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Research Paper

Occupational Stress among Teachers Working In Private University

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ABSTRACT

The present study was done in a private university of district Sikar, Rajasthan to access the level of occupational stress among university teachers and to know the difference between level of occupational stress among male and female university teacher working in different colleges of same university. Sample of 70 university teachers has been selected 35 male and 35 female through random sampling. 'Occupational Stress Index' developed by Dr. A.P Singh and Dr. A.K Shrivastava (1981) has been administered for data collection. Data was analyzed using mean, standard deviation and t- test, all hypotheses were tested on 0.05level of significance and found that university teachers are having low level of occupational stress and no significant difference was found among stress levels in male and female university teachers working in different colleges of university.

Keywords: *Occupational stress, University teachers.*

The work of university teachers has largely changed recently, now their job is not just related with just teaching the students it's also includes so many other functions as research, counselling, placement, administration, examination and admission. Rapid change in technology made their job even more challenging. After going through thousands of researches the present study is to investigate the exposure of this stress at work on university teachers and to see if there were differences between men and women university teachers occupational stress level as well as between teachers working in technical and non technical college of the university.

Objectives

1. To measure the occupational stress level of university teachers.

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2. To find out the difference in occupational stress among university teachers working in technical and non-technical college.
3. To find out the difference in level of occupational stress among male and female university teachers.

Hypotheses

1. There is no significant difference in the occupational stress among university teachers working in the technical and non-technical college.
2. There is no significant difference in the occupational stress among male and female university teachers.

Psychological Tool

Occupational Stress Index (OSI) is developed and standardized by Dr. A. K. Srivastava & Dr. A. P. Singh in 1984. The scale consists of 46 items, each to be rated on the five-point scale. Out of 43 items, 28 are 'true-keyed' and rest 18 are 'false-keyed' items. These items measures the occupational stress in 12 different aspects such as, role over-load, 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.

Scoring for 'true-keyed' items are 1 to 5 from strongly disagrees to strongly agree and for 'false-keyed' items is ranging from 5 to1 as strongly disagree to strongly agree. The norms, reliability, validity is also provided in manual. The reliability index ascertained by split-half (odd-even) method and Cronbach's alpha-coefficient for the scale as a whole were found to be .935 and .09, respectively. The reliability indices of the 12 sub-scales were also computed through spilt half method.

Sample

The present study is aimed to study occupational stress level among university teachers working in a private university of district Sikar, Rajasthan. For the purpose of research data was collected through random sampling from a private university. The research was initially proposed to conduct on 133 teachers working in four different colleges of the same university. But finally data of 70 university teachers have been taken for studying the occupational stress of both the sexes male and female from four different colleges of the same university as technical, non- technical, Law and Management College.

Final Sample

After selecting the sample, Occupational Stress Index (OSI) by Dr. A. K. Srivastava & Dr. A.P. Singh was administered on 70 university teachers, scoring was done and results were calculated as per the instructions given in the test manual.

Statistical Analysis

Descriptive statistics (Mean, Std. deviation) & t- test.

RESULT AND DISCUSSION

For testing the hypothesis mean, standard deviation and t-tests values were calculated and presented in different tables.

For the first objective of study "To measure the occupational stress level of university teachers" the data is presented in table 1.

Table no: 1 (Raw score and interpretation of all university teachers)

S.N.	N	Raw Score	Interpretation
1.	70	124.75	Low

Table 1 is showing the overall occupational stress level of university teachers. For calculating the overall occupational stress level data of 70 university teachers is calculated, raw score is 124.75, which falls in the category of Low level of occupational stress category means university teachers are having overall low level of occupational stress.

It shows there is no role overload, role ambiguity and role conflict among university teachers regarding the roles they are having as per their posts, over all working conditions are good, they have participation in decision making so university teachers are enjoying high level of job satisfaction.

For testing the objective two "To find out the difference in occupational stress among university teachers working in technical and non-technical college" Null hypothesis was framed as "There is no significant difference in the occupational stress among university teachers working in the technical and non-technical college "the statistical data of technical and non-technical university teachers are being presented along with central tendency in table-2.

Table No: 2 (Mean, SD, t-test value of Technical and Non- technical university teachers)

S. No	Type of college	Mean	SD	df	t-test	Level of significance at (0.05)
1.	Technical College	122.96	15.74	50	0.67	No significant difference
2.	Non-Technical College	125.84	15.23			

The mean score of technical college teachers is 122.96 and non- technical teachers is 125.84. The Standard deviation is respectively 15.74 and 15.23 with the mean difference of 2.88. The hypothesis was tested on 0.05 level of significance the calculated t-test value is 0.67 which is lower than table value at 0.05 so hypotheses is accepted.

Therefore, we can conclude that the faculty members working in both the technical and non-technical colleges do not differ significantly on their level of occupational stress; they both share the same degree of occupational stress level.

