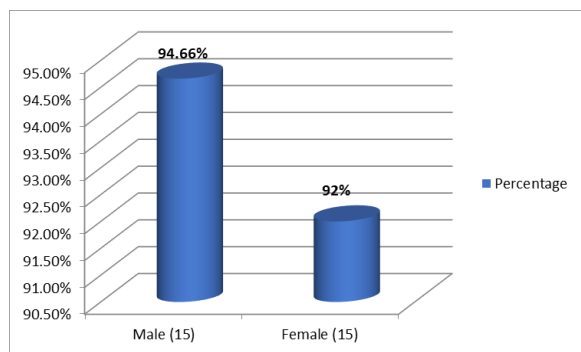


Fig- Difference of Optimism dimension of Emotional Health among the Teachers of SGVU on the basis of their Gender

ANALYSIS AND INTERPRETATION OF DATA

No difference has been found in the significant level of the presented hypothesis, so hypothesis accepted here. Through the table and graph presented by the researcher, the Optimism of Teacher Educators has been shown by the researcher can be easily understood in the graph. The Optimism of male is 94.66 % and female is 92 %.

Through the table presented by the researcher, the Emotional Health of male and female teacher educators has been shown by the researcher and by the Optimism dimension which can be easily understood in the table.

Discussion

According to the percentage category, the level of Emotional health generated by Optimism Dimension falls in the high-level category and it can be said that the Optimism of teachers of Suresh Gyan Vihar University is nearly same. And it is shown by this table and graph that the Optimism of male is 94.66 % and female is 92 %. According to the percentage category, the level of Emotional Health generated by Optimism dimension is high and it is shown by this table and graph that the Optimism of male and female teacher educators is nearly same.

Delimitations

- [2] The study only covered dimensions optimism.
- [3] The study's scope was restricted private universities of Rajasthan's Jaipur area.

MAJOR FINDING

It was hypothesized that no difference is found between the emotional health of male and female teachers. After analysis and interpretation of the data, it has been found that the data supports the assumption and because the assumed values are shown in the table at both levels of significance. Is equal to the closing price, so which shows that both the female teacher and the male teacher have the same emotional health, well this leads to the conclusion that both the male teacher and the female teacher remain emotionally stable.

CONCLUSION

The emotional well-being of teacher educators toward the internal assessment conducted by SGVU is not significantly different based on gender. Their non-significant test results reflect the fact that we now live in a gender-neutral society where everyone has the same opportunity to develop their skills. As a result, there is no discernible difference between the emotional health of SGVU's male and female teachers. There are no appreciable gender-based differences in the optimism of teacher educators regarding the SGVU internal assessment. Their non-significant test findings are a reflection of the gender-neutral culture we now inhabit in where everyone has equal access to opportunities for skill development. As a result, there is no obvious distinction between the emotional wellbeing of male and female teachers at SGVU.

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