

## Stress and Coping Strategies of School Teachers in Tirupathi



### Home Science

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**R. HEMA LATHA**

Research scholar, Dept. of Home Science, SV University, Tirupati.

**Dr. R. K. ANURADHA**

Head & Associate Professor, Dept. of Home Science, SV University, Tirupati.

### ABSTRACT

*The study sought to examine socio-demographic profile of female school teachers, factors enhancing stress and coping strategies by Teachers of Tirupati town of Andhra Pradesh. Data were collected from Primary and Secondary School Teachers. The Results revealed that 37% of teachers were in the age of 31-35 years, and 85% of respondents belonged to nuclear families. Majority 65% of were under stress at their workplace and 42% expressed that they have too many of responsibilities, 22% feel stress because of heavy workload. 12% expressed the following factors like working in changed circumstances, job insecurity and working with disagreeable person. 44% reported that they were they feel aggressive ; cry to relieve from the stress and withdraw from work due to lack of interest, and 13% of teachers reported that they delay work. The data concluded that majority of the respondents are under stress at their workplace and they had both mental and physical stress.*

### INTRODUCTION

In this strange mad world nobody wants to wait for anything. People just want to leap ahead by pushing superseding others even if it means blocking or putting hurdles in the path of others.

Increasing urbanization has been responsible for most stressful changes in recent years. Society, the working and academic world and daily life have changed almost beyond recognition. These changes have contributed to a major increase in stress. People have developed wrong habits and ways of reacting to adversities in life.

The stress reaction prepares the mind and body to react to any situation that is new, threatening or exciting. The causes of stress are environmental, physiological, social, personal thoughts, conflicts, hassles, pressures, frustrations etc.

The human response to stress is complex and multi-dimensional. Stress affects the individual at several levels. It can be analyzed by person's reactions to stress at three levels. They are (i) emotional responses, (ii) physiological responses, and (iii) behavioral responses.

Stress is an inner pressure caused by 3 set of factors 1. Endogenous (internal factors originating within) 2. Exogenous (external factors originating outside) and 3. Interaction of endogenous and exogenous factors.

People struggle with many stresses everyday; most stressors come and go without leaving any enduring imprint. However, when stress is severe or when many stressful demands pile up, one's mental or physical health may be affected. Chronic stress contributes to many types of psychological disorders, including depression, schizophrenia, anxiety and other disorders.

Coping mechanism denotes the way of dealing with stress or the effort to master condition of harm, threat or challenge when a routine or automatic response is not readily available. Use of coping mechanism generally involves cognitive and behavioral factors to manage environmental and internal demands and conflicts affecting a person, which exceed a person's resources. Coping responses are supposed to modify the effect of potential stressors. According to Pareek (1983) coping may either take the form of avoiding the situation, i.e. dysfunctional or confronting and approaching the problem i.e. functional style. In another study Printz et al. (1999) indicated that available coping resources including social support and problem solving, significantly buffer the effects of stress on maladjustment. In looking at the influence of support from family and peers, family support ap-

peared to be more critical for healthy functioning than support from friends.

Research has implicated psychological stress as an important casual agent in such health problems as coronary heart disease, gastro-intestinal malfunction, dermatological problems, severe nervous conditions, neurosis and a number of other physical and mental disorders. Workers in high stress occupations manifest high rates of some of the above mentioned problems.

### OBJECTIVES OF THE STUDY

- To assess the socio-economic and demographic characteristics of teachers.
- To study the types of stress in teachers.
- To find out the factors enhancing stress in teachers.
- To examine the coping strategies of stress as adopted by teachers.

### METHODOLOGY

The present study was carried out in Tirupati. The study area covered in Tirupati was Janardhan Colony, Nalanda Nagar, Haripuram Colony, Tarakarama Nagar, N.T.R Colony, Vidyannagar, Mangalam and Jeevakona. The total sample frame comprises of 100 teachers. The interview schedule and observation method was used for collection of data. The analysis was carried out manually statistics like percentages, mean were used for interpretation of the data.

