

# **Role of Teachers in Promoting Psychological Well being among Students**

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Psychological well being is a state of mind desirable for one and all. The term psychological well being suggest a wide range of meanings, usually associated with wellness .It is usually defined as an absence of anxiety, depression or other forms of mental problems. Some of the characteristics associated with psychological well being are optimism, positive work attitudes, understanding, reaching out to people, maintaining good health, ability to sustain relationships, able to handle crisis effectively etc. the above characteristics sound utopian in the context of present day life style. Society today is driven by competition and is putting pressure on people. The result is individuals of all ages are experiencing stress from one source or the other. There are certain crucial stages in life which are more prone to vulnerability. One such stage is the adolescence and young adulthood stages. In a school, children are exposed to the formal education process. School signifies the teacher, the environment and the peer group. The type of school in terms of size, and exposure provided to the child are crucial. All the basic abilities and aptitudes, like verbal, numerical, mechanical etc unfold during this stage. The attitude towards teacher signifies the attitude towards authority. Discipline and rigor when followed result in a mature personality. The extracurricular activities develop in the child a spirit of cooperation and collaboration .