

Indicators of Mental Health through the evaluation of psychosocial factors in teachers of Basic Education of the State of Jalisco, Mexico.

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Introduction

Very often the teacher's role is not rewarded either by students or by higher courts. This leads to emotional exhaustion, to the point of feeling completely discouraged, since the teacher does not receive any specific training or psychological training to deal with the issues presented by students.

Psychosocial factors are the conditions found in an employment relationship, involving on one hand: the work environment and conditions of the organization and the other the worker's abilities, needs, culture and personal situation outside of work. Stress when the demands of the work environment exceed the capacity of people to deal with them or control them.

Materials and methods

Research: Observational, transversal and descriptive.

266 teachers participated. Applying the Scale of Psychosocial Factors and Naomi Silva Labor general data form.

Results

According to Naomi Silva, scores of high and medium level psychosocial factors are considered negative, the increased presence was in "Workload" with 91%, "Content and characteristics of the task" 73.3% "Role of academic and career development" 84.5%, "Performance Pay" 90%, "Workplace Conditions" 56.8%. "Labor Requirements" 86.9%, 45% | "Social Interaction and organizational aspects." In high appeared: Workload, 17.7%, Content and Characteristics of Task 4.5%, Role of academic and career development 19.5% 63.3% Compensation performance, workplace conditions 1.5% 45.9% Labor Requirements, Social Interaction and organizational aspects of 1.1%.

Discussion

The mental health of teachers is affected in part by exposure to psychosocial risk are increasing due to the multiple roles that teachers develop, very little is done for your attention than prevention