

A COMPARATIVE STUDY TO ASSESS LEVEL OF OCCUPATIONAL STRESS AMONG PHYSICAL EDUCATION TEACHERS WORKING IN GOVERNMENT AND PRIVATE SCHOOL OF NORTHERN REGION

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Abstract:

The objective of the study was to find out the comparison of occupational stress among Physical Education Teachers working in Government and Private School of Northern Region of India for the purpose of this study 600 physical education teachers were selected from different parts of the northern region the subjects age range was of 20-40 years and 41-60 years Occupational Stress Index questionnaire developed by A.K. Srivastava and A.P. Singh will be used to collect the data. The questionnaire has 46 statements and each statement is rated against a five point scale. To test the significant difference independent T-test method was employed. The level of significance chosen to test the hypotheses will be 0.05, $P < 0.05$. The result shows that there is significance difference in Government and private School Teachers it was found that Private physical education teachers were having more stress as compared to government school teachers it was also found that males were having more stress as compared to females.

Introduction

Stress is an unavoidable phenomenon in human life. Though the type of stress may differ but almost any aspect of life can lead to stress, be it lack of friends, lack of money, unemployment or even employment. Rapid industrialization, increasing urbanization and receding support over the last few decades have contributed to rise in stress level. Few years ago, it was not considered as an important public

health problem in many countries but recently stress has gained worldwide attention due to its potential hazards.

Stress is generally recognized as an unpleasant emotional state. According to Kyriacou (1978), stress is result of prolonged pressures that can't be controlled by the coping strategies that an individual has.¹ Olson et al (1989) defined stress as “a state of tension that arises from an actual or perceived demand that calls for an adjustment or adaptive behaviour”.² Stress can attribute to poor performance, absenteeism, job dissatisfaction, accidents and various health problems.³ Distress can lead to hypertension, diabetes mellitus, stroke and ulcers among other illness.

Occupational stress: a worldwide phenomenon Occupational stress has been considered as leading stressor among adults. According to International Labour Organization (ILO), occupational stress affects all countries, all professions and all categories of workers. World Labor Report of 1993 identified occupational stress as one of the most serious health issues of the twentieth century⁶ while few years later World Health Organization (WHO) termed it as “World Wide Epidemic”.⁴

Occupational stress is defined by National Institute for Occupational Safety and Health (NIOSH, USA) as, “the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker”.⁵ Occupational stress is also known as “job stress”, “work related stress” or “work stress”. World Health Organization defines this in a similar way as, “a pattern of reactions that occurs when workers are presented with work demands not matched to their knowledge, skills or abilities and which challenge their ability to cope”.⁶

Occupational stress can lead to poor health make people feel sick, both at workplace and at home.⁷ Usual early signs of job stress include headache, sleep disturbance, stomach upset and difficulty in concentration. Later this leads to major diseases like cardiovascular diseases (for example stroke, myocardial infarction) mental health problems (for example depression and burnout) and musculoskeletal disorders (for example involvement of back and upper extremity). In addition to physical and psychological signs and symptoms, occupational stress can also lead to behavioral symptoms like loss of appetite; increased consumption of alcohol, drugs and tobacco; isolation from others; poor job performance and change in close family relationships. Besides, workers who are stressed are more likely to be less productive, poorly motivated and less safe at work.⁸

International Labour organization (ILO) considers occupational groups like policemen, prison officers, miners, doctors, nurses, teachers and journalists among the most stressful professions.⁹ Recently teachers’ stress has received widespread recognition reflecting difficulties encountered by them.¹⁰ In the last two decades, there have been a lot of studies on occupational stress among school teachers.¹¹ According to Day (2000), “for many teachers, last 20 years have been years of survival, rather than development.”¹²

LEVEL OF TEACHERS STRESS

Teachers all over the world are facing the problem of occupational stress, though extent of the problem varies. According to Kristensen (2005) about 10 to 40 percent of teachers are suffering under extreme stress or burnout, in European countries. Maslach (2001) argues for even higher stress level among teachers of Asian countries.¹⁶

METHODOLOGY

Selection of Subject For the purpose of the study, 600 physical education teachers from northern region were selected and further divided into two groups where 300 from government schools were kept in first group and 300 teachers from private aided, and private unaided as the second group.

Instrument Occupational Stress Index (O.S.I) by Dr. A K Shrivastava & Dr. A P Singh was adopted in the study to measure the level of stress among the teachers.

Statistical Analysis To estimate the level of occupational stress descriptive statistics mean, standard deviation and ‘t’ test were employed.

ANALYSIS

Table – 1

State wise Level of Occupational Stress (Himachal Pradesh, Chandigarh, Haryana and Punjab)

Level	Himachal		Chandigarh		Haryana		Punjab	
	N	%	N	%	N	%	N	%
High	15	10.00%	23	15.33%	8	5.33%	22	14.67%
Low	12	8.00%	14	9.33%	26	17.33%	25	16.67%

Moderate	123	82.00%	113	75.33%	116	77.33%	103	68.67%
Total	150	100.00%	150	100.00%	150	100.00%	150	100.00%

Data depicted in table no. 1 revealed the level of occupational stress among the physical education teachers from selected states of Northern India. Data indicated that most of the teachers from Himachal Pradesh (82%) were under moderate stress, while 8% were in low level of occupational stress and 10% had high level of occupational stress. Analysis of level of occupational stress among Physical education teachers from Chandigarh revealed that, most of the teachers (75.33%) were under moderate stress, 15.33% were in high level of occupational stress and only 9.33% were in low level of occupation stress.

Analysis of level of occupational stress among Physical education teachers from Haryana revealed that, most of the teachers (77.33%) were under moderate stress, 5.33% were in high level of occupational stress and 17.33% were in low level of occupation stress. Analysis of level of occupational stress among Physical education teachers from Punjab revealed that, most of the teachers (68.67%) were under moderate stress, 14.67% were in high level of occupational stress and only 16.67% were in low level of occupation stress.

