



## An Empirical Study On Stress Level Among Higher Secondary School Teachers

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### ABSTRACT

*In the present complex and competitive environment stress level is increased among school teachers due to various reasons. Stress is physical, mental and chemical reasons to circumstances that frighten confuse and irritate. Stress is the common term applied to the pressures, people feel in life. The presence of stress at work is almost foreseeable in many jobs. This study is an overall effort to measure the relationship of socio economic factors and level of stress among higher secondary school teachers in Erode district and is mainly aimed to know the various economic and demographic attributes of the teachers.*

**Keywords: Stress, Teacher, Environment, Relationship.**

### 1. INTRODUCTION

Stress is an everyday fact of life. It has physical, emotional and behavioral effects on us and can create positive or negative feelings. Stress is believed to be caused mostly by external events, stress occurs when the pressure is greater than the resources available. 50 to 75 per cent of today's disease related to stress and stress within organization is the second most frequent trouble and affects as many as 28 per cent of employees. Stress has become an vital part of life. It is there since prehistoric times and plays a major role in successfulness and unsuccessfulness of a work activity. Stress is not always negative. An optimal amount of stress is essential to generate enthusiasm, creativity, and productivity. However excessive level of stress could become counterproductive. A business organization should try to control the level of stress in its employees. This will result in higher levels of productivity.

### 2. NEED OF THE STUDY

Stress is an inevitable part of teachers' life in school. The study attempts to find out various sources of job stress among the higher secondary school teachers. It also seeks to identify the symptoms of job ill-health that teachers have developed after they became teachers. The study will also look into how teachers manage the effects of job stress. Stress is a pressure condition causing hardship. It is an internal phenomenon and a mental attitude. Stress is generally believed to have a deleterious effect on health and performance. But a minimum level of stress is necessary for effective functioning and peak performance. Many different things can cause stress i.e., physical, emotional, family, students and pressure higher authority.

### 3. STATEMENT OF THE PROBLEM

The term "stress" is a relative term and it differs from person. Each one's perception will differ. The matters which gives stress to one person need not give stress to another person even if it gives stress that may be different level. Individual's perception about stress is mostly based on number of factors such as family background, educational qualification, personality value system, age, number of departments, etc. Stress management continues to be the major concern of the department of human resource development in any organization and educational institution. Since any form of stress should be removing using suitable techniques of stress management, the technique to overcome stress becomes essential for officers.

### 4. RESEARCH METHODOLOGY

The aim of the study is to find out the relationship among socio-economic status and stress of teachers working in various higher secondary schools in Erode District. The results of any educational research are dependent for their significance on the data that have been collected. The choice of method, technique and tool are important factors in the collection of data. The researcher used survey method to collect the identifying factors stress in the teachers and for this purpose a questionnaire administered. The investigator has employed stratified random sampling technique was adopted for the selection of sample. 200 teachers were as sample for the study. The investigator planned to use mean, standard deviation and 't' test for the analysis of data.

### 5. OBJECTIVES OF THE STUDY

1. To know the level of stress among Higher Secondary School teachers in Erode District.
2. To suggest effective means to overcome stress at different levels.

### 6. REVIEWS OF LITERATURE

Chand and Monga (2007) in their study entitled "Correlates of job stress and burn out" examined the correlates of job stress and burn out among 100 faculty members from two universities. He found that, higher education can combat stress and burn out related problems among the faculty members. Chaplain (2008) in his study entitled "Stress and Psychological Distress among Trainee Secondary Teachers in England" reported that student-teachers optimism was dampened during their training, and they anticipated their levels of psychological distress would further increase when they began teaching. In that study, many student-teachers never commenced teaching. Others left very early in their careers, due to stress or mental health issues.

### 7. DATA ANALYSIS AND INTERPRETATION

**TABLE- 7.1 STRESS BETWEEN MALE AND FEMALE TEACHERS**

Gender	No. of the sample	Mean	Standard Deviation	't'-test	Level of Significant
Male	72	67.81	13.00	0.266	0.05
Female	128	67.33	10.95		

It is noted from the above table that the calculated 't' value (0.266) is less than the table value (2.58) and the result is not significant at 5% level. Hence, the null hypothesis is accepted. Therefore, It is found from the analysis that there is no close relationship between gender and level of stress occurred by the teachers in school.

