



# QUALITY OF LIFE AND WELLBEING OF TEACHERS



Wellbeing

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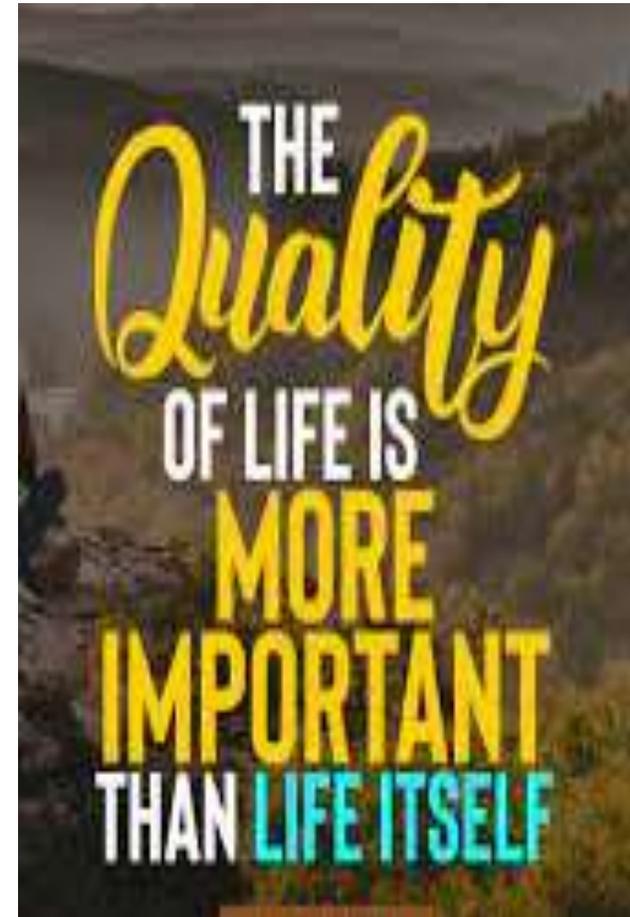
# QUALITY OF LIFE

World Health Organisation defines **Quality of Life** as

‘the individuals’ perception of their position in life in the context of culture and value system in which they live and relation to their goals, expectations, standards and concerns”.

According to United Nations Development Program QoL involves the **fulfilment of basic needs**, which include health, education, and standard of living.

It is broad ranging concept affected in a complex way by the person’s **physical health, psychological state, level of independence, social relationship, personal beliefs** and their **relationship to** salient features of their **environment**.





## QUALITY OF LIFE

Previously, scholars and economists measured QoL through GDP per capita (Majeed & Mumtaz, 2017), but Anand and Sen (1999) and Majeed (2019) stated that QoL is not only affected by income rather there are also some other major **sociological, physiological and human dimensions of individual's life** which were being ignored previously.

## WELLBEING

Wellbeing is a concept closely intertwined to QoL. It is about coping with negative situations and living a good life.

Teachers' well-being is not just the mere absence of illness at work. Rather, it refers to their healthy and successful functioning at work. Well-being has been found to be linked to a **positive relationship** with students, colleagues, and families, as well as to higher academic results of the learners. well-being refers more to the **ability of teachers** to develop positive thoughts, dynamic balance between their resources and challenges (environmental, social, individual, physical, mental and psychological).

# What is wellbeing?

Good wellbeing might include...



Feeling happy or content



Working productively and fruitfully



Making a contribution to the community



Realising own achievements and abilities



Coping with the normal stresses of life

Perspectives on wellbeing are often divided in **approaches** like-

## ❑ Subjective wellbeing

Subjective wellbeing encompasses ideas such as life satisfaction and presence of positive emotion more frequently than negative emotion.

## ❑ Psychological wellbeing

Psychological wellbeing is concerned with ideas such as purpose in life and positive relationships with others.