Pre-testing was done to standardize the interview schedule. Fifteen respondents from other than study area were selected for pre-testing. The investigator had administered the interview schedules to the respondents individually. Through this process, the investigator finalized the interview schedule, which can be administrated in forty five minutes. After completing data collection, the schedules were decoded. The collected data was pooled and analyzed by formulating them into table's percentages and means were calculated.

### RESULTS AND DISCUSSION

The Results revealed that (37%) of teachers were in the age of 31-35 years, (20%) of teachers were in the age of 36-40 years, followed by 29 per cent of teachers were in the age of 25 to 30 years, remaining 14 per cent of teachers were in the age of 41 to 45 years.

### Education

The education of women is very essential for happy and healthy homes, improvement of society, economic prosperity and solidarity. Above all education is the means which would improve

the status and position of women in general.

It is evident from the data (80%) of them were postgraduates 12 per cent of teachers have primary, above SSC and intermediate qualifications respectively. The table1 shows that the respondents possessed a higher degree of education.

The data revealed that a high percentage (85%) of respondents belonged to nuclear families and (12%) were in joint families and negligible percent (3%) of them were from extended families.

#### Types of stress

The data revealed that nearly half (48%) of the respondents expressed that they had both mental and physical stress, (29%) of the respondents expressed that they had physical stress and (23%) of the respondents expressed that they had mental stress.

#### Stress at work place

It is evident from the data that, majority of the respondents (65%) they are under stress at their workplace. Nearly (44%) of home makers feel no stress at their workplace. The table 2 reveals that respondents information on factors that contribute to stress. (42%) of respondents expressed that they have too much

of responsibilities and nearly one-fourth (22%) of the respondents feel stress because of heavy workload. (12%) of respondents expressed the following factors like working in changed circumstances, experiencing job insecurity and working with disagreeable person.

#### Relieve from the stress

It is observed in Table 2, among the respondents more than one-fourth (44%) of teachers reported that they think a lot. more than one-fourth (28%) reported that they were with draw from work of interest, and (16%) the respondents get angry, cry and give up to relieving from the stress, and (12%) of the respondents choose a middle path for a decision and (13%) of teachers reported that they engage in delaying of work and a negligible per cent (3%) of teachers reported that they seek excitement by doing reckless things.

In conclusion, the data revealed that, majority of respondents are under stress at their workplace. Nearly half of teachers expressed that they had both mental and physical stress the evidence for the adverse effects are multiple roles, lack of career progress. More than one-fourth of the respondents reported that they think a lot and get angry, cry and give up to relieving from the stress.

**Table 1: Distribution of the respondents according to their educational levels and Type of family and Types of stress**

S. No.	Education level	Teachers (No)	%	Type of family	Teachers (No)	%	Types of stress	Teachers (No)	%
1.	Graduates	-	-	Nuclear	85	85.0	Mental stress	23	23.0
2.	Postgraduates	80	80.0	Extended	3	3.0	Physical stress	29	29.0
3.	Others	12	12.0	Joint	12	12.0	Both	48	48.0
Total		100	100.0	Total	100	100.0	Total	100	100.0

**Table 2: Distribution of the respondents according to factors that contribute to stress and Factors relieving from the stress**

S. No.	Factors of stress	Teachers (No)	%	Factors relieving from the stress	Teachers (No)	%
1.	Impossible standards	-	0.0	Run away	-	-
2.	Working in changed circumstances	12	12.0	Think a lot	28	28.0
3.	Experiencing job insecurity	12	12.0	Choose a middle path for a decision	12	12.0
4.	Working with disagreeable person	12	12.0	Engage in delaying of work	13	13.0
5.	Too many responsibilities	42	42.0	Seek excitement by doing reckless things	3	3.0
6.	Too heavy workload	22	22.0	Get angry, cry and give- up and withdraw from work of interest	44	44.0
Total		100	100.0	Total	100	100

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