

A study of stress and psychological well-being among senior college teachers

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ABSTRACT

Teaching is a profession associated with high stress, and teaching responsibilities include balancing the demands of the pupils and concerns about their behavior, and speedy decision-making is often required. So, in the Indian context psychological wellbeing of the teacher is very much extensively studied. Objectives - To examine the psychological wellbeing and stress among Senior College Teachers. To investigate the gender differences in psychological wellbeing and stress among Senior College Teachers. Sample - Sample consists of a subset population selected to participate in a research study. In this study total sample consists of 100 Senior College Teachers (50 male Senior College Teachers and 50 female Senior College Teachers) from different colleges of Beed city. The sample was categorized into two groups on the basis of gender. Male and Female Senior College Teachers. In each group 50 samples were taken. Age group of samples was 25 to 50 years. Only those students were selected for the study who had voluntarily given the assurance to participate in the study. Hypotheses - There will be no significant difference between male and female Senior College Teachers with respect to psychological wellbeing. There will be no significant difference between male and female Senior College Teachers with respect to stress. Tools 1. Psychological wellbeing scale by Dr. Devendra Singh Sisodia and Pooja Choudhary this measures the psychological wellbeing. 2. Social readjustment rating scale also known as The Holmes-Rahe Life Stress Inventory. Conclusion – 1. Female teacher was higher in psychological wellbeing than male Senior College Teachers. 2. Male Senior College Teachers are higher on stress than female Senior College Teachers.

Keywords: *Psychological wellbeing, mental health, Senior College Teachers*

Psychological well-being is one of the factors can effect on people's job. Psychological well-being is the expression of positive emotions and general satisfaction with their lives and others, in different areas of family, education and jobs and has emotional and cognitive components.

In this regard, studies from the Indian context Revealed that High levels of stress and heavy workload were the explanations by the Senior College Teachers. Ryff (1989) is one of the famous theorists in the field of multi-dimensional concept of psychological well-being that

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provided the model presented six components of psychological well-being based on a survey. These six components are contained of self-acceptance (accept different aspects of yourself and having a positive attitude to your life and past), positive relationships with others (the ability to love, warm and trusted relationships with others and the ability to show empathy), autonomy (activity and act on the basis of personal independence standards and ability to stand against social tension), to control on environment (ability to create or select the environment due to the person psychological conditions and control the external activities), purposeful life (meaning life) and personal development (a feeling of perpetual growth and effort to demonstrate the capabilities of the human being) . Ryff (1995) claimed that the central element in the psychological well-being is having the sense of purpose and meaning in life. Stress is a feeling that's created when we react to particular events.

It is widely viewed as a product of mismatch between the individual and his/her physical or social environment. Teachers not only have the stress of dealing with so many diverse students on a daily basis. They are also charged with educating and helping to mold these students into productive members of society.

Present study deals with studying the differences in stress and psychological wellbeing among Senior College Teachers. Review of literature in a study of Comparison of Psychological Well-Being and Job Stress between Teachers of Special and Ordinary Schools Mohammadreza T. and, Saba G. (2016) found that there is a significant difference between psychological well-being and job stress of special and ordinary school's teachers.

Green Glass et al. (1990, quoted by Aghayousefi, 2008) in a study entitled the role of gender in contrast, burnout, relationship between burnout and occupational stress and coping were examined. The results showed that men experience job stress more than women. Gyust and colleagues (1990, quoted by Ghobari Bonab, 2005) showed that men are more in stress than women. Ryff (1995) claimed that the central element in the psychological well-being is having the sense of purpose and meaning in life.

In a study by Demir & Orthel, (2011), women's relationships were documented as being more deep, supportive, intimate, closer, lower in conflict, and affectively richer when compared to men's friendships.

The outcomes confirmed that guys trip job stress extra than women. Gyust and colleagues (1990, quoted through Ghobari Bonab, 2005) confirmed that guys are more in stress than women.

Ryff (1995) claimed that the central factor in the psychological well-being is having the feel of motive and that means in life. According to the idea of Deci and Ryan (2006, mentioned in, Moltafet, 2012), social elements and tissue influence without delay on person's well-being. One of the essential environmental elements is instructors and their roles. Psychological well-being accelerated with excessive amusement time bodily endeavor amongst college teachers. Hence the great well-being and life-style was once to propose leisure-time bodily exercise into college. (Castillio, Molinia-Garcia, & Queralt, 2011).

