

## Study of Occupational Stress Between Government School Teachers and Private School Teachers

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### ABSTRACT

In the present time, every human being has a different amount of stress, some have personal, and some have occupational. The present study aimed to discover the difference between occupational stress of government school teachers and private school teachers and find out the level of occupational stress in government school teachers and private school teachers. For study the cross-sectional method was used, forty female school teachers were selected randomly from various inter colleges of Bareilly city. The number of government school teachers and private school teachers kept the same. For measurement of occupational stress, the Hindi version of the occupational stress index by Srivastava and Singh (1984) was administered to all forty teachers. After the analysis, the result showed a moderate level of occupational stress in both groups and no significant difference in occupational stress between government school teachers and private school teachers. Thus, the study found the same level of occupational stress in government school teachers and private school teachers.

**Keywords:** Occupational Stress, Comparative Study Government School Teachers, Private School Teachers, Female, Intermediate.

The 21st century is called the 'Century of Stress' because there will not be a single person without stress. From the little child to old people each one is having stress. Stress is a nonspecific response of the body to any demand. Stress is defined in terms of physical and physiological effects on a person and can be psychological as well as emotional too. It can be any situation or factor that can cause stress. Many factors are affecting stress and personality is one of the major factors. It depends upon an individual how much stress he/she can sustain. The same situation can be differently tackled differently by the same person. That is why the present study is conducted to know the inter effect of gender, occupational status, and occupational experience in relation to occupational stress, personality, and adjustment.

In psychology, stress is a feeling of strain and pressure. Also, this is one type of psychological pain. Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. It also plays a factor in motivation,

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adaptation, and reaction to the environment. Excessive amounts of stress, however, may lead to bodily harm. Stress can increase the risk of strokes, heart attacks, ulcers, dwarfism, and mental illnesses such as depression.

### ***Occupational stress***

Occupational Stress is stress at work. Stress is defined in terms of its physical and physiological effects on a person (or thing). Stress is a mental, physical, or emotional strain or tension or it is a situation or factor that can cause this. Occupational stress occurs when there is a discrepancy between the demands of the workplace and an individual's ability to carry out and complete these demands. One of the main causes of occupational stress is work overload. Occupational stress is often caused by an increased workload without the addition of employees to take on that additional work. This can wear out the body's reserves, leave a person feeling depleted or overwhelmed, weaken the body's immune system, and cause other problems. Occupational stress can be defined as the physical and emotional response that occurs when worker perceives an imbalance between their work demands and their capability and/or resources to meet these demands in simple words it is the harmful physical and emotional response that can happen when there is a conflict between job demands on the employee and the amount of control an employee has over meeting these demands. Occupational stress is a term used to define ongoing stress that is related to the workplace. By all definitions, the profession of teaching has a very prestigious place in all professions. A teacher is a kingpin in the entire system of education. Almost all cultures of the civilized world have considered their teachers in very high esteem. They are very often been given names like "Master" "Mentor" and "Guru". To achieve this status teachers throughout the history of civilization have come up with expectations of the world around them. Teaching has now become a very demanding occupation with a lot of stress for a teacher who has a lot of deadlines to meet and a lot of responsibilities to shoulder besides teaching a child what is in a textbook.

## **REVIEW OF LITERATURE**

Khalifa, Khalaf & Mohammed (2022) conducted a study to determine the prevalence of occupational stress and depression among school teachers. Arabic version of Occupational Stress Index (OSI) and Beck Depression Inventory (BDI) questionnaires were administered to 106 participants from three schools in Cairo, Egypt to measure the level of stress and depression. The age of participants was between 22 to 58 years. Results show all teachers were moderate levels of stress 55.7% and 19.8% depression symptoms. Teachers had a high prevalence of occupational stress due to exposure to many occupational stressors.

Doss et. al. (2018) study aims to compare occupational stress and professional burnout in teachers working in private and government schools. 120 teachers from private schools and 120 from government schools were selected by using a convenient sampling method. Occupational stress questionnaire and burnout questionnaire were administered. The study found that government teachers have more occupational stress compared to private school teachers.

