

A STUDY OF STRESS RELATED TO MENTAL HEALTH AMONG M.ED. TRAINEES DURING PANDEMIC

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ABSTRACT

The student stress is a persistent complex problem that is well documented in literature one that also proposes ways to manage or combat stress, not in education recent student teacher name and teacher stress is being identified with data to suggest what stages in students' careers should be included in order to cope with the stress of teaching. So that it can help students to overcome stress because students do not leave home in stressful situations of epidemic and M.Ed. students taking online learning training at home shows a stressful situation with the same problem within this study. In order to deal with this problem, the researcher has completely focused his attention.

Keywords: Mental stress, Academic Stress, Academic Streams

Introduction

At an individual level, the pandemic has created a series of tensions in people's daily lives, in which the fear of death and infection makes people mentally disturbed. A series of epidemic and epidemic prevention and control measures have resulted in an increase in symptoms and signs of stress, anxiety and depression among the general population and other specific groups, including people in epidemiology. Due to the increasing rate of infection of the epidemic, there has been a change in the mental health status of students and their work lists have also changed. Hence most students are not prepared to face the technical challenges that come with the pandemic due to lack of skill and preparation and experience in terms of distance learning methods and uncertainty can be seen on the impact of distance learning on the educational nature as students experience high levels of psychological distress due to the pandemic. Students are beginning to see the characteristics of each student in the new context and students are compelled to stay at home due to the feeling of stress and helplessness and women teachers and girl students are once more aware of the consequences of gender equality related to household facing.

Objectives

- To study the mental stress among M.Ed trainees during pandemic on the basis of Gender (Male and Female)

Hypothesis

- There is no significant difference between in the mental stress among M.Ed Male and M.Ed Female trainees during Pandemic.

Research Method

Research methods falling in the above stated last two groups are generally taken as the analytical tools of research. Research methodology is a way to systematically solve the research problem. In the present study the researcher

has adapted Survey method for collected data.

Variables

- The researcher has taken independent variable of mental stress among during pandemic in this research area.
- The researcher has taken dependent variable- M.Ed. Trainees in this research area.

Descriptive Analysis

There is no significant difference between in the mental stress among M.Ed Male and M.Ed Female trainees during Pandemic.

Category	Total Student (N)	Mean (M)	Standard Deviation (SD)	t Value	level of significance
M.Ed Male trainees	30	20.9	2.00602541	2.16	Accepted
M.Ed Female trainees	30	19.9	1.539144		

Degree of Freedom (df)

$$= N1+N2-2$$

$$30+30-2$$
$$58$$

$$\text{Value of } t \text{ at } 0.05 \text{ level} = 2$$

$$\text{Value of } t \text{ at } 0.01 \text{ level} = 2.66$$

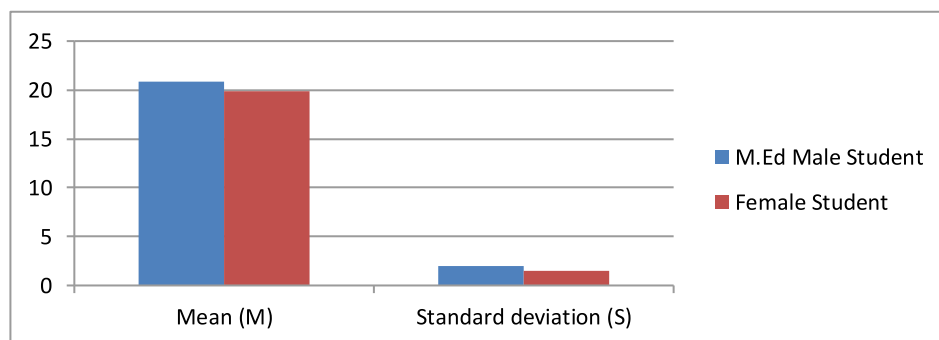
Analysis

The t- value obtained by calculation in above table no. 4.1 is 2.16 which is greater than t- value 2 and less than 2.626 of 0.05 and 0.01 level given in t table index. Mean of both the group is 20.9 and 19.9 standard deviation is 2 and 1.53 Therefore, a significant difference was not found in the hypothesis and it was accepted.

Discussion

Therefore, on the basis of the conclusion, it can be said that the mean value of M.Ed students was seen more than that of M.Ed female students and in standard deviation also the standard deviation of male students was seen more than female students. Hence the t-value was found to be 2.16 and the above hypothesis is accepted at 0.05 level of confidence.

The graphical representation of the mental stress among M.Ed Male and M.Ed Female



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Conclusion

Male and female teacher trainees do not differ significantly on the variable of mental stress during Pandemic. The present study has helped the teachers in evaluating the behavior of the students in the light of mental stress so that they can able to understand their students and make their teaching effective and in co-ordination with the needs and aspirations of the teacher trainees.

Educational Implications

- Online orientation programmes about the ethics, norms, conditions and duties towards the profession as well as towards their students will take them a long way in helping their students to reduce stress by removing the factors responsible for causing stress.
- If the parents, teachers, school personnel, counselors and guidance worker developing into the connective hazards of mental health, home environment and emotional intelligence for stress, then it can play a pivotal role in the nourishment of harmonious personalities.

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