

## SPIRITUAL HEALTH OF SECONDARY SCHOOL TEACHERS

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### ABSTRACT

*The present study aimed at exploring Spiritual Health of Secondary School Teachers. The Government aided unaided School Teachers rated they for the study. The study revealed that most of the teachers have significant Spiritual health. In this study teachers are classified into three levels- high, average, low level of spiritual health.-level spiritual health quotient (SHQ). The study also showed that Spiritual health index is not influenced by gender and locale of teachers.*

*KEYWORD: Spiritual health*

### INTRODUCTION

*“Knowledge without spirit is like finding yourself on a cold night with all the wood in the world and no flame to ignite it”*

GUY FINLEY

The spiritual health proposed here claims that these four sets of relationships can be developed in corresponding Personal, Communal, Environmental and Global domains of human existence, each of which has two aspects - knowledge and inspiration. Progressive synergism describes the inter-relationship between the four domains. The quality of relationships in the four domains constitutes, spiritual well-being in each domain. Spiritual health is indicated by the combined effect of spiritual well-being in each of the domains embraced by a person.

Bensely had identified six perspectives in spiritual health .they are –a sense of fulfillment in life –values and beliefs community and self –wholeness in life-a factor of well being-a controlling higher power or godlike force and the human or spiritual interaction. There are four domains of human existence , for the enhancement of spiritual health, that is relation with self, in the so-called personal domain, relation with others in the so-called communal domain, relation with environment ,in the so called environment domain, relation transcendent others ,in the so called global domain .therefore spiritual health can be seen as a fundamental dimension of people s overall health and well-being and integrity all the other dimension of health as it is – a dynamic state of being shown by the extent to which people live in harmony with – themselves, others, something beyond the human level and environment.

Spiritual health is a higher dimension of intelligence that activates the qualities and capabilities of the authentic self (or the soul), in the form of wisdom, compassion, integrity, joy, love, creativity, and peace. Spiritual health results in a sense of deeper meaning and purpose, combined with improvements in a wide range of important life skills and work skills.it is not a religion, nor is it religious. It is not a theology, it is not o philosophy, and it is not a system of ethics or a moral code. It is not a rational intellectual faculty that can be brought to bear analytically or academically. Above all spiritual intelligence is not something mysterious that is the province of the special few.

The secret of spiritual health is that it is yours. It is the potential behind your creativity. Spiritual Intelligence is the root of fulfillment and prosperity for anyone who chooses to engage with it. It is not for the faint-hearted. It demands that we be prepared to drop our beliefs about everything we've used in defining ourselves to ourselves. Every idea that undermines us must be abandoned. When we choose to engage with Spiritual health it means we are committing to feel and become fully the truth of who we are.

Among the greatest of all services that can be rendered by human to almighty God, is the education of children, so that they can be led to the way of salvation. Education is the only rescuer of mankind. It provides enlightenment to realize the self. Enlightenment and empowerment of human being is possible only through effective system of education which up to a large extent depends upon the efficient teachers. No education system can boom without the learned, proficient and effective teachers. Teachers to become effective need to know their students well and be able to adapt their teaching styles to a particular classroom and to individual students. Effective teachers are those who achieve the goals they set for themselves. According to Anderson, "An effective teacher must possess the knowledge and skills needed to attain the goals and must be able to use that knowledge and skills appropriately if the goals are to be achieved. "Teaching is always a dynamic activity. It unfolds a world of knowledge and information, experience and erudition". Henry Von Dyke has said about teachers and teaching, "Ah! There you have the worst paid and the best rewarded vocations. Do not enter it unless you love it. For the vast majority of men and women it has no promise of wealth and fame, but they to whom it is dear for its own sake are among the nobility of mankind. I sing the praise of the unknown teacher, king of himself and leader of the mankind" (Singh 2009).

In the current scenario, the effectiveness of teachers has become vital to face the emerging challenges of globalization and liberalization on the one side and mushrooming of the educational institutions on the other side. Those who study and attempt to improve teacher effectiveness must be mindful of the goals imposed on the teachers or the goals that teachers establish for themselves, or both. Teacher competence and teacher performance both are equally important for a teacher to be effective.