According to Burris, Brechting, Carlson, and Salsman (2009), lady university instructors had been greater probably to document searching for out and receiving care for psychological troubles when in contrast to their male university teacher's counterparts. Numerous researchers have discovered that fantastic social aid is essential to manipulate stress, (Chao,

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2012). To make certain the excellent result whilst enrolled in college, help is fundamental to allow college students to whole university successfully, as properly as the transition from university existence to the personnel (Bewick, Koutsopoulou, Miles, Slaa, & Barkmam, 2010).

Objectives

1. To examine the psychological wellbeing and stress among Senior College Teachers.
2. To investigate the gender differences in psychological wellbeing and stress among Senior College Teachers.

RESEARCH METHOD

Sample

Sample consists of a subset population selected to participate in a research study. In this study total sample consists of 100 Senior College Teachers (50 male Senior College Teachers and 50 female Senior College Teachers) from different colleges of Beed city. The sample was categorized into two groups on the basis of gender. Male and Female Senior College Teachers. In each group 50 samples were taken. Age group of sample was 25 to 50 years. Only those students were selected for the study who had voluntarily given the assurance to participate in the study.

Hypotheses

1. There will be no significant difference between male and female Senior College Teachers with respect to psychological wellbeing.
2. There will be no significant difference between male and female Senior College Teachers with respect to stress.

Tools

1. **Psychological wellbeing scale:** Psychological wellbeing scale by Dr. Devendra Singh Sisodia and Pooja Choudhary this measures the psychological wellbeing of the individual in five dimensions like satisfaction, efficiency, sociability, mental health, and interpersonal relations. It measures psychological wellbeing of the individual through 50 items divided into five subscales: satisfaction, efficiency, sociability, mental health, and interpersonal relations. The response format is type five-point Likert scales ranging from strongly agree to strongly disagree. The reliability of the test was found 0.80.
2. **Social Readjustment Rating Scale:** Social readjustment rating scale also known as The Holmes-Rahe Life Stress Inventory. This scale is an inventory of the most common life stressors.it contains 43 items. Subject has to give the responses on how many times the particular event happened in his or her life during the specific months, years, etc. The reliability of this scale found satisfactory.

Procedure

Participants volunteered to participate in this study. They were asked to fill in all anonymity, the psychological wellbeing scale and social adjustment scale by Holmes and Rahey. The participants were told that their responses will be kept confidential and used for research purpose only. All the participants were told that to report their responses truthfully and honestly. They were asked to follow the instructions given on the scales. As this way data was collected.

RESULT AND DISCUSSION

Table 1 Comparison of psychological wellbeing and stress among Senior College Teachers

Factors	Type of group	N	Mean	SD	t value
Psychological wellbeing (Entire)	Male Senior College Teachers	50	191.45	7.86	16.86**
	Female Senior College Teachers	50	218.98	8.45	
Stress	Male Senior College Teachers	50	763.08	18.76	10.71**
	Female Senior College Teachers	50	721.56	19.96	

** t value is significant at 0.01 level

*t value is significant at 0.05 level.

The above table shows the descriptive statistics for psychological wellbeing and stress among male and female Senior College Teachers. The mean differences in psychological wellbeing and stress among college teachers was analyzed by using t test

DISCUSSION

The stated hypothesis there would be significant difference among Senior College Teachers with respect to psychological wellbeing. The table shows the mean value for male college teacher was 191.45 and for female Senior College Teachers 218.98. SD 7.86 and 8.45. The difference between male and female Senior College Teachers with respect to psychological wellbeing was analyzed with the help of t test. The obtained t value for psychological wellbeing (entire scale) was 16.86 was significant at 0.01 level.

The stated hypothesis there would be significant difference among male and female Senior College Teachers with respect to stress. The table shows the mean value of stress for male college teacher was 763.08 and 721.56 for female college teacher. SD 18.76, and 19.96. The obtained t value 10.71 was significant at 0.01 level. The stated hypothesis there would be significant difference among male and female Senior College Teachers with respect to stress is accepted.

CONCLUSION

1. Female teacher was higher in psychological wellbeing than male Senior College Teachers.
2. Male Senior College Teachers are higher on stress than female Senior College Teachers.

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Conflict of Interest

The author declared no conflict of interest.

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