SUMMARY

The present study is an attempt to explore mental health among women teachers in relation to their moral judgement and self silencing. The sample of 500 women teachers were randomly selected from Government and Private senior secondary schools of Punjab and Chandigarh only. The Moral Judgement Scale (developed by the investigator and the supervisor), Silencing the Self Scale (Jack, 1991) and Mental Health Questionnaire (Verma & Batra, 2005) were used to collect the data. Findings of the study were: Most of women teachers of senior secondary schools possess low to average level of mental health, average to good level of moral judgement and high to average level self silencing. The present study revealed that mental health among women teachers of senior secondary schools was significantly related with moral judgement and self silencing. A significant difference was found between the moral judgement of women teachers with good and below average mental health. A significant difference was also found between the self silencing of women teachers with good and below average mental health. It was found that the variables of moral judgement and self silencing significantly contribute to the total variance in the mental health of women teachers of senior secondary schools of Punjab and Chandigarh. Therefore, it can be inferred that mental health among women teachers of senior secondary schools was significantly related with moral judgement and self silencing.