For testing the objective three "To find out the difference in level of occupational stress among male and female university teachers following hypothesis are being formed to see difference at different levels: -

- There is no significant difference in the occupational stress among male and female university teachers.
- There is no significant difference in the occupational stress level among male and female university teachers working in technical college.
- There is no significant difference in the occupational stress among male and female university teachers working in non-technical college.
- There is no significant difference in the occupational stress among male university teachers working in technical and non-technical college.
- There is no significant difference in the occupational stress among female university teachers working in technical and non-technical college.

Table No: 3 (Mean, SD, t-test value of all male & female university teachers)

S. No	Type of sample	Mean	SD	df	t-test	Level of significance at (0.05)
1.	Male	128	12.94	68	1.57	No significant difference
2.	Female	122	18.99			

The mean score of 35 male university teachers are 128 (showing moderate level of stress) and female university teachers are 122 (low level of stress). The Standard deviation is respectively 12.94 and 18.99 with the mean difference of 6.The hypothesis was tested on 0.05 level of significance the calculated t-test value is 1.57 which is lower than table value so the hypothesis is accepted.

Although male university teachers are having higher level of stress than female university teachers as male have moderate but female teachers are having low level of stress but this difference is not significant when calculated through t-test so it may be because of change factor. So it can be assumed that there is no difference in occupational stress level among male and female university teachers.

Table No: 4 (Mean, SD, t-test value of male & female university teachers working in technical college.)

S. No	Technical college	Mean	SD	df	t-test	Level of significance at (0.05)
1.	Male	122.9	7.71	24	0.016	significant difference
2.	Female	123	20.53			

The mean score of 13 male university teachers working in technical college is 122.9 and female teachers are 123 (low level of stress). The Standard deviation is respectively 7.71 and 20.53. The hypothesis was tested on 0.05 level of significance the calculated t-test value is 0.016 which is lower than table value so the hypothesis is accepted. So, there is no significant difference among male and female university teachers working is technical college. We also

can assume this only to see the mean difference between the male and females teaches which is only of 0.1 means both male and female teachers are sharing same amount of stress.

Table No: 5 (Mean, SD, t-test value of male & female university teachers working in non-technical college.)

S. No	Non-technical college	Mean	SD	df	t-test	Level of significance at (0.05)
1.	Male	125.07	8.43			
2.	Female	126.61	20.27	24	0.25	No significant difference

The mean score of 13 male university teachers 125.05 and female university teachers are126.61 (low level of stress). The Standard deviation is respectively 8.43 and 20.27 with the mean difference of 1.54.The hypothesis was tested on 0.05 level of significance the calculated t-test value is 0.25and table value of t-test is 2.064 as calculated value is much lower than table value so the null hypothesis is accepted. So there is no significant difference among male and female university teachers working in non-technical college of a private university of district Sikar.

Table No: 6 (Mean, SD & t-test value of male university teachers working in technical college & non- technical college.)

S. No	Male	Mean	SD	df	t-test	Level of significance at (0.05)
1.	Technical	125.07	8.43			
2.	Non-Technical	122.92	7.71	24	0.68	No significant difference

The mean score of technical college teachers is 125.07 and non- technical teachers is 122.92. The Standard deviation is respectively 8.43 and 7.71 with the mean difference of 2.15. The hypothesis was tested on 0.05 level of significance the calculated t-test value is 0.68 and table value of t-test is 2.064 on df 24. As calculated value is lower than table value at 0.05 so hypotheses is accepted.

Therefore, we can conclude that the male faculty members working in both the technical and non- technical colleges do not differ significantly on their level of occupational stress, they both share the same degree of occupational stress level.

Table No: 7 (Mean, SD & t-test value of female university teachers working in technical college and non- technical college.)

S. No	Female	Mean	SD	df	t-test	Level of significance at (0.05)
1.	Technical	126.6	20.27			
2.	Non-Technical	123	21.37	24	0.44	No significant difference

The mean score of technical college teachers is 126.6 and non- technical teachers is 123. The Standard deviation is respectively 20.27 and 21.37 with the mean difference of 3.6. The

hypothesis was tested on 0.05 level of significance the calculated t-test value is 0.44 which is lower than table value at 0.05 which is 2.064 at df 24 so hypotheses is accepted.

Therefore, we can conclude that the female faculty members working in both the technical and non- technical colleges do not differ significantly on their level of occupational stress, they both share the same degree of occupational stress level.

Limitations and suggestions for future research

- The present study was conducted only in one state of India; further studies can be done in more states.
- The present study was conducted only in one district of Rajasthan; further studies can be done in more districts of Rajasthan state.
- The present study was done in only one university, much university can be taken into consideration and a comparative study of occupational stress level can be done.
- Present study was done in a women university; future research can be done on coeducational.
- A sample of 70 university teachers has been taken for research; further researches can be done on a bigger sample size.
- These findings need a confirmation by more objective parameters than self-assessment.

CONCLUSION

The present study shows low level of occupational stress among teachers working in private university. This study indicates that university teachers are exposed to low levels of occupational stress. Male and female teachers are having same level of stress irrespective of the type of college they are working in.

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Conflict of Interest

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

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