

Thematic Title : Teacher's Mental Health of The Industrial Education of Rajamangala University of Technology Phra Nakhon

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ABSTRACT

The objectives of this research were as follows : 1. to study the attitude of the Industrial Education of Rajamangala University of Technology Phra Nakhon's lecturers regarding to mental health, 2. to compare the attitude of the Industrial Education of Rajamangala University of Technology Phra Nakhon's lecturers regarding to mental health such as the difference sex, the difference age, the difference marital status, the different of education level and the different of teaching experiences and 3. to study the recommendations of factors and prevention to reduce tension of the Industrial Education of Rajamangala University of Technology Phra Nakhon's lecturers. The research's tool was questionnaire. The sample data collection was 36 the Industrial Education of Rajamangala University of Technology Phra Nakhon's lecturers. The Purpose Sampling or Judgement Sampling was stratified by Krejcie and Morgan Table. The results were analyzed by two statistics that is descriptive statistics; frequency, percentage, mean, standard deviation, and inferential statistics; Independent – Samples T-Test and Kruskal – Wallist H (K-W) from the Statistical Package for Social Science (SPSS) program.

The results were as follows:

1. The attitude of the Industrial Education of Rajamangala University of Technology Phra Nakhon's lecturers regarding to mental health as a whole 9 aspects were at slightly level 1 aspect was psychoticism and for consideration of the others aspects, it showed that somatization, obsessive-compulsive, interpersonal sensitivity, depression, anxiety, hostility, phobia and paranoid were at normal level.

2. The results of the data analysis in comparing the the attitude of the Industrial Education of Rajamangala University of Technology Phra Nakhon's lecturers regarding to mental health showed that the difference sex, the difference age, the difference

marital status, the different of education level and the different of teaching experiences were no significant difference in the attitude of lecturers' mental health in 9 aspects which is statistically significant at .05 level.

3. The Industrial Education of Rajamangala University of Technology Phra Nakhon's lecturers gave 13 recommendations of mental health's factors ordered by importance from maximum to minimum as follows : 1. stress, 2. the condition of economy, society and family, 3. anxiety, 4. the administrators were unfair, 5. hard working, 6. no self- confidence, 7. no Dharma, 8. over thinking, 9. pessimist, 10. narrow-minded, 11. over teaching load, 12. can not solve the problems, and 13. the depression of working condition's change. And the Industrial Education of Rajamangala University of Technology Phra Nakhon's lecturers gave 13 recommendations of mental health's prevention ordered by importance from maximum to minimum as follows : 1. to exercise, 2. to worship the Buddha, to pray and to meditate, 3. detachment, 4. optimist, 5. to get enough rest, 6. to do activities or hobbies, 7. to travel, 8. Try not to have stress, 9. to get rid of all worries and think about the present moment all the time, 10. do not live alone and try to join social party, 11. relaxing the mind, 12. to make merit, and 13. understanding and adjusting.