

Psychological Well being and Teaching Competency of Teachers

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Abstract

This article highlight the concept of psychological well being and teaching competency of a teacher, and also point out teacher's the importance of positive mental state to improve their teaching skills, which in turns help them to develop their knowledge level as well as life skills. Psychological well being and teaching competency are like two sides of coin to a good teacher, which also influences student development.

Introduction

A major contributing factor for many of the problems in our society today can be traced to the lack of awareness of good being. Well being or wellness is a general form for the condition of and personality. The well being into two points is positive and native being. A high level of well-being means in some sense the person's behavior act like is positive otherwise is native being. Teachers and parents play an important role to develop the psychological well to the students. Teachers are more time spending with students compare to parents there is only way to get knowledge and well being. The teachers more respond fully to this society to develop good behavior. It shows the importance of psychosocial well being is most important to everyone. Psychological well being is positive metal stage that time teacher should be teaching in full of competency its reach hundred percentage with pleasant way. Fulfill their work is psychological well-being manner and satisfied their using teaching skills.

Psychological well being

Psychological well-being nothing but it's a positive thought. Psychological well-being balances to emotions, positive attitude, and life satisfaction personal optimization pro-social behavior. Psychological well being reflect in quality of life improves as individuals see theme selves functioning more fully to their potential and capacities six factors model of psychological well being developed by Carol Ruff. And that's are Self-acceptance, Personal growth, Positive relationship with others, Autonomy, Purpose in life, and Environmental mastery. These six factors are developed by Carol Ruff; he suggested the following factors will lead to satisfaction in life.

Self -acceptance

Self-acceptance is nothing but to know our one's strength and weakness and feeling of satisfaction with one's self despite deficiencies and regardless of past behaviors and choices. Shepard (1979) stated that the self-acceptance is an individual's satisfaction or happiness with oneself, and is thought to be necessary for good mental health.

Personal growth

Personal growth nothing but, its covers activities that develop awareness and individuality, develop our talent and potential, and build human capacity to enhance the quality of life.

Purpose in life

The purpose in life refer is not to be just happy. It's to be helpful with others, to be respectable with others, to be kindness, and to have it to make some difference that you have lived and lived well. Life has many definitions like; life is a journey from birth to death.

Positive relationship with others

Everyone should have a sense of social belongingness, the capacity to maintain a relationship is essential to us to function with this society. This is an important component of being a positive sense. The positive relationship with others means make happiness and joyful to whom one trusts you and who one cares and believes you.

Autonomy

Autonomy means self-rule and self-governing independent or freedom, as of the will or one's actions. A person makes independent decisions. \

Environmental mastery

Environmental mastery is the competence to handle the nature calamities effectively. It is the ability to handle the environmental crisis such as natural disasters in a more professional way. It also includes how best an individual can accommodate the environmental change.

Every individual wants a pleasant and peaceful life, that's only possible for the above six factors. The teacher must know the psychological well being because they are part of the education system. Psychological well being makes happy and understanding with our self, throughout the education. Kasapoglu & Didin (2019) state that, life skills as a predictor of psychological well-being of per-service pre-school teacher in turkey. This study aims was to investigate the relationship between pre-school teachers' life skills and psychological well – being. This result shows a high level of psychological well-being is relatively that life skill. It is concluded that pre-service pre-school teacher's psychological well-being levels are highly developed and they developed most is communication and interpersonal relationships. In this regards teachers have psychological well being for a balanced emotional state and improve empathy and self-awareness, decision making and problem-solving.

Teaching Competency

Teaching is the best part of imparting knowledge. Teacher should be efficient in the teaching-learning process. A perfect teacher should know all type of teaching skills and strategies. Teacher wants more competence in education, communication, social, psychological and personality cultivating competence. According to Medley and Shannon (1994) told that there are three extent of teacher quality in its place. Teacher competence includes three main components: interpersonal skills, classroom procedures, and subject knowledge. The first component includes parts that can be related to social competence. This concept is a teacher's ability to communicate with the student, a positive student approach, to motivate good behavior, understanding students' learning difficulties, to promote the good opinion with others, being others students can trust. The second component is associated with teaching skills, like the teachers teach with flexible and motivation ways and also using good teaching methods to better understand for the students although the teacher should develop students' self-confidence and self-conceptions. The third component is related to the teachers' subject

knowledge and their ability to plan and construct the content. Teaching competence is a set of abilities, knowledge, and confidence, which uses an effective teaching-learning process. In other words, competence is the ownership of sufficient skills and undertaking to do a certain kind of work satisfactorily. On the other hand, learning, thinking, remembering, understanding and similar functions are not just cognitive matters, although they have commonly been conceived of as such by conventional psychological theories of learning. Teaching competency refers to suitable prior knowledge, skills, attitudes, and abilities in a given context that adjust and develop with time and needs to effectively and efficiently accomplish a task and that are measured against a minimum standard (DFRID Teaching Competency Frame Work). Josith (2007) told that teaching competency is defined as the "Effective performance of all observable teacher behaviors that bring about desired pupil outcomes". Teaching competency is a must for teachers to teach in effective ways. And also a good environment gives good thinking capacity; good thinking gives good knowledge, so the knowledgeable teacher gives good teaching. Teacher should love teaching profession and work hard with dedication. The primary level motivation for participant teacher was to shape children's lives and see personal growth in children. The school atmosphere was also frequently mentioned as an effective setting for the professional growth of teaching.

Why the importance of Psychological Well being for Teachers

According to Piaget, the thermostat which maintains a balance between hot and cold is frequently used as equivalent to equilibration model. Sense of psychological well-being marked by at least a balance of positive and negative affect in one's life. Therefore every human beings for sense of psychological well being, which is maintained if negative affect is at least balanced by similar amount of positive affect, that why Piaget's said teachers need emotional thermostat. Teachers have pressure of targets, league tables and exam results, so they lose the temper, and get angry on students. In that case, teachers will not provide quality teaching and learning experience expected of them. It also affects stress in teachers which leads to health problems. Teacher lose their relationship with other colleague, it also affect teaching outcomes. A mindful teacher is fully able to support and encourage students whilst simultaneously challenge their students to reach beyond expectations or self doubt. Psychological well being helps the teacher to be emotionally balanced state and improve life

skills like self awareness, empathy and problem solving capacity. In this regard, the classroom control and classroom management will be better when teachers are psychologically well balanced. Thus the psychological well being of teachers promote effective teaching skills among teachers. Thus proficient teachers are able to understand their own emotions and manage one's own emotions. The teachers whose psychological well being is positive are able to understand others state of emotions and able to tackle the challenges arising in the teaching learning process.

Conclusion

Education play a vital role in shaping the individual's to be effective and successful professionally and personally. The complexity of contemporary life confronts an individual with many critical crises. So it often becomes for an individual to cope up with the problems of life, here the concept of Psychological well being plays a significant role. As teachers are to become part of the educational system it is important to be psychologically well balanced and emotionally stable. They should possess positive well being which turn them to be competent in teaching to achieve the goals envisaged by their career. They have to create a new generation who are capable of thinking for themselves and to be empathy who can handle any calamity with well behavior manner. Teachers and parents play an important role in developing the well being. Teachers and parents should help children to express their emotions freely in the classrooms and at home. This creates self-confidence. Children should be taught to maintain a positive attitude towards life throughout; when failures come in their due course. It is possible only when the teachers are psychologically well. Therefore teachers and parents should be good role models. Teacher training courses should be modified or restructured by incorporating emotional intelligence and psychological well being to promote competent teachers to the teaching community.

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