



## COMPARATIVE STUDY OF JOB STRESS OF MALE TEACHERS WORKING IN COLLEGES OF PUNJAB AND RAJASTHAN STATE

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### Abstract

The aim of this study was to compare the job stress male teachers from colleges of Punjab and Rajasthan state. In this present study sample consisted of total 200 male teachers selected randomly from different colleges of Punjab and Rajasthan state. Occupational Stress Index (OSI) by Srivastava and Singh (1984) was used for the investigation. The study revealed that there was no significance difference in the job stress of male teachers working in colleges of Punjab and Rajasthan state.

**Key words:** Job Stress, Male Teachers, Colleges of Punjab and Rajasthan State.



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## INTRODUCTION

Education is a continuous and creative process. It may be formal, informal or non-conventional. In formal education teacher has a very important place in improvement of education. Teachers' role in society, in general and in education has varied with time, but the grandness of this position is same. Teachers are the most significant resources in educational institutions. They are the key figures for any learning reforms needed in education structure. The provision of excellence in education system depends on high quality teachers. High morale, appropriate subject knowledge and the teachers' specialized teaching skills are fundamental to quality teaching and learning.

Today the teachers are greatly responsible for the student's time to come. So the teacher should be physically and mentally strong so that they can reach their targets successfully. For a good teacher it is important that he should be free from physical and psychological diseases. To stay fit a teacher should therefore be out of stress. However, if the teacher is subjected to excessive stress and strain, he can't maintain his mental balance. If not dealt seriously teacher's stress is one of the major factors influencing his teaching efficiency. If the teacher has job stress, then he can't well adjust with the organizational climate and can't feel satisfied with his job.

## **JOB STRESS**

Job stress, also known as occupational stress, has been defined as the experience of negative emotional states such as frustration, worry, anxiety and depression attributed to work related factors (Kyriacou, 2001).

Job stress or occupational stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury. The concept of Occupational stress is often confused with challenge, but these concepts are not the same. Challenge energizes us psychologically and physically, and it motivates us to learn new skills and master our Occupations. When a challenge is met, we feel relaxed and satisfied (U.S NIOSH, 1999).

Thus, challenge is an important ingredient for healthy and productive work. The importance of challenge in our work lives is probably what people are referring to when they say, "a little bit of stress is good for you. Occupational stress is that which derives specifically from conditions in the work place. These may either cause stress initially or aggravate the stress already present from other sources. In today's typical workplace, stress is seen as becoming increasingly more common. People appear to be working longer hours, taking on higher level of responsibilities and exerting themselves even more strenuously to meet rising expectations about Occupational performance. Competition is sharp. There is always someone else ready to "step into one's shoes" should one be found wanting.

## **STATEMENT OF THE PROBLEM**

Comparative Study of Job Stress of Male Teachers Working in Colleges of Punjab and Rajasthan State

## **OBJECTIVE OF THE STUDY**

To compare the difference in job stress of male teachers working in colleges of Punjab and Rajasthan state.

## **HYPOTHESIS OF THE STUDY**

There is no significant difference in job stress of male teachers working in colleges of Punjab and Rajasthan state.

## **DELIMITATIONS OF THE STUDY**

- The study was delimited to college teachers of Punjab and Rajasthan state.

- Only 200 male teachers (100 from Punjab and 100 from Rajasthan) were selected for present study.
- The study was delimited to of 4 districts of Punjab and Rajasthan state. The districts under study were Fazilka and Shri Muktsar Sahib in Punjab, and Sri Ganganagar and Hanumangarh in Rajasthan.

### DESIGN OF THE STUDY

Descriptive Survey Method was used in the present study for the investigation.

### TOOL USED

Occupational Stress Index (OSI) by Srivastava and Singh (1984)) was used for the investigation.

### ANALYSIS AND CONCLUSIONS

For the analysis of data Mean, Standard Deviation & t-ratio were calculated.

### RESULTS OF COMPARISON OF JOB STRESS OF MALE TEACHERS WORKING IN COLLEGES OF PUNJAB AND RAJASTHAN STATE

Table 1.0 shows the summary of statistical calculation for obtaining t-ratio with regards to comparison of job stress of male teachers working in colleges of Punjab and Rajasthan state.

**Table 1.0: Showing t-ratio of job stress of male teachers working in colleges of Punjab and Rajasthan state**

Sr. No.	Group	N	Mean	S.D.	SE <sub>D</sub>	df	t-ratio	Level of Significance at 0.05 and 0.01
1	Punjab	100	131.12	14.51	2.19	198	.84	Not Significant
2	Rajasthan	100	132.97	16.40				

Table 1.0 indicates that the computed t-ratio has come out to be .84 which is less than the t-value 1.96 in table at .05 and 2.56 at .01 level of significance. Therefore, from the table it may be concluded that there is no significant difference in the job stress of male teachers working in colleges of Punjab and Rajasthan state. Hence our null hypothesis that there is no significant difference in job stress of male teachers working in colleges of Punjab and Rajasthan state is accepted.

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