Dubey & Mishra (2016) studied to compare job satisfaction and occupational stress among government school teachers, semi-government school teachers, and private school teachers. 75 Physical Education Teachers of different schools from the Varanasi region were selected randomly as sample. The age of all participants was 25 – 38 years. For measurement of dependent variables, Job Satisfaction Scale by Singh and Sharma and the occupational stress index by Srivastava & Singh were used. The study found high job satisfaction in

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Government teachers in comparison to semi-government teachers and private teachers and private teachers have more occupational stress, in comparison to government teachers and semi-government teachers.

Hasan (2014) studied to compare the occupational stress of primary government and private school teachers. One hundred teachers (50 government and 50 private) of Tehsil Laksar, Haridwar were selected. Occupational Stress Scale by Jamal and Raheem was administered to measure the occupational stress of teachers. Results showed that private primary school teachers are highly stressed in comparison to government primary school teachers. 65% of teachers found a high level of stress and 20% of teachers found a Moderate level of stress.

Reddy and Anuradha (2013) studied the Occupational Stress of Higher Secondary Teachers in the Vellore District. In this study 327 higher secondary teachers were selected as sample, by using the Simple Random Sampling method. Occupational Stress Rating Scale was administered to all teachers. It shows that 76.1% of teachers have a moderate amount of occupational stress and 12.8% of teachers have a high amount of occupational stress.

Singh and Kumar (2012) conducted a study on 240 randomly selected teachers (120 Male and 120 Female teachers of various faculty) of Jawahar Navodaya Vidyalaya to analyze Job Stress and Job Satisfaction. Job satisfaction questionnaire by Dixit and Job stress questionnaire by Rathod and Verma were administered to teachers. results show there is very low Job satisfaction and very much job stress among teachers.

Singh (2009) conducted a study to investigate the factors causing occupational stress. Comprehensive questionnaire was administered to A sample of 100 randomly selected teachers. Factor analysis showed that non-cooperation from colleagues, hastiness to finish the work, unable to perform duty smoothly, unclear instructions and insufficient facilities, unclear expectations of higher authority and having more workload in less time were the main factors causing occupational stress.

## **METHODOLOGY**

### ***Objective***

To compare the Occupational stress of Government school teachers and Private school teachers.

### ***Hypothesis***

There will be no significant difference in the Occupational stress level of Government school teachers and Private school teachers.

### ***Variables***

Independent variable – Government school teachers and Private school teachers.

Dependent variable – Level of Occupational Stress.

### ***Sample***

The sample included forty intermediate school teachers (female) aged between 27 and 32 years. Of which 20 government school teachers and 20 private school teachers were involved in the study. Samples were selected from Bareilly city by using random sampling method.

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### *Instrument*

**The occupational stress index:** In the present research study, the Hindi version of The occupational stress index of Srivastava and Singh has been used for the measurement of dependent variable. There are 46 items in this scale, out of which 28 are true keys and the rest 18 are false keys. The items of the scale are almost related to all relevant components of the job life which cause stress in some way or the other such as; role overload, role ambiguity, role conflict, group and political pressures, responsibility for persons, under participation, powerlessness, poor peer relations, intrinsic impoverishment, low status, strenuous working conditions, and unprofitability. The reliability index ascertained by the split half (odd-even) method and Cronbach's Alpha-Coefficient for the scale as a whole were found to be .935 and .90 respectively. The reliability indices of the 12 sub-scales were also computed on the (split half) method. The following Table records the obtained indices. The validity coefficients of correlation between the scores on the O.S.I. and the measures of Job Involvement (Lodhal & Kejner, 1965), Work Motivation (Srivastava, 1980), Ego-strength (Hasan, 1970). and Job satisfaction (Pestonjee, 1973) were found to be -.56 (N=225) -.44 (N=200). -.40 (N = 205) and -.51 (N = 500), respectively. The correlation between the scores on the O. S.I. and the measure of Job Anxiety (Srivastava, 1974) was found to be 0.59 (N = 400).

