

Research Paper

An Exploration of Stress among Women Teachers Teaching at the Secondary School Level in Pulwama District of J & K. India

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ABSTRACT

The present study was carried out to assess the extent of stress faced by secondary school women teachers in government and private schools of district Pulwama. In the study a stratified random sampling technique was employed. The researcher stratified the sample of two hundred secondary school women teachers out of which hundred were teaching in Government schools and hundred were teaching in Private schools of district Pulwama. Dr. K. S. Mishra tool was used to measure stress among secondary school teachers. The tool consisted of 55 statements, distributed among four areas i.e. Individual, Home, School and Social in which stress was to be measured. Results: There is no significant difference between stress level of women teachers teaching in government and private secondary schools. There is no significant difference between stress level of women teachers teaching in 9th and 10th classes at secondary level.

Keywords: *Stress, women teachers, secondary school, Kashmir.*

The word stress which has its origin in the French word 'Rtrcir' means contraction or limitations. Stress is an external stimulus that signals danger, often causing pain and brain interprets it as danger. Stress is the process that occurs in response to situations or events that disrupt or threaten one's physical or psychological functioning. The credit for adoption of the term 'Stress' as a psychological concept is attributed to Hans Selye (1936). According to Beehr and Newman." Stress is a condition arising from the interaction of people and their jobs and characterized by changes within people that force to deviate from their normal functioning." Stress is an external stimulus that causes wear and tear on individual's physical and psychological wellbeing." (Mosley, Megginson and Pietri (2001). Ganapa & Sreedevi (2015) conducted a comparative study of work related stress among government and private school teachers and found that private school teachers have experienced more stress as compared to government school teachers. Hasan (2014) conducted a study of occupational stress of primary school teachers and found that private school teachers are more stressed than government school teachers. According to Kyriacou (2001) defines, "Teacher stress as the experience by a teacher of unpleasant emotion such as tension frustration, anger and depression resulting from aspects of his work as a teacher.

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Stress as we all know, has become an important feature of our day to day lives. For the last few decades, research around stress has produced a large number of conferences, books, and articles, however despite the popularity of “stress” as a research topic. Stress is now usually defined as a feeling of physical or emotional tension and a feeling of being unable to cope with anxiety and discomfort, particularly in response to change (vijayashree and Mund, 2011). Researches suggest that with rapid advancements and changes today, there is hardly any occupation left, the members of which do not suffer from effects of stress. Teaching profession has traditionally been regarded as low stress occupation (French, et.al., 1982) but during the past two decades the situation is somersaulted. Women are working at various levels, but good majority of them are in teaching line. Teaching has been identified as a particularly stressful occupation (Cacha, 1981; Farber and Millter, 1981; Landsman, 1978; Paine, 1981). A female high school teacher is usually burdened with multiple roles. She faces a wide, distracting and sometimes conflict array of role obligations. Teaching has become a more challenging profession worldwide. Surveys conducted worldwide revealed widespread concern about the effects of stress on teachers’ sense of well-being. Teacher stress can lead to alienation, apathy and absenteeism and eventually interfere with student achievement (Guglielmi and Tatrow, 1998).

LITERATURE REVIEW

Anbuchelvan (2010) studied “occupational stress of high school teachers”, and found that there is a significant difference between the male and female high school teachers in their occupational stress; there is no significant difference between male and female high school teachers in their occupational stress on the basis of educational qualifications, marital status, locality and teaching experience.

Suvitha et al. (2012) conducted a study “among the secondary school teachers”, and found that there is no significant difference in the level of stress with respect to government and private school teachers.

Bhuvaneshwari (2013) conducted a case study on “psychological and physical stress undergone by married working women working in different teaching institutions”. Researches revealed that stress in married working women is caused due to long working hours, various family and official commitments, harassments and improper work life balance. Such type of stress leads to various problems such as prolonged headaches, hypertension and obesity. The researcher cleverly concludes that stress can be relieved from institutional support, balancing work and life by spending some time with family, entertainments, yoga and rest.

