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Comparative study of emotional health status between teaching and non-teaching employees of Punjabi University Patiala

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Abstract

In the present study it was planned to scrutinize the of emotional health status between teaching and non-teaching employees of Punjabi University Patiala. The purpose of present study was to explore the knowledge and difference about the Wellness status of teaching and non-teaching employees of Punjabi University Patiala. To achieve this purpose total eighty male (40 Teaching and 40 Non- teaching) employees of Punjabi University Patiala were purposively selected as subjects. The age of the subjects ranging between 25 to 50 years. Data was collected from primary sources. The tool used for data collection was a structured 'Wellness Questionnaire' which was constructed by Gordon Edlin and Eric Golanty in 2004. After collecting the relevant data mean, S.D. and t test was applied. The level of significance was set at 0.05 percent. The level of significance was set at 0.05 percent ($p < 0.05$). In conclusion, it is evident that the results of 't' test between two groups with regard to the sub-parameter Emotional health of wellness status were found to be statistically insignificant between male teaching and non-teaching employees.

Keywords: Emotional health, non-teaching employees, emotional wellness

Introduction

Wellness is an active process of becoming aware of and making choices toward a more successful existence.

Individual's status of mind is an important aspect of this wellness process. This wellness is also called as "Emotional Wellness". As per Chinese Proverb, "Where mind goes, the body follows." Status of mind effects on the body of the individual and may lead to physical health problem. Individual attitude is the imperative factor of thinking process. Attitude can create positive thoughts and negative thoughts. Psychological illness includes low self-esteem, stress, depression / hypertension, lack of interest, loneliness, insecurity, helplessness, anxiety, depression, eating disorders, and substance abuse.

Methodology and Procedure

In the present study it was planned to scrutinize the of emotional health status between teaching and non-teaching employees of Punjabi University Patiala. The purpose of present study was to explore the knowledge and difference about the Wellness status of teaching and non-teaching employees of Punjabi University Patiala. To achieve this purpose total eighty male (40 Teaching and 40 Non- teaching) employees of Punjabi University Patiala were purposively selected as subjects. The age of the subjects ranging between 25 to 50 years. Data was collected from primary sources. The tool used for data collection was a structured 'Wellness Questionnaire' which was constructed by Gordon Edlin and Eric Golanty in 2004. After collecting the relevant data mean, S.D. and t test was applied. The level of significance was set at 0.05 percent. The level of significance was set at 0.05 percent ($p < 0.05$).

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Results of the Study

Table 1: Shows the Mean, S.D. and t value of Emotional Health variable between Teaching and Non- teaching male employees of Punjabi university Patiala

Group	Mean	S.D.	t - value
Non- teaching	40.35	2.68	0.9696
Teaching	41.03	3.49	

* $t_{0.05(78)}=1.980$

Table & figure 1: shows the Mean and S.D. values of Emotional Health of Teaching and Non- teaching male employees were 41.03 ± 3.49 and 40.35 ± 2.68 respectively. The obtained “t” value 0.9696 (1.980) was found statistically insignificant, at .05 level of significance.

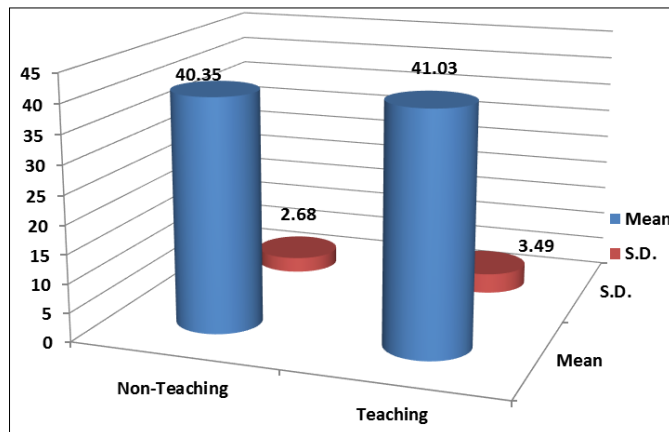


Fig 1: Shows Mean and S.D. Of Emotional Health variable between Teaching and Non- teaching male employees of Punjabi university Patiala

Conclusions

In conclusion, it is evident that the results of “t” test between two groups with regard to the sub-parameter Emotional health of wellness status were found to be statistically insignificant between male teaching and non-teaching employees.

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