# FACTORS AFFECTING QUALITY OF LIFE





# MAIN GROUPS OF FACTORS AFFECTING QUALITY OF LIFE



## PHYSICAL WELLBEING

Health

Health Services

Physical Condition

## MATERIAL WELLBEING

Income

Accumulated  
Wealth

Moveable &  
Immovable  
Property

## SOCIAL WELLBEING

Family Life

Social Life

Leisure Time



# PHYSICAL WELLBEING

## Health

**Awareness, Diet, Exercise  
& Status**

## Physical Conditions

**Endurance, Capabilities,  
Capacities, Pain, Fatigue,  
Sleep & rest,**

## Health Services

**Availability, Accessibility,  
Affordability & standard  
of medical services,**



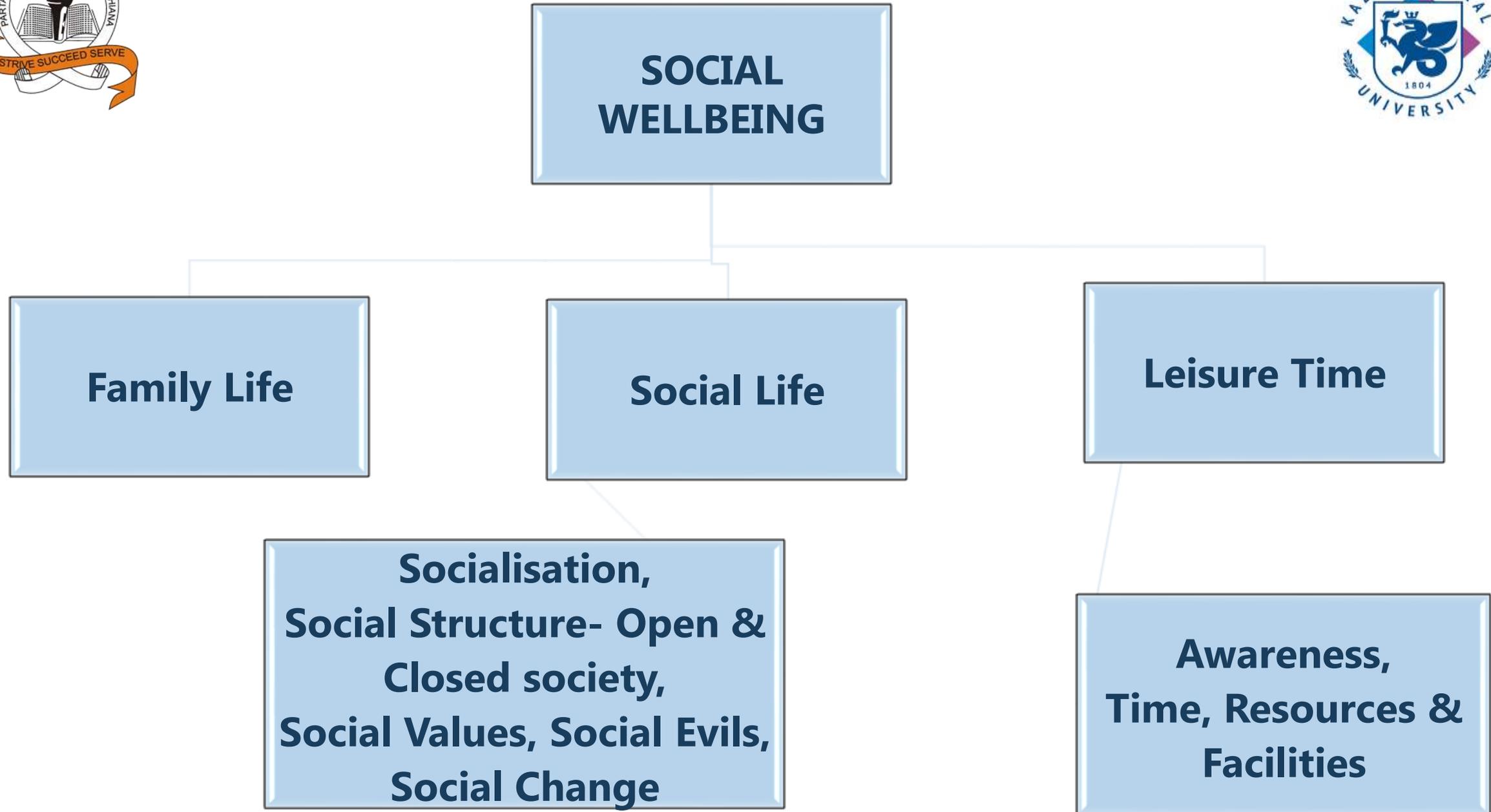
# MATERIAL WELLBEING

**Income**

**Accumulated Wealth**

**Moveable &  
Immovable Property**

**Regular income**





Quality of Life, satisfaction and contentment depend upon the positive attitude and evaluating approach like **objective** and **subjective** approach.

