

## A Study Of Anxiety, Insecurity Feeling And Its Impact On Quality Of Work Life Among Tribal Welfare School Teachers Suffering With Diabetes Working In North Coastal Districts Of Andhra Pradesh

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### ABSTRACT :

The article state that the importance of a teacher as an architect of our future generations demands that only the best and the most intelligent and competent members should be allowed to qualify for this noble profession. After the Independence various Commissions and Committees stressed the importance of Teaching Profession and gave suggestions in accordance with the various Indian environments. According to Indian Education Commission simply disclosed that Teacher should actively participate in the social activities in a positive way and know the art of teaching with a deep insight into child psychology. In the present day situation incapable people entered into this profession as one of the way of their life instead of professional devotion. Owing to recent changing policies of State and Central Governments, most of the youngsters has opted for this profession is due to attractive salaries offered to the teachers especially in Government as well as Corporate Sectors besides providing various facilities. Unfortunately, we do not support teachers the way we support coaches. We are expecting more and more out of teachers without providing them additional tools to keep up with the demands. This has resulted in significant increases in teacher stress, tying them for the highest rate of daily stress among occupations. The article state that the Teachers working in the Tribal Welfare schools are vulnerable for diabetes because of the temperature and other stress factors.

**Key Terms :** Tribal Welfare, Teachers, Anxiety, Insecurity Feeling, Diabetes, Quality of Work life, Ill Health of Tribal School Teachers

### INTRODUCTION :

It is undeniable that high levels of stress are adversely affecting teachers' health. Educators are burning out and becoming less effective in raising student achievement than their healthier peers. In Indian context most of the Teachers in any organization right from Primary to University level are suffering with Diabetes as common disease. In fact Diabetes is hereditary problem but now-a- days generally this disease is common among the people due to stress especially in teaching profession. Hence, there needed to support teacher

health and well-being is necessary to elevate the profession and ensure each teacher has the skills and tools necessary to give every student the education they deserve.

The researcher of the present study keeping the above facts in view has opted to study the Anxiety, Insecurity Feeling and their impact on Quality of Work Life of the Teachers who are suffering with Diabetes in North Coastal Districts of Andhra Pradesh.

In the present study to measure the level of Anxiety, Insecurity Feeling and their impact on Quality of Work Life of Teachers who are working in Tribal Welfare schools and who are suffering with Diabetes disorder is undertaken.

To measure the level of Teacher Anxiety is supported by four dimensions viz., Panic Disorder, Generalized Disorder, Social Disorder and Administrative Disorder.

To measure the level of Insecurity Feeling among the Teachers is supported by four dimensions viz., Management support, Salary Component, Library and Laboratory and Classroom condition.

To measure the level of Quality of Work Life among the Teachers is supported by Development of Skills, Feedback, Resources, Commitment and Sense of Self-efficacy.

The problem of the present research posed in this study is to establish reliability and validity of Teachers' Anxiety levels as well as Insecurity Feelings and their impact on Quality of Work Life. The researcher has also make an attempt to study the level of significance of relationship between the aspects viz., Anxiety, Insecurity Feeling and Quality of Work Life of teachers who are suffering with Diabetes disease. Thus, the problem needs to develop suitable tool to measure Teacher Quality Work Life, Teacher Anxiety and Teacher Insecurity Feeling.

### **Definition of Key Terms :**

#### ***Diabetes***

*Diabetes Mellitus (DM)* commonly referred to as diabetes, is a group of metabolic disorders in which there are high blood sugar levels over a prolonged period. Symptoms of high blood sugar include frequent urination, increased thirst, and increased hunger. If left untreated, diabetes can cause many complications. Acute complications can include diabetic ketoacidosis, hyperosmolar hyperglycemic state, or death. Serious long term complications include cardiovascular disease, stroke, chronic kidney disease, foot ulcers, and damage to the eyes.

#### ***Anxiety***

*Anxiety* is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat, whereas anxiety is the expectation of future threat. Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration.

Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder.

### ***Insecurity Feeling***

Insecurity Feeling is a feeling of uncertainty, a lack of confidence or anxiety about oneself. Abraham Maslow described an insecure person as a person who "perceives the world as a threatening jungle and most human beings as dangerous and selfish; feels a rejected and isolated person, anxious and hostile; is generally pessimistic and unhappy; shows signs of tension and conflict, tends to turn inward; is troubled.

