

Occupational Stress Among Teachers of Government and Public Schools

Dr. Anuradha Pal^{1*}

ABSTRACT

A 2 X 2 factorial design consisting of two independent variables i.e., type of schools and gender will be used in the present research work. The first independent variable i.e., type of schools will be taken – government schools and public schools. The second variables i.e., gender will be classified by taking male and female teachers. The selection of the teachers will be made on the basis of randomization. Total sample of the study will be 80. Two-way ANOVA will be employed for data analysis. The results will be discussed in light of previous studies and theoretical frame work.

Keywords: *Occupational Stress, Teachers, Government and Public School*

The term “Stress” as it is currently used was coined by Hans Selye in 1936, who defined it as the nonspecific response of the body to any demand for change. Stress, in general is a universal fact of modern day life that seems to have been on the increase. The topic is, therefore, still popular, although it occupies academics’ and practitioners’ attention now for more than half a century.

The word stress is defined by the oxford dictionary as state of affairs involving demand on physical or mental energy.” In medical parlance stress is defined as a perturbation of the body’s homeostasis. Extreme stress conditions are detrimental to human health. But in moderation stress is normal and in many cases, proves useful. An occupation stress can be caused by too much or too little work, time pressure and deadlines, fatigue from physical strains of work environment, excessive traveling, long hours, having to cope with changes in work.

Occupational stress has become increasingly common in teaching profession largely because of increased occupational complexities and increased economic pressure on individuals. A major source of distress among teachers is result of failure of school to meet the social needs and jobs demands of the teachers. The teachers must be aware of his clear rate to build up the nation. Teachers are overburdened with regular teaching load. Occupational satisfaction is a necessary condition for a healthy growth of teacher’s personality. A teacher at present

¹Post-Doctoral Fellow, Department of Psychology, C.C.S. University, Meerut, India

*Corresponding Author

Received: July 28, 2022; Revision Received: September 28, 2022; Accepted: September 30, 2022

Occupational Stress Among Teachers of Government and Public Schools

has a vulnerable position. College teachers protest that they are not paid enough. The importance of pay or a factor in occupational has been greatly core emphasized.

Many researchers have conducted their studies to find out the effects of many variables on stress. The effects of gender on stress are investigated by many researchers such as:

Occupational Stress and Gender (Male & Female):

The literature is far from conclusive about the nature of the relationship gender has with occupational stress. **Ganster and Schaubroeck (1991)** point that women experience the greater level of stress as they are more vulnerable to the demands of work to the extent that they often have more non-work demand than men. **According to Spielberger & Rehieser 1995:** have examined in terms of particular sources of stress, female have been found to differ from males in their perception of most to least stressful aspect of work. **Al - Mohannadi & Capel, 2007, Borg & Falzon 1991, Punch & Tuette Man, 1996:** Have conducted that there is also an abundance of research suggesting no gender difference in occupation stress. Some results have been found by other researchers such as Chan 2002, Chaplain 1995, Tick & Wagnes 2001, Jepson & Forest 2006, Solman & Feld 1989, Whitehead & Ryba 1995.

Galankis Nichael, Stalikas anastasios, Kallia Helen, Karagiani Catherine, Karela Chinstine et. al.: have examined gender differences in occupational stress, taking into consideration the role of marital status, age and education. Result from a sample of 2775 professionals suggests that women experience higher level of occupational stress than men.

M. Pilar Matud conducted the study on gender difference in stress and coping styles in the study he found women scored significantly higher than the men in chronic stress and minor daily stressors. Although there was no difference in the number of life events experienced in the previous two years, the women rated their life events as more negative and less controllable than the men. The women score significantly higher than the men on the emotional and avoidance coping styles and lower on rational and detachment coping.

The men were bound to have more emotional inhibition than the women, and the women scored significantly higher than the men on somatic symptoms and the psychological distress. The result of this study suggests that women suffer more stress than men and their coping style is more emotion focused than that of men. **Richerd M.Eister, Jay R. Skidmore** conducted study on masculine gender role stress it is proposed that masculine gender role socialization affects whether men appraise specific situations as stressful behavioral research on stress and coping has remained relatively blind to the possibility of significant gender role difference in apprising events as stressful.

