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Topic of Research- Adequacy of Pre-Service Teacher Education Programme for Preparing Teachers to Deal with Mental Health Issues of Students: A Study

FINDINGS

The idea behind this research was to find out whether the current two year B.Ed. programme prepare our budding teachers to handle mental health situations or not? In that line the present study attempted to study the nature of contents available in the curriculum based on mental health. The findings revealed that pre-service teacher education programme is not adequately preparing teachers to deal the mental health issues among students. Teachers have very low understanding, knowledge and capability to tackle with the issues. There is no content found on mental wellbeing in the curriculum of B.Ed., while policy documents emphasize on mental health as the part of teacher education. Teacher educators also felt that there is gap in curriculum in order to address mental health. Instructional strategies, constructivist approach, defense mechanism, knowledge on mental health, yoga, brain break, role playing, screening, rapport, guidance and counseling etc. have recommended as strategies to deal with the students having mental health. It is concluded that these strategies would be helpful for teacher educators and teacher education to train and equip teachers to tackle the issues related to mental wellbeing of students.