



COMPARATIVE STUDY OF OCCUPATIONAL STRESS LEVEL AMONG SCHOOL AND COLLEGE TEACHERS

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INTRODUCTION

Teachers are the central factors in any education programme. Their love, affection, character, competence and commitment towards their profession affects the students. But teacher all the time is not able to cope up with the expectations of parents as he has to face stress in the occupation. Moreover, teachers being members of the Modern society have to play diverse role to meet their various needs, obligations and expectations of their students. In doing so, they suffer from occupational stress.

Occupational stress is associated with increase in negative work-related outcomes, such as Job dissatisfaction ill- health, absenteeism, higher turnover and lower productivity (Jones & Bright, 2001). The negative effects of occupational stress include impaired performance or a reduction in productivity, diminishing levels of customer service, health problems, absenteeism, turnover, industrial accidents, alcohol and drug and purposeful destructive behaviours (owich, quick Nelson & Hurrel, 1997), Wright & smye, 1996). Research by Winslow (1998) confirmed that those reporting high occupational stress and depression had health costs that were 2.5 times higher than those who were not with such evidence mounting it is not surprising that civil law suits and warblers compensation claims for work stress-related disabilities are increasing.

Mental Health helps the teachers to Motivate and inspire the students. Effective teaching requires a feeling of satisfaction. On the other hand, feeling of dissatisfaction affects the efficiency. Once thinking and emotional reactions affect adjustment level we can say that if there is complete balance between her potentialities and occupation, then a teacher can give her best to the students. He/She can enjoy all the comforts of life.

STRESS

Stress is derived from the Latin word 'stringer'. It was popularly used in 17th century to mean hardship, strain diversity of affliction. In 18th and 19th centuries, it was used to denote force, pressure, strain or strong efforts with reference to an object or person. Stress is the "Wear and tear" our bodies experience as well as adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. So, a stress is a common occurrence among people causing health hazards, laziness, disinterest and lack of physical and vitality.

Hand Selya (1956) described stress 'the non-specific response of the body to any demand made upon it'.

Farmer; Monahan and Heakeler (1984) "stress consists of any event in which environmental demands, internal demands or both, tax or exceeds the adaptive resources of the individual, social system or tissue system".

OCCUPATIONAL STRESS

Occupational stress can be defined as the harmful physical and emotional responses that occur when the requirement of job do not match with the capabilities, resources or needs of the worker. Occupational stress can lead to poor health and even injury.

Occupational stress is that stress in which the main source of stress is the occupation of the person.

Coplan, Cobb and French (1975) "Occupational stress may be as any characteristics of job environment that poses a threat to the individual".

Cooper and Marshall (1976) "Occupational stress is a negative environment factors or stressors associated with a particular job".

According to Skwab and I wanlacki (1982) Occupation stress in teachers can lead to variety of negative outcomes, including emotional exhaustion feeling of depersonalization, and a sense of failure with one's personal accomplishment a condition the author refers to "Burn out".

Teaching is regarded as a very stressfully occupation. Increasing consciousness for education due to increasing competition among students for achieving their goals added more pressure and stress on teachers.

JUSTIFICATION OF THE STUDY

Today is the era of modernization. In rapidly growing and dynamic environment, the role of teacher is becoming more and more complex. The teachers are being challenged with the task of increased work load, research responsibilities and continuous improvement in skill set. The

performance demands have increased tremendously. Stress badly affects their physical and mental health.

It is the first priority to identify the measure by which teachers can avoid and cope with stress. Hence in this particular, to get somewhat more definite results a systematic study is needed to be conducted. The study will go a long way to help the authorities to organize guidance and counseling programmes in which the teacher can discuss their mental tension. So, the aim of study is to compare occupational stress level among school & college teacher.

STATEMENT OF THE PROBLEM

The problem under investigation is entitled as "COMPARATIVE STUDY OF OCCUPATIONAL STRESS LEVEL AMONG SCHOOL AND COLLEGE TEACHERS."

OBJECTIVES OF THE STUDY

1. To compare occupational stress level among school and college teachers.
2. To compare occupational stress level among male school and college teachers.
3. To compare occupational stress level among female school and college teachers.
4. To compare occupational stress level among school and college teachers working in rural area.
5. To compare occupational stress level among school and college teachers working in urban area.
6. To compare occupational stress level among private school and college teachers.
7. To compare occupational stress level among government school and college teachers.
8. To compare occupational stress level among aided school and college teachers.
9. To compare occupational stress level among young school and college teachers.
10. To compare occupational stress level among aged school and college teachers.

