

Mental Health of In-service Teachers in Yangon Region

Hla Hla Thi¹ and Ei Thandar Kyaw²

Abstract

The main purpose of this study was to investigate mental health of in-service teachers in Yangon Region. Descriptive survey method was applied and quantitative approach was executed in this study. The participants were 600 in-service teachers who were selected by random sampling method. As research instrument, Mental Health Inventory (MHI) developed by Jagdish & Srivastava, A.K. (1983) were adapted to examine mental health of in-service teachers in this study. According to descriptive analysis, mental health of in-service teachers was satisfactory. ANOVA results showed that mental health of in-service teachers was independent with regard to district, age and job experience though their mental health was affected by designation.

Key words: Mental Health, In-service Teachers.

1. Lecturer, Department of Educational Psychology, Yangon University of Education

2. Senior Assistant Teacher, BEHS(Branch, Thonze), Tharyarwady Township, Bago Region