Objective Approach  
to QoL

leads to **Quantitative**  
factors

like income, wealth,  
property, material  
wellbeing etc

Subjective  
Approach to QoL

Is linked with  
**Qualitative** factors

like conscience,  
contentment  
satisfaction and  
**Spirituality**



# QUALITY OF LIFE AND WELLBEING OF TEACHERS



The role of a teacher in society is of immense importance to **provide a promising future to the nation.**

- ✓ They are the pillars of strength
- ✓ The guiding force in students' lives
- ✓ Main contributor to good education in a society.
- ✓ They pass on values to their students,
- ✓ They prepare them for further education.

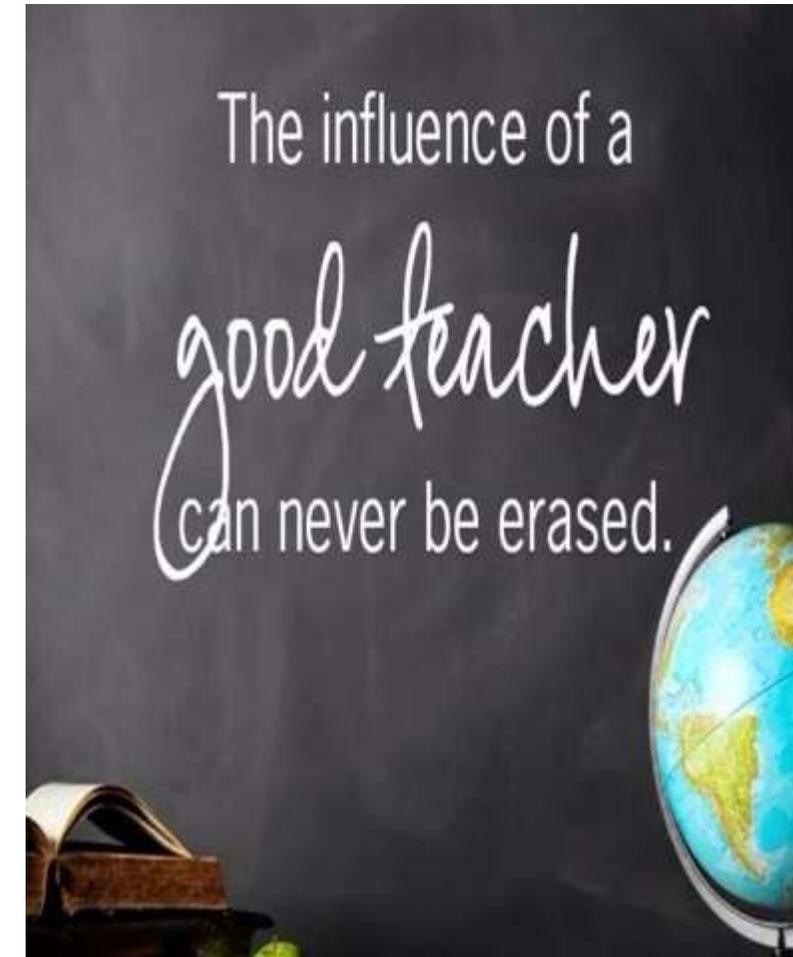
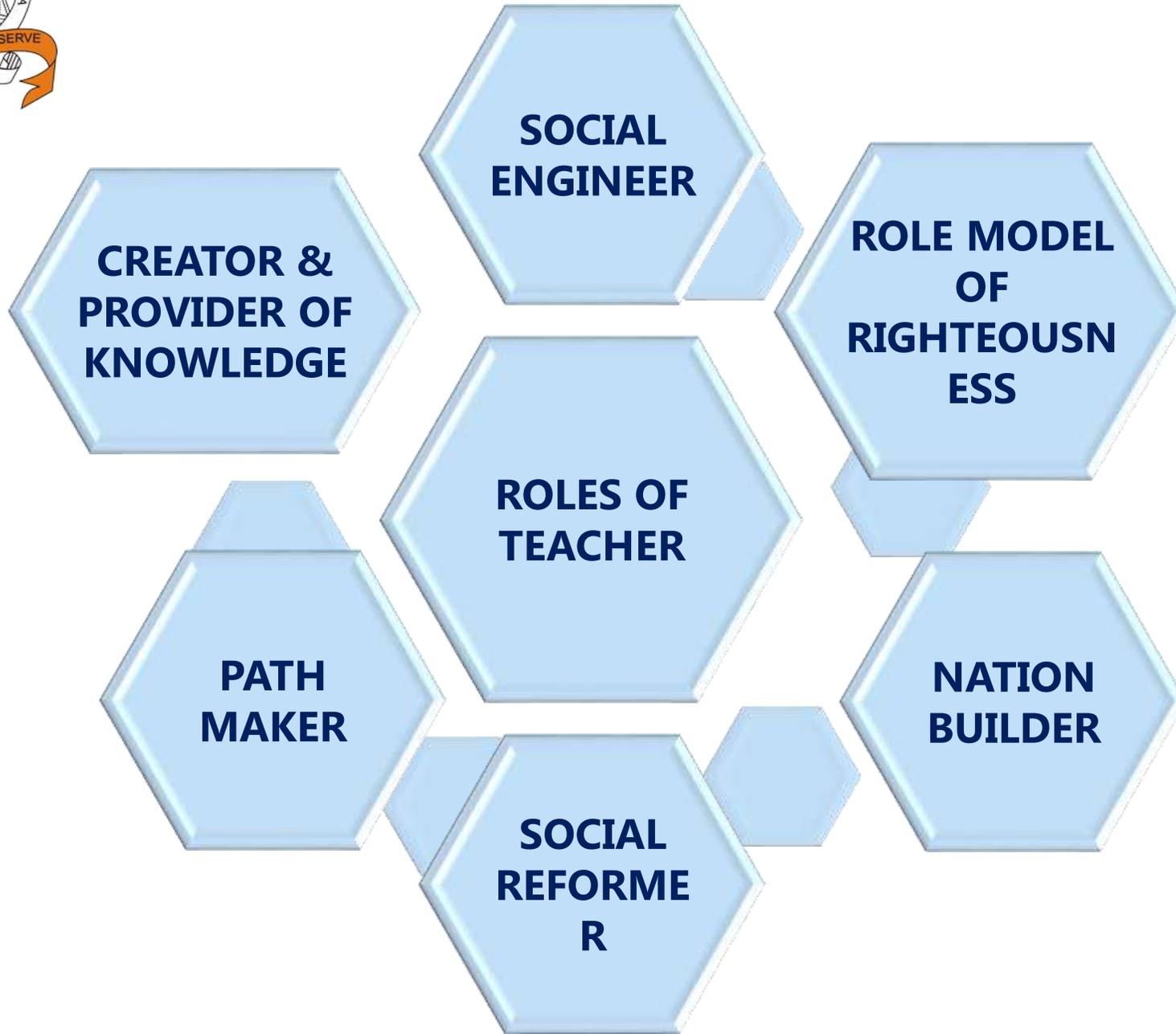
**Students are deeply affected by teachers' love and affection, character, competence, moral commitment, their quality of life and wellbeing**

