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Mental Health and Digital Competence in Relation to Academic Achievement Among Prospective Teachers

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ABSTRACT: The teaching profession is stressful and despite the known impact of prospective teachers' mental health on students during teaching, prospective teachers' mental health is neglected in training and selection. Good mental health and digital competence is obtained and maintained by helping prospective teachers to overcome serious conflicts and frustrations. The main objective of the study was to find out mental health and digital competence among prospective teachers. For the present study, the investigator adopted a survey method and a simple random sampling technique was used to select the sample. 50 prospective teachers were chosen for this study. Percentage analysis and 't-test were used to analyse the data. 14% of prospective teachers have high level of mental health and digital competence. There was a significant difference between male and female prospective teachers in their mental health and their digital competence.

KEYWORDS: Digital Competence Teaching Profession, Mental Health, Prospective Teachers, Psychology.

I. INTRODUCTION

The teaching profession is stressful and despite the known impact of prospective teachers' mental health and digital competence on students during teaching, prospective teachers' mental health is neglected in training and selection. However, knowledge about prospective teachers' mental health and digital competence during their training process and about their self-care behaviour can contribute to improving their mental health. Mental health and digital competence which today is recognized as an important aspect of one's total health status is a basic factor that contributes to the maintenance of physical health as well as social effectiveness. It is a condition which is characteristic of the average person who meets the demands of life on the basis of his own capacities and limitations. They are to be helped to understand their own potentialities, abilities, aptitudes, interests and the environmental conditions so that they can work harmoniously at an optimum level of functioning. Securing desirable mental health in the case of some prospective teachers may involve counseling parents, and counseling teacher educators, in addition to counseling the prospective teachers themselves. The article of this discussion is that mental health provides an easy-going environment of prospective teachers. The present investigation in this content is a descriptive one aiming to study mental health of prospective teachers'.

Mental health has been observed to be connected to an effective relationship with students, academic achievement (Devaki et al 2019). Teachers mental health and school factors. indicated that three variables directly influenced how students perceived their academic performance. Academic achievement of students is directly impacted by their emotional stability, Sakigawa, (2013).

II. METHODOLOGY

The investigator adopted the survey method to study the prospective teachers' mental health and digital competence in relation to Academic Achievement of prospective teachers. The sample consists for the present study consisted of all the prospective teachers studying in the colleges of education in Coimbatore District, 50 prospective teachers were taken for this investigation by simple random sampling technique. The data were analysed by the percentage analysis and 'T' Test.

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Table1: Male and Female prospective teachers' mental health and Academic Achievement

GENDER	NUMBER	Mean	SD	T VALUE	Calculated (5% Level of Significance	REMARKS
Female	28	80.12	7.873	3.268	1.96	Significant
Male	22	85.34	6.451			

There is significant difference between male and female prospective teachers' mental health and digital competence in relation to Academic Achievement of prospective teachers.

There was a significant difference between maintenance in health care yes and no prospective teachers' mental health. While comparing the mean scores of maintenance in health digital competence in relation to Academic Achievement of prospective teachers care yes and no prospective teachers, prospective teachers' those who are not maintain health care their mean score is higher than those who are maintaining health care. This may be due to not taking care of anything seriously and deeply, this mentality will not affect our mental health. There is significant difference between prospective teachers' mental health and digital competence in relation to Academic Achievement of prospective teachers' academic achievement with respect to gender. The female mental health was higher than the male teachers.

To excel in life mental wellbeing is vital than physical well-being. It becomes impact on part of the students to take care of this aspect of the prospective teachers. Measures have to be taken to minimize the stress caused to the prospective teachers by various educational and social factors.

The practice of yoga, fine arts along with the curriculum will increase the levels of mental health digital competence in relation to Academic Achievement of prospective teachers among which intern will help them to perform well in all aspects of life.

The competition they face and the pressure from the parents could be the reasons for low mental health and digital competence in relation to Academic Achievement of prospective teachers among them. Educational institutions and parents should understand that the mental health and digital competence of these prospective teachers can be increased, when they grow and attain education in a stress free environment.

III. CONCLUSION

A healthy individual is not only physically healthy, but is also mentally healthy and digital competence of the prospective teachers. The modern concept of health extends beyond the proper functioning of the body. It includes a sound, efficient mind and controlled emotions. Health is a state of being hale, sound or whole in body and mind. It means that both body and mind are working efficiently and harmoniously. Man is an integrated cognition unit, whose behaviour is determined by both physical and mental factors. Mental health and digital competence which today is recognized as significant aspects of prospective teachers'. There is massive impact of prospective teachers'. Mental health and digital competence academic achievement with respect to gender. The female mental health and digital competence was higher than the male teachers.

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