



## Opinion of secondary school teachers towards occupational stress

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### Abstract

Stress is an unavoidable part of today's express life. In this age of globalization and liberalization of the economy, competition among organizations has increased. Person whether a child, adult, men, women, employed and unemployed everyone is facing stress in his / her own way. Today's life is full of challenges. In everyday life each and every one comes across many problems and situations. Some of them act as a source of inspiration for us and some causes challenges. It is the human nature to face the challenges boldly or to escape from it. Therefore this study investigated that the opinion of secondary school teachers towards occupational stress. The design of the study survey method was adopted and 310 samples are taken (161 male and 149 female) from secondary school teachers who working in the Salem district in Tamil Nadu. Standardized tool (Teacher Stress Scale) was used to collect data from the sample and both descriptive analysis (Mean and Standard Deviation) and differential analysis ('t' and 'F' - test) have been applied to analyses the data. The results obtained revealed that the secondary school teachers have average stress in their occupation.

**Keywords:** substituted Li ferrite, magnetostatic and spin waves, microstrip array antenna, X-band frequency range

### Introduction

The present world is said to be a world of success, is also a world of stress. Everyone look likes to be talking about stress in daily conversation, television, news papers, conferences, within family, business, organization etc. The current century has been called the "Age of Stress" because from birth to till the last breath every individual is invariably exposed to various stressful situations.

Stress is an unavoidable part of today's express life. In this age of globalization and liberalization of the economy, competition among organizations has increased. Stress in our society is not something that is invisible. Person whether a child, adult, men, women, employed, unemployed everyone is facing stress in his / her own way. Today's life is full of challenges. In everyday life each and every one comes across many problems and situations. Some of them act as a source of inspiration for us and some causes challenges. It is the human nature to face the challenges boldly or to escape from it.

Stress is a psychological and physiological response to events that upset our personal balance. The potential causes of stress are numerous. It may be linked to the outside factors, such as the state of the world environment is which one lives or works or the family. It may come from one's own irresponsible behavior, negative attitudes or feelings or unrealistic expectation. The causes of stress are highly individual. It depends on the personality general outlook on life, problem solving abilities, and social support system. Many different things causes stress-physical to emotional. Here the concept stress is generating from the following activities like threat, fear, frustrations, conflicts, pressure and environment (home

and work place).

The teaching profession has a very prestigious place in all professions. The teacher is a kingpin in the entire system of education. Teaching has now become a very demanding occupation with a lot of stresses for a teacher who has a lot of deadlines to meet and a lot of responsibilities to shoulder besides teaching a child what are in a text book. Teaching has been identified as one of the most stressful profession today. The reasons for that are quite similar to other stressful occupations in the world. Even though the interpersonal problems can also occur from occupational stress in teachers, such as problems with relationships with administration and colleagues evidenced by role conflict and ambiguity, lying, withdrawal from supportive relationships, feelings of irritation or aggression, inability to relate to colleagues, unwillingness to cooperate, becoming introverted, frequent irrational conflicts at work, being cynical, and inappropriate use of humor.

Occupation performance can also be affected by occupational stress which is manifested by an inability to concentrate, manage time well, or meet deadlines; perceptions of heavy workloads; and feelings of inadequacy related to work performance, low productivity, inability to delegate, occupation dissatisfaction, and taking work home. Teachers under stress can induce stress in their students and age group. Teachers under stress can exhibit behavior changes that can affect and disturb the learning of students in their classrooms. If several teachers in one school have high levels of stress, there is potential for the entire school to be affected in a negative behavior. Hence the aims of the present study the investigator to analyze the opinion of secondary school

teachers towards Occupational stress.

**Objectives of this study**

- To find out the level of opinion of secondary school teachers towards occupational stress.
- To find out the significance difference in opinion of secondary school teachers towards occupational stress with respect to their following demographic variables such as Gender (Male / Female), Locality (Rural / Urban), Type of Institutions (Government / Self-Finance), Professional Status (BT Assistant / PG Assistant), Educational Qualification (UG with B.Ed / PG with B.Ed), Age (< 30 / > 30), Marital Status (Married / Unmarried) and Teaching Experience (< 10 / > 10).

**Hypotheses of this study**

- The level of opinion of secondary school teachers towards occupational stress is high.
- There is no significant difference in opinion of secondary school teachers towards occupational stress with respect to their following demographic variables such as Gender (Male / Female), Locality (Rural / Urban), Type of

Institutions (Government / Self-Finance), Professional Status (BT Assistant / PG Assistant), Educational Qualification (UG with B.Ed / PG with B.Ed), Age (< 30 / > 30), Marital Status (Married / Unmarried) and Teaching Experience (< 10 / > 10).