Wolman reported that spirituality is concerned with the fundamental issues of life and death, which make possible for us to make connections to the world and to each other that give our life happiness and purpose. Self-awareness, universal awareness, self-mastery are the important factors of spiritual quotient. Spiritual intelligence is "the ultimate intelligence in which we address and solve problems of meaning and value, in which we can place our actions and our lives in a wider, richer, meaning-giving context and the intelligence with which we can assess that one course of action or one life path is more meaningful than another." It deals with the questions of deep meaning and desire for transcending the confinement of the ego-self which occur periodically throughout life. It is an ability to behave with wisdom and compassion while maintaining inner and outer peace regardless of the circumstances. It focuses on how well we maintain our inside, stay calm and treat others with wisdom and compassion, as together form the manifestation of love.

Spiritual health has become an important part of our lives in today's time of social chaos. Having realized the potential of spiritual intelligence, many education commissions have recommended that spiritual aspects are needed for the harmonious development of the learner. In the present preview of modernization, the quality of being spiritually intelligent has become a necessity for the teachers too. It is important to make teachers spiritually intelligent to encourage spirituality to grow in classroom. It is rightly stated that spiritual health is not just about what we learn and how we believe. It is about what we do and why we do so. So the present study was intended to investigate the spiritual health among secondary school teachers.

### **OBJECTIVES**

The following objectives were formulated for the present study:

- To identify the index of spiritual health of Secondary School Teachers.
- To find out the different levels of spiritual health groups among school teachers.
- To find out the gender differences on spiritual health among school teachers.
- To find out the locale difference on spiritual health among school teachers..

### **METHODOLOGY**

#### **SAMPLE**

The Random sampling technique was used. The total sample selected for the study was 100 school teachers both Male and Female from Government and aided Secondary Schools given due weightage for each strata of Alappuzha ,Kollam, Ernakulum district were selected .

#### **TOOLS USED FOR THE STUDY**

The investigator prepared a scale for calculating spiritual health quotient of secondary school teachers .the prepared self-rating scale used for assessing spiritual health. It consist of 23 items. Each item is measured on a five point scale. All the items are scored as 5, 4,3,2,1. Out of 23 items 9 are negative statement. There is no time limit. Total sum of all items was considered as the spiritual health quotient.

#### **METHOD USED IN THE STUDY**

The survey method was used for the study to collect the data. After development of spiritual health scale with the permission of head of the institutions the investigator herself collect the data from the secondary school teachers.

#### **STATISTICAL TECHNIQUES**

The statistical measures such as Mean, Standard Deviation and t-test were used for analysis of data.

#### **RESULTS AND DISCUSSIONS**

The following tables and their explanations given the result of the study.

**Table 1 - Spiritual health quotient**

Total sample	N	MEAN	SD
spiritual health quotient	100	78.56	26.47

The mean score of spiritual intelligence 78.56 denotes that most of the school teachers have high spiritual health.

To identify the different levels of spiritual health quotient calculate mean +standard deviation and mean -standard deviation, the scores greater than the sum of mean and SD are considered as high and scores less than mean -SD are low level and who scored in between these two value is considered as average level of Spiritual health quotient. The table 2 gives the details of levels SHQ.

**Table 2 - Different Levels of Spiritual health quotient**

Levels of S H Q	No of male	No of female
High SHQ	21	19
Average SHQ	27	24
Low SHQ	2	7

The table given below indicates the difference of spiritual health quotient of male and female teachers.

**Table 3 - Spiritual health of male and female school teachers**

Gender	N	Mean	SD	T
Male	50	82.43	5.4	1.8
female	50	80.62	3.86	

Comparison of the SHQ of the male and female teachers school teachers ,the obtained t value is less than the table value .therefore there is no significant difference exist between male and female teachers in their spiritual health.

**Table 4 - Spiritual health of rural and urban school teachers**

locality	N	Mean	SD	T
Rural	50	87.43	4.6	1.067
Urban	50	88.32	3.7	

It is found that there is no significant difference between rural and urban school teachers .the locale is not affected in the spiritual health of teachers.

**CONCLUSION**

The body, mind and spirit are connected; the health of any of these elements seems to affect the health of others. When we feel spiritually connected and fulfills everything in our lives happier. The factors like gender and locale not influenced in the spiritual health of the individual.