

# COMPASSION FATIGUE AS RELATED WITH MENTAL HEALTH OF TEACHER AT SCHOOL LEVEL

**N. Annalskhmi**

*Ph.D scholar, Alagappa University, Karaikudi, India*

*Email: annalakshlmin1985@gmail.com*

## **Abstract**

*In present time, the teachers seemed to be fatigue due to routine or continuous work in the school environment. This fatigue will be caused a reduction in their performance and also feels tiredness. This study is aimed to evaluate the degree of compassion fatigue of Teachers as related with mental health of teacher. The survey method will be adopted in this present study. The compassion fatigue and mental health questionnaire will be designed. The sampling sizes are 300 samples were collected. The sampling techniques are mean, 't'-test, 'F-Test or ANOVA and Percentage analysis are to be used to analyze the data. It will help the teachers to realize the need to motivate the students and to design innovative instructional strategies to improve their student's academic achievement.*

**Keywords: Compassion Fatigue, Mental health**

## **Introduction**

Today, the teachers are assigned with the responsibility to educate the student that is future leaders of tomorrow and they are performing with many different roles and responsibilities. In recent times, the teacher works including to be a manager, observer, and counselor and also motivated the students. The mental health of teachers is a basic component which is affected by various factors and in result distressed. The mental health is also concerned with development of personality. The compassion fatigue is otherwise known as “secondary traumatic stress syndrome” and also similar to “post traumatic stress”. Compassion fatigue has been described as strain and exhaustion resulting from the people in distress over time (Figley 1995). This kind of stress or fatigue will affect the person in both psychological and physiological aspects. Anxiety, sleepiness, hopelessness, loss of control and lack of motivation is some of the problems are caused by compassion fatigue. Some of behavioral interventions and some adaptive preventive measures will given to teacher those who are faced fatigue.

## Review of literature:

Danielle Lisa Katherine Chatterton (2014) conducted “Compassion Fatigue and Its Association with Workplace Empowerment in Acute Care Settings” According to this analysis, the explained variance of the models was limited, indicating that further research is needed to explore additional predicting variables in the explanation of compassion fatigue. Kimberly C. Davis & John M. Palladino August 2011 “Compassion Fatigue among Secondary Special Education Teachers: A case study about job stress and burnout” A case study about job stress and burnout” The present study was investigated the training, stresses, job requirements and supports provided for special educators. The Teachers from rural and urban school districts from the Southeast Michigan were included in this study. The teachers who are involved in the study worked with a range of students with certain disabilities at the secondary level. In this study, the researcher was chosen a qualitative methodology to study the teacher’s experiences in the special education.

## Symptoms of Compassion Fatigue:

These Compassion fatigue are caused by various factors like psychological, physical, emotional and spiritual factors. They are,

- Chronic physical and emotional exhaustion
- Depersonalization
- Difficulty sleeping
- Weight loss
- Irritability
- Feelings of self-contempt
- Headaches
- Poor job satisfaction
- 

## Objectives:

1. To develop a tool to measure compassion fatigue of teacher
2. To find out level of the compassion fatigue of teacher as related to mental health of teacher.
3. To find out the relationship between compassion fatigue and mental health of teacher by using some select variables.

## Hypotheses of the Study

1. There is no significant difference in the compassion fatigue of teachers due to variation in their demographic variables such as Gender
2. There is no significant difference in the mental health of teacher due to variation in their demographic variables such as Gender.

3. There is no significant relationship between compassion fatigue of teacher as related to mental health of teacher

## Methodology

The survey method will be adopted in the present study. The compassion fatigue of teacher and mental health of teacher questionnaire will be assessed with dimensions, designed and adopted in the study. The variable of this study, the independent variable are responsible for changes in the dependent variable. The dependent variable is a factor whose value varies with changes of independent variable. The independent variable is compassion fatigue and mental. The intervening variables are also used in the study which is Gender and locality of teachers

## Sampling Technique:

A Simple Random Sampling of 300 teachers constituted of gender, residence, locality, subject and experience. The data is to collect from the types of school like Government schools, and Matriculation schools. The samples will be collected from Karaikudi, Sivagangai district in Tamilnadu state.

## Statistical Techniques of the Study:

- Mean
- Standard deviation
- “t”test.
- F-Test or ANOVA
- Correlation Analysis

## Compassion Fatigue

This tool was self constructed by the researcher to measure the compassion fatigue of teacher. The inventory consists of 28 statements. Both positive and negative statements are present in the tool. The tool is constructed on a five point rating scale from the degree ‘strongly agree’, ‘agree’, ‘undecided’, ‘disagree’ and ‘strongly disagree’.