### ***Quality of Work and quality of life***

Quality of work life provides for the balanced relationship among work, non-work and family aspects of life. In other words family life and social life should not be strained by working hours including overtime work, work during inconvenient hours travel, transfers, and vacations.

### **Research Gap**

After careful reviewing of the previous research studies on teacher Anxiety, Insecurity Feeling and Quality of work life the researcher has identified there is a log gap between the dependent variables and diabetes hence the researcher took measures to bridge the gap between the variables.

### **Need and Significance of the Study**

This study is focusing on health psychology aspects of teachers and their quality of work life. Present day teachers are facing various other works rather than their regular teaching-learning and evaluation activities. Hence, they are affected by Diabetes Mellitus in turn suffering with Anxiety, Insecurity Feeling and affect their quality of work life. This probes the researcher to go with these aspects and to know what the impact of these aspects on their health is and work life.

### **Statement of the Problem**

In view of the above explanation, the problem may be stated mainly as, “**A Study of Anxiety, Insecurity Feeling And Its Impact on Quality of Work Life Among School Teachers With Diabetes Working In North Coastal Districts of Andhra Pradesh**”

### **Objectives of the Study**

1. To study the significance of relationship between the Teacher Anxiety and Quality Work Life.
2. To study the significance of relationship between the Insecurity Feeling and Quality Work Life.
3. To study the significance of relationship between Teacher Anxiety and Teacher Insecurity Feeling.
4. To study the significance of relationship between all the dimensions of Teacher Anxiety, Quality Work Life, and Teacher Insecurity Feeling aspects.

### Major Hypotheses

1. There is no significant relation between Quality of Work Life and Anxiety among the Teachers working in North Coastal Districts of Andhra Pradesh.
2. There is no significant relation between Quality of Work Life and Insecurity Feeling among the Teachers working in North Coastal Districts of Andhra Pradesh.
3. There is no significant relation between Anxiety and Insecurity feeling among the Teachers working in North Coastal Districts of Andhra Pradesh.
4. There is no significant relation between all the dimensions of Quality of Work Life, Anxiety and Insecurity Feeling among the Teachers working in North Coastal Districts of Andhra Pradesh.

### Subsidiary Hypotheses

5. There is no significant difference in the means between the Teachers working in North Coastal Districts of Andhra Pradesh in their Quality of Work Life, Anxiety and Insecurity Feeling.
6. There is no significant difference in the means between Primary and Secondary School Teachers of North Coastal Districts of Andhra Pradesh in their Quality of Work Life, Anxiety and Insecurity Feeling.
7. There is no significant difference in the means between Primary School Teachers of North Coastal Districts of Andhra Pradesh in their Quality of Work Life, Anxiety and Insecurity Feeling.
8. There is no significant difference in the means between Secondary School Teachers of North Coastal Districts of Andhra Pradesh in their Quality of Work Life, Anxiety and Insecurity Feeling.
9. There is no significant difference in the means between the Teachers working in North Coastal Districts of Andhra Pradesh in their Quality of Work Life, Anxiety and Insecurity feeling keeping the Designation into consideration.
10. There is no significant difference in the means between the Teachers working in North Coastal Districts of Andhra Pradesh in their Quality of Work Life, Anxiety and Insecurity Feeling taking the Sex into consideration.

### Delimitations

The sample selected for the investigation consists of 478 both Primary and Secondary School Teachers of North Coastal Districts of Andhra Pradesh (i.e., Visakhapatnam, Vizianagaram and Srikakulam Districts). Stratified Random sampling technique is followed to draw the sample for the present study in view of the difficulty as mentioned above for the purpose of present study. This is limited for the three dependent variables viz. Quality of work life, Anxiety and Insecurity Feeling only.

### Method

For this study, the investigator used the survey method for the collection of data and the data collected from school teachers who are suffering with Diabetes from North Coastal Districts of Andhra Pradesh state from India. This is a descriptive study.

## Tool

The researcher has developed and standardized all the three tools viz. Teacher Quality of Work Life Scale (TQWLS) with 25 items with five options as - 1. Strongly Agree 2. Agree 3. Neutral 4. Disagree 5. Strongly Disagree. The second tool Teacher Anxiety Scale (TAS) with 20 items with five options 1. Strongly Agree 2. Agree 3. Neutral 4. Disagree 5. Strongly Disagree and The third tool Teacher Insecurity Feeling Scale (TIFS) with 20 items 1. Strongly Agree 2. Agree 3. Neutral 4. Disagree 5. Strongly Disagree.

