

## A study of occupational stress among private and government school teachers

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### ABSTRACT

The aim of the present study was to evaluate the Occupational Stress among School Teachers in relation to their Gender and Type of School. Purposive Sampling Technique was used to select sample of 120 School Teachers equally divided according to the Gender and Type of School Teachers. The sample was selected from various schools of Ahmedabad City. Occupational Stress Scale (Masaud Ansari, Sajid Ali Khan and Shah Mohd Khan, 2017) was used to measure Occupational Stress. The results were statistically analyzed using Mean, S.D., and 't' test used. The findings result that there was no significant difference between Male and Female School Teachers. Significant difference was found between Private and Government School Teachers. Private School Teachers found high Occupational Stress than Government School Teachers.

**Keywords:** *Occupational Stress, School Teachers.*

Occupational stress is stress related to one's job. Occupational stress often stems from unexpected responsibilities and pressures that don't align with an individual's knowledge, skills, or expectations, inhibiting one's ability to cope. Occupational stress can increase when workers don't feel supported by supervisors or colleagues, or feel as if they need little control over work processes.

Teaching is considered as one of the most stressful occupation in lately because the fashionable world is full of stress. Stress may be a feeling of tension which is both emotional and physical. It can occur in specific situations. Occupational stress occurs when workers perceive an imbalance between their capability and resources to satisfy these demands. It is that which derives from conditions in the workplace. Occupational stress, especially, is that the inability to deal with the pressures during a job. It is a mental and fitness which affects an individual's productivity, effectiveness, personal health and quality of work.

Occupational Stress leads to occupational health problems and a big significant cause of economic loss. Teacher stress may be a specific sort of occupational stress. It is experience by an educator of unpleasant emotions like tension, anger frustration, and depression

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resulting from aspects of his/her work as a Teachers. Occupational Stress may affect personal and low psychological well-being, also as decreased job satisfaction. When occupational stress is taken into account, it's often accepted as an inescapable aspect of teaching. Some of the variables related to occupational stress are: role ambiguity, loss of control, isolation, lack of administration support, emotional exhaustion and lack of accomplishment within the job. Nowadays teaching is considered a really stressful occupation. Increasing consciousness for education thanks to increasing competitions among students for achieving their goals added more pressure and stress on teachers. Vyas. R (2019) female government secondary school teachers have less occupational stress, anxiety and more job satisfaction as compared to female private school teachers. Sing, N., & Katoch, A. (2017) significant differences were found in the occupational stress of male and female secondary school teachers. Tribhuvan S (2017) Permanent school teachers found significantly high job satisfaction than the temporary school teachers. Temporary school teachers found significantly high occupational stress than the temporary school teachers. There is negative correlation found between job satisfaction and occupational stress among school teachers

### METHODOLOGY

#### *Objective*

1. To study the difference between the mean score of Male and Female School Teachers relation to their Occupational Stress.
2. To study the difference between the mean score of Private and Government School Teachers relation to their Occupational Stress.

#### *Hypotheses*

1. There will be no significant difference between the mean score of Male and Female School Teachers relation to their Occupational Stress.
2. There will be no significant difference between the mean score of Private and Government School Teachers relation to their Occupational Stress.

#### *Participants*

Total sample of 120 School Teachers based on the Gender and Type of School Teachers were selected by purposive sampling technique from the various Private school teachers and government school teachers Ahmedabad City of Ahmedabad City. The sample was equally distributed as thus: Gender (60 Male and 60 Female School Teachers) and Type of School Teachers (60 Private and 60 Government School Teachers). The following table shows the distribution of the sample.

Type of School Teachers	Gender		Total
	Male	Female	
Private School Teachers	30	30	60
Government School Teachers	30	60	60
Total	60	60	N= 120

#### *Variables*

##### **Independent Variables:**

**Gender:** Male and Female School Teachers

**Type of School Teachers:** Private School and Government School Teachers

**Dependent Variable:** The scores of the School Teachers on Occupational Stress Scale.

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### **Research Tool**

Teacher’s Occupational Stress Scale constructed and standardized by Masaud Ansari, Sajid Ali Khan and Shah Mohd, Khan (2017). The test consists of total 19 items. Each item has five response options: Strongly agree, Agree, Undecided, Disagree, and Strongly disagree. Reliability (Cronbach’s Alpha) was 0.72. Age group 24 to 64 years.

### **Data Collection**

The researcher visited difference schools of Ahmedabad city for which time permission was obtained from the concerned school authority and principle. After selecting a convenient group of Teachers. The Scale was providing and details. Thereafter, the Occupational Stress scale was administered with each group of School Teachers. The data has been obtained by using particular scoring pattern and standardized for test. Scoring was done as per the manual and the results were statistically analyzed.

### **Statistical Analysis**

Keeping in view the objectives of the study the Mean and Standard Deviation (S.D) for scores on different variables under study were calculated for the selected sample. Further, the student’s ‘t’ test was used to find out the significance of difference in Occupational Stress of School Teachers with respect to the Gender (Male and 60 Female) and Type of School Teachers (Private and Government School Teachers)

## RESULTS & DISCUSSION

**Table: 1 Mean, standard deviation (SD) & ‘t’ Value of Occupational Stress of Gender (Male and Female School Teachers).**

Gender	N	Mean	SD	‘t’	Table Value	Level of Significant
Male	60	56.66	20.98	1.35	1.98	NS
Female	60	63.96	21.05			

Table-1 shows that the mean score of Occupational Stress of Male School Teachers found to be 56.66 with SD 20.98 and Female School Teachers found to be 63.96 with SD 21.05. The t-value testing the significant difference between Male and Female School Teachers found to be 1.35 which is not significant at 0.05 level. Thus, the null hypothesis stating, “There will be no significant difference between the mean score of Male and Female School Teachers relation to their Occupational Stress.” is accepted. It indicates that Male School Teachers do not differ in their Job Involvement as compared to Female School Teachers. It means Male and Female School Teachers are having same Occupational Stress.

**Table: 2 Mean, standard deviation (SD) & ‘t’ Value of Occupational Stress of Private and Government School Teachers.**

Type of School Teachers	N	Mean	SD	‘t’	Table Value	Level of Significant
Private School Teachers	60	72.16	18.47	5.21	1.98	0.05
Government School Teachers	60	48.46	16.70			

Table-2 shows that the mean score of Occupational Stress of Private School Teachers found to be 72.16 with SD 18.47 and Government School Teachers found to be 48.46 with SD 16.70. The t-value testing the significant difference between Private and Government School Teachers found to be 5.21 which is a significant at 0.05 level. Thus, the null hypothesis stating, “There will be no significant difference between the mean score of Private and

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Government School Teachers relation to their Occupational Stress.” is rejected. It indicates that Significant difference is found in the Occupational Stress of Private and Government School Teachers. It means the Private School Teachers found high Occupational Stress than Government School Teachers.

### CONCLUSIONS

1. No Significant difference is found in the Job Involvement of Male and Female School Teachers. It means Male and Female School Teachers are having same Occupational Stress.
2. Significant difference is found in the Occupational Stress of Private and Government School Teachers. It means the Private School Teachers found high Occupational Stress than Government School Teachers.

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#### **Conflict of Interest**

The author declared no conflict of interest.

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