TABLE 2
COMPARISON OF MEAN SCORES ON OCCUPATIONAL STRESS AMONG PHYSICAL EDUCATION TEACHERS FROM PRIVATE AND GOVERNMENT SCHOOLS

	Employment	N	Mean	MD	SD	SEM	T	P
Occupational Stress	Government	300	130.75	10.403	13.671	.789	10.524	.000
	Private	300	141.15		10.308	.595		

*Significant at .05 level

Figures depicted in table no. 2 clearly indicate significant difference between government and private school physical education teachers. As obtained mean for government teachers was 130.75 and Private teachers was 141.15 with mean difference 10.403, obtained ‘t’ 10.524 was much higher than the required ‘t’ to be significant at 0.05 level of significance.

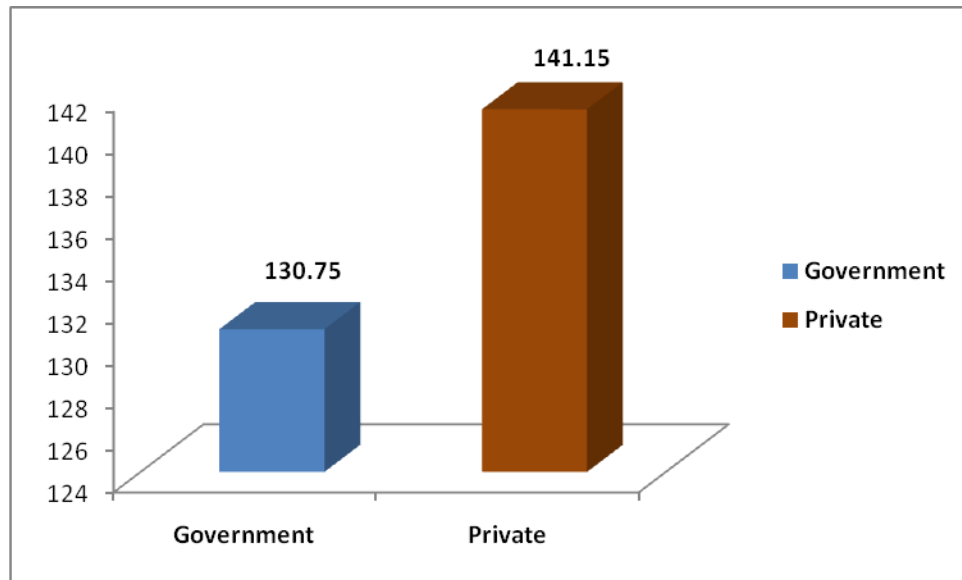


Figure 1 : Comparison of Mean Scores on Occupational Stress Among Physical Education Teachers From Private and Government Schools

Table – 3

Comparative Analysis of Occupational Stress between Female and Male Physical Education Teachers

	Marital Status	N	Mean	MD	SD	SEM	t	P
Occupational Stress	Female	270	138.53	4.69	12.67	0.771	4.409	0.00
	Male	330	133.84		13.209	0.727		

*Significant at .05 level

Figures depicted in table no. 3 clearly indicate significant difference between female and male physical education teachers. As obtained mean for female teachers was 138.53 and Male teachers was 133.84 with mean difference 4.69, obtained ‘t’ 4.409 was much higher than the required ‘t’ to be significant at 0.05 level of significance.

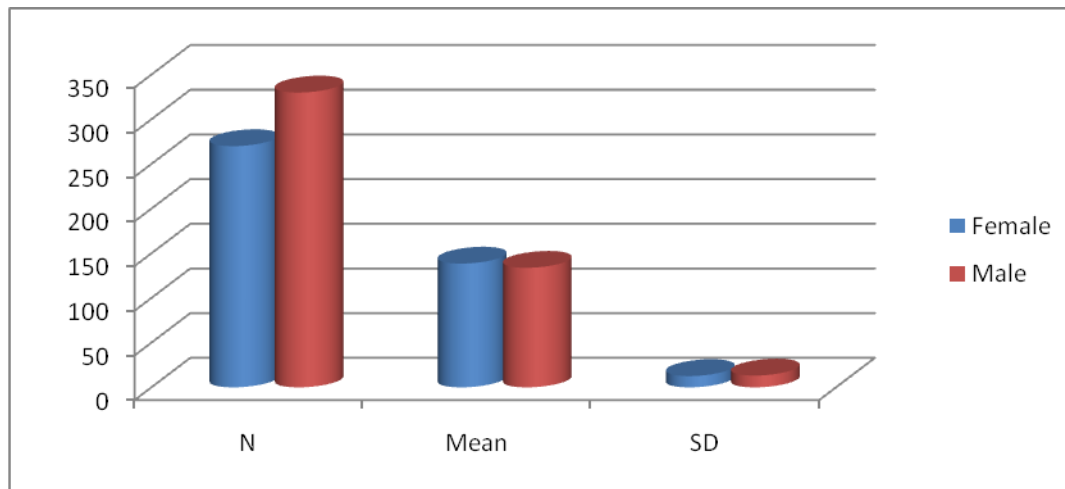


Figure- 2: Graphical representation of Overall Level of Occupational Stress between Female and Male Physical Education Teachers of Northern Region

CONCLUSION

Results of the study conclude that the physical education teachers from private schools of northern region had more occupation stress when compared with teachers from government schools. It is also concluded that males were having more occupational stress than the women. It is necessary to provide infrastructure facilities and necessary training through training sessions, seminars, workshops etc. to encourage teachers and to minimize the level of stress among the teachers from private schools.

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