

Research Thesis

**Perceived interpersonal relationship, sense of self efficacy and mental health
problems in teachers of special education and mainstream schools**



By

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DECLARATION

I, Ms. Amna Ramzan, ID: 14004146003 Student of **MS Clinical Psychology** in the subject of **Clinical Psychology** session 2014-16, hereby declare that the matter printed in the thesis title Perceived Interpersonal Relationship, Sense of Self Efficacy and Mental Health Issues among Teachers of Special Education and Mainstream Schools is my own work and has not been printed, published and submitted as research work thesis or publication in any form in any university, research institution etc. in Pakistan or abroad.

Dated: 23-04-2016

Signature of Deponent

Certificate of Approval

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Dedication

I dedicate my study to “**MS. Aliya Yousef**”. A lady of grace and my childhood charm, just like a mother for me. The most ravishing and ever green personality I had ever in my life. Her love fuel enable me to do impossible tasks of my life. She also inspire me with her care, love, warmth and intellectual wisdom which she had. **May she rest in peace!!!**

بدن میرا چھوا تھا اس نے لیکن۔
گیا بے روح کو آباد کر کے۔۔۔

Abstract

This study was aimed to investigate the perceived interpersonal relationship, sense of self efficacy and mental health problems among special and mainstream schools teachers. This study was carried out in series of phases. Firstly phenomenology of interpersonal relationship was explored. A list of 34 items was generated and converted into self-report measure by using Semantic Differential Technique. After pilot study, in main study a sample of 300 teachers, (150 special education schools and 150 teachers) were selected by using multistage sampling strategy with the age range of 28-50 (M 35.90, SD 6.04). Three Scales Interpersonal Relationship Scale (IRS), Teachers Self-Efficacy Scale (TSES) and Depression, Anxiety Stress Scale (DASS-21). Result of factor analysis revealed two factors namely Positive Interpersonal Relationship and Negative Interpersonal Relationship. The result of hierarchical regression analysis showed that the teachers of special education teachers have more mental health problems, negative interpersonal relationships and poor sense of self efficacy than mainstream teachers. Results are discuss in terms of counselling services.

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List of Abbreviations

<i>M</i>	Mean
<i>SD</i>	Standard Deviation
<i>r</i>	Correlation
<i>t</i>	t-test
<i>p</i>	Level of Significance
ns.....	Not Significant
IRS.....	Interpersonal Relationship Scale
PIR.....	Positive Interpersonal Relationship
NIR.....	Negative Interpersonal Relationship
TSES	Teachers Self-Efficacy Scale
DASS	Depression, Anxiety, Stress Scale

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Introduction

Teaching is considered as one of the most challenging as well as demanding job that requires in-depth knowledge of subject content, age-specific pedagogy, and many varied skills such as patience, leadership, and creativity, just to name a few. A teacher has been defined as a person an expert who is capable of imparting knowledge that will help learners to build identify and acquire skills that will be used to face the challenges in life. The teacher also provides to the learners knowledge, skills and values that enhance development (Senge, 2000).