

A Study of Professional Stress in School Teachers

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ABSTRACT

The present study was done with the purpose to study the stress level in school teachers of Nagpur, Maharashtra. The researcher tried to study the occupational/professional stress level in school teachers from Nagpur and Nagpur division/district.

*The sample of **154 School Teachers** of different schools of Nagpur district/division was randomly selected for study. The self-made questionnaire consisting of **47** items with **5** options was used for data collection. The statistical technique was used to analyze the collected data. The inference and conclusions were drawn according to the data analysis. The findings indicated that the school teachers have been dealing with high level of stress in the profession. On the basis of the findings authors offered some suggestions.*

INTRODUCTION

Stress could simply be defined as an unpleasant emotion, which arises when people worry that they could not cope with excessive pressures or other types of demand placed upon them.

Organizational stress, which is also called professional/occupational stress, is the interaction between working conditions and the working person in environments in which the work demand exceeds the skills of the worker. The components that cause stress in organizations are environmental factors and the behaviour formed as a result of the pressure of these elements on the individual. These factors may be monotony, change of technology, extreme work load, job

safety, management problems, and many more. Stress in working people results in various feelings such as worry, fear and depression.

Every occupation causes a specific level of pressure. But, teaching is among the professions that causes additional stress compared to other.

The occurrence of work stress of teachers has been receiving increased global attention and concern in recent years. Several studies had been undertaken to examine the prevalence, level and major sources of work stress among school teachers.

Studying on the issue of work stress of teachers was essential and it was important for the management and teachers to work together to improve the working environment and conditions so as to contest stress.

Stress is an occurrence that must be recognised and addressed in various professions- the teaching profession is no exclusion. In recent years, inclusive education has risen to prominence, which changed the traditional roles of teachers, from using a “talk and chalk” method, to being more pupil-centred.

The mental health of the teacher directly effects on the students and the teaching –learning process and ultimately the society by affecting the whole education system. A nation can progress only when its citizens are healthy both mentally and physically. The citizens of country are made and engraved in the four walls of classroom. It is well known element that teachers are the future builder. Thus, it indicates what significant place has been specified to teacher. So, it clearly shows that the teachers need to be both physically and mentally sound.

In India, however it is seen that a teacher has tremendous work load. There are obligations other than teaching which adds the burden. Society has set some standards for a teacher. A teacher is always kept on pedestal. Hence there is much expectation from society. All these may have effect on mental health of a teacher.

Keeping this in mind the researchers thought of to study the, stress level in the school teachers from Nagpur and Nagpur Division/District, hence the researchers performed this mini research.

Key words: Professional Stress, School teachers, government and aided schools

RESEARCH OBJECTIVE

1. To find the stress level of school teachers working in government/aided schools of Nagpur and Nagpur division/ district.
2. To compare the stress level of male and female teachers in government/aided schools of Nagpur and Nagpur division/ district

HYPOTHESES

1. There is no significant difference between scores of Male and female teachers with respect to occupational stress

SAMPLE

As it was not possible to cover all the teachers of all schools of Nagpur and Nagpur division/ district the sample was randomly drawn from few schools' only. The questionnaire was distributed to **77 female teachers and 82 male teachers** out of which only **77 & 77** respectively were returned back to the researcher. Hence on the basis of 155 returned questionnaire total **154** number is taken as sample for study.

TOOL

Self-made Likert type 5 point scaled questionnaire for teachers with 47 numbers of statements was used for data collection. The questionnaire comprises of some positive and some negative statements with five options for each i.e, always, frequently, sometime, rarely and never. The respondents were asked to put (√) mark on the most appropriate answer applicable to them. The scoring is done for the responses, for positive statement it is 4 to 1 whereas in case of negative statement it is inverse i.e, 0 to 4.

LIMITATIONS

1. This study is limited to school teachers only.
2. This study is limited to the teachers working in government or granted schools.
3. This study is limited to professional/occupational stress only.

