



Stress Management Among Collage Teachers

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ABSTRACT

Stress has turn out to be substantial due to lively social aspect and fluctuating requirements of life styles. This study is focused towards the College teachers. This profession is very stress because they highly pressured on results. Meanwhile each and every condition or happening in our day-to-day life grounds some type of stress, it is impractical and unbearable to eliminate stress, wholly from one's life. The focus of the research is to study the stress level among college teachers and to suggest the coping strategies. A survey of 238 College teachers is taken for the study in Salem city. And the samples are collected through the primary data by means of questionnaires.

KEYWORDS

College Demands; Depressed; stress.

INTRODUCTION

Current life is jam-packed of stress. Dynamic technological evolutions haven spawned mega- bureaucracies, micro task specialization and greater urbanization. These developments are intrinsically tied with work settings which have numerous systems such as finance, production; marketing, administration as well as macro organizational subsystems like inter organizational systems and organizational level goals. Strategies, climate, cultures, structures, management styles and performance very often the human element is reduced to a mere insignificant in the wheel of the total technological system.

CONCEPTUAL OUTLINE

Optimistic side of stress adds expectation and enthusiasm to life and every individual are under stress fatality, rivalries, hostilities and even frustrations and sorrows add depth and enrichment to outlives. The ultimate aims are of any research on stress is not to eliminate stress but to learn how to manage it and how to use it to use it to help in achieving the goals. Stress turns as a deadening and might leave us feeling tired (or) unhappy, on the added hand, excessive stress may leave the individual feeling knotted up.

Stress also leads to physical disorders because the internal body system changes to try to cope with stress. If we are under excessive pressure or stress for a long time, this may lead to physical or mental illness.

Stress is associated with constraints and demand. The stress may have associated to following factors

1. Environmental
2. Organizational
3. Individual

FEW COLLECTED WORKS OF PREVIOUS RESEARCH

1. Dr. Partap Singh Sangeeta Rani Work Stress Among College Teachers In Self-Financing College An Explorative Study International Journal Of Innovations In Engineering And Technology (Ljjet) Volume 5 Issue 2 April 2015. Workout techniques used by the college teachers to manage work stress. The Sample size used in the article is 50. The article contains only one tool ANOVA. Stress can make an individual productive and constructive when it is identified and well managed.

2. Dr. J. Vijayadurai, Mr. S. Venkates A Study On Stress Management Among Women College Teaches In Tamilnadu, India

pacific Business Review International Volume 5 Issue 2 August 2012. Assess the perception of the personnel towards their job stress. The sample size used in the article is 50. The article contains percentage analysis method and they have used tools like chi-square test ANOVAs. Work stress is a real challenge for college teachers and their employing institution.

3. G. Nyabadza And G. Mutendera Stress Management Among Female Student Teachers On Attachment Teaching Practice The Case Of Marymount Teachers College, Zimbabwe International J.Soc.Sci. &Education Volume 4 Issu 2 May2012. Analyze impact of stress on individual's efficiency & effectiveness. The article has framed the Sample size to 100. They have used tools like Chi-square test ANOVAs. Observations made in this study can be indicators towards a much bigger problem in loving student teachers.

PURPOSES OF THE STUDY

To analyze the demographic profile of the respondent.

To analyze the factors responsible for stress.

METHODOLOGY

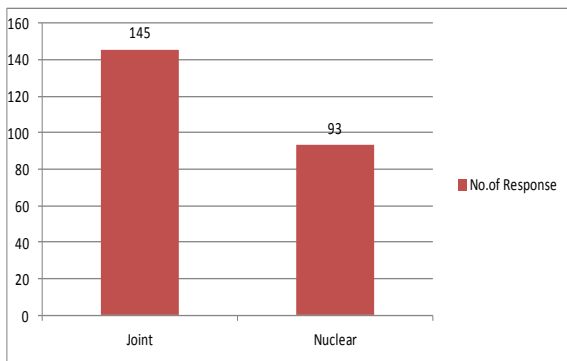
The study is exploratory in nature. Survey method was implemented and the study is piloted amongst college students at Salem City, Tamilnadu. The respondents for the study are confined to 238 college students. Proportionally stratified random sampling technique was adopted.

ANALYSIS AND INTERPRETATION

Table 1: Classification on the basis of family type

Family Type	Numbers	Percentage
Joint	145	60.92
Nuclear	93	39.08
Total	238	100.00
Source: Computed and calculated through questionnaire		

Exhibit 1: Family type of the faculty members



Interpretation:

Majority of the faculty members which is 51.40% (238) of them belong to joint family type and the remaining 48.60% (238) of them belong to nuclear family type.

Table 2: Percentage Positions and Their Corresponding Garrets Table Value

Rank	Percentage Position	Garett's Table Value
1	$100(1-0.5)/5=10$	76
2	$100(2-0.5)/5=30$	61
3	$100(3-0.5)/5=50$	50
4	$100(4-0.5)/5=70$	
5	$100(5-0.5)/5=90$	25

Source: Computed and calculated through questionnaire

The table portrays percentage positions for the ranks 1,2,3,4 and 5 and their corresponding Garrett's table values. For rank 1 the calculated percentage position value is 10 and the table value is 76, this value is given in the garret ranking table for the percentage 9.17 which is near 10. As like for all the calculated positions, the table values are referred from garrets ranking table.

Objective: To analyse the factors responsible for stress among teachers

Table Factors responsible for stress-GARRETT

Factor	I (76)	II (61)	III (50)	IV (40)	V (25)	Total	Total Score	Mean Score	Rank
Work Load	54	42	44	58	46	238		49.96	2
	4104	2562	2200	2320	1600		12786		
Rules & Regulations of UGC and College	52	44	54	56	56	238		53.60	5
	3952	2684	2700	2240	1400		12976		
Over Crowded Classes	56	52	44	46	64	238		55.78	1
	4256	3172	2200	1840	1600		13068		
Heavy Syllabus	54	54	44	42	68	238		47.52	3
	4104	3294	2200	1680	1700		12978		
Family Problems	68	48	56	42	48	238		44.93	4
	5168	2928	2800	1680	1200		13776		
Source: Computed and calculated through questionnaire									

Interpretation:

It is known from the above table that according to Garrett's ranking the factors which induces the respondents to show the factors responsible for burnout are in this order namely Pressure and Expectations, Isolation, Fitting in the environment, Hefty Syllabus and Lack of Proper Communication. It is resulted that Pressure and Expectation is ranked as first and Isolation is ranked second.

CONCLUSION:

Stress is simply a reaction to a stimulus that disturbs our physical or mental equilibrium. In other words, it's an omnipresent part of life. A stressful event can trigger the "fight-or-flight" response, causing hormones such as adrenaline and cortisol to surge through the body. The way you respond to a challenge may also be a type of stress. Part of your response to a challenge is physiological and affects your physical state. When faced with a challenge or a threat, your body activates re-

sources to protect you - to either get away as fast as you can, or fight. If you are upstairs at home and an earthquake starts, the faster you can get yourself and your family out the more likely you are all to survive. If you need to save somebody's life during that earthquake, by lifting a heavy weight that has fallen on them, you will need components in your body to be activated to give you that extra strength - that extra push.

HOW THE PRESENT STUDY CAN BE EXTENDED?

The future scope for the current study can be supported further on "Factors responsible for stress among IT sector employees".

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