## Teachers Matter

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**Student Wellbeing begins with Teacher Wellbeing**







## According to F SIONIL JOSE

The influence of teachers extends beyond the classroom, well into the future. It is they who shape and enrich the minds of the young, who touch their hearts and souls. It is they who shape a nation's future.



# Teachers role in the SOCIETY

*"The teacher's place in the society is of vital importance. He acts as the pivot for the transmission of intellectual skills from generation to generation and helps to keep the lamp of civilization burning."*

-Dr. S. Radhakrishnan



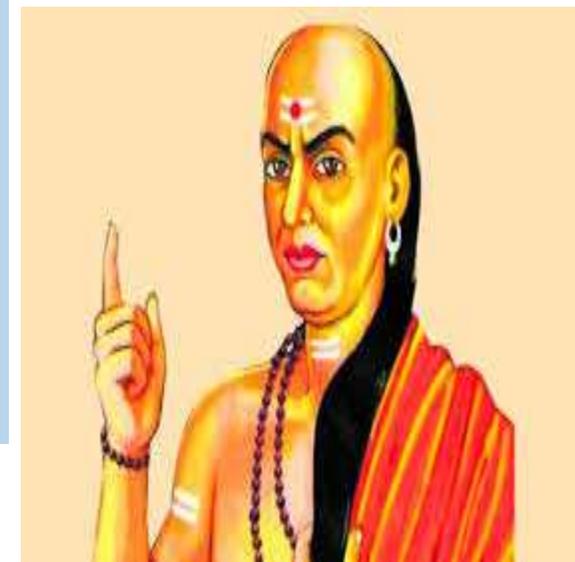


## Teachers are

- ❖ Philosophers,
- ❖ Profound thinkers,
- ❖ Always inquisitive scholars,
- ❖ Eloquent speakers,
- ❖ Innovative educationists,
- ❖ Great humanists with an outstanding vibrancy in creative flow.

Excellent teachers have been worshipped in the society since its inception. The great teachers from all over the world have been accessed on their **contribution in academics**, research, development for the upliftment of the society and **qualitative standards of life**.