U.Rout investigated gender differences in stress, satisfaction and mental well-being among general practitioners in England, in their study female general practitioners (GPs) showed positive signs of mental wellbeing in contrast with a normative group male doctors showed significantly higher anxiety than the norm. Although there was no significant difference between male and female general practitioners GPs in the job satisfaction scale both genders were unhappy about their rate of pay.

RuthE. Zambrana, Victor Silva-Palacios conducted study on gender difference in stress among Mexican immigrant Adolescents in Los Angeles; California. The purpose of this study was to identify the stressors and level of perceived stress among immigrant Mexican adolescents and to assess gender differences among the identified perceived stress. The

Occupational Stress Among Teachers of Government and Public Schools

result revealed high levels of perceived stress with respect to family, language and ethnic items.

Linda L. Marshall, Patricia Rose: investigated gender stress and violence in the adult relationships of a sample of college students in their research a survey of 308 leader graduates was conducted to explore the relationship between gender, stress and subjective rates of violence experienced as an adult and experienced and observed in childhood they found that the correlation. Between expressed and received violence was also higher for females.

In view of the above literature and studies, the researcher has selected the problem entitled (occupational stress among teachers of government and public schools).

Problem and Hypotheses

- To find out the effect of type of school on occupational stress was the first problem of this study.
- To find out the effect of gender on occupational stress was the second problem of this study.
- Interaction between types of school and gender was the last and third problem of the present research.

Hypotheses

- On the basis of the formulation of the problems, the following Hypotheses are made.
- There is no significant difference in the occupational stress of the teachers of government and public school.
- There is no significant difference in occupational stress scores of male and female teachers.
- There is no significant interaction between type of school and gender.

METHODOLOGY AND DESIGN

Variables under study:

Independent variables

- Type of school
- Gender

Dependent variables

- Occupational Stress

Design

A 2x2 factorial design consisting of two independent variables has been utilized in the present research work. The first independent variable – type of school has been varied at two levels i.e., Government school and public school. The second independent variable has also been taken up by using male and female teachers. The dependent variable is the occupational stress or scores on the occupational stress.

Measuring Tool

To obtain the occupational stress index (OSI) was used.

The detailed description is given below:-

Author : A.K. Srivastava & A.P.Singh

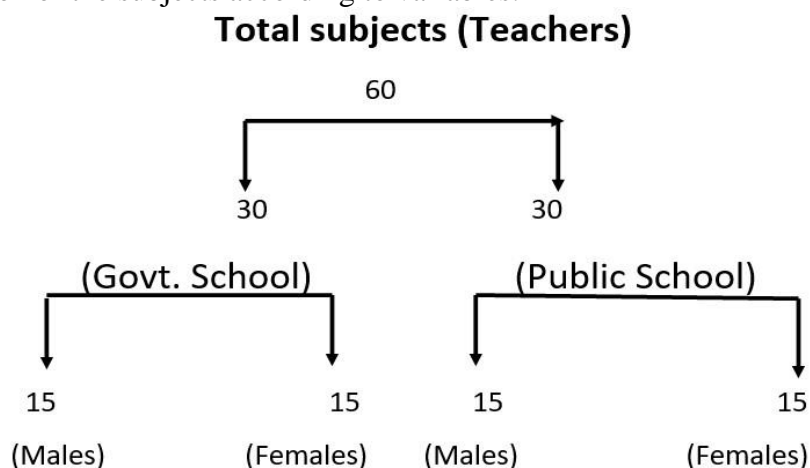
Occupational Stress Among Teachers of Government and Public Schools

Nature : Individual test
 Scale : Occupational Stress Index
 Language : Hindi
 Structure: Inventory includes 43 items 28 are true keyed and rest 18 are false keyed.

Sample

Total sample of 60 subjects (30 Male teachers and 30 Female teachers) of different type of school are used in the sample, the selection of subject is made on the basis of random sampling technique.