## Sample :

The author has taken 478 Teachers working in North Coastal Districts of Andhra Pradesh, who are suffering with diabetes for this study.

## Data Collection

The researcher collected data from the teachers who suffering with Diabetes in different schools from three districts of North Coastal Andhra Pradesh namely Visakhapatnam, Srikakulam and Vizianagaram Districts with the three standardized questionnaires.

## Results and Findings

After analyzing the data obtained from the Teacher respondents, within the limits of results obtained thereto, the following conclusions are arrived at.

1. There is significance of relationship between Quality of Work Life and Anxiety among the Teachers working in North Coastal Districts of Andhra Pradesh.
2. There is significance of relationship between Quality of Work Life and Insecurity Feeling among the Teachers working in North Coastal Districts of Andhra Pradesh.
3. There is significance of relationship between Anxiety and Insecurity Feeling among the Teachers working in North Coastal Districts of Andhra Pradesh.
4. There is significance of relationship between all the dimensions of Quality of Work Life of Teachers working in North Coastal Districts of Andhra Pradesh. There is significance of relationship between all the dimensions of Anxiety of Teachers working in North Coastal Districts of Andhra Pradesh.
5. There is significance of relationship between all the dimensions of Insecurity Feeling of Teachers working in North Coastal Districts of Andhra Pradesh.
6. There is significance of relationship between Inters and intra-dimensions of Quality of Work Life, Anxiety and Insecurity Feeling of Teachers working in North Coastal Districts of Andhra Pradesh.
7. There is significant difference between the means obtained by the Teachers working in Visakhapatnam and Vizianagaram Districts in respect of their Quality of Work Life. Teachers working in Visakhapatnam District possess more Quality of Work Life.
8. There is significant difference between the means obtained by the Teachers working in Visakhapatnam and Srikakulam Districts in respect of their Quality of Work Life. Teachers working in Visakhapatnam District possess more Quality of Work Life.
9. There is significant difference between the means obtained by the Teachers working in Vizianagaram and Srikakulam Districts in respect of Quality of Work Life. It is

interesting to note that the Teachers working in Srikakulam District possess more Quality of Work Life.

10. There is significant difference between the means obtained by Primary School Teachers and Secondary School Teachers working in North Coastal Districts of Andhra Pradesh in respect of Quality of Work Life. Secondary School Teachers possess more Quality of Work Life.

### Research Implications

Regarding verification with the variables high relationship is observed between Anxiety and Insecurity Feeling followed by Quality of Work Life and Insecurity Feeling as well as Quality of Work Life and Anxiety among the Teachers of North Coastal Districts of Andhra Pradesh. It is not out of place the high level of Anxiety and Insecurity feeling exists among the Teachers is due various health and environmental conditions. Hence, there needed to undertake another research especially in respect of Teachers suffering with Diabetes in the North Coastal Districts of Andhra Pradesh.

Regarding verification of significance of mean difference in respect of Quality of Working Life, Srikakulam District Teachers possess better Quality of Working Life followed by the Teachers working in Visakhapatnam District and Vizianagaram Districts respectively. Hence, there needed to undertake another research on the sample of all category School Teachers of North Coastal Districts to attain the level of their Quality of Work Life in broad manner.

Regarding verification of high Quality of Work Life is exists among Urban area Teachers followed by Semi-urban area and Rural area School Teachers. There needed for future research on the specific objectives to enhance the Quality of Work Life among the School Teachers working in different localities.

Regarding verification Quality of Work Life with various subject teachers, Mathematics Teachers possessed high quality of Work Life followed by Social Studies Teachers, Science Teachers and Language Teachers. More researches should be conducted on all the Subject Teachers to elevate their practical as well as theoretical problems.

Anxiety is one of the important aspects in any professional life. In the present study the level of Anxiety comparatively is more among the Teachers working in Vizianagaram District followed by the Teachers working Visakhapatnam District and Srikaklam Districts respectively. Further research is needed to conduct on the Teachers in this area by adding Environmental as well as psychological aspects of the Teachers, which is useful to reduce the level of Anxiety among them.

Regarding verification of the Anxiety level among Primary and Secondary School Teachers of North Coastal District of Andhra Pradesh, Teachers working in Secondary Schools possesses more Anxiety than the Teachers working in Primary Schools. There needed more research to evaluate the significance of difference in their level of Anxiety.

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