Teachers are rated very high at the social and political parameters in the history like- **Chankaya** (c. 370-283 BC), an Indian teacher, philosopher, a royal adviser, and a university professor in Takshashila university, brought changes in dynasty and life of the people.





That's it! Teachers are NOT common people and common people are NOT teachers . Please don't choose to become a teacher until you re worth it!

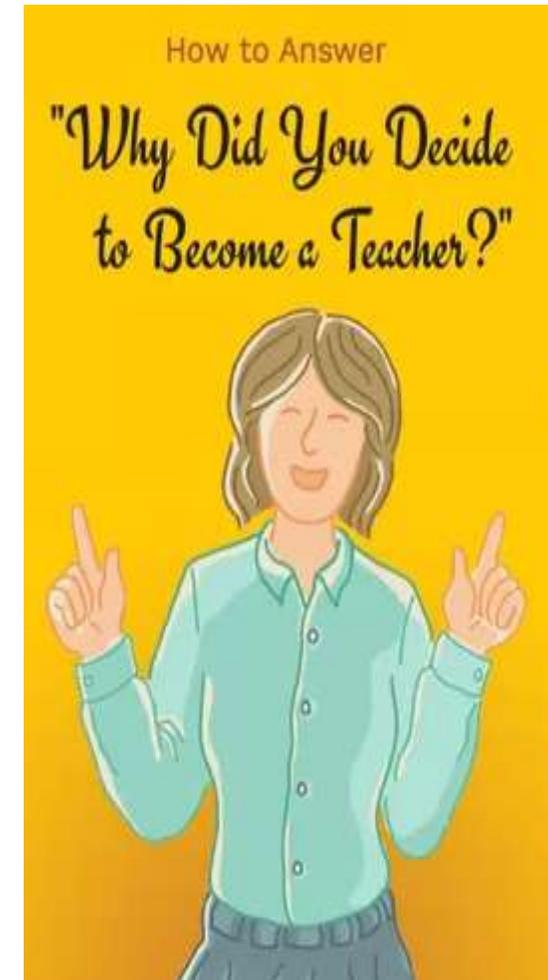


Teachers in Germany have the highest salary in the country, and when judges, doctors and engineers asked the chancellor of Germany Angela Merkel for the same salary, she told them: "How can I compare you to those who taught you?".



Discussions about teachers' QoL & wellbeing are often dominated by ideas related to negative mental health, stress or burnout that they undergo to create an engaging learning experience.

- The **teacher wellbeing index of 2019** stated that more than half (57%) of all staff had considered leaving the sector in the past two years because of health pressures and of those who had considered leaving, stress was an issue.
- According to **report by National Foundation for Educational Research (NFER)** 20% of teachers are stressed about their job and Weldon (2018) stated that approximately 40% of teachers in Australia leave their job within first five years.
- According to the John Illingworth Depression, anxiety and burnout have become the teachers' diseases. The studies done by Lawrence et al., 2019; Wang et al., 2015; Weldon, 2018 also indicate that teachers who are stressed or leave job due to work stress focus more on quantitative factors.





**No education can rise above the quality of teachers**

**(Balogun, 1991)**



**To sow the seeds of improved QoL and wellbeing among Teachers,** focus should be on-

- Building systems that reduce stress and
- Provide mentally relaxing environment to bring positivity.
- Subjective aspects of teachers' QoL, well-being and satisfaction should be provided by uplifting their career and professionalism.
- For all this, teachers in any society should be selected, trained and appointed by adopting healthy academic criteria.
- Teachers should be granted reasonable social status,
- Judiciously fixed regular salary,
- Good working conditions and safe work environment.
- They are required to be part of decision making, administrative and policy making community to have high social recognition, political patronage
- Their involvement in designing appropriate educational system and structures.



Teachers scoring high rank in professionalism, teaching and innovations have direct relationship with qualitative approach of life. Resulting in **elaboration of conscience, character, dedication to noble cause of education** and **emerge as celebrated missionaries.**

To enjoy good **Quality of Life** a teacher is needed to be

- ✓ A serious scholar first
- ✓ Perform with a complete sense of belonging to the profession,
- ✓ Enthuse with a certain amount of austerity as well as renunciation,
- ✓ Deep humanity & Tolerance
- ✓ Maintain their qualitative aspects of professionalism and in any way **should not get buried under the debris of materialism and worldly desires.**

**“TEACHER SHOULD LOOK LIKE A TEACHER, BEHAVE LIKE A TEACHER AND FEEL LIKE A TEACHER.”**



# THANK YOU

For further suggestions and questions please feel free to contact @  
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