Introduction

A student has very significant role in nation building process. Only high academic achievements will not confer a meaningful role of nation builders, unless he fulfills his obligations with care and devotion. So more emphasis is to be given to all round development of the students. This is possible if the need of preserving mental health of students is desired by all i.e. by the parents, teachers and society.

Mental health is an important determinant of one’s wholesome personality and balanced behavior on basis of the level of person’s adjustment to his own self, others and his environment. Acquisition of such wholesome personality is very much essential for an individual to know himself, live his life to the fullest and also to give something useful and productive to the society in return. Human beings make transformation, transformation means change. In order to achieve such wholesome personality, change has to be made, which in turn requires adjustment. If one does not achieve a harmony with one’s environment it leads to various problems. These problems actually affect the mental health of an individual.

The concept of mental health is very old, old as human beings. It is a state of well being in which an individual realizes his or her own capabilities, can cope with normal challenges and stresses of life, can work productively and fruitfully and is able to make a contribution to his or her society. It involves a humanistic approach towards self and even others.

Mental health is an index or an indicator which shows the extent to which a person has been able to meet his environmental demands: social, emotional or physical. Mental health may include an individual’s ability to enjoy life and strike a balance between life activities and efforts to achieve psychological balance. According to Symonds (2010), the four fold concepts of mental health are:

1. Balance between the demand of society and the desire of the individual.
3. Adequate functioning: The ability of burnout/release threats and frustrating situations.
4. Compromise between inner desire of individual and the demand of the society.

The neglect of mental health results in very serious consequences and makes a person unable to cope with the demands of life and future career. Especially students with mental problems socially isolate themselves and develop anxiety disorders and problems of concentration. Sound mental health ensures all-round
academic experiences which enhances social and intellectual skills that lead to self confidence and good academic performances. Mentally healthy person contributes to the sound functioning of human relationships. Mental illness can disturb communication with family, friends and colleagues. It also leads to difficulty in nurturing relationships and fulfilling the commitments and responsibilities.

In today’s competitive world, education is an important tool for the socially disadvantage people to raise their standard of living. The students living in poor environment cannot develop their performance in schools and achievements in social life, where-as children from well off families show superior cognitive abilities, competence and other similar skills. Student’s perception or attitude towards their social status and economic status has got considerable influence over their mental health.

One of the major aims of education is all round development and wholesome personality of students. Society exerts the greatest influence on the development of an individual’s behavior. Teacher and parents have greater responsibility to enhance mental health of the students. Here teacher’s behavior plays a vital role in molding the mind set of students as they blindly imitate their teachers and gets influenced by them very easily. This may finally affect the mental health of students to a large extent.

Evidence from world health organization states that approximately half of the world’s population is affected by mental illness with its effect on their self esteem relationships and ability to work efficiently in their daily life

Hence the researcher has decided to undertake the study on impact of teacher behavior, social status and economic status on mental health of B.Ed. students who are future teachers.