**Methodology**

Survey method was adopted in this study to analyze the opinion of secondary school teachers towards occupational stress. For the study sample consisted of 310 secondary school teachers was drawn from the salem district of Tamil Nadu. In this study the investigator used standardized tool (Teacher Stress Scale) developed by Santhappan. This scale consists of 65 statements. Each statement has four options viz., ‘Mild stress’, ‘Moderate stress’, ‘Much stress’ and ‘Extreme stress’. And the collected data were analyzed the following statistical techniques such as descriptive (Mean and SD) and differential / inferential analysis (‘t’ and ‘F’ test).

**Analysis and interpretation of data**

**Hypothesis 1:** The level of opinion of secondary school teachers towards occupational stress is high.

**Table 1:** Mean score of secondary school teachers towards occupational stress (Maximum Score: 260)

Variables		Sample	Mean	S.D
Gender	Male	161	130.12	23.38
	Female	149	129.81	22.87
Locality	Rural	184	135.89	23.14
	Urban	126	120.76	19.06
Type Of Institution	Government	167	122.64	18.82
	Self-finance	143	137.95	24.95
Professional Status	BT Teacher	175	131.01	22.64
	PG Teacher	135	128.02	22.84
Educational Qualification	UG with B.Ed	149	128.67	23.38
	PG with B.Ed	161	130.34	22.57
Age	< 30 years	141	131.82	22.53
	> 30 years	169	128.04	22.97
Marital Status	Married	169	130.75	24.27
	Unmarried	141	128.79	21.15
Teaching Experience	< 10 years	174	134.70	22.60
	> 10 years	136	126.90	23.90
Total		130	129.763	22.56

From the table (1) shows that the result the calculated mean value is 129.76. Consequently the secondary school teachers have average stress in their occupation.

school teachers towards occupational stress with respect to their following demographic variables, Gender, Locality, Type of Institutions, Professional Status, Educational Qualification, Age, Marital Status and Teaching Experience.

**Hypothesis: 2**

There is no significant difference in opinion of secondary

**Table 2:** Significance of difference in opinion of secondary school teachers towards occupational stress.

Variables		Mean	S.D	‘t’ - VALUE
Gender	Male	130.12	23.38	0.12@
	Female	129.81	22.87	
Locality	Rural	135.89	23.14	6.28*
	Urban	120.76	19.06	
Type Of Institution	Government	122.64	18.82	6.16*
	Self-finance	137.95	24.95	
Professional Status	BT Teacher	131.01	22.64	1.98*
	PG Teacher	128.02	22.84	

Educational Qualification	UG with B.Ed	128.67	23.38	0.63 <sup>@</sup>
	PG with B.Ed	130.34	22.57	
Age	< 30 years	131.82	22.53	1.46 <sup>@</sup>
	> 30 years	128.04	22.97	
Marital Status	Married	130.75	24.27	0.76 <sup>@</sup>
	Unmarried	128.79	21.15	
Teaching Experience	< 10 years	134.70	22.60	2.92 <sup>*</sup>
	> 10 years	126.90	23.90	

<sup>@</sup> - Not significant at 0.05 level.

<sup>\*</sup> - Significant at 0.05 level

From the table (2) is showed that the results the calculated values are 0.12, 0.63, 1.46 and 0.76 lower than the tabulated value 1.96 at 0.05 level of significant. Consequently the null hypothesis based on their demographic variables such as gender, educational qualification, age and marital status are accepted. Hence found that the result there is no significance difference in occupational stress among the secondary school teachers with respect to their following demographic variables such as gender, educational qualification, age and marital status.

Thus from the table (2) is noted that the results the calculated values are 6.28, 6.16, 1.98 and 2.92 greater than the tabulated value 1.96 at 0.05 level of significant. Consequently the null hypothesis based on their demographic variables such as Locality, Type of Institutions, Professional Status and Teaching Experience is not accepted. Hence revealed that the results there is significance difference in occupational stress among the secondary school teachers with respect to their following demographic variables such Locality, Type of Institutions, Professional Status and Teaching Experience.

### Findings

- The secondary school teachers have average stress in their occupation.
- The male secondary school teachers more stress than the female secondary school teachers in their occupation.
- The rural secondary school teachers much stress than the urban secondary school teachers in their occupation.
- The self-finance secondary school teachers much stress than the government secondary school teachers in their occupation.
- The secondary school BT teachers most stress than the secondary school PG teachers in their occupation.
- Based on the educational qualification, the PG with B.Ed secondary school teachers more stress than the UG with B.Ed secondary school teachers in their occupation.
- Based on the age, < 30 age group secondary school teachers much stress than the > 30 age group secondary school teachers in their occupation.
- The married secondary school teachers more stress than the unmarried secondary school teachers in their occupation.
- Based on the teaching experience, < 10 years group secondary school teachers much stress than the > 10 years group secondary school teachers in their occupation.

### Conclusion

In the present study found that the results the secondary school teachers have average stress in their occupation.

Though the school environment, adjustment of co-workers, students ability, subject knowledge and family situation are sometimes create or rectify the stress in their occupation. Hence the secondary school teachers should adopt their mind in joyful teaching. The board of secondary school education should provide the in-service and professional competency programmes to the secondary school teachers for their skill development.

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