Chapter Two

METHODOLOGY

The aim of the present investigation was to study psychological well-being and family adjustment among female teachers belonging to different type of schools (private and govt.) and type of family (joint and nuclear).

SAMPLE:

The sample considered of two hundred (N=200) female school teachers. They were selected from private and government schools of Aligarh city through purposive sampling. The sample was also further split on the basis of a sociodemographic variable, i.e., type of family (joint = 113 and nuclear = 87). The teachers length of service was from 3 years to 18 years and all the teachers were married. The education level of govt. school teachers was graduate / postgraduate degree with B. Ed. degree. The education level of private school teachers was from graduate to postgraduate degree with or without B. Ed. The teachers' husbands mostly were in government service though some were involved in business.

TOOLS:

Psychic Well-being Scale (PWBS) The psychic well-being scale (PWBS) developed by Nishizawa (1996) was used to assess psychological well-being of the school teachers. The scale comprised forty statements which measure
eight dimensions of well-being. They are good mental health, poor mental health, social supports, social stressors, work supports, work stressors, personal supports, and personal stressors. Each factor consists of five items. The PWBS was found to serve a reliable and valid indicator of peoples well-being in that Cronbach Alpha 0.7-0.8, test-retest reliability (month interval) 0.79, Convergent validity with Goldbergs 12-item GHQ (r=0.83) and Kozma and Stones’ MUNSH (r=0.82).

**Family Adjustment Inventory (FAI)**

To know family adjustment of married school teachers, family adjustment inventory developed by Singh (1997) was used. The FAI consisted of 84 items. There are five areas, namely, personal adjustment, adjustment in family, adjustment with children, adjustment with husband, and adjustment with the elders and relatives. Reliability of the inventory by test-retest method and the split-half method were 0.80 and 0.83.

**PROCEDURE**

The two scales along with personal data sheet were administered on the teacher individually at their schools. Prior to data collection teachers were informed about the purpose of the study and they were assured that
their responses would be kept strictly confidential and will be used for the research purpose only.

DATA ANALYSIS

Data were analysed by means of t-test. t-test was used to determine the significance of difference between the mean scores of (a) teachers of private schools and teachers of govt. schools (b) teachers of joint family and teachers of nuclear family on the various dimensions of psychic well-being scale and family adjustment inventory and the overall scores obtained on these scales.