HYPOTHESES OF THE STUDY

1. There is no significant difference in occupational stress level among school and college teachers.
2. There is no significant difference in occupational stress level among male school and college teachers.
3. There is no significant difference in occupational stress level among female school and college teachers.
4. There is no significant difference in occupational stress level among school and college teachers working in rural area.

5. There is no significant difference in occupational stress level among school and college teachers working in urban area.
6. There is no significant difference in occupational stress level among private school and college teachers.
7. There is no significant difference in occupational stress level among government school and college teachers.
8. There is no significant difference in occupational stress level among aided school and college teachers.
9. There is no significant difference in occupational stress level among young school and college teachers.
10. There is no significant difference in occupational stress level among aged school and college teachers.

DELIMITATIONS OF THE STUDY

1. The sample was confined to school and college teachers of Ferozepur (District) only.
2. The sample was delimited to 120 teachers only.
3. The study was measure only one variable:- The occupational stress level among teacher of schools & colleges.

METHOD AND PROCEDURE

(i) Selection of the Sample

The sample for present study was selected from, teachers of school and colleges of Ferozepur District. The random sampling technique was used for the selection of the sample. a sample of 120 teachers was taken for the study out of 120 teachers (60 teachers from school and 60 teacher from colleges) were taken. Out of 60 school teachers from 30 are male (15 from rural and 15 from urban area) having 5, private, 5 government and 5 aided school teachers. And 30 are female teachers (15 from rural area and 15 from urban area having 5 private, 5 government and 5 aided school teachers.

Out of 60 colleges teachers 30 are male teachers 15 from rural area and 15 from urban area having 5 private, 5 government and 5 aided college teacher and 30 are female teachers (15 from rural area and 15 from urban area having 5 private, 5 government and 5 aided college teachers were taken for the study.

For the problem entitled "Occupational Stress level among school and college teachers". The major tools used "the occupation stress index" prepared by Dr. A.K. Shrivastva & A.P. Singh

ii) Data collection

The data was collected from selected schools from Fazilka & Jalalabad (w) and its near by areas by administering tool.

(iii) Statistical Techniques Used For Data Analysis

For analysis and interpretation of data used the following statistical techniques.

- a) Computation of Arithmetic mean (M)
- b) Standard deviation
- c) t-test

MAIN FINDINGS OF THE STUDY/CONCLUSION

- 1. There is no significant difference in the occupational stress level among school and college teachers.
- 2. There is no significant difference in the occupational stress level among male and school and college teachers.
- 3. There is no significant difference in the occupational stress level among female school and college teachers.
- 4. There is significant difference in the occupational stress level among school and college teachers working in rural area.
- 5. There is partial significant difference in the occupational stress level among school and college teachers working in urban area.
- 6. There is no significant difference in the occupational stress level among private school and college teachers.
- 7. There is no significant difference in the occupational stress level among govt. school and college teachers.
- 8. There is partial significant difference in the occupational stress level among aided school and college teachers.
- 9. There is no significant difference in the occupational stress level among young school and college teachers.
- 10. There is no significant difference in the occupational stress level among aged school and college teachers.

EDUCATION IMPLICATIONS

- 1. This study will be of great helpful to know the O.S level among the school & college teachers & on the basis of this & we suggest some measures to reduce the O.S.

2. It is common believe that the teachers are makers to future of children. The teachers feel stress then he will not be able to give hundred percent for the betterment of child so with the help of this study we can suggest the measures to reduce the stress among the teachers so that he can make better future for country.
3. From this study, we come to know about the O.S. level of teacher, indifferent school types as the general phenomenon that in private schools, the teachers are more stressful while work as compared to govt. schools. So, some better measure will be suggested to reduce this stress.
4. From this study, we come to know about the O.S. level of teachers, of both sexes in different school types as the general phenomenon that female teachers are less stressful while work as compare to male teachers. So, some better measures will be suggested to reduce this stress.

SUGGESTION FOR THE FUTURE STUDY

1. The present study was confined to ferozpur district. The study can be conducted on the other districts & state also.
2. In the present study, a sample of 120 teachers has been taken up which consists of 60 school (30 male & 30 female) & 60 college (30 male & 30 female) teachers. Similar study can be conducted on large sample and employers of other profession.
3. For the present study, only six schools & six colleges from urban & rural areas has been taken. Similar study can be conducted by taking more schools & colleges from rural & urban areas.
4. The study can be conducted by taking other more demographic factor in consideration.

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