



**COPING WITH THE STRESS OF TEACHER EDUCATORS FOR QUALITY
IMPROVEMENT OF TEACHER EDUCATION**

Omprakash Kshirsagar, Ph.D & Mr. Jagannath B. Darandale

¹*Principal, Research Scholar School of S.R.T.M. University, Nanded.*

²*Educational Swami Ramanand Tirth College of Education, Sciences, Kandhar, Dist. Nanded.*

Abstract

In the present scenario the teacher education is really the subject of concern and discussion. It has taken the wing to fly but it is still on the land. So the educationalist and all the government and non-governmental agencies must take the step to go forward. The teacher educators are working under tremendous stress in these conditions. Here the writer has suggested some ways to the teacher educators to cope with the stress.

Key Words: *Stress, Teacher Educators, Health, Causes of Stress and Ways to Cope with Stress*

The teacher education of India is going to be change now days. Many changes were taken place in the teacher education system last year by NCTE and the respective universities. One of the major changes is that of increasing the course duration. From this year (2016) the duration of B.Ed. and M.Ed. course is of two years instead of one year. Even the intake capacity of a division and proportion of required staff also changed according to the division. The decision and changes taken by the NCTE is expectable and essential for the quality improvement of teacher education and to fulfill the need of society as well to accept the challenge of new generation. But this badly affect on admissions of the program such as B.Ed. and M.Ed. of the university departments and teacher training institutions. This year many seats are remain vacant in the university department and teacher training colleges. The lacks of admissions disturb the budget of private teacher training institutions. So due to the lack of fund the management unable to run the institution or they have to manage the institution with available fee. So the burden of less admission goes on the teacher educators, they have to manage with the decisions taken by

the management. The decisions might be harmful or fruitful. The daily working is also laborious. The working harassments and economical dissatisfaction are the major concerns of teacher education. On the above the job insecurity is also the one of the major factors. So it affects teacher educators. Ultimately it creates stress. Stress is a natural, ongoing dynamic and interactive process that takes place as people adjust to their environment. The word 'Stress' is derived from the Latin word '*Strictus*' which means 'tight' or 'narrow' and '*Stringere*' which means to 'tighten'. These refer to the internal feelings of constriction that many people feel when they experience stress. According to **Selye (1977)** 'Stress is a generalized response of body to demands placed on it, whether they are pleasant or unpleasant.' **Hans Selye**, a physiologist considered as father of stress, tried to analyze the different dimensions of stress-its intensity and its impact. The term 'eustress' was popularized by **Selye**. It connotes stress caused by positive occurrences. According to him, not only aversive events but also events that appear positive may be stressful because they involve changes to which people must adopt. A certain level of stress is required for an individual's well being, without which one cannot function properly as an individual. Too much stress however can affect performance and cause various physiological and psychological problems. The negative form of stress is called 'distress'. An individual tend to be much more preoccupied with his experiences that distress and usually interpret as distress. Stress is a condition or circumstance, which can disturb the normal, physical and mental health of an individual. According to Richard Carlson, "Stress is nothing more than a socially acceptable form of mental illness" Stress is synonymous with negative conditions. Today, with the rapid diversification of human activity, an individual come face to face with numerous causes of stress and the symptoms of stress and depression. As **Hans Selye** rightly says, "Mental tensions, frustrations, insecurity, aimlessness are among the most damaging stressors, and psychosomatic studies have shown how often they cause migraine, peptic ulcers, heart attacks, hypertension, mental disease, suicide or just hopeless unhappiness." It is very difficult for the teacher educators to work under the pressure of stress. Some manage the stress and work and some work under the pressure of stress. If the teacher educators work under the stress it affects on the quality of education and if the stress increases day by days it affects on the mental conditions of the teacher. In short, it makes unhealthy life of teacher educators. The research on stress tells that many things are responsible to contribute teacher educators' stress such as:

- excessive workload and teaching hours

- role ambiguity
- poor working conditions
- overcrowded classes
- uncongenial working environment
- scarcity of resources
- conflicting peer relations
- frequently changing curriculum
- assessment and evaluation strategies
- accountability
- lack of job security
- lack of public esteem
- meager salaries
- indifferent students and parents behavior
- professional development
- fatigue, frustration and stagnation
- boredom and loss of motivation or enthusiasm

We often say if there is will there is way. Like this if the management, principle, government and all the stake holders of teacher education has the will to decrease or remove out the stress of teacher educators then and then it is possible to take away the teacher educators from the stress. The teacher educators can cope with the stress by using different strategies. There are following suggestions to teacher educators to cope with the stress. The teacher educator could:

- take care of relaxation and leisure time as they are essential ingredients in a healthy lifestyle.
- take active part in college activities.
- create healthy environments for themselves.
- develop positive and constructive thinking to eliminate worry and enhance performance.
- have a confidence in his own ability.
- use meditation and breathing exercises which will prove very effective in controlling stress.
- recognize their stress and get rid of it with physical activities.
- discuss their problems with a trusted friends, colleagues or family member. It will give them peace and comfort.
- maintain diaries, it help to identify the most important and most frequently stresses that they need to improve their stress management skills and help them to understand the levels of stress at which they are happiest and most efficient.

- plan events in advance, establish a sensible teaching routine and think objectively and unemotionally about problems.
- take balanced diet, eat regular and get enough sleep to keep a sound mind in a sound body.
- not worry about things that they can't control, such as the weather.
- solve the little problems, this can help them to gain a feeling of control.
- prepare to the best of their ability for events they know may be stressful, such as a job interview.
- try to look at change as a positive challenge, not as a threat.
- work to resolve conflicts with other people.
- set realistic goals at home and at work, avoid over scheduling.
- exercise on a regular basis and meditate.
- participate in something they don't find stressful, such as sports, social events or hobbies.

Teacher educators are the soul of whole education system because they are teachers' teacher. So they must have healthy body and healthy mind. They have the capacity to build the education system and ultimately the society. So they must be away from stress for the quality improvement of teacher education .

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