



To Study on Stress among Male and Female College Teachers

KEYWORDS

STRESS, COLLEGE TEACHERS

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ABSTRACT *The purpose of the study was to examine the level of stress in a sample of male and female college teachers. Data were gathered from 25 male and female collage teachers living in Ranchi. The collage teachers were selected through non probability incidental sampling technique. Sing personal stress source inventory (SPSSI) was used to measure the stress. Data was analyzed using mean, standard division't' ratio. The result showed that female collage teachers have more stress as compared to male counterparts. It's also cleared through mean scores of male college teachers is 52.52 and a female college teachers is 61.32. The difference between mean is also significant and the't' value is 5.27.*

Introduction-

Stress is an inevitable and unavoidable component of life due to increasing complexities and competitiveness in living standards. The stress word derived from the Latin word "stringere" it meant the experience of physical hardship, starvation, torture and pain.

According to Selye Hans, (1956), "Any external event or internal drive which threatens to upset the organism equilibrium, is called stress".

Everyone experience stress, whether one is within the family business, organization, study work or any other social or economical activity. Stress is a part of day –to-day living. Every individual is subjected to stress either knowingly or unknowingly.

Stress has two shades: good stress and bad stress. Good stress is a normal physical response which helps rise to meet challenges, sharpens concentration. it encourage us to develop effective coping strategies to deal with our challenges , but a bad stress stops being helpful and stress causing major damage.

Selye .(1974) said "Stress can be either harmful or beneficial."

D'Arcy, (2007), said that stress overload is caused by the overreaction of failure of the stress response to turn off and rest itself properly.

Stress affects not only our physical health but our mental well being, too. Stress refers to any environment, organizational and individual or internal demands, which require the individual to readjust the usual behavior pattern. There are three major sources of stress- environmental, individual and organizational.

Teaching professionals is generally considered as a noble profession with lots of expectation from the parents towards their children's education and the development of their personalities.

According to Hargreaves, (1999) & Pithers, (1999) Teaching is among the professions that cause more stress compared to other professions.

Kyriacou (1987) Said teacher stress as the experiencing of unpleasant feeling such as depression , angry, worry, irritableness and tension which are formed as a result of working as a teacher.

Winefeld and Jarret (2001) and Ahmady et:aal.(2007) found that higher level of stress were reported as arising from funding cuts to universities heavier teaching loads, difficulty in securing funds, lack of resources, poor relationships with colleague and unrealistic expectations from management.

According to Van Der Linda (2000) teacher stress indicates that an individual's perception and reaction to stress translates into their quality of life, health and ability to work.

Abouserie (1996),Ofogebu and Nwadiani (2006) found that level of stress not to Be different among male and female academic staff.

Manthei (1988) reported that female teachers experienced more stress than male teachers due to job over load.

Payne (1987) found that women teachers reported significantly more stress concerning time management.

Liu and Zhu (2009) found thermal academic staffs experience less stress than their male counterparts.

Cohen and Williamson (1999) a high level of occupational stress, not only detrimentally influence the quality, productivity and creativity of the employee's health, well being and morale.

The specific stress experienced by people, often depends on the nature and demands of the setting in which people live. Thus, teachers and people in other professions experience different types of stresses to different degrees.

Objective:-

To examine the level of stress among male and female college teachers.

Hypothesis:-

Male and female college teachers differ significantly on the level of stress.

Sample:-

Fifty college teachers were selected as a sample of the study. These teachers were taken from different college Ranchi University .25 were male and 25 were female teachers were taken as sample. The sample selection was based on non – probability incidental sampling technique.

Tools :-

Singh personal stress source inventory (SPSSI) was developed by Arun Kumar Singh. The inventory has 35 items. This Inventory is use between the age ranges of 22 years to 55 years. Reliability and validity are also available in this inventory.

Procedure:-

First of all personal data collection was applied on those selected teachers who fulfilled the criteria. The non-probability incidental sampling technique was applied on selected sample of teachers. The obtained data were tabulated and analyzed with the help of mean “t”.

Result and Discussion:-

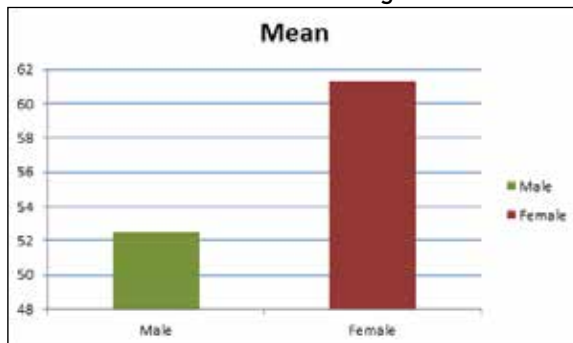
In order to test the hypothesis “the male and female college teachers differ significantly in the level of stress”. “t” scores were computed. Table 1 presents the summary of the statistical finding-

Table-1 Comparison of Mean and SD of male and female college teachers.

College teachers	Male	Female	“t”
Mean	52.52	61.32	5.27
SD	5.25	6.49	

Figure-1

Stress level of male and female college teachers



The result from table 1 and bar diagram showed that male and female college teachers differ significantly on the level of stress Mean score indicated that female college teachers feel more stress than male college teachers. Female collage teachers feel more stress because they have to play dual role in their life, due to this reason they face job over load and difficulty to time management. The present finding is supported by the earlier studies conducted by **Manthei, (1988), Payne, (1987).**

Conclusion:-

In this study we compare the level of stress among male and female college teachers of Ranchi. The result shows that the level of stress is higher in female college teachers than male college teachers.

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