

Teacher Mental Health during Online Teaching

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Abstract : The condition of the COVID-19 pandemic demands adaptation in various aspects of human life, including in the field of education. Teachers are expected to do distance learning or Learning From Home (LFH). The teacher said that he experienced stress, anxiety, feeling depressed, and afraid based on the interview. Learning adaptations and pandemic situations can impact the mental health of teachers, so the purpose of this study is to determine the mental health of teachers while teaching online. This research was conducted with a quantitative approach using a survey method. The subjects in this study were 330 elementary school teachers under the auspices of a foundation in Yogyakarta. Teachers' mental health was measured using the Indonesian version of The Mental Health Inventory (MHI-38), which has a reliability of 0.888. The results showed that the teachers generally had a good mental health condition marked by a lower negative aspect score than the positive aspect. In addition, the overall mental health aspect shows that some teachers have better mental health when compared to the average score, as well as higher positive aspect scores in all sub-aspects.

Keywords : mental health, teacher, COVID-19 pandemic, MHI-38

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