DATA ANALYSIS:

Table 1

Sample	N	Mean	SD	D	t
Male	77	84.97	21.70	7.01	2.21

Female	77	77.96	16.93		
Total sample	154				

$$t = \frac{D}{SE_D}$$

$$SE_D = \sqrt{\frac{\sigma_1^2}{N_1} + \frac{\sigma_2^2}{N_2}}$$

$$SE_D = \sqrt{\frac{21.70^2}{77} + \frac{16.93^2}{77}}$$

SE_D = 3.16

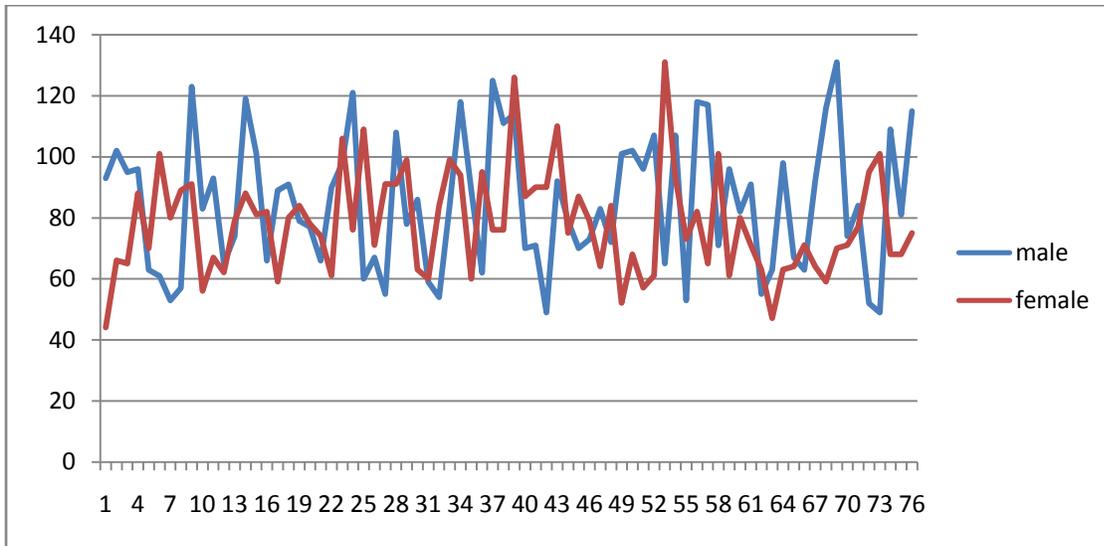
$$t = \frac{D}{SE_D} = 2.21$$

$$d_f = 77+77-1 = 153$$

For df = 153 the tabulated value of t at 95% level or 0.05 level of confidence is 1.96.

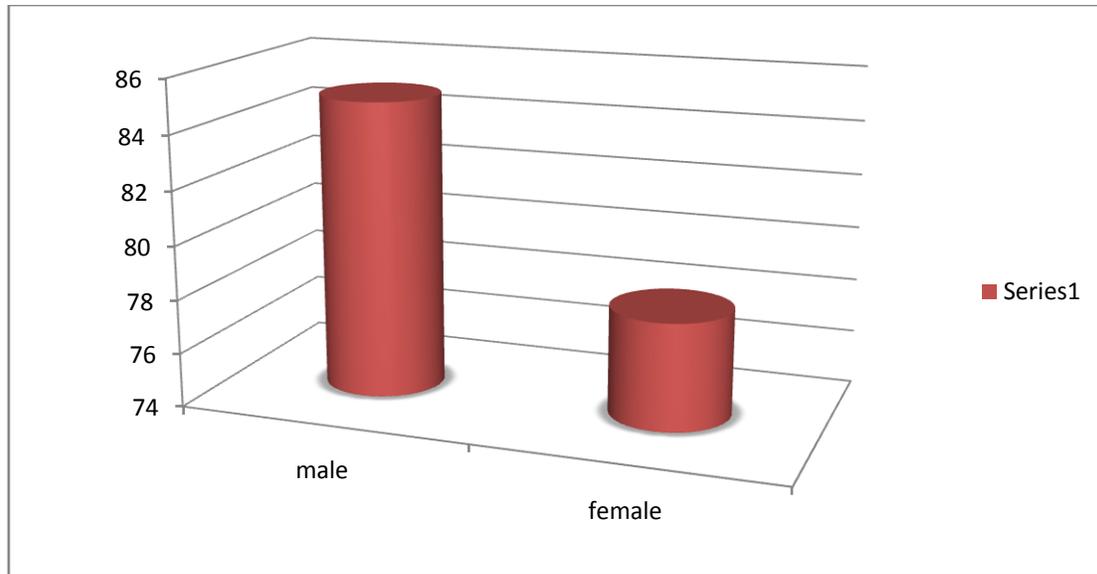
Tabulated t < calculated t, hence the difference in scores of stress of male and female teachers is significant.

