Appendix IX

Teachers' Perception about Students' Mental Health

A Structured Questionnaire

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Introduction and Instruction: Secondary data and reported information in the local newspapers suggest that a good number of students suffer from some problems. Different people look at the problems faced by the students differently. We are interested to understand your views about various aspects of students' mental health and seek your valuable views and opinions for suggesting need-based measures for the students' better upbringing. Please go through each and every question carefully and answer them. Please note that there is no right or wrong answer. We are interested to know your personal views only. The information shared by you will be used solely for research purpose only. Participation in the study as a respondent is fully voluntary.

Name (optional): ...............................................................................................................;...........................................

Gender: Male..........................................1; Female................................................................................2

Education: Graduate...................................1; Post Graduate and above.............................................2

Year of Teaching Experience: Less than two years...........................1; More than two years.........................2

Section I: Social Environment and Its Impact

1. Do you think that today's students are brought up in a child friendly environment?
   Yes............................................1; No.................................2; unable to comment.................................3

2. If 'no' in Q.1, why do you think so? Multiple Responses Possible
   - Lack of play grounds in the locality...........................................................................................1
   - Students hardly get any scope for free interaction with peer group members.........................2
   - Students hardly get any scope for games and sports and other extra-curricular activities....3
   - Nuclear family limit the interaction of the students with extended family members...............4
   - High expectation of parents from the students........................................................................5
   - Ignoring students views and opinions about various issues....................................................6
   - Others, please specify..............................................................................................................7

3. Do you think that today's students face any problem in social life?
   Yes............................................1; No.................................2; unable to comment....................................3

4. If yes in Q.3, what are the common problems students face? Multiple Responses Possible
   - Loneliness....................................................................................................................................1
   - Neglect i.e., deprived from basic care, education, nutrition, love and affection....................2
   - Experience abuse and maltreatment like physical torture, sexual and mental abuse...............3
   - Others, please specify................................................................................................................4

5. If yes in Q.3, who are mainly responsible for the problems faced by the students? Multiple Responses Possible
   - Parents........................................................................................................................................1
   - Teachers.......................................................................................................................................2
   - Others, please specify..................................................................................................................3

6. Do you think that the problems faced by the student could affect their mental health?
   Yes............................................1; No.................................2; unable to comment.................................3

7. If yes in Q.6, how? Multiple Responses Possible
   - It could disturb their studies and future career ........................................................................1
   - It could affect their interpersonal relationships........................................................................2
   - It could affect their personality..................................................................................................3
   - Others, please specify................................................................................................................4
8. If yes in Q.6, what are the common mental health problems children suffer from? *Multiple Responses Possible*

- Depression.................................................................1
- Anxiety...........................................................................2
- Absenteeism ..................................................................3
- Poor academic performance .............................................4
- Demotivation.....................................................................5
- Others, please specify.....................................................6

**Section II: Perception about Students Stress**

9. Do you think that students suffer from any stress?

Yes.............................1; No...........................2; unable to comment......................3

10. If yes in Q.9, what type of stress students suffer from?

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**Section III: Teaching Method in the School**

11. Do you think that the teaching method followed in your school could cause academic stress?

Yes.............................1; No...........................2; Unable to comment...........................3

12. If yes in Q.11, why do you think so?

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13. Do you think that students should pursue their future education as per their aptitude and interest? For example, if a particular student wishes to study humanities or commerce instead of science despite good results, how would you respond?

- Students should be encouraged to study what they wish to study...........................................  1
- Views of elderly people should be given priority......................................................................................2
- Others, please specify....................................................................................................................................3

**Section IV: Perception about New Education System**

14. Do you think that new education system i.e., making secondary (10th Grade) Examination optional will be beneficial for students?

Yes.................................................................1; No...............................2; unable to comment......................3

15. If no in Q.14, why do you think so? *Multiple Responses Possible*

- Students will become careless about studies ..............................................................................................1
- Students might face serious problems afterwards..........................................................................................2
- Others; please specify....................................................................................................................................3

**Section V: Motivating Students**

16. How to motivate students in studies? *Multiple Responses Possible*

- Becoming more punctual as a teacher........................................................................................................1
- Taking classes seriously as a teacher .........................................................................................................2
- Introducing innovative teaching methods i.e., project work, ﬁeld visit, using audio-visual aids................3
- Introducing strict disciplinary measures....................................................................................................4
- Introducing reward system.........................................................................................................................5
- Not giving much homework........................................................................................................................6
- Others, please specify....................................................................................................................................7

**Section VI: Perception about Corporal Punishment**

17. Do you think that corporal punishment is essential to discipline students and/or for better academic performance?

Yes.................................................................1; No...............................2; Unable to comment......................3
18. Did you ever apply corporal punishment?
Yes............................1; No............................2

19. If yes in Q.18, under what circumstances? Multiple Responses Possible
   • Student did not complete the homework.................................................................................1
   • Student did not complete the class work ..................................................................................2
   • Student could not answer a question ........................................................................................3
   • Student came late ......................................................................................................................4
   • Student violated the school discipline like ...............................................................................5
   • Student made nose in the class .................................................................................................6
   • Others, please specify ................................................................................................................7

20. What other measures could be adopted instead of corporal punishment to discipline and/or motivate students?
   • ..................................................................................................................................................
   • ..................................................................................................................................................

Section VII: Health Seeking Behavior

21. Did you ever come across any unusual behaviour in any of your students?
Yes........................................1; No......................................2; Cannot remember............3

22. If yes in Q.21, what did you do?
   • Thought that this problem will be cured automatically and did not report to anybody ..........1
   • Asked parents to consult mental health professional ..............................................................2
   • Others, please specify ..............................................................................................................3

23. Does your school have psychologist or student counselor?
Yes........................................1; No.....................................2; Do not know........................3

24. Do you think that every school should have psychologists or student counselors to deal with students mental health issues?
Yes........................................1; No.....................................2; Unable to comment.............3

Section VIII: Adolescent Reproductive Health

25. Do you approve friendship and/or romantic relationships between boys and girls during adolescence?
Yes........................................1; No.....................................2; Unable to comment.............3

26. During adolescence, some boys and girls face certain problems, like drug abuse, sexual indulgence, pregnancy, abortion, sexually transmitted diseases, HIV/AIDS. Do you think, reproductive and sexual health education will protect them from these problems?
Yes........................................1; No.....................................2; Unable to comment.............3

27. Do you think sexual health education may encourage adolescent to indulge in sexual activities?
Yes........................................1; No.....................................2; Unable to comment.............3

28. Did you ever discuss any issue related to reproductive and/or sexual matter or physiological changes during adolescence with your students?
Yes........................................1; No.....................................2

29. If no in Q. 28, how would you react if your school authority asked you to take a special session on reproductive health for class X or XII students?
Will take the session.............................1; Decline to take the session.........................2
Section IX: Child Protection Policy

30. Do you think that every school should have a child protection policy?

Yes........................................... 1; No........................................... 2; Unable to comment.............. 3

31. If yes in Q.30, who should be the people involved in child protection committee? *Multiple Responses Possible*

- Teachers ................................................................................................................................. 1
- Parents ........................................................................................................................................ 2
- Students ..................................................................................................................................... 3
- Social activists ............................................................................................................................ 4
- Legal professionals ..................................................................................................................... 5
- Others, please specify .................................................................................................................. 6

32. Please suggest steps for creating student friendly environment in the school and in the society.

   - In the school.............................................................................................................................
   - In the society.............................................................................................................................

Thanks for your kind cooperation