Jeyaraj (2013) in a study entitled “occupational stress among the teachers of the higher secondary schools in Madurai district, Tamil Nadu”, 185 Aided school teachers and 120 Government teachers have participated in this study and was found that Aided school teachers have more occupational stress levels than Government school teachers.

Dua & Sangwan (2017) in a study entitled “stress among female high school teachers of Haryana”. The main objective of this study was to work out stress among female high school teachers and it was found that female teachers experience a lot of stress caused by poor working conditions, scarcity of resources, heavy workloads, lack of family support etc.

Kamboj (2017) conducted a study of “occupational stress among female teachers working in secondary schools in Rewa district” and it was found that female teachers faced a lot of

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occupational stress while working in secondary schools. The main causes of occupational stress faced by female teachers are – heavy work load, problem in managing students' behavior, financial problem at home, lack of family support, stress while managing students' behavior in the classroom and large class are seen to be the most common causes of female teacher's stress in the secondary schools.

Significance

It is very important to study the level of stress experienced by women teachers at secondary level. Stress is basic to life, no matter how healthy wealthy, powerful, good looking or happy a person might be. The present study has been undertaken to study the stress levels of women teachers in government and private schools and to identify the various reasons behind their stress. This study also helps the clinicians, psychiatrists, policy makers, practioners and other allied agencies to know the various causes of stress and deal with them accordingly.

Objectives & Hypothesis

The following objectives have been delineated for the present study :

1. To study the differences in stress levels among women teachers teaching in government and private schools.
2. To study the differences in stress levels among women teachers teaching 9th and 10th classes.

Keeping in view the objectives of the present study following hypotheses have been formulated:

1. There is no significant difference between stress level of women teachers teaching in government and private secondary schools.
2. There is no significant difference between stress level of women teachers teaching in 9th and 10th classes at secondary level.

MATERIAL & METHODS

The sample involved 200 women teachers teaching 9th and 10th classes 100 from 9th class and 100 from 10th class from twenty schools of Pulwama district ie. ten government and ten private schools.

A survey method was used in the study.

Tool used : Dr. K. S. Mishra tool was used to measure stress among secondary school teachers. The tool consisted of 55 statements, distributed among four areas i.e. Individual, Home, School and Social in which stress was to be measured.

STATISTICAL TECHNIQUES EMPLOYED

1. Mean of stress scores
2. Std. Deviation
3. t- test on stress scores

RESULTS & INTERPRETATION

Table 1: showing Comparison of Stress Levels of Women Teachers Teaching in Government and Private Schools

Scale	MEAN		Std. Deviation		t
	Government	Private	Government	Private	
Individual	23.64	24.16	6.24	6.67	0.56
Home	20.30	20.39	5.38	5.48	0.11
School	40.29	40.12	8.55	8.62	0.14
Social	17.89	17.84	4.60	4.70	0.07
Total Stress	102.12	102.51	22.95	23.68	0.11

1. From table 1 it can be seen that the mean score of women teachers teaching in government schools in the area of Individual is (23.64) and the mean score of women teachers teaching in private schools in the area of Individual is (24.16). The result shows that women teachers teaching in private schools are under greater stress than women teachers teaching in government schools. The value of t score indicates that there is no significant difference between the stress levels of government and private school teachers in the Individual area.
2. Mean score of women teachers teaching in government schools in the area of home is (20.30) and the mean score of women teachers teaching in private schools in the area of home is (20.39). The result shows that women teachers teaching in private schools are under greater stress than women teachers teaching in government schools. However the value of t score indicates that there is no significant difference between the stress levels of government and private school teachers in the area of home.
3. Mean score of women teachers teaching in government schools in the area of school is (40.29) and the mean score of women teachers teaching in private schools in the area of school is (40.12). The result reveals that women teachers teaching in government schools are under greater stress than women teachers teaching in private schools. The value of t score indicates that there is no significant difference between the stress levels of government and private school teachers in the area of school.
4. Mean score of women teachers teaching in government schools in the area of social is (17.89) and the mean score of women teachers teaching in private schools in the area of social is (17.84). The result shows that women teachers teaching in government schools are under greater stress than women teachers teaching in private schools. The value of t score indicates that there is no significant difference between the stress levels of government and private school teachers in the social area.
5. Table 1 reveals that the total stress on mean score of women teachers teaching in government schools is (102.12) and the mean score of women teachers teaching in private schools is (102.51). The result shows that women teachers teaching in private schools are under greater stress than women teachers teaching in government schools. The value of t score indicates that there is no significant difference between the stress levels of government and private school teachers.