**TABLE- 7.2 STRESS BETWEEN BELOW 35 AND ABOVE 35 AGE OF TEACHERS**

Age	No. of the sample	Mean	Standard Deviation	't'-test	Level of Significant
Below 35	107	66.19	10.84	1.698	0.05
Above 35	93	69.02	12.53		

It is identified from the above table that the calculated 't' value (1.698) is less than the table value (2.58) and the result is not significant at 5% level. Hence, the null hypothesis is accepted. Therefore, It is found from the analysis that there is no close relationship between age and level of stress occurred by the teachers in school.

**TABLE- 7.4 STRESS BETWEEN MARRIED AND UN MARRIED TEACHERS**

Marital status	No. of the sample	Mean	Standard Deviation	't'-test	Level of Significant
Married	151	68.62	11.77	2.488	0.05
Un married	49	64.06	10.94		

It is highlighted from the above table that the calculated 't' value (2.488) is less than the table value (2.58) and the result is not significant at 5% level. Hence, the null hypothesis is accepted. Therefore, It is found from the analysis that there is no close relationship between marital status and level of stress occurred by the teachers in school.

**TABLE- 7.5 STRESS BETWEEN ANNUAL INCOME OF BELOW ONE LAKH AND MORE THAN ONE LAKH EARNED BY SCHOOL TEACHERS**

Annual income	No. of the sample	Mean	Standard Deviation	't'-test	Level of Significant
Above Rs. 1,00,000	143	66.66	11.37	1.57	0.05
Below Rs. 1,00,000	57	69.63	12.36		

It is noted from the above table that the calculated 't' value (1.57) is less than the table value (2.58) and the result is not significant at 5% level. Hence, the null hypothesis is accepted. Therefore, It is found from the analysis that there is no close relationship between annual income and level of stress occurred by the teachers in school.

**TABLE- 7.6 JOB STRESS BETWEEN PRIVATE AND GOVERNMENT SCHOOL TEACHERS**

Type of school	No. of the sample	Mean	Standard Deviation	't'-test	Level of Significant
Private	93	70.32	12.32	3.738	0.05
Government	107	64.33	10.12		

It is noted from the above table that the calculated 't' value (3.738) is higher than the table value (2.58) and the result is significant at 5% level. Hence, the null hypothesis is rejected. Therefore, It is found from the analysis that there is close relationship between gender type of school and level of stress occurred by the teachers in school.

### SUGGESTIONS

1. The age is an important factor in stress. So the educational institution should take necessary steps on age factor to reduce the stress.
2. Providing sufficient resources, providing job security, Good working environment also need to reduce the stress among female respondents.
3. From the study it is identified that working hours is another deciding factor for stress. Hence, due attention may be given to reduce working hours of teachers.
4. Through personal counseling, teachers may be advised to Spending more time with family (other than working time), Proper maintenance of the family and maintenance of personal and family health.
5. The regular concentration of the following facts will reduce the stress in their day to day life i.e., simple meditation, diet, aerobics and effective management of money. Moreover this, "life with less expectation", paves a way for stress less life.

### CONCLUSION

Stress is common for all organizations which play a vital role in developing economy of our country and lives of the people. Among those organizations, the educational institutions face more problems, due to teachers' stresses. Teachers, they are the backbone of our country. They produce great leaders that can change the fate of our country. Now-a-days, stress among school teachers is becoming popular. The result of occupational stress gives some negative effects, viz., absenteeism, teacher's turnover, illness and early retirement. In order to reduce the stress factor job satisfaction, job security and proper environment should be given to them. In order to produce their output and also to make their duty perfectly, they should be away from stress factors. The study can be taken as a guide for further improvement and strategies can be changed and developed as the environment is dynamic.

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