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STUDY OF STRESS AMONG SCHOOL TEACHERS



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Short Profile

Seema Rani Sharma is a Researcher at Department of Education in Dr. BhimraoAmbedkar University, Agra.

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ABSTRACT:

The main objective of the study was to Study of Stress among School Teachers. For this purpose 100 school teachers were considered as a sample of the study. Singh Personal Stress Source Inventory was used to collect the relevant data. Descriptive survey method was used in this study. After the analysis of results only 13% teachers were found low stressed and 10% students were found high stressed.

KEYWORDS

Age of Anxiety and stress', economic activity, materialistic world stress.

INTRODUCTION :

Present advance world is called the 'Age of Anxiety and stress'. Today stress is a subject, which is hard to avoid. One can find stress everywhere. It could be with in the family, institution and any other social or economic activity. The concept of stress was first introduced in the life sciences by Hans Selye in 1936. But its scientific meaning was, in fact, given in early 20th century, Stress is the process that occurs in response to the situations or events (called stressors) that disrupt or threaten to disrupt our physical, or psychological functioning (Lazarus & Folkman, 1984; Taylor, 1995; Pestonjee, 1992; Baron, 2002).

Today in materialistic world stress is found everywhere. In Ancient time teaching was done for self-enjoyment. But now it has become profession which is effected by stress like other profession. It is universal truth that some degree of stress is needed for optimum performance of any individual. In teaching profession how far stress is needed for effectiveness so that quality of education should be controlled in future. On the basis of these ideas, the researcher has embarked upon the present study and probe into the variables related to managing stress and learning behavior.

Stress is general term applied to the pressure people feel in life. At the time of difficulties one may deal with anxieties by engaging a variety of behaviours, such as engaging, eating and sleeping habits or turning to chemical substances by relief. Collectively all these anxieties are called stress.

STATEMENT OF THE PROBLEM

Study of Stress among school teachers.

DEFINITION

STRESS :

Stress is refers to the individual's perceptions of the demands made by the environment and his ability to meet those demands. When the personal resources and the environmental demands do not match, stress arises.

According to Cox (1993)

"Stress can be defined as a psychological state which is part of and reflects a wider process of interaction between individuals and their work environment."

OBJECTIVE OF THE STUDY

To study and analyze the level of stress among school teachers.

SAMPLE

Good result can be expected from a good sample, hence great care should be observed in the selection of the sample. It is neither possible nor advisable to study entire population. Testing,

interviewing or observation of every individual of population is impractical. Therefore it becomes necessary to select a representative sample of an adequate size. The researcher has adopted purposive random sampling. The researcher has selected 100 sample units.

METHOD

In the present study, the researcher has employed the "Descriptive survey method." Descriptive method explains what exists at present by determining the nature and degree of existing conditions. Mauly (1970) has explained the wider utility of it as No category of Educational Research is more widely used than the type known variously as the survey normative survey status descriptive study.

TOOL

In the present investigation, the investigator has selected the Singh Personal Stress Source Inventory constructed by Arun Kumar Singh, Ashish Kumar Singh & Arpana Singh.

ANALYSIS AND INTERPRETATION OF THE DATA

Percentage, Mean and standard deviation was calculated of the scores.

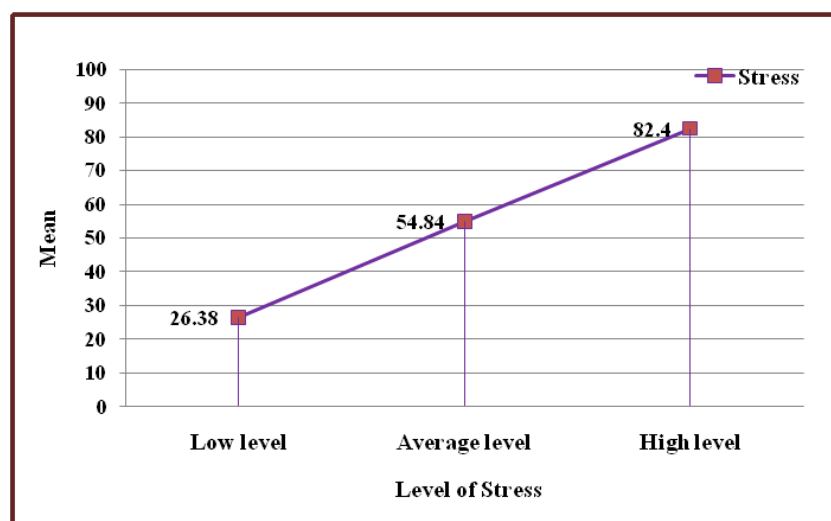
To study and analysis of level of stress of school teachers researcher have collected relevant data by using the Singh Personal Stress Source Inventory (SPSSI). To study and analysis the data researcher categorize the stress scores on three levels and calculated mean and standard deviation of the stress scores and presented in the following table 1.

Table 1 :
Mean and Standard deviation of stress scores on
different levels of stress

Level of stress	N	Mean	Standard deviation
High level	10%	82.40	1.17
Average level	77%	54.84	9.86
Low level	13%	26.38	3.10

From the above table it is reveals that 13% teachers are showing low level of stress, 77% teachers are showing average level of stress and 10% teachers are showing high level of stress. The comparative study of stress level and scores calculated mean values are 26.38, 54.84 and 82.40 respectively for Low, Average and High stress level. The statistical data is clearly showing that there is major difference in mean values between all these groups.

Graph No. 1 :
Mean values of level of stress of school teachers



Mostly teachers are showing average stress and 10% teachers are showing high stress and only 13% teachers are showing low stress. Psychological variables are affecting teaching learning activity. After the analysis results we can say that teaching learning process will be affected by the stress. Stress is a cause of many problems like school climate, management related problems, personal problem, familial problems, financial problems etc. So it is necessary to manage stress of teachers because children education is affected by the teacher's behaviour.

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