Hence null hypothesis is rejected.



Graph 1- scores of male and female school teachers

Graph 1- This graph shows the scores obtained by the all-male and female school teachers on their responses to the statements of the questionnaire.



Graph 2- Mean value for male and female school teachers

From table 1 and graph 2 it is seen that the Mean calculated for male and female school teachers is 84.97 and 77.96 respectively. The SD is found to be 21.70 for male school teachers and 16.93 in female school teachers

FINDINGS OF THE STUDY

Objective wise analysis:

OBJECTIVE – I: To find the stress level of school teachers working in government/aided schools of Nagpur and Nagpur division/ district.

From the above calculation and graph it has been observed that there is presence of stress in the teachers in relation to their profession covering the different dimensions of their job, like teaching, administration, government related work etc.

OBJECTIVE – II: To compare the stress level of male and female teachers in government/aided schools of Nagpur and Nagpur division/ district. The difference in scores of stress of male and female teachers is significant. The stress level is found to be little more in the male school teachers as compared to female school teachers.

CONCLUSION

From above objective wise analysis it can be concluded that there is presence of professional stress in school teachers due to the extreme work load related to professional work as well as other than teaching work. Also, gender wise analysis revealed that the male school teachers

found to be undergoing through more stress of professional life in comparison to their counterpart.

SUGGESTIONS

- There is need for the defined job profile for the teaching profession.
- Proper care and attention need to be given towards the work distribution and the work allotment to the teachers.
- The researchers would also like to recommend that regular assessment of stress level should be conducted for precautionary actions.
- Timely training programmes may be organized to train the teachers to develop certain life skills to assist individuals successfully deal with stressful professional life events.
- Channels of communication should be clearer and easily approachable.
- Provision for regular health care, followed with yoga and meditation camps/practicing it regularly, can also be a better option to help the school teacher to deal and cope up with professional stress.

SUGGESTIONS FOR FURTHER STUDIES

Research is an unending process and every research provides idea for further research and investigation. Therefore the present mini research opens up certain path for further study few of them are mentioned below-

1. The present research was confined to schools of Nagpur and Nagpur District /Division of Maharashtra only; the inferences derived from it therefore may not be applicable to other schools also. So for further research the area and sample could be taken more to obtain more reliable and valid inferences.
2. A comparative study may be conducted on the basis of teachers from aided and government schools with respect to stress level in teaching profession and similarly with private non-aided schools.

samples of 154 School teachers of different schools of Nagpur district/division were randomly selected for study. The self-made questionnaire consisting of 47 items with 5 options was used for data collection. The statistical technique was used to analyze the collected data. The inference and conclusions were drawn according to the data analysis. The findings indicated that the