The distribution of the subjects according to variables:



Data Collection

First of all, the “rapport” was established with the subject individually. The subject was instructed according to the demand of experiment and index. The subject was also told to read out the instructions on the front page of the index. The subject was asked to tell about any problem and difficulty regarding the fulfillment of the index. The subject was also instructed to take up 5-20 minutes to fill the index. making tick on each and every item of the test by following this procedure al the subjects computed their test comfortable after having computed the test’s all the subjects were thanked. Thus, the whole data were collected from the total 60 subjects.

Instructions

This questionnaire/inventory has been prepared with the intention of psychological test for work environment related to different individual. In front of every statement / question five optional answers are given. The answer that is correct (according to, your work, environment i.e., service / institution organization should be underlined by you and for each question or statement your answer that is to be underlined should be among the five optional answers given to you. Attempt each question/statement carefully for example.

In this job I have to do a lot of work	Never disagree	Disagree	Undecided	Agree	Strongly Agree
--	----------------	----------	-----------	-------	----------------

Give your answer to all the questions without any hesitation, your answer will be kept fully confidential. There is no time limit to underline yours answer, but try to complete it all the earliest.

Occupational Stress Among Teachers of Government and Public Schools

Scoring

Each item in this test consist of both true-keyed and false keyed items two different patterns of scoring have to be adopted for two types of items. The following table provides guide line to score the response give to two categories of items.

CATEGORIES	SCORE	
	TRUE – Keyed Items	False Keyed Items
Never disagree	1	5
Disagree	2	4
Undecided	3	3
Agree	4	2
Strongly Agree	5	1

Analysis of Data

Two-way analysis of variance is employed suggested by: K.D. Broota”

RESULTS

As mentioned earlier, this study was planned to find out the effects of two independent variables on stress of the teachers, 2X2 factorial was employed. The raw data was analyzed by using two-way analysis of variance and the results are given in the summary table of analysis of variance.

Summary Table of Analysis of Variance

Sources of variance	SS	df	MS	'f'
(Types of school)	10491.97	1	10491.97	58.84*
(gender)	2.32	1	2.32	0.0130
AB (types of school and gender)	299.87	1	299.87	1.681
Error Variance	9984.89	56	178.30	
total	20779.05	59		

An inspection of summary table of analysis of variance clearly reveals the fact that the first independent variable – type of school has been found to be significant at .01 level of confidence ($F = 58.84$ $df = 1/56$, $P < 0.01$). This shows that the type of school is a significant influential variable to affect the occupational stress of teachers of public school and government school. In other words, the teachers of different type of school expressed their felling of stress in a significant way. Thus, the hypothesis that there is no significant difference in the occupational stress of the teachers of government and public school, ' "is rejected in the present context".

As far as the second independent variables – gender of the subjects is concerned, (teachers) this variable has not been found as a significant factor in the present study. It may also be noted that male and female teacher have not shown significance in occupational stress or they don't differ on occupational stress in a significant way.

A close perusal of the summary table indicates that the interaction between two independent variables i.e., type of school and gender has not been found significant. These two variables are not affecting to each other in a significant way. In other words, these two independent variables are not dependent on each other in the present study.

CONCLUSION

This study was concerned with the effect of two independent variables-types of school and gender on occupational stress. However, the effect of types of school is found as a significantly influential variable in the present context.

REFERENCES

- AL Mohannadi, A. and Copel, S. (2007): stress in physical Education teacher in Quarter. *Social Psychology of Education* 10,55-75.
- Ganster, D.C, Schaubroeck, J (1991) work stress and employee health, *journal of management*, 17 (2) 235-271.
- Oxford Medical Publications (1985). *Concise Medical Dictionary*,2 edn . Oxford: Oxford University Press.
- Selye,H.(1976).*The stress of life*. New York: McGraw- Hill.
- Sharpley C.F. Reynolds R. Acasta, A Dua, J.k. (1996),
The presence, nature and effects of job stress on physical and psychological health at a large Australian University, *Journal of Educational Administration* 34 (4)73-86.

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Pal, A. (2022). Occupational Stress Among Teachers of Government and Public Schools. *International Journal of Indian Psychology*, 10(3), 1660-1665. DIP:18.01.171.20221003, DOI:10.25215/1003.171