### *Research method*

Cross-sectional research method is used throughout the study. The study is a comparative type where two groups are compared to conclude the importance of occupational stress between government school teachers and private school teachers.

### *Procedure*

To study the occupational stress between government school teachers and private school teachers, the problem of the study was defined by surveying the previous literature on the related topic. For the study using a cross-sectional method, 20 female government school teachers and 20 female private school teachers from various Inter Colleges of Bareilly city were selected by random sampling method. Occupational Stress Index was administered to all these participants. After evaluating the responses received, the results were obtained by statistical analysis and interpretation of the obtained data.

## **RESULTS**

*Table No. 1 Difference of Occupational Stress between Government school teachers and Private school teachers.*

Variable	Government school teachers			Private school teachers			t-value
	N	M	SD	N	M	SD	
Occupational Stress	20	130.5	16.12	20	128.85	22.14	0.27

The objective of the study was to compare the occupation stress between government school teachers and private school teachers and the t-value indicated that there was no significant difference between levels of occupational stress of government school teachers and private school teachers as the t value was 0.27 and was not significant at any level of significance.

## **DISCUSSION**

This study was undertaken to find out the occupational stress level of private school teachers and government school teachers. A total of 40 female teachers (20 government school teachers and 20 private school teachers) within the age range of 27-32 years were taken

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randomly from intermediate schools. For the measurement of Occupational Stress of teachers, The Occupational Stress Index by Srivastav and Singh was used. After the analysis t-value was found 0.27 and it shows no significant difference at any level of confidence. Thus, the null hypothesis 'There will be no difference in the occupational stress level of government school teachers and private school teachers' is proved. It means government school teachers and private school teachers have the same level of occupational stress. Dubey & Mishra, 2016 found private school teachers have more occupational stress than government school teachers and semi-government school teachers in their study and another study found that government teachers have more occupational stress compared to private school teachers (Doss et. al. 2018). The findings of the above studies contradict the result of the present study. A study by Hasan, 2014 showed that private school teachers are highly stressed in comparison to government school teachers, the results displayed that 65% of teachers found a high level of stress. This study also contradicts the findings of the present study. In the present research study, both groups showed a moderate level of occupational stress. As Reddy and Anuradha, 2013 found in their study 76.1% of teachers have a moderate amount of occupational stress and 12.8% of teachers have a high amount of occupational stress. This study supports the findings of the present study. Also, Khalifa, Khalaf & Mohammed, 2022 found moderate levels of stress in teachers. Singh and Kumar, 2012 found very much job stress among teachers, other studies found non-cooperation from colleagues, hastiness to finish the work, unable to perform duty smoothly, unclear instructions and insufficient facilities, unclear expectations of higher authority, and more workload in less time are the main factors causing occupational stress in teachers (Singh, 2009).

### SUMMARY AND CONCLUSION

The purpose of this study is to find out the occupational stress level of government school teachers and private school teachers and the comparison between these two. A total of 40 teachers (20 government school teachers and 20 private school teachers) between the age of 27-32 years were taken randomly. These teachers are females. The dependent variable is occupational stress and the independent variable is the subject. The present study shows an insignificant difference between occupational stress levels of government school teachers and private school teachers. It means the level of occupational stress between government school teachers and private school teachers is the same, with a moderate level of occupational stress.

#### *Future implications*

A look at the findings of the present study indicates that there are still some missed aspects that require further investigation in this area:

In the present study, a very small sample consists of a total of 40 government and private school teachers who were taken randomly. A Large sample size would be beneficial for further studies. In this present variable are limited. More variables like Sex, Environment, etc. can be taken for further research. Many groups are to be researched for further studies like doctors, Political leaders, Police, advocates, etc. In this study, the age range was very common. Age ranges and Gerent age groups can be put for further research.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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