## Mental Health

This tool was self constructed by the researcher to measure mental health. The inventory consists of 25 statements. Both positive and negative statements are present in the tool. The tool is constructed on a five point rating scale from the degree ‘strongly agree’, ‘agree’, ‘undecided’, ‘disagree’ and ‘strongly disagree’

**Hypothesis 1:**

There is no significant difference in the compassion fatigue of teacher in terms of gender

**Table 1**

This table 1 shows the mean, SD, and t' value of the level of compassion fatigue of teacher in terms of gender

Si.No	Variables	No of students	Mean	SD	t-value	Level of Significance
1	Male	101	153.81	28.99	0.741	Not Significant
2	Female	199	156.30	26.62		

From the above the table, it is inferred that there is significant difference between male and female at 0.05 level. Hence, the formulated hypothesis that there is a significant difference between the level of the level of compassion fatigue of teacher in terms of gender is **accepted**.

**Hypothesis 2**

There is no significant difference in the Mental health of teacher in terms of gender

**Table 2**

This table 3 shows the mean, SD, and t' value of the level of Mental health of teacher in terms of gender

Si.No	Variables	No of students	Mean	SD	t-value	Level of Significance
1	Male	101	169.34	11.51	1.42	Not Significant
2	Female	199	167.27	13.12		

From the above the table, it is inferred that there is significant difference between male and female at 0.05 level. Hence, the formulated hypothesis that there is a significant difference between the levels of the level of mental health of teacher in terms of gender is accepted.

**Hypothesis: 3**

There is no significant relationship between compassion fatigue of teacher and mental health of teacher in terms of gender

Table 3

No	$\sum x$	$\sum y$	$\sum x^2$	$\sum y^2$	$\sum xy$	Calculate “ $\bar{y}$ value	Table value	Level of significance
300	14660	11071	96300	963150	763763	0.176	0.138	Significant

From the above the table, it is inferred that calculated that  $\bar{y}$  value is greater than the ‘t’ value for degree of freedom at 0.05% level of significance. Hence the null hypothesis is rejected. Therefore, it is concluded that there is a significant relationship between compassion fatigue and mental health of teacher in terms of gender.

### Findings and results:

- There is no significant difference in the level of compassion fatigue of teacher in terms of Gender.
- There is no significant difference in mental health of teacher in terms of Gender.
- There is a significant relationship between compassion fatigue and mental health of teacher in terms of Gender.

### Educational Implications:

This study will be a light to understand the compassion fatigue and its impact on the mental health of teacher. This study will help the teacher to cope up with their fatigue and also develop positive outlook towards teaching. The study will help the teachers to realize the need to motivate the students and to design innovative instructional strategies to improve their students’ achievement. Thus, the present study is aim to understand the influence of compassion fatigue in school.

### Conclusion:

This study will help to understand the causes for fatigue in teaching practices. This study will help the teacher to cope up with their fatigue and also develop positive outlook towards teaching. It will help the teachers to realize the need to motivate the students and how to design innovative instructional strategies to improve their students’ achievement. It also brings out the stress experienced by the students and its related factors. Thus, the present study is aim to understand the influence of compassion fatigue and causing factors also.

### References:

- *Habibah Elias, Wong Siew Ping and Maria Chong Abdullah “Stress and Academic Achievement among Undergraduate Students in University”.*
- *Kimberly C. Davis and John M. Palladino “Compassion Fatigue among Secondary Special Education Teachers”.*

- *A.K Sharma “Mental stress and relaxation techniques” Global Publication ISBN 978-93-83181-72-6*
- *Lyle H. Miller, PhD, and Alma Dell Smith, “ The Stress Solution “*  
*<http://www.apa.org/helpcenter/stress-kinds.aspx>*
- *Mohana May “ A Study Related To Mental Health of Teachers To Level of Teaching and Teaching Experience “ IOSR Journal of Research & Method in Education (IOSR-JRME)*  
*ISSN: 2320–7388,p-ISSN: 2320–737X Volume 1, Issue 5 (May. –Jun. 2013), PP 61-63*
- *Dennis Portnoy Burnout and Compassion Fatigue*  
*<http://www.compassionfatigue.org/pages/healthprogress.pdf>*