

A Study of Mental Health of B.Ed. Trainees in Relation to their Self Control and Certain other Variables

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The aim of the present study was to study the Mental Health of B.Ed. Trainees in Relation to their Self Control, Type of family, area, and economic status.

Findings of the study

- It was revealed that Self-control has an effect on the mental health of B.Ed. college trainees. The trainees who had good self-control had good mental health.
- Economic status was not found to have an effect on the mental health of B.Ed. college trainees.
- Family type was not found to have an effect on the mental health of B.Ed. college trainees.
- It was found there was a significant effect of area on the mental health of the B.Ed. trainees. The mental health of trainees in urban areas was better than that in rural areas.
- There was no difference in the mental health of boys and girls studying in B.Ed. college.
- No effect of covariates was observed on the mental health of B.Ed. college trainees.
- The significant interaction effect was found of self-control and type of family on the mental health of college students. A difference was observed in the mental health scores of high economic status and low economic status trainees who lived in joint families and had high self-control.
- The significant interaction effect was found of Self-control, family type and income on the mental health of trainees. Those with lower income, joint families and better self-control had better mental health.