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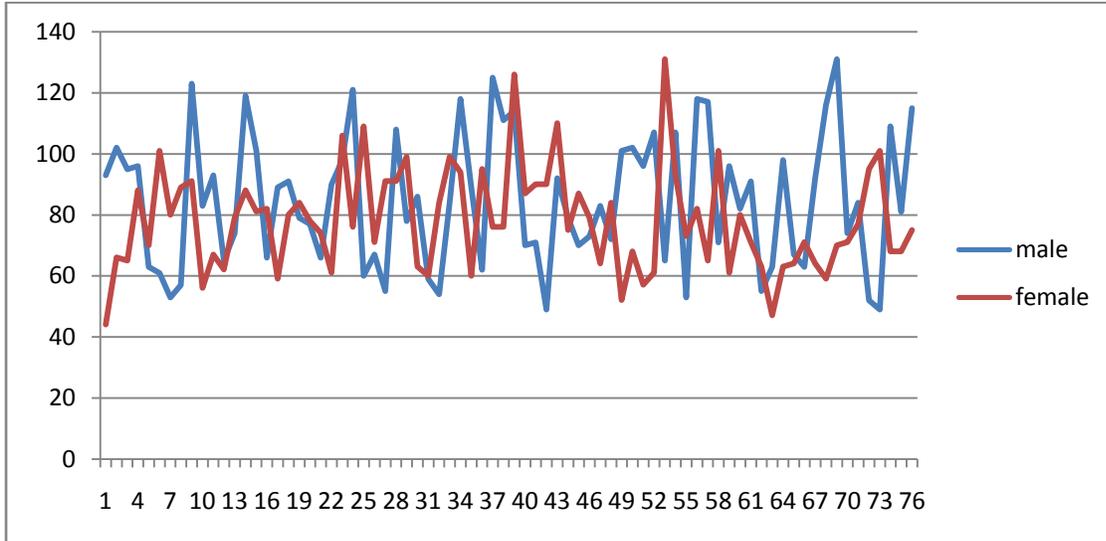
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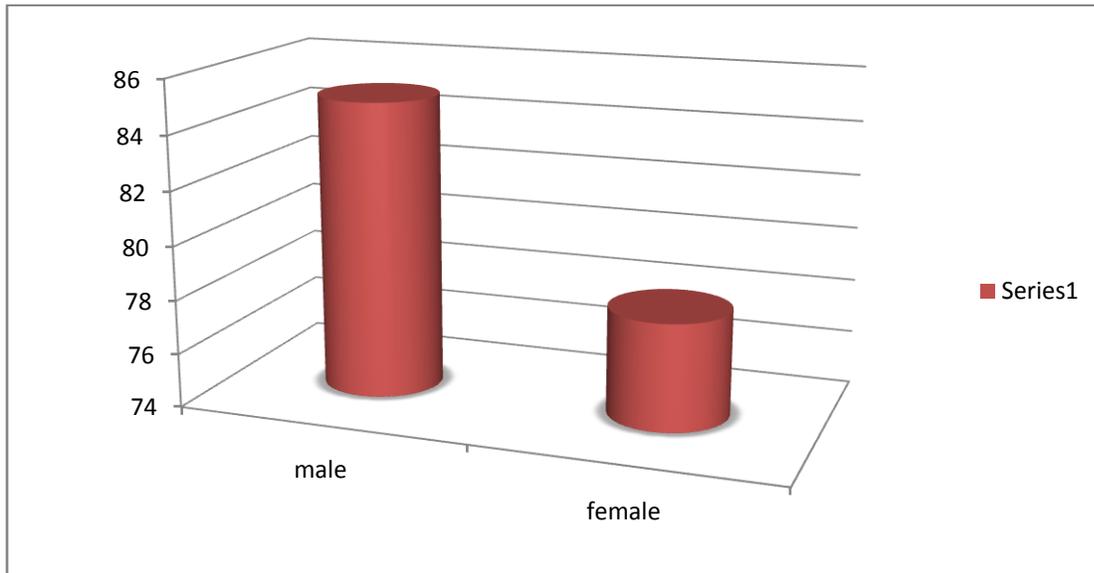
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