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Table 2: showing Comparison of Stress Levels of Women Teachers Teaching 9th and 10th class

Scale Name	Mean		Std. Deviation		t
	9 th	10 th	9 th	10 th	
Individual	23.58	24.22	6.21	6.69	0.69
Home	19.98	20.71	5.19	5.64	0.96
School	39.87	40.54	7.78	9.33	0.55
Social	17.85	17.87	4.70	4.60	0.04
Total Stress	101.28	103.36	21.95	24.59	0.63

1. From table 2 it can be see that the mean score of women teachers teaching in 9th class in area of Individual is (23.58) and the mean score of women teachers teaching in 10th class in area of Individual is (24.22). The result shows that women teachers teaching in 10th class are under greater stress than women teachers teaching in 9th class. The value of t score indicates that there is no significant difference between the stress levels of 9th class and 10th class teachers in the Individual area.
2. Mean score of women teachers teaching in 9th class in area of home is (19.98) and the mean score of women teachers teaching in 10th class in area of home is (20.71). The result shows that women teachers teaching in 10th class are under greater stress than women teachers teaching in 9th class. The value of t score indicates that there is no significant difference between the stress levels of 9th class and 10th class teachers in the home area.
3. Mean score of women teachers teaching in 9th class in area of school is (39.87) and the mean score of women teachers teaching in 10th class in area of school is (40.54). The result shows that women teachers teaching in 10th class are under greater stress than women teachers teaching in 9th class. The value of t score indicates that there is no significant difference between the stress levels of 9th class and 10th class teachers in the school area.
4. Mean score of women teachers teaching in 9th class in area of social is (17.85) and the mean score of women teachers teaching in 10th class in area of social is (17.87). The result shows that women teachers teaching in 10th class are under greater stress than women teachers teaching in 9th class. The value of t score indicates that there is no significant difference between the stress levels of 9th class and 10th class teachers in the social area.
5. Table 2 reveals that the total stress on mean score of women teachers teaching in 9th class is (101.28) and the mean score of women teachers teaching in 10th class is (103.36). The result shows that women teachers teaching in 10th class are under greater stress than women teachers teaching in 9th class. The value of t score indicates that there is no significant difference between the stress levels of 9th class and 10th class teachers as far as overall stress is concerned.

Hence our hypothesis which states that “There is no significant difference between stress level of women teachers teaching in 9th and 10th classes at secondary level” stands accepted.

CONCLUSION

The result shows that secondary school women teachers experience moderate to high level of stress. Government and private school women teachers do not differ significantly in their stress levels. The stress levels of private school women teachers were higher than government

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school women teachers. Similarly the stress levels of women teacher teaching 10th class were higher than women teachers teaching 9th class.

Suggestions for Further Research

1. A sample of 200 women teachers from district Pulwama teaching in government and private schools was taken in the present study. Same study can be conducted on a larger sample to see the impact of stress on women teachers and their coping strategies.
2. Since the present study was conducted on school teachers. It is suggested that a similar study can be conducted on teachers of Colleges and universities.
3. Some research studies can also be conducted in other districts of J&K state to compare stress levels among teachers teaching in different districts.
4. A research study may be conducted on state board or central board women teachers teaching at high secondary level.

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Conflict of Interest

The authors carefully declare this paper to bear not conflict of interests

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