Research Paper Commerce

Working Environment and Stress – A Study with Reference to Private College Faculty

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ABSTRACT

This study aimed to find out the stress due to physical environment and Curriculum among the private college faculties in Salem district. The samples were collected from fifty faculties by using convenient sampling techniques. Simple percentage analysis and one- sample t - test were used in this study. Finally, based on the results the researcher concluded that the management of educational institutions and educationalist should provide better working environment to the teachers and that will enhance the better out come from the teachers.

KEYWORDS Working Environment, Psychological, society

Introduction

The term "Stress" has come into wide use in behavior study only within the past two decades, originating in the physical sciences, the term has the meaning of a force which, acting on a body, produces strain or deformation. Later stress has come to represent the bodily condition under strain. Both in the physical and biological sciences and behavioral study, the concept of stress meant an extreme condition, involving tension, perhaps damage and some form of resistance to the straining force. Stress is a condition of strain on one's emotions, thought processes, and/or physical conditions that seem to threaten one's ability to cope with the environment. Stress is a threat to the quality of life, and to the physical and psychological well-being. Stress is a process in which environmental events or personal factors pose a challenge to the physical or mental health of an individual and in which the individual tries to face such challenge and saves himself from the danger created by these conditions (*Father Bulake, 1971*). Stress may be defined as internal state, which can be caused by physical demands of the body, e.g., disease conditions, exercise and the like or by environmental and social situations which are evaluated as potentially harmful, uncontrollable or exceeding our resources for coping. The physical, environmental, and social causes of the stress state are termed as stressors. Once induced by stressors, the internal stress state can lead to various responses. On the one hand, it can result in a number of physical and bodily responses, while on the other, psychological responses such as anxiety hopelessness, depression, irritability, and a general feeling of not being able to cope with the work can result from the stress state. Stress is a big problem in our society (*Allen, 1983*).

Objectives of the Study

- To know the socio economic status of faculty members working in private college in Salem district.
- To find the physical environment and curriculum stress among the private college faculty members.
- To offer suggestions based on the results of the study.

Problem statement

Working environment is one of the factors which directly affects employee of the organisation. Teachers also not exempted from stress due to working environment. Employees are spending most of the time in their working environment. If the working environment is not upto the standards it will affects them. It is most essential for a teacher a good working environment to perform well. Perfect atmospheres, a well structured facility, good teaching aids, are some of the important aspects of working environment. If it is provided in a good manner a teacher can perform well without any stress. Therefore, it is essential to study how for the working environment creating stress among private college teachers.

Methodology

The study is based on both primary and secondary data. The primary is collected through a well structured questionnaire by using convenient sampling technique in Salem district of Tamil Nadu. Simple percentage and one sample't' test were used in this study. The secondary data collected from journal, website, books, magazines, and report etc.

Table – 1 Description of the Respondents

Variables	Maximum (%)	Minimum (%)
Place of Residence	46 (Semi- urban)	22 (Urban)
Gender	66 (Male)	34 (Female)
Marital Status	52 (Married)	48 (Unmarried)
Age	60 (Below 30 Year)	10 (31- 40Year)
Educational qualification	50 (M.Phil)	14 (PG)
Income	38 (Below Rs.10,000)	24 (Above Rs.20,000)
Experience	46 (Below 5 Years)	22 (10 Years and above)
Academic background	50 (Science)	48 (Arts)
Family size	50 (Upto-2)	40 (Above 5 Members)

T-Test

Table – 2 The Level of Agreement on the different Values of Physical Environment Stress of Private College Faulty

Particulars	N	Mean	Std.	Std. Error	t- Value	Sig
There is no proper staffroom facility	50	4.22	5.588	.790	5.339	.000
Uncomfortable chair and tables	50	2.78	0.995	.140	19.742	.000
Overheating in summer, make me irritate	50	3.26	1.065	.150	21.636	.000
High level of noise makes me extremely Stressful in working environment	50	2.56	0.972	.137	18.618	.000
There is no proper drinking water facility	50	2.86	1.010	.142	20.016	.000
No proper adequate canteen facility	50	3.66	1.117	.158	23.154	.000
Difficult to wearing tie and coat during Summer time	50	2.98	1.186	.167	17.760	.000
No proper lavatory facilities for staff	50	3.58	0.784	.110	32.256	.000

From the above table, it is found that the mean values are ranging from 2.56 to 4.22 with respect to standard deviation range from 0.972 to 1.186. This leads to the computation of the statistics as stated in the table. In case of significant column, it is found that all eight variables are statistically significant. This concluded that above mentioned reasons are moderately agreed the private college faculties in Salem.

Table – 3 The Level of Agreement on the Stress due to Curriculum of Private College Faulty

Particulars	N	Mean	Std. Deviation	Std. Error Mean	t-value	Sig
I feel difficult to prepare subject material	50	3.50	1.035	.146	23.910	.000
I feel difficulty to cover the heavy syllabus in a stipulated time	50	3.18	1.024	.144	21.959	.000
Sufficient material resources are not available in the library and internet	50	3.40	1.030	.145	23.338	.000

From the above table, it is found that the mean values are ranging from 3.18. to 3.50 with respect to standard deviation range from 1.024 to 1.035. This leads to the computation of the statistics as stated in the table. In case of significant column, it is found that all three variables are statistically significant. This concluded that above specified reasons are moderately agreed the private college faculties in Salem

Conclusion

Working environment is an indispensable factor which directly affects the performance of the employees. Particularly with reference to teaching community an amicable working environment is most essential. A Teacher conveys knowledge to the future generation. Therefore, the management of educational institutions and educationalist should provide better working environment to the teachers and that will enhance the better out come from the teachers.

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