



The Classroom Management and Role of Teacher

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ABSTRACT

There are a variety of courses and contributing factors of mental health problems. A teacher with personal mental health problems can have a detrimental effect upon all of those students who are associated with him or her. Certain signs and symptoms, at times, can be identified that relate to emotional difficulties. It is important that measures be identified to help teachers with emotional problems. School administrators, teacher preparation programs, teaching peers, and self-analysis all should play a role in identifying one's teaching. This is a task that no one person or agency can accomplish alone. Though often felt to be an uncomfortable issue with which to deal, all educators must become increasingly aware of the problem and be willing to work toward greater emotional health of all teachers

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Introduction

Most chronic and debilitating mental illnesses have when most are a part of the educational system. From including mental health narratives in curricula toward, destigmatization, removing discrimination and early detection, to empowering stakeholders for early detection and simple interventions; the educational system yields myriad opportunities for enhancing mental health awareness.

Information and awareness

Worldwide, young children and teens need more Information and awareness about mental health if they are to grow to be healthy and resilient. Building life skills in children and adolescents, and providing them with psychosocial support in schools and other community settings can help promote good mental health across the globe.

This review will inform mental health clinicians, health care system and organization administrators, policymakers, and researchers about effective ways to improve care for children and adolescents with mental health problems.

Human Behavioral

Human behavior refers to the range of behaviors exhibited by humans and which are influenced by culture, attitudes, emotions, values, ethics, authority, rapport, hypnosis, persuasion, coercion and/or genetics. ... Behavior is impacted by certain traits each individual has.

Human Behavioral Change is tricky at the best of times. We are creatures of habit and much of what we do and how we do things is deeply ingrained in us having been learned from the models of teaching and the architecture of the school facilities we experienced ourselves.

Modifiers of the available strategies

All benefits, and modifiers of the available strategies to achieve help guide a wide array of interests, particularly for practitioners and administrators of care facilities, organizations, and health systems. Such information will also prove important for those making insurance coverage and other policy decisions for these patients with mental health care needs.

Workload is the most cited cause

Workload is the most cited cause of mental health problems and the main reason for teachers leaving. Therefore, schools that offer arrangements such as job-sharing will find it far easier to retain staff and alleviate some of the problems around this.

Stress and emotional exhaustion levels in classrooms are high as teachers grapple with growing workloads and difficult behaviour from students and parents.

‘Open-Door’ policies

By adopting ‘open-door’ policies, and encouraging staff to share their issues, school leaders can ensure that problems can be appropriately addressed. A mentoring or buddy system could also be implemented– with this being especially useful for new members of staff, a high-risk group for mental health problems. Others initiative such as wellbeing surveys, training staff as mental health first aiders, and a provision of personal mental health guidance during teacher training are also all ways to achieve this.

Numerous well-designed clinical trials of mental health interventions for youth exist, of course. Nonetheless, knowledge of how to best implement and disseminate these interventions remains limited for at least principal reasons.

Our thinking habits

Being aware of our thinking habits can also help – learning how to challenge negative or unhelpful thoughts is a good way to manage your mental health. Of course, making time to do the things you enjoy away from work is another way to improve your overall wellbeing.

Positive Self-Talk

What we think will influence how we feel. Even if we cannot change the situation, we can change the way we think about it and therefore the way we feel and act. Our inner voice can be both an ally and a fearsome enemy. This voice is often referred to as negative self-talk and positive self-talk. It is this self-talk (or interior dialogue) that guides.

Help for Teachers

EduInspire-An International E-Journal

Beyond Blue, with headspace and Early Childhood Australia, is now rolling out an initiative that aims to create mentally healthy learning communities around Australia, and it includes specific help for teachers.

CONCLUSIONS:

Ultimately, There are many different approaches that school leaders can take in order to alleviate the mental health crisis, People will all react differently to certain methods, making the best approach to build open and supportive cultures which allow help to start with the individual and work out what suits them best. However, this does not mean that schools shouldn't try as many things as possible, and there are certain methods which are both very beneficial for mental health, and easy to put into action. By making small positive adjustments, over the long term, meaningful change can occur for teachers, students, and school leaders.

The point is, it takes effort from all of us working together to create learning communities where everyone – students, staff and parents – feel supported and have the chance to achieve their very best mental health.

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