

# **The Relationship Between Social Support and Mental Health of Student Teachers**

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## **Abstract**

The purpose of this study was to examine the social support and mental health of student teachers from Yangon University of Education. A total of 200 student teachers took part in this study. 40 items social support questionnaire and mental health inventory were used to examine the social support and mental health of student teachers. The result revealed that student teachers from YUOE got tangible support more than any other support. Then, according to the result of independent samples t-test, there were significant differences in social support and mental health by gender, level of study, number of friends, etc. The mean score of student teachers who had ten friends and above was higher than that of student teachers who had less than ten friends in all subscales of social support. There was a significant difference between the students who have less than ten friends and students with ten and above ten friends in appraisal support, and belonging support. So, it could be concluded that students having more friends were better than those having less friends. They could get many social support from their friends especially appraisal and belonging. There was also a positive correlation between social support and mental health of student teachers.

**Key words: social support, mental health, appraisal**

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