



Occupational atmosphere and life Stress of School Teachers with its Associated Factors

KEYWORDS

Occupational atmosphere, Life stress, Teachers, Students, Administrators

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ABSTRACT *The present study mainly intended to recognize the level of occupational atmosphere and the level of life stress of school Teachers. This study also aspired to be acquainted with the factors associated. Normative survey method was adopted to collect the relevant data by distributing two separate questionnaires. There are 98 school Teachers were selected by employing simple random sampling technique as samples from seven primary and secondary schools. Result shows that majority of the teachers have good occupational atmosphere and also they have average level of stress in life. This study also revealed that there is significant association exists in life stress with salary and also with experience.*

SIGNIFICANCE OF THE STUDY

Teaching is a profession that can yield something amazing when the right ideas and beliefs are implemented in the classroom. The purpose of teaching is not to teach students how to memorize facts, or how to know all the correct answers. The purpose of teaching lies in getting students to truly understand the concepts being examined. Teachers must know what to teach in the classroom. It is vital that they should have a solid understanding of the subject matter being taught. For this purpose teachers must have a stress free life.

When a person is exposed to a 'dangerous' situation his body gets ready to face it. It needs more energy for that. Extra energy is got by the 'fight or flight' response. The body is well geared up and it tackles the situation. To put in the nut shell "The mind feels the dangers and the body tackles it. These actions are coordinated by hormones". Once the trigger is gone the hormonal levels drops and the body returns to normal. The body keeps experiencing the above mentioned adjustments. Soon the hormonal and energy stores get exhausted. The vital link between the mind and the body is lost and the person suffers. The mind gets disturbed by the fact that the threat is there. But the body is too tired to handle it. The coordination between the two is disturbed. Changes in appetite -- either not eating or eating too much, procrastinating and avoiding responsibilities, increased use of alcohol, drugs, or cigarettes, exhibiting more nervous behaviors, such as nail biting, fidgeting, and pacing are the behavioral symptoms of stress. This condition may affect the Teaching quality of Teachers. Hence this study tried to know the level of stress and the factors associated with it.

OBJECTIVES

- To find out level of occupational atmosphere of school teachers
- To know the level of Life stress of school teachers
- To find out if there is any association exist in level of occupational atmosphere and life stress with their:
 - Salary
 - Experience
 - Type of family

HYPOTHESES

- The level of occupational atmosphere of school teachers is high in nature.
- The level of life stress of school teachers is low in nature.
- There is no significant association exist in occupational atmosphere of school teachers with their
 - Salary
 - Experience

- Type of family
- H4. There is no significant association exist in life stress of school teachers with their
- Salary
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TOOLS USED FOR THE STUDY

Scale to measure occupational atmosphere

To measure the occupational atmosphere of school teachers, the investigator prepared a separate tool comprising 47 items with the help of guide. The questionnaire was distributed to 34 teachers those who were not included as sample for the final study for their responses. The data sheets were collected and those were given to statistician for item analysis. Item whole correlation analysis was worked out for each and every item. Only 5 statements were deleted, since the individual 'r' value was below 0.3. The remaining 42 items were taken for final study. The total item whole correlation was found to be 0.87.

Life stress Scale

A separate tool to measure the life stress of teachers was prepared and standardized as mentioned for earlier tool. This tool comprises 24 statements in which 4 items were deleted in the process of item analysis. The remaining 20 items were taken for final study as standardized tool. The total item whole correlation was found to be 0.83. The construction of the tool was followed as per construction norms and it can be considered as highly reliable and valid.

Table .1. Showing the level of occupational atmosphere of school Teachers

Groups	Score range	Number of Teachers	Percentage
Poor	0 – 35	01	01.02 %
Good	35 – 70	59	60.20 %
Very Good	70 – 100	38	38.78 %
	Total	98	100 %

Table . 2. Showing the level of life stress of school Teachers

Groups	Score range	Number of Teachers	Percentage
Low	0 – 35	0	0%
Moderate	35 – 70	80	81.63%
High	70 – 100	18	18.36%

Table .3. Showing chi-square value for occupational atmosphere based on salary

Occupational Atmosphere	Salary			Total	Chi square value	L S
	Below 15,000	15,000 - 25,000	Above 25,000			
Low	8	7	10	25	5.36	NS
Average	31	8	13	52		
High	10	5	6	21		
Total	49	20	29	98		

Table 4. Showing chi-square value for occupational atmosphere based on experience

Occupational Atmosphere	Experience		Total	Chi square value	L S
	Below 5 years	Above 5 years			
Low	9	16	25	2.21	NS
Average	22	30	52		
High	5	16	21		
Total	36	62	98		

Table .5. Showing chi-square value for occupational atmosphere based on type of family

Occupational Atmosphere	Type of family		Total	Chi square value	L S
	Nuclear	Joint			
Low	9	16	25	2.10	NS
Average	25	27	52		
High	12	9	21		
Total	46	52	98		

Table .6. Showing chi-square value for life stress based on salary

Life stress	Salary			Total	Chi square value	L S
	Below 15,000	15,000 - 25,000	Above 25,000			
Low	33	11	13	57	15.86	S
Average	11	3	15	29		
High	5	6	1	12		
Total	49	20	29	98		

Table .7. Showing chi-square value for life stress based on experience

Life Stress	Experience		Total	Chi square value	L S
	Below 5 years	Above 5 years			
Low	28	29	57	9.21	S
Average	5	24	29		
High	3	9	12		
Total	36	62	98		

Table .8. Showing chi-square value for life stress based on type of family

Life Stress	Type of family		Total	Chi square value	L S
	Nuclear	Joint			
Low	22	35	57	4.25	NS
Average	16	13	29		
High	8	4	12		
Total	46	52	98		

MAJOR FINDINGS OF THE PRESENT STUDY

- The Level of Occupational Atmosphere among school teachers is high only.
- The level of life stress among school teachers is low only
- Based on the salary, there is no significant association with the level of Occupational Atmosphere of the Primary and Secondary School teachers.
- Experience of the teachers does not associate significantly with their level of Occupational Atmosphere.
- Based on the type of family, it is found that there is no significant association exists with the level of Occupational Atmosphere.
- Based on the salary, there is a significant association exists in the level of Life Stress of the Primary and Secondary School teachers.
- Experience of the teachers associated significantly with their level of Life Stress.
- Based on the type of family, it is found that there is no significant association exists in their level of Life Stress.

DISCUSSION OF THE RESULTS

Based on the salary, it is significant. This may be due to the fact that the teachers with less salary are stressed as it is very difficult for them to satisfy all the needs and desires. It is also observed that the more experienced teachers can cope with life better than those who are less experienced.

RECOMMENDATIONS

- Salary for teachers should be timely revised by the government.
- Teachers' specific talents must be identified and promotion should be offered periodically.
- Student teacher ratios should be maintained as 30:1 as far as possible.
- Principal should not pressurize teachers and allocate the roles and responsibilities which suits their capabilities and according to their capacity.
- Students should be fenced and guided with better school policy so that teaching learning process be meaning full in school hours.
- School based service, district based level, national based level professional developmental training and workshop should be given.
- School administration as head should create recreation for the teachers like excursions, fieldtrip, games and sports during weekends.

CONCLUSION

Teachers and school administrators must have awareness about the importance of school atmosphere. Since, the unpleasant atmosphere not only affects the students' life but also affects the Teachers' life. Stress can be avoided if it is identified earlier. So Every Teachers must have awareness about